

Gourmet To Go

From Carleton-Willard At Home



*This menu is valid for orders
delivered through October 17, 2023*

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 each 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 needs to be at home to receive 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**

**** Note:** *These dishes are prepared using zero-sodium, soy-based products*

Menu for Delivery on Tuesday April 18, 2023

Order must be placed by noon on April 4

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

Potato Leek Soup
Allergen: dairy

White Bean & Escarole Soup

Chicken Rice Soup

New England Clam Chowder
Allergen: dairy, shellfish

Vegetable Barley Soup
Allergen: gluten

Pecan Crusted Chicken Breast w Honey Mustard Drizzle
Allergen: tree nuts, egg, dairy

Grilled Flank Steak w Yellow Pepper Chimichurri 

Sweet & Sour Shrimp with White Rice
Allergen: shellfish

Pan Seared Statler Chicken w Herb Jus

Seared Crab Cakes w Smokey Remoulade Sauce
Allergen: dairy, egg, gluten, shellfish



Corned Beef & Cabbage 

Baked Haddock w Lemon, Butter Ritz Crumble
Allergen: gluten

Ziti w Meatballs, Italian Sausage and Garlic Bread
Allergen: gluten, dairy, egg



Menu for Delivery on Tuesday April 25, 2023

Order must be placed by noon on April 11

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

Thai Chicken Soup

Lentil Soup

Crabmeat Bisque

Allergen: shellfish, dairy

Butternut Squash Soup

Allergen: dairy

Beef Vegetable Soup

Parmesan Baked Scallops

Allergen: shellfish, gluten, dairy

Lasagna Bolognese w Garlic Bread

Allergen: gluten, dairy, egg



Chicken Cutlets in White Wine Sauce

Allergen: gluten, egg

Garlic Braised Short Ribs w Merlot Sauce

Village Meat Loaf w Burgundy Mushroom Gravy

Allergen: gluten, egg



Pan Seared Pork Tenderloin w Sage Dijon Cream Sauce

Allergen: dairy

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce

Allergen: shellfish, dairy

Baked Lemon Haddock w Red Pepper

Menu for Delivery on Tuesday May 2, 2023

Order must be placed by noon on April 18

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

Chicken and Wild Rice Soup

Split Pea Soup w Ham

Corn & Red Pepper Bisque
Allergen: dairy

Minestrone Soup

New England Clam Chowder
Allergen: dairy, shellfish

Grilled Spice Lamb Chop w Mint Lemon Yogurt
Allergen: dairy

Citrus Seared Salmon w Avocado Mango Salsa

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze



CWV Famous Steak Tips

CWV BBQ Chicken Legs



Parmesan Crusted Steelhead Trout w Lemon Parsley Butter
Allergen: dairy, gluten

Moroccan Cod Tagine

Eggplant Parmesan w Angel Hair Pasta & Parsley
Allergen: dairy, gluten, egg



Menu for Delivery on Tuesday May 9, 2023

Order must be placed by noon on April 25

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

Corn Velvet Soup
Allergen: dairy

Chicken Bok Choy Soup

Cream of Broccoli Soup
Allergen: dairy

Tomato Rice Florentine Soup
Allergen: dairy

Two Bean Soup

Steak Au Poivre
Allergen: dairy

Chicken Katsu w Japanese Sesame Dressing
Allergen: soy, gluten

Blackened Balsamic Tuna Steak

Bacon Wrapped Pork Tenderloin w Maple Butter



Pan Blackened Swordfish w Lemon Cilantro Aioli
Allergen: dairy, egg

New England Baked Haddock
Allergen: gluten

Pan Seared Chicken Breast Stuffed w Broccoli & Cheddar Cheese
Allergen: dairy, gluten



Cheese Ravioli in Pink Sauce w Grilled Italian Sausage & Peppers
Allergen: egg, dairy, gluten



Menu for Delivery on Tuesday May 16, 2023

Order must be placed by noon on May 2

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

Smoked Turkey Vegetable Soup

Italian Wedding Soup

Allergen: egg, gluten

Cream of Asparagus & Leek Soup

Allergen: dairy

Cream of Tomato Soup

Allergen: dairy

Pasta e Fagioli Soup

Allergen: egg, gluten

Grilled Rack of Lamb w Tzatziki Sauce

Allergen: dairy

Pan Seared Arctic Char w Ginger Chive Butter

Grilled Hanger Steak w Corn Salsa

Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: shellfish

Chicken Carbonara w Penne Pasta

Allergen: dairy, egg, gluten



Orange Anise Glazed Duck Leg



Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: egg, dairy



Menu for Delivery on Tuesday May 23, 2023

Order must be placed by noon on May 9

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

Shrimp Bisque

Allergen: shellfish, dairy

Chicken & Corn Soup

Navy Bean Soup w Smoked Ham

Spinach Veloute Soup w Mascarpone Cheese

Allergen: dairy

Grilled Mediterranean Vegetable Soup

Slow Roasted Prime Rib w Au Jus

Grilled Salmon w Cherry Almond Butter

Allergen: nut

Southern Italian Poached Cod

Braised Lamb Stew w Mint Relish



Shrimp Alfredo w Fettucine

Allergen: shellfish, dairy, egg, gluten



Southwestern Steak Tips w Corn & Black Bean Salsa



Pecan Stuffed Chicken

Allergen: nut, gluten



Cuban Style Grilled Pork Loin w Oregano Garlic

Menu for Delivery on Tuesday May 30, 2023

Order must be placed by noon on May 16

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

Thai Chicken Soup

Lentil Soup

Crabmeat Bisque

Allergen: shellfish, dairy

Butternut Squash Soup

Allergen: dairy

Beef Vegetable Soup

Parmesan Baked Scallops

Allergen: shellfish, gluten, dairy

Lasagna Bolognese w Garlic Bread

Allergen: gluten, dairy, egg



Chicken Cutlets in White Wine Sauce

Allergen: gluten, egg

Garlic Braised Short Ribs w Merlot Sauce

Village Meat Loaf w Burgundy Mushroom Gravy

Allergen: gluten, egg



Pan Seared Pork Tenderloin w Sage Dijon Cream Sauce

Allergen: dairy

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce

Allergen: shellfish, dairy

Baked Lemon Haddock w Red Pepper

Menu for Delivery on Tuesday June 6, 2023

Order must be placed by noon on May 23

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

Chicken and Wild Rice Soup

Split Pea Soup w Ham

Corn & Red Pepper Bisque

Allergen: dairy

Minestrone Soup

New England Clam Chowder

Allergen: dairy, shellfish

Grilled Spice Lamb Chop w Mint Lemon Yogurt

Allergen: dairy

Citrus Seared Salmon w Avocado Mango Salsa

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze



CWV Famous Steak Tips

CWV BBQ Chicken Legs



Parmesan Crusted Steelhead Trout w Lemon Parsley Butter

Allergen: dairy, gluten

Moroccan Cod Tagine

Eggplant Parmesan w Angel Hair Pasta & Parsley

Allergen: dairy, gluten, egg



Menu for Delivery on Tuesday June 13, 2023

Order must be placed by noon on May 30

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

Corn Velvet Soup
Allergen: dairy

Chicken Bok Choy Soup

Cream of Broccoli Soup
Allergen: dairy

Tomato Rice Florentine Soup
Allergen: dairy

Two Bean Soup

Steak Au Poivre
Allergen: dairy

Chicken Katsu w Japanese Sesame Dressing
Allergen: soy, gluten

Blackened Balsamic Tuna Steak

Bacon Wrapped Pork Tenderloin w Maple Butter



Pan Blackened Swordfish w Lemon Cilantro Aioli
Allergen: dairy, egg

New England Baked Haddock
Allergen: gluten

Pan Seared Chicken Breast Stuffed w Broccoli & Cheddar Cheese
Allergen: dairy, gluten

Cheese Ravioli in Pink Sauce w Grilled Italian Sausage & Peppers
Allergen: egg, dairy, gluten



Menu for Delivery on Tuesday June 20, 2023

Order must be placed by noon on June 6

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

Smoked Turkey Vegetable Soup

Italian Wedding Soup

Allergen: egg, gluten

Cream of Asparagus & Leek Soup

Allergen: dairy

Cream of Tomato Soup

Allergen: dairy

Pasta e Fagioli Soup

Allergen: egg, gluten

Grilled Rack of Lamb w Tzatziki Sauce

Allergen: dairy

Pan Seared Arctic Char w Ginger Chive Butter

Grilled Hanger Steak w Corn Salsa

Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: shellfish

Chicken Carbonara w Penne Pasta

Allergen: dairy, egg, gluten



Orange Anise Glazed Duck Leg



Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: egg, dairy



Menu for Delivery on Tuesday June 27, 2023

Order must be placed by noon on June 13

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

Shrimp Bisque

Allergen: shellfish, dairy

Chicken & Corn Soup

Navy Bean Soup w Smoked Ham

Spinach Veloute Soup w Mascarpone Cheese

Allergen: dairy

Grilled Mediterranean Vegetable Soup

Slow Roasted Prime Rib w Au Jus

Grilled Salmon w Cherry Almond Butter

Allergen: nut

Southern Italian Poached Cod

Braised Lamb Stew w Mint Relish



Shrimp Alfredo w Fettucine

Allergen: shellfish, dairy, egg, gluten



Southwestern Steak Tips w Corn & Black Bean Salsa



Pecan Stuffed Chicken

Allergen: nut, gluten



Cuban Style Grilled Pork Loin w Oregano Garlic

Menu for Delivery on Tuesday July 4, 2023

Order must be placed by noon on June 20

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

Thai Chicken Soup

Lentil Soup

Crabmeat Bisque

Allergen: shellfish, dairy

Butternut Squash Soup

Allergen: dairy

Beef Vegetable Soup

Parmesan Baked Scallops

Allergen: shellfish, gluten, dairy

Lasagna Bolognese w Garlic Bread

Allergen: gluten, dairy, egg



Chicken Cutlets in White Wine Sauce

Allergen: gluten, egg

Garlic Braised Short Ribs w Merlot Sauce

Village Meat Loaf w Burgundy Mushroom Gravy

Allergen: gluten, egg



Pan Seared Pork Tenderloin w Sage Dijon Cream Sauce

Allergen: dairy

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce

Allergen: shellfish, dairy

Baked Lemon Haddock w Red Pepper

Menu for Delivery on Tuesday July 11, 2023

Order must be placed by noon on June 27

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

Chicken and Wild Rice Soup

Split Pea Soup w Ham

Corn & Red Pepper Bisque
Allergen: dairy

Minestrone Soup

New England Clam Chowder
Allergen: dairy, shellfish

Grilled Spice Lamb Chop w Mint Lemon Yogurt
Allergen: dairy

Citrus Seared Salmon w Avocado Mango Salsa

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze



CWV Famous Steak Tips

CWV BBQ Chicken Legs



Parmesan Crusted Steelhead Trout w Lemon Parsley Butter
Allergen: dairy, gluten

Moroccan Cod Tagine

Eggplant Parmesan w Angel Hair Pasta & Parsley
Allergen: dairy, gluten, egg



Menu for Delivery on Tuesday July 18, 2023

Order must be placed by noon on July 4

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

Corn Velvet Soup
Allergen: dairy

Chicken Bok Choy Soup

Cream of Broccoli Soup
Allergen: dairy

Tomato Rice Florentine Soup
Allergen: dairy

Two Bean Soup

Steak Au Poivre
Allergen: dairy

Chicken Katsu w Japanese Sesame Dressing
Allergen: soy, gluten

Blackened Balsamic Tuna Steak

Bacon Wrapped Pork Tenderloin w Maple Butter



Pan Blackened Swordfish w Lemon Cilantro Aioli
Allergen: dairy, egg

New England Baked Haddock
Allergen: gluten

Pan Seared Chicken Breast Stuffed w Broccoli & Cheddar Cheese
Allergen: dairy, gluten

Cheese Ravioli in Pink Sauce w Grilled Italian Sausage & Peppers
Allergen: egg, dairy, gluten



Menu for Delivery on Tuesday July 25, 2023

Order must be placed by noon on July 11

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

Smoked Turkey Vegetable Soup

Italian Wedding Soup

Allergen: egg, gluten

Cream of Asparagus & Leek Soup

Allergen: dairy

Cream of Tomato Soup

Allergen: dairy

Pasta e Fagioli Soup

Allergen: egg, gluten

Grilled Rack of Lamb w Tzatziki Sauce

Allergen: dairy

Pan Seared Arctic Char w Ginger Chive Butter

Grilled Hanger Steak w Corn Salsa

Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: shellfish

Chicken Carbonara w Penne Pasta

Allergen: dairy, egg, gluten



Orange Anise Glazed Duck Leg



Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: egg, dairy



Menu for Delivery on Tuesday August 1, 2023

Order must be placed by noon on July 18

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

Shrimp Bisque

Allergen: shellfish, dairy

Chicken & Corn Soup

Navy Bean Soup w Smoked Ham

Spinach Veloute Soup w Mascarpone Cheese

Allergen: dairy

Grilled Mediterranean Vegetable Soup

Slow Roasted Prime Rib w Au Jus

Grilled Salmon w Cherry Almond Butter

Allergen: nut

Southern Italian Poached Cod

Braised Lamb Stew w Mint Relish



Shrimp Alfredo w Fettucine

Allergen: shellfish, dairy, egg, gluten



Southwestern Steak Tips w Corn & Black Bean Salsa



Pecan Stuffed Chicken

Allergen: nut, gluten



Cuban Style Grilled Pork Loin w Oregano Garlic

Menu for Delivery on Tuesday August 8, 2023

Order must be placed by noon on July 25

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

Thai Chicken Soup

Lentil Soup

Crabmeat Bisque

Allergen: shellfish, dairy

Butternut Squash Soup

Allergen: dairy

Beef Vegetable Soup

Parmesan Baked Scallops

Allergen: shellfish, gluten, dairy

Lasagna Bolognese w Garlic Bread

Allergen: gluten, dairy, egg



Chicken Cutlets in White Wine Sauce

Allergen: gluten, egg

Garlic Braised Short Ribs w Merlot Sauce

Village Meat Loaf w Burgundy Mushroom Gravy

Allergen: gluten, egg



Pan Seared Pork Tenderloin w Sage Dijon Cream Sauce

Allergen: dairy

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce

Allergen: shellfish, dairy

Baked Lemon Haddock w Red Pepper

Menu for Delivery on Tuesday August 15, 2023

Order must be placed by noon on August 1

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

Chicken and Wild Rice Soup

Split Pea Soup w Ham

Corn & Red Pepper Bisque
Allergen: dairy

Minestrone Soup

New England Clam Chowder
Allergen: dairy, shellfish

Grilled Spice Lamb Chop w Mint Lemon Yogurt
Allergen: dairy

Citrus Seared Salmon w Avocado Mango Salsa

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze



CWV Famous Steak Tips

CWV BBQ Chicken Legs



Parmesan Crusted Steelhead Trout w Lemon Parsley Butter
Allergen: dairy, gluten

Moroccan Cod Tagine

Eggplant Parmesan w Angel Hair Pasta & Parsley
Allergen: dairy, gluten, egg



Menu for Delivery on Tuesday August 22, 2023

Order must be placed by noon on August 8

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

Corn Velvet Soup
Allergen: dairy

Chicken Bok Choy Soup

Cream of Broccoli Soup
Allergen: dairy

Tomato Rice Florentine Soup
Allergen: dairy

Two Bean Soup

Steak Au Poivre
Allergen: dairy

Chicken Katsu w Japanese Sesame Dressing
Allergen: soy, gluten

Blackened Balsamic Tuna Steak

Bacon Wrapped Pork Tenderloin w Maple Butter



Pan Blackened Swordfish w Lemon Cilantro Aioli
Allergen: dairy, egg

New England Baked Haddock
Allergen: gluten

Pan Seared Chicken Breast Stuffed w Broccoli & Cheddar Cheese
Allergen: dairy, gluten



Cheese Ravioli in Pink Sauce w Grilled Italian Sausage & Peppers
Allergen: egg, dairy, gluten



Menu for Delivery on Tuesday August 29, 2023

Order must be placed by noon on August 15

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

Smoked Turkey Vegetable Soup

Italian Wedding Soup

Allergen: egg, gluten

Cream of Asparagus & Leek Soup

Allergen: dairy

Cream of Tomato Soup

Allergen: dairy

Pasta e Fagioli Soup

Allergen: egg, gluten

Grilled Rack of Lamb w Tzatziki Sauce

Allergen: dairy

Pan Seared Arctic Char w Ginger Chive Butter

Grilled Hanger Steak w Corn Salsa

Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: shellfish

Chicken Carbonara w Penne Pasta

Allergen: dairy, egg, gluten



Orange Anise Glazed Duck Leg



Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: egg, dairy



Menu for Delivery on Tuesday September 5, 2023

Order must be placed by noon on August 22

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

Shrimp Bisque

Allergen: shellfish, dairy

Chicken & Corn Soup

Navy Bean Soup w Smoked Ham

Spinach Veloute Soup w Mascarpone Cheese

Allergen: dairy

Grilled Mediterranean Vegetable Soup

Slow Roasted Prime Rib w Au Jus

Grilled Salmon w Cherry Almond Butter

Allergen: nut

Southern Italian Poached Cod

Braised Lamb Stew w Mint Relish



Shrimp Alfredo w Fettucine

Allergen: shellfish, dairy, egg, gluten



Southwestern Steak Tips w Corn & Black Bean Salsa



Pecan Stuffed Chicken

Allergen: nut, gluten



Cuban Style Grilled Pork Loin w Oregano Garlic

Menu for Delivery on Tuesday September 12, 2023

Order must be placed by noon on August 29

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

Thai Chicken Soup

Lentil Soup

Crabmeat Bisque

Allergen: shellfish, dairy

Butternut Squash Soup

Allergen: dairy

Beef Vegetable Soup

Parmesan Baked Scallops

Allergen: shellfish, gluten, dairy

Lasagna Bolognese w Garlic Bread

Allergen: gluten, dairy, egg



Chicken Cutlets in White Wine Sauce

Allergen: gluten, egg

Garlic Braised Short Ribs w Merlot Sauce

Village Meat Loaf w Burgundy Mushroom Gravy

Allergen: gluten, egg



Pan Seared Pork Tenderloin w Sage Dijon Cream Sauce

Allergen: dairy

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce

Allergen: shellfish, dairy

Baked Lemon Haddock w Red Pepper

Menu for Delivery on Tuesday September 19, 2023

Order must be placed by noon on September 5

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

Chicken and Wild Rice Soup

Split Pea Soup w Ham

Corn & Red Pepper Bisque
Allergen: dairy

Minestrone Soup

New England Clam Chowder
Allergen: dairy, shellfish

Grilled Spice Lamb Chop w Mint Lemon Yogurt
Allergen: dairy

Citrus Seared Salmon w Avocado Mango Salsa

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze



CWV Famous Steak Tips

CWV BBQ Chicken Legs



Parmesan Crusted Steelhead Trout w Lemon Parsley Butter
Allergen: dairy, gluten

Moroccan Cod Tagine

Eggplant Parmesan w Angel Hair Pasta & Parsley
Allergen: dairy, gluten, egg



Menu for Delivery on Tuesday September 26, 2023

Order must be placed by noon on September 12

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

Corn Velvet Soup
Allergen: dairy

Chicken Bok Choy Soup

Cream of Broccoli Soup
Allergen: dairy

Tomato Rice Florentine Soup
Allergen: dairy

Two Bean Soup

Steak Au Poivre
Allergen: dairy

Chicken Katsu w Japanese Sesame Dressing
Allergen: soy, gluten

Blackened Balsamic Tuna Steak

Bacon Wrapped Pork Tenderloin w Maple Butter



Pan Blackened Swordfish w Lemon Cilantro Aioli
Allergen: dairy, egg

New England Baked Haddock
Allergen: gluten

Pan Seared Chicken Breast Stuffed w Broccoli & Cheddar Cheese
Allergen: dairy, gluten



Cheese Ravioli in Pink Sauce w Grilled Italian Sausage & Peppers
Allergen: egg, dairy, gluten



Menu for Delivery on Tuesday October 3, 2023

Order must be placed by noon on September 19

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

Smoked Turkey Vegetable Soup

Italian Wedding Soup

Allergen: egg, gluten

Cream of Asparagus & Leek Soup

Allergen: dairy

Cream of Tomato Soup

Allergen: dairy

Pasta e Fagioli Soup

Allergen: egg, gluten

Grilled Rack of Lamb w Tzatziki Sauce

Allergen: dairy

Pan Seared Arctic Char w Ginger Chive Butter

Grilled Hanger Steak w Corn Salsa

Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: shellfish

Chicken Carbonara w Penne Pasta

Allergen: dairy, egg, gluten



Orange Anise Glazed Duck Leg



Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: egg, dairy



Menu for Delivery on Tuesday October 10, 2023

Order must be placed by noon on September 26

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

Shrimp Bisque

Allergen: shellfish, dairy

Chicken & Corn Soup

Navy Bean Soup w Smoked Ham

Spinach Veloute Soup w Mascarpone Cheese

Allergen: dairy

Grilled Mediterranean Vegetable Soup

Slow Roasted Prime Rib w Au Jus

Grilled Salmon w Cherry Almond Butter

Allergen: nut

Southern Italian Poached Cod

Braised Lamb Stew w Mint Relish



Shrimp Alfredo w Fettucine

Allergen: shellfish, dairy, egg, gluten



Southwestern Steak Tips w Corn & Black Bean Salsa



Pecan Stuffed Chicken

Allergen: nut, gluten



Cuban Style Grilled Pork Loin w Oregano Garlic

Menu for Delivery on Tuesday October 17, 2023

Order must be placed by noon on October 3

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

Thai Chicken Soup

Lentil Soup

Crabmeat Bisque

Allergen: shellfish, dairy

Butternut Squash Soup

Allergen: dairy

Beef Vegetable Soup

Parmesan Baked Scallops

Allergen: shellfish, gluten, dairy

Lasagna Bolognese w Garlic Bread

Allergen: gluten, dairy, egg



Chicken Cutlets in White Wine Sauce

Allergen: gluten, egg

Garlic Braised Short Ribs w Merlot Sauce

Village Meat Loaf w Burgundy Mushroom Gravy

Allergen: gluten, egg



Pan Seared Pork Tenderloin w Sage Dijon Cream Sauce

Allergen: dairy

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce

Allergen: shellfish, dairy

Baked Lemon Haddock w Red Pepper

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)





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