

Gourmet To Go

From Carleton-Willard At Home



*This menu is valid for orders
delivered through April 16, 2024*

HERE'S HOW IT WORKS

These healthfully prepared meals are packed and flash frozen by the chefs at Carleton-Willard Village. Neither trans-fats nor sodium-added margarine are used in preparation. The meals can be easily reheated in your microwave oven.

Please order as many meals as you wish. You may place orders for more than one week's meals at a time.

Soups (12 fl oz.) are ordered separate from entrées and cost \$4.00 each.

One Entrée + Two Sides of your choice costs \$10.00

Please choose your two sides from the 'Side Dishes' menu .

Desserts cost \$3.00 per serving and may not be ordered alone.

The price includes all taxes. **Delivery is free.**

This service is exclusive to Carleton Willard At Home members.

How to Order:

The "**Order By**" date is listed at the top of each section.


Make your choices and call or email your selections in to the At Home office at **781.276.1910** or **membership@cwathome.org** by noon on the "Order By" date shown at the top of that week's menu.

On a **Tuesday** afternoon, **two weeks after** you have called it in to us, your order will be delivered between 2pm and 5pm.

The delivery date is clearly marked on your menu.

NOTE: Someone **MUST** be at home to deliver the meals.

PLEASE NOTE

- ♦ You may order up to two sides per entrée.
- ♦ Soups are offered as single orders and *not* combined with the entrees nor sides.
- ♦ Each 12 oz. serving of soup costs \$4.00 and has an estimated sodium content above 900 mg.
- ♦ A salt shaker icon indicates those menu items containing more than 400 mg. of Sodium. 
- ♦ Desserts cannot be ordered on their own and must be accompanied by a meal order.
- ♦ Dessert servings are 4 cookies or 2 Brownies/Bars (3"x3" each), *all containing gluten*.
- ♦ Please call us if you are concerned about the allergens or ingredients in any meal.

**AT HOME OFFICE:
781.276.1910**



A word about Sodium...



We here at Carleton-Willard At Home know that sodium is something that most Americans get too much of. Sodium is a mineral that is found in some food naturally. It is frequently used in the processing of food, as a preservative, and flavor enhancer and sodium makes up 40% of the salt molecule. Many think that avoiding the salt shaker is enough, but it only the tip of the crystal! About 70% of all sodium consumed comes from processed foods.

To help cut down on sodium, it is our practice to use whole, fresh ingredients that have been minimally processed, to create delicious healthy meals that happen to be lower in sodium. We have reformulated recipes for some foods in order to lower the sodium levels. This does not mean, however that all our meal offerings should be considered low in sodium. Just like balancing your check book, you need to balance your sodium intake. If you choose to eat an item that is higher in sodium, eat lower sodium foods the rest of the day. Reducing the portion sizes and frequency will also help lower your sodium intake!

We are adding a **salt shaker symbol** to those entrees in this menu that contain an estimated sodium content **greater than 400 milligrams (mg)**. This guide can help you balance your overall daily sodium intake.

Please note: **All soups are greater than 900 milligrams (mg).**

The daily recommendation for sodium is 1,500 milligrams for people 51 years and older or those with high blood pressure. Some may need lower amounts to control their blood pressure. If you are not sure whether you are one of these people, or have specific questions you should consult your care provider.

A Few Tips:

Take a look at food labels and find out where the sodium is in your daily diet. High amounts of sodium are found in canned soups; cheese; pizza; prepared salad dressings; smoked and processed meats like hot dogs, ham, and sausage; cured meats like bacon; pickle and olives; condiments (like catsup, mustard and soy sauce); tomato products; packaged rice, noodles, gravies and mixtures; instant cereals; crackers and breads; seasoning mixes and salty snacks.

To reduce your sodium intake, start by using less or no salt when preparing foods; drain and rinse canned items like tuna and beans to remove some sodium; look for lower sodium varieties of canned items; choose fresh vegetables rather than canned; use herbs, onions, garlic and lemon juice to season foods rather than salt.

AVAILABLE EVERY WEEK

Vegetarian Choices



Ravioli with Marinara Sauce

Allergen: Gluten & Dairy



NOTE: The pasta is made of wheat.

Desserts



Chocolate Chip Cookies (4 pieces)

Oatmeal Cookies (4 pieces)

Sugar Cookies (4 pieces)

Brownies (2 pieces)

Raspberry Squares (2 pieces)

NOTE: All desserts contain gluten.

Side Dishes

CHOOSE TWO SIDE DISHES PER ENTRÉE

- **Roast Maple Sweet Potatoes** Allergen: dairy
- **Roasted Red-Skin & Yukon Gold Potatoes**
- **Flame Roasted Baby Potatoes**
- **Mashed Potatoes** Allergen: dairy
- **Mashed Sweet Potatoes** Allergen: dairy
- **Rice Pilaf**
- **Wild Rice Pilaf**
- **Green Beans**
- **Asparagus Cuts**
- **Carrots**
- **Green Peas**
- **Whole Kernel Corn**
- **Chopped Spinach**
- **Broccoli**
- **Cauliflower**
- **Southwestern Roast Corn & Black Beans with Bell Pepper & Onions**
- **Grilled Julienne-Cut Seven Vegetable Medley**

Menu for Delivery on Tuesday October 24, 2023

Order must be placed by noon on October 10

You may order two sides with each entrée. Soups are ordered singly

Beef Vegetable Soup

Chicken Rice Soup

Potato Leek Soup
Allergen: dairy

White Bean & Escarole Soup

New England Clam Chowder
Allergen: dairy, shellfish

Herb-Crusted Beef Tenderloin with Bearnaise Sauce
Allergen: gluten, dairy, egg

Gingery Maple Glazed Salmon with Smokey Butter
Allergen: dairy, nut

Pecan Crusted Chicken Breast with Maple Bourbon Glaze
Allergen: nut, egg, dairy

Grilled Flank Steak with Bleu Cheese Butter
Allergen: dairy



Sweet & Sour Shrimp with White Rice
Allergen: shellfish

Corned Beef & Cabbage
with boiled potatoes, turnips & carrots



Trout Almondine with Amaretto Butter
Allergen: dairy, nut

Braised Duck Leg with Cherry Balsamic Glaze
Allergen: nut

Menu for Delivery on Tuesday October 31, 2023

Order must be placed by noon on October 17

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup

Allergen: dairy

Butternut Squash Soup

Allergen: dairy

Harvest Turkey Soup

Corn Velvet Soup with crabmeat

Allergen: dairy, shellfish

Navy Bean & Smoked Ham Soup

Herb Crusted Rack of Lamb with Blackberry Mint Vinaigrette

Allergen: gluten, dairy

Scallop Thermidor

Allergen: egg, dairy, gluten



Garden Meatloaf with San Marzano Sauce



Chicken Saltimbocca w Lemon Beurre Blanc

Allergen: dairy



Oven Baked Glazed Ham w Classic Raisin Sauce



Cod with Scallion Sesame Butter

Allergen: dairy, gluten, soy

Shrimp Frances w Buttered Linguine

Allergen: shellfish, eggs, dairy

Thai Chicken Breast with Curry Peanut Sauce

Allergen: nut, soy

Menu for Delivery on Tuesday November 7, 2023

Order must be placed by noon on October 24

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup

**Spinach Veloute Soup w
Mascarpone Cheese**
Allergen: dairy

Shrimp Bisque
Allergen: dairy, shellfish

Winter Vegetable Soup

Grilled Beef Tenderloin w Caramelized Shallot Butter
Allergen: dairy

Baked Cajun Parmesan Salmon
Allergen: dairy

Mustard-Glazed Pork Tenderloin with creamy coleslaw
Allergen: dairy

Seared Fresh Tuna Steak with Avocado, Soy, Ginger & Lime
Allergen: soy

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks & Bacon**
Allergen: dairy

Lamb Stew



Swedish Meatballs with Buttered Egg Noodles
Allergen: dairy



Baked Haddock with Lobster Crumb Topping
Allergen: gluten

Menu for Delivery on Tuesday November 14, 2023

Order must be placed by noon on October 31

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten, egg

Crimson Lentil Soup

Seafood Chowder
Allergen: dairy, seafood

Split Pea w Ham Soup

French Onion Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Baked Salmon with Creamy Greek Aioli
Allergen: dairy



Chicken Madeira

Baked Arctic Char with Lemon-Caper Butter
Allergen: soy, gluten

Lasagna w Garlic Bread
Allergen: egg, dairy, gluten



Chicken Teriyaki
Allergen: soy



Crispy Lobster Cakes with Spicy Cilantro Lime Aioli
Allergen: dairy, egg, gluten, shellfish



Savannah Meat Loaf with Creamy Pepper Gravy
Allergen: dairy



Menu for Delivery on Tuesday November 21, 2023

Order must be placed by noon on November 7

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque

Allergen: shellfish, dairy

Tomato Rice Florentine

Allergen: dairy

Italian Vegetable & Bean Soup

Chicken Gumbo Creole Soup

Allergen: dairy

Sweet Potato Soup

Allergen: dairy

Garlic Butter Seared Halibut with Rosemary Aioli

Allergen: dairy

Prime Rib of Beef Au Jus

Apple Cider Braised Short Ribs with Caramelized Onions

Greek Baked Salmon with Lemon Feta Vinaigrette

Allergen: dairy



Yankee Pot Roast



Spiced Catfish with Cilantro Slaw

Traditional Roast Turkey w Herb Stuffing & Gravy

Allergen: gluten, dairy, egg



Chicken Piccata with Lemon Yogurt Sauce

Allergen: dairy, egg



Menu for Delivery on Tuesday November 28, 2023

Order must be placed by noon on November 14

You may order two sides with each entrée. Soups are ordered singly

Beef Vegetable Soup

Chicken Rice Soup

Potato Leek Soup

Allergen: dairy

White Bean & Escarole Soup

New England Clam Chowder

Allergen: dairy, shellfish

Herb-Crusted Beef Tenderloin with Bearnaise Sauce

Allergen: gluten, dairy, egg

Gingery Maple Glazed Salmon with Smokey Butter

Allergen: dairy, nut

Pecan Crusted Chicken Breast with Maple Bourbon Glaze

Allergen: nut, egg, dairy

Grilled Flank Steak with Bleu Cheese Butter

Allergen: dairy



Sweet & Sour Shrimp with White Rice

Allergen: shellfish

**Corned Beef & Cabbage
with boiled potatoes, turnips & carrots**



Trout Almondine with Amaretto Butter

Allergen: dairy, nut

Braised Duck Leg with Cherry Balsamic Glaze

Allergen: nut

Menu for Delivery on Tuesday December 5, 2023

Order must be placed by noon on November 21

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Butternut Squash Soup
Allergen: dairy

Harvest Turkey Soup

Corn Velvet Soup with crabmeat
Allergen: dairy, shellfish

Navy Bean & Smoked Ham Soup

Herb Crusted Rack of Lamb with Blackberry Mint Vinaigrette
Allergen: gluten, dairy

Scallop Thermidor
Allergen: egg, dairy, gluten



Garden Meatloaf with San Marzano Sauce



Chicken Saltimbocca w Lemon Beurre Blanc
Allergen: dairy



Oven Baked Glazed Ham w Classic Raisin Sauce



Cod with Scallion Sesame Butter
Allergen: dairy, gluten, soy

Shrimp Frances w Buttered Linguine
Allergen: shellfish, eggs, dairy

Thai Chicken Breast with Curry Peanut Sauce
Allergen: nut, soy

Menu for Delivery on Tuesday December 12, 2023

Order must be placed by noon on November 28

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup

**Spinach Veloute Soup w
Mascarpone Cheese**
Allergen: dairy

Shrimp Bisque
Allergen: dairy, shellfish

Winter Vegetable Soup

Grilled Beef Tenderloin w Caramelized Shallot Butter
Allergen: dairy

Baked Cajun Parmesan Salmon
Allergen: dairy

Mustard-Glazed Pork Tenderloin with creamy coleslaw
Allergen: dairy

Seared Fresh Tuna Steak with Avocado, Soy, Ginger & Lime
Allergen: soy

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks & Bacon**
Allergen: dairy

Lamb Stew



Swedish Meatballs with Buttered Egg Noodles
Allergen: dairy



Baked Haddock with Lobster Crumb Topping
Allergen: gluten

Menu for Delivery on Tuesday January 2, 2024

Order must be placed by noon on December 12

You may order two sides with each entrée. Soups are ordered singly

There will be no meal delivery the weeks of December 17 and 24. Please place your order for delivery January 2, 2024 by December 12.

Beef Vegetable Soup

Chicken Rice Soup

Potato Leek Soup

Allergen: dairy

White Bean & Escarole Soup

New England Clam Chowder

Allergen: dairy, shellfish

Herb-Crusted Beef Tenderloin with Bearnaise Sauce

Allergen: gluten, dairy, egg

Gingery Maple Glazed Salmon with Smokey Butter

Allergen: dairy, nut

Pecan Crusted Chicken Breast with Maple Bourbon Glaze

Allergen: nut, egg, dairy

Grilled Flank Steak with Bleu Cheese Butter

Allergen: dairy



Sweet & Sour Shrimp with White Rice

Allergen: shellfish

**Corned Beef & Cabbage
with boiled potatoes, turnips & carrots**



Trout Almondine with Amaretto Butter

Allergen: dairy, nut

Braised Duck Leg with Cherry Balsamic Glaze

Allergen: nut

Menu for Delivery on Tuesday January 9, 2024

Order must be placed by noon on December 26

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Butternut Squash Soup
Allergen: dairy

Harvest Turkey Soup

Corn Velvet Soup with crabmeat
Allergen: dairy, shellfish

Navy Bean & Smoked Ham Soup

Herb Crusted Rack of Lamb with Blackberry Mint Vinaigrette
Allergen: gluten, dairy

Scallop Thermidor
Allergen: egg, dairy, gluten



Garden Meatloaf with San Marzano Sauce



Chicken Saltimbocca w Lemon Beurre Blanc
Allergen: dairy



Oven Baked Glazed Ham w Classic Raisin Sauce



Cod with Scallion Sesame Butter
Allergen: dairy, gluten, soy

Shrimp Frances w Buttered Linguine
Allergen: shellfish, eggs, dairy

Thai Chicken Breast with Curry Peanut Sauce
Allergen: nut, soy

Menu for Delivery on Tuesday January 16, 2024

Order must be placed by noon on January 2

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup

**Spinach Veloute Soup w
Mascarpone Cheese**
Allergen: dairy

Shrimp Bisque
Allergen: dairy, shellfish

Winter Vegetable Soup

Grilled Beef Tenderloin w Caramelized Shallot Butter
Allergen: dairy

Baked Cajun Parmesan Salmon
Allergen: dairy

Mustard-Glazed Pork Tenderloin with creamy coleslaw
Allergen: dairy

Seared Fresh Tuna Steak with Avocado, Soy, Ginger & Lime
Allergen: soy

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks & Bacon**
Allergen: dairy

Lamb Stew



Swedish Meatballs with Buttered Egg Noodles
Allergen: dairy



Baked Haddock with Lobster Crumb Topping
Allergen: gluten

Menu for Delivery on Tuesday January 23, 2024

Order must be placed by noon on January 9

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten, egg

Crimson Lentil Soup

Seafood Chowder
Allergen: dairy, seafood

Split Pea w Ham Soup

French Onion Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Baked Salmon with Creamy Greek Aioli
Allergen: dairy



Chicken Madeira

Baked Arctic Char with Lemon-Caper Butter
Allergen: soy, gluten

Lasagna w Garlic Bread
Allergen: egg, dairy, gluten



Chicken Teriyaki
Allergen: soy



Crispy Lobster Cakes with Spicy Cilantro Lime Aioli
Allergen: dairy, egg, gluten, shellfish



Savannah Meat Loaf with Creamy Pepper Gravy
Allergen: dairy



Menu for Delivery on Tuesday January 30, 2024

Order must be placed by noon on January 16

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque

Allergen: shellfish, dairy

Tomato Rice Florentine

Allergen: dairy

Italian Vegetable & Bean Soup

Chicken Gumbo Creole Soup

Allergen: dairy

Sweet Potato Soup

Allergen: dairy

Garlic Butter Seared Halibut with Rosemary Aioli

Allergen: dairy

Prime Rib of Beef Au Jus

Apple Cider Braised Short Ribs with Caramelized Onions

Greek Baked Salmon with Lemon Feta Vinaigrette

Allergen: dairy



Yankee Pot Roast



Spiced Catfish with Cilantro Slaw

Traditional Roast Turkey w Herb Stuffing & Gravy

Allergen: gluten, dairy, egg



Chicken Piccata with Lemon Yogurt Sauce

Allergen: dairy, egg



Menu for Delivery on Tuesday February 6, 2024

Order must be placed by noon on January 23

You may order two sides with each entrée. Soups are ordered singly

Beef Vegetable Soup

Chicken Rice Soup

Potato Leek Soup

Allergen: dairy

White Bean & Escarole Soup

New England Clam Chowder

Allergen: dairy, shellfish

Herb-Crusted Beef Tenderloin with Bearnaise Sauce

Allergen: gluten, dairy, egg

Gingery Maple Glazed Salmon with Smokey Butter

Allergen: dairy, nut

Pecan Crusted Chicken Breast with Maple Bourbon Glaze

Allergen: nut, egg, dairy

Grilled Flank Steak with Bleu Cheese Butter

Allergen: dairy



Sweet & Sour Shrimp with White Rice

Allergen: shellfish

**Corned Beef & Cabbage
with boiled potatoes, turnips & carrots**



Trout Almondine with Amaretto Butter

Allergen: dairy, nut

Braised Duck Leg with Cherry Balsamic Glaze

Allergen: nut

Menu for Delivery on Tuesday February 13, 2024

Order must be placed by noon on January 30

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Butternut Squash Soup
Allergen: dairy

Harvest Turkey Soup

Corn Velvet Soup with crabmeat
Allergen: dairy, shellfish

Navy Bean & Smoked Ham Soup

Herb Crusted Rack of Lamb with Blackberry Mint Vinaigrette
Allergen: gluten, dairy

Scallop Thermidor
Allergen: egg, dairy, gluten



Garden Meatloaf with San Marzano Sauce



Chicken Saltimbocca w Lemon Beurre Blanc
Allergen: dairy



Oven Baked Glazed Ham w Classic Raisin Sauce



Cod with Scallion Sesame Butter
Allergen: dairy, gluten, soy

Shrimp Frances w Buttered Linguine
Allergen: shellfish, eggs, dairy

Thai Chicken Breast with Curry Peanut Sauce
Allergen: nut, soy

Menu for Delivery on Tuesday February 20, 2024

Order must be placed by noon on February 6

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup

**Spinach Veloute Soup w
Mascarpone Cheese**
Allergen: dairy

Shrimp Bisque
Allergen: dairy, shellfish

Winter Vegetable Soup

Grilled Beef Tenderloin w Caramelized Shallot Butter
Allergen: dairy

Baked Cajun Parmesan Salmon
Allergen: dairy

Mustard-Glazed Pork Tenderloin with creamy coleslaw
Allergen: dairy

Seared Fresh Tuna Steak with Avocado, Soy, Ginger & Lime
Allergen: soy

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks & Bacon**
Allergen: dairy

Lamb Stew



Swedish Meatballs with Buttered Egg Noodles
Allergen: dairy



Baked Haddock with Lobster Crumb Topping
Allergen: gluten

Menu for Delivery on Tuesday February 27, 2024

Order must be placed by noon on February 13

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup

Allergen: gluten, egg

Crimson Lentil Soup

Seafood Chowder

Allergen: dairy, seafood

Split Pea w Ham Soup

French Onion Soup

Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Baked Salmon with Creamy Greek Aioli

Allergen: dairy



Chicken Madeira

Baked Arctic Char with Lemon-Caper Butter

Allergen: soy, gluten

Lasagna w Garlic Bread

Allergen: egg, dairy, gluten



Chicken Teriyaki

Allergen: soy



Crispy Lobster Cakes with Spicy Cilantro Lime Aioli

Allergen: dairy, egg, gluten, shellfish



Savannah Meat Loaf with Creamy Pepper Gravy

Allergen: dairy



Menu for Delivery on Tuesday March 5, 2024

Order must be placed by noon on February 20

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque

Allergen: shellfish, dairy

Tomato Rice Florentine

Allergen: dairy

Italian Vegetable & Bean Soup

Chicken Gumbo Creole Soup

Allergen: dairy

Sweet Potato Soup

Allergen: dairy

Garlic Butter Seared Halibut with Rosemary Aioli

Allergen: dairy

Prime Rib of Beef Au Jus

Apple Cider Braised Short Ribs with Caramelized Onions

Greek Baked Salmon with Lemon Feta Vinaigrette

Allergen: dairy



Yankee Pot Roast



Spiced Catfish with Cilantro Slaw

Traditional Roast Turkey w Herb Stuffing & Gravy

Allergen: gluten, dairy, egg



Chicken Piccata with Lemon Yogurt Sauce

Allergen: dairy, egg



Menu for Delivery on Tuesday March 12, 2024

Order must be placed by noon on February 27

You may order two sides with each entrée. Soups are ordered singly

Beef Vegetable Soup

Chicken Rice Soup

Potato Leek Soup

Allergen: dairy

White Bean & Escarole Soup

New England Clam Chowder

Allergen: dairy, shellfish

Herb-Crusted Beef Tenderloin with Bearnaise Sauce

Allergen: gluten, dairy, egg

Gingery Maple Glazed Salmon with Smokey Butter

Allergen: dairy, nut

Pecan Crusted Chicken Breast with Maple Bourbon Glaze

Allergen: nut, egg, dairy

Grilled Flank Steak with Bleu Cheese Butter

Allergen: dairy



Sweet & Sour Shrimp with White Rice

Allergen: shellfish

**Corned Beef & Cabbage
with boiled potatoes, turnips & carrots**



Trout Almondine with Amaretto Butter

Allergen: dairy, nut

Braised Duck Leg with Cherry Balsamic Glaze

Allergen: nut

Menu for Delivery on Tuesday March 19, 2024

Order must be placed by noon on March 5

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Butternut Squash Soup
Allergen: dairy

Harvest Turkey Soup

Corn Velvet Soup with crabmeat
Allergen: dairy, shellfish

Navy Bean & Smoked Ham Soup

Herb Crusted Rack of Lamb with Blackberry Mint Vinaigrette
Allergen: gluten, dairy

Scallop Thermidor
Allergen: egg, dairy, gluten



Garden Meatloaf with San Marzano Sauce



Chicken Saltimbocca w Lemon Beurre Blanc
Allergen: dairy



Oven Baked Glazed Ham w Classic Raisin Sauce



Cod with Scallion Sesame Butter
Allergen: dairy, gluten, soy

Shrimp Frances w Buttered Linguine
Allergen: shellfish, eggs, dairy

Thai Chicken Breast with Curry Peanut Sauce
Allergen: nut, soy

Menu for Delivery on Tuesday March 26, 2024

Order must be placed by noon on March 12

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup

**Spinach Veloute Soup w
Mascarpone Cheese**
Allergen: dairy

Shrimp Bisque
Allergen: dairy, shellfish

Winter Vegetable Soup

Grilled Beef Tenderloin w Caramelized Shallot Butter
Allergen: dairy

Baked Cajun Parmesan Salmon
Allergen: dairy

Mustard-Glazed Pork Tenderloin with creamy coleslaw
Allergen: dairy

Seared Fresh Tuna Steak with Avocado, Soy, Ginger & Lime
Allergen: soy

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks & Bacon**
Allergen: dairy

Lamb Stew



Swedish Meatballs with Buttered Egg Noodles
Allergen: dairy



Baked Haddock with Lobster Crumb Topping
Allergen: gluten

Menu for Delivery on Tuesday April 2, 2024

Order must be placed by noon on March 19

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten, egg

Crimson Lentil Soup

Seafood Chowder
Allergen: dairy, seafood

Split Pea w Ham Soup

French Onion Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Baked Salmon with Creamy Greek Aioli
Allergen: dairy



Chicken Madeira

Baked Arctic Char with Lemon-Caper Butter
Allergen: soy, gluten

Lasagna w Garlic Bread
Allergen: egg, dairy, gluten



Chicken Teriyaki
Allergen: soy



Crispy Lobster Cakes with Spicy Cilantro Lime Aioli
Allergen: dairy, egg, gluten, shellfish



Savannah Meat Loaf with Creamy Pepper Gravy
Allergen: dairy



Menu for Delivery on Tuesday April 9, 2024

Order must be placed by noon on March 26

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque

Allergen: shellfish, dairy

Tomato Rice Florentine

Allergen: dairy

Italian Vegetable & Bean Soup

Chicken Gumbo Creole Soup

Allergen: dairy

Sweet Potato Soup

Allergen: dairy

Garlic Butter Seared Halibut with Rosemary Aioli

Allergen: dairy

Prime Rib of Beef Au Jus

Apple Cider Braised Short Ribs with Caramelized Onions

Greek Baked Salmon with Lemon Feta Vinaigrette

Allergen: dairy



Yankee Pot Roast



Spiced Catfish with Cilantro Slaw

Traditional Roast Turkey w Herb Stuffing & Gravy

Allergen: gluten, dairy, egg



Chicken Piccata with Lemon Yogurt Sauce

Allergen: dairy, egg



Menu for Delivery on Tuesday April 16, 2024

Order must be placed by noon on April 2

You may order two sides with each entrée. Soups are ordered singly

Beef Vegetable Soup

Chicken Rice Soup

Potato Leek Soup

Allergen: dairy

White Bean & Escarole Soup

New England Clam Chowder

Allergen: dairy, shellfish

Herb-Crusted Beef Tenderloin with Bearnaise Sauce

Allergen: gluten, dairy, egg

Gingery Maple Glazed Salmon with Smokey Butter

Allergen: dairy, nut

Pecan Crusted Chicken Breast with Maple Bourbon Glaze

Allergen: nut, egg, dairy

Grilled Flank Steak with Bleu Cheese Butter

Allergen: dairy



Sweet & Sour Shrimp with White Rice

Allergen: shellfish

**Corned Beef & Cabbage
with boiled potatoes, turnips & carrots**



Trout Almondine with Amaretto Butter

Allergen: dairy, nut

Braised Duck Leg with Cherry Balsamic Glaze

Allergen: nut

Side Dishes

- **Roast Maple Sweet Potatoes** Allergen: dairy
- **Roasted Red-Skin & Yukon Gold Potatoes**
- **Flame Roasted Baby Potatoes**
- **Mashed Potatoes** Allergen: dairy
- **Mashed Sweet Potatoes** Allergen: dairy
- **Rice Pilaf**
- **Wild Rice Pilaf**
- **Green Beans**
- **Asparagus Cuts**
- **Carrots**
- **Green Peas**
- **Whole Kernel Corn**
- **Chopped Spinach**
- **Broccoli**
- **Cauliflower**
- **Southwest Roast Corn & Black Beans with Bell Pepper & Onions**
- **Grilled Julienne Cut Seven Vegetable Medley**

DESSERTS

Chocolate Chip Cookies (4 pieces)

Oatmeal Cookies (4 pieces)

Sugar Cookies (4 pieces)

Brownies (2 pieces)

Raspberry Squares (2 pieces)

(All desserts contain Gluten)





Printed October 2023