



*Gourmet To Go*  
*Carleton-Willard At Home*

*This menu is valid for orders  
delivered through October 10, 2017*



## 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](mailto: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 3pm and 5pm.

The delivery date is clearly marked on your menu.

**SOMEONE MUST 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 m.g.
- ◆ A salt shaker icon indicates those menu items containing more than 400 m.g. 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**

*The life you love  
made easier*



## 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.

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:

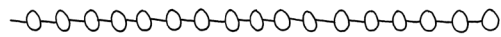
Take a look at food labels and find out where the sodium is in your daily diet. High amounts of sodium are found in canned soups; cheese; pizza; prepared salad dressings; smoked and processed meats like hot dogs, ham, and sausage; cured meats like bacon; pickle and olives; condiments (like catsup, mustard 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



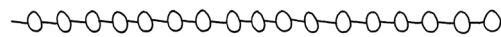
### **Ravioli with Marinara Sauce**

Allergen: Gluten & Dairy



*NOTE: The pasta is made of wheat.*

## Desserts



**Chocolate Chip Cookies (4 pieces)**

**Oatmeal Cookies (4 pieces)**

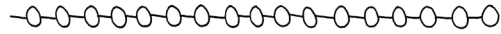
**Sugar Cookies (4 pieces)**

**Brownies (2 pieces)**

**Raspberry Squares (2 pieces)**

*NOTE: All desserts contain gluten.*

# Side Dishes

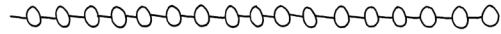


## CHOOSE TWO SIDE DISHES PER ENTRÉE

- **Roast Maple Sweet Potatoes**  
Allergens: Soy & Dairy
- **Roasted Red-Skin & Yukon Gold Potatoes**  
Allergens: Soy & Dairy
- **Flame Roasted Baby Potatoes**  
Allergen: Soy
- **Mashed Potatoes**  
Allergens: Soy & Dairy
- **Mashed Sweet Potatoes**  
Allergens: Soy & Dairy
- **Rice Pilaf**
- **Wild Rice Pilaf**  
Allergens: Soy
- **Green Beans**
- **Asparagus Cuts**
- **Carrots**



# Side Dishes

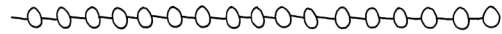


## CHOOSE TWO SIDE DISHES PER ENTRÉE

- **Green Peas**
- **Whole Kernel Corn**
- **Chopped Spinach**
- **Broccoli**
- **Cauliflower**
- **Southwestern Roast Corn & Black Beans with Bell Pepper & Onions**  
Allergens: Soy
- **Orzo, Grains and Vegetable Blend**  
Allergen: Wheat
- **Grilled Julienne-Cut Seven Vegetable Medley**
- **Pearl Couscous & Red Grains**  
Allergen: Wheat

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

# Menu for Delivery on Tuesday August 29 2017



Order must be placed by noon on August 15

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

## **Crabmeat Bisque**

Allergen: Dairy & Shellfish

## **French Onion Soup**

## **Beef Vegetable Soup**

## **Corn Chowder**

Allergen: Dairy

## **Cauliflower, Apple Soup with Cashews**

Allergen: Nuts & Dairy

## **Roasted Sirloin with Blue Cheese Butter**

Allergen: Dairy

## **Lazy Lasagna with Garlic Bread**

Allergen: Dairy & Gluten

## **Short Ribs Bourguignon**

## **Spinach Stuffed Chicken Breast with Madeira Sauce**

## **Village Meatloaf with Burgundy Mushroom Sauce**

## **Basil & Lemon Seared Swordfish with White Wine, Garlic Butter Sauce**

Allergen: Dairy

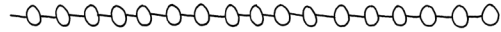
## **Grilled Chicken Breast with Mango and Fresh Mint Glaze**

## **Jumbo Shrimp with Ginger & Soy Sauce**

Allergen: Shellfish



# Menu for Delivery on Tuesday September 5, 2017



Order must be placed by noon on August 22

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

**Carrot & Coconut Soup**

**Minestrone Soup**

Allergen: Gluten

**Roasted Red Pepper Soup**

**Chicken Lemon & Rice Soup**

**New England Clam Chowder**

Allergen: Shellfish & Dairy

**Poached Salmon with Mustard, Lime Sauce**

**Swedish Meatballs** 

Allergen: Gluten

**Cod Puttanesca** 

**Chicken Breast with Citrus & Soy Sauce** 

**Village BBQ Chicken** 

**Grilled Swordfish with Lemon Basil Butter**

Allergen: Dairy

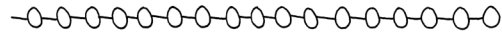
**Grilled Pork Loin with Horseradish Applesauce**

**Eggplant Parmesan** 

Allergen: Dairy & Gluten



# Menu for Delivery on Tuesday September 12, 2017



Order must be placed by noon on August 29

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

## **Corn Velvet Soup with Crabmeat**

Allergen: Shellfish & Dairy

## **Spring Pea Soup**

## **Bok Choy Chicken Soup**

## **Summer Minestrone Soup**

Allergen: Gluten

## **Seafood Chowder**

Allergen: Shellfish & Dairy

## **Herb Roasted Sirloin with Tarragon Butter**

Allergen: Dairy

## **Pan Roasted Statler Chicken Breast with Charred Corn Relish**

## **Pistachio Crusted Swordfish with Orange Honey Vinaigrette**

## **Garlic Roasted Pork Loin with Raspberry Chipotle Glaze**

## **Roasted Cornish Game Hen with Bacon Herb Butter**

Allergen: Dairy

## **Kansas City Style Pork Ribs**

## **Pan Seared Jumbo Shrimp Romesco**

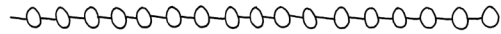
Allergen: Shellfish

## **Cornmeal Crusted Chicken Breast with Lemon Chive Butter**

Allergen: Dairy



# Menu for Delivery on Tuesday September 19, 2017



Order must be placed by noon on September 5

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

**Forest Mushroom Bisque**

Allergen: Dairy

**Lentil Curry Soup with Lemon**

**Southwestern Vegetable Soup**

**Fish Chowder**

Allergen: Dairy

**Cream of Asparagus and Leek Soup**

Allergen: Dairy

**Grilled Swordfish with Lime, Ginger Butter**

Allergen: Dairy

**Pan Seared Salmon with Bourbon, Peach BBQ Sauce** 🍷

**Chicken Provençale** 🍷

**Baked Flounder with Lemon Curry Butter**

Allergen: Dairy

**Roast Pork Loin Robert** 🍷

**Grilled Shrimp with Lemon Butter**

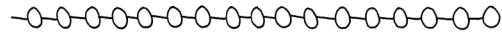
Allergen: Dairy & Shellfish

**Chicken Piccata** 🍷

**St. Louis BBQ Ribs** 🍷



# Menu for Delivery on Tuesday September 26, 2017



Order must be placed by noon on September 12

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

## **Shrimp Bisque**

Allergen: Dairy & Shellfish

## **Chicken & Corn Soup**

## **Turkey Vegetable Soup**

Allergen: Gluten

## **Chicken & Barley Soup**

## **Grilled Mediterranean Vegetable Soup**

## **Poached Salmon with Lavender Honey Butter**

Allergen: Dairy

## **Parmesan Crusted Chicken Breast with Lemon Vinaigrette**

Allergen: Dairy

## **Drunken Grilled Jumbo Shrimp**

Allergen: Shellfish

## **Pan Seared Sole Almandine**

Allergen: Nuts

## **Baked Three Cheese & Macaroni Casserole**

Allergen: Dairy & Gluten

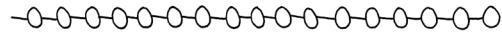
## **Lemon & Herb Marinated Chicken Thigh with Dijon Vinaigrette**

## **Haddock Margarita**

## **Steak au Poivre**



# Menu for Delivery on Tuesday October 3, 2017



Order must be placed by noon on September 19

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

## **Crabmeat Bisque**

Allergen: Dairy & Shellfish

## **French Onion Soup**

## **Beef Vegetable Soup**

## **Corn Chowder**

Allergen: Dairy

## **Cauliflower, Apple Soup with Cashews**

Allergen: Nuts & Dairy

## **Roasted Sirloin with Blue Cheese Butter**

Allergen: Dairy

## **Lazy Lasagna with Garlic Bread**

Allergen: Dairy & Gluten

## **Short Ribs Bourguignon**

## **Spinach Stuffed Chicken Breast with Madeira Sauce**

## **Village Meatloaf with Burgundy Mushroom Sauce**

## **Basil & Lemon Seared Swordfish with White Wine, Garlic Butter Sauce**

Allergen: Dairy

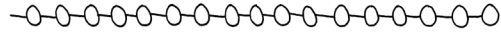
## **Grilled Chicken Breast with Mango and Fresh Mint Glaze**

## **Jumbo Shrimp with Ginger & Soy Sauce**

Allergen: Shellfish



# Menu for Delivery on Tuesday October 10, 2017



Order must be placed by noon on September 26

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

**Carrot & Coconut Soup**

**Minestrone Soup**

Allergen: Gluten

**Roasted Red Pepper Soup**

**Chicken Lemon & Rice Soup**

**New England Clam Chowder**

Allergen: Shellfish & Dairy

**Poached Salmon with Mustard, Lime Sauce**

**Swedish Meatballs** 

Allergen: Gluten

**Cod Puttanesca** 

**Chicken Breast with Citrus & Soy Sauce** 

**Village BBQ Chicken** 

**Grilled Swordfish with Lemon Basil Butter**

Allergen: Dairy

**Grilled Pork Loin with Horseradish Applesauce**

**Eggplant Parmesan** 

Allergen: Dairy & Gluten





**CUT ALONG THE LINE & USE THIS PAGE EACH WEEK TO  
MAKE YOUR CHOICES OF SIDE DISHES & DESSERTS.**

- **Roast Maple Sweet Potatoes** Allergens: Soy & Dairy
- **Roasted Red-Skin & Yukon Gold Potatoes** Allergens: Soy & Dairy
- **Flame Roasted Baby Potatoes** Allergen: Soy
- **Mashed Potatoes** Allergens: Soy & Dairy
- **Mashed Sweet Potatoes** Allergens: Soy & Dairy
- **Rice Pilaf** Allergens: Soy
- **Wild Rice Pilaf** Allergens: Soy
- **Green Beans**
- **Asparagus Cuts**
- **Carrots**
- **Green Peas**
- **Whole Kernel Corn**
- **Chopped Spinach**
- **Broccoli**
- **Cauliflower**
- **Southwest Roast Corn & Black Beans with Bell Pepper & Onions**
- **Orzo, Grains and Vegetable Blend** Allergens: Wheat
- **Grilled Julienne Cut Seven Vegetable Medley**
- **Pearl Couscous & Red Grains** Allergens: Soy & Wheat

**DESSERTS**

**Chocolate Chip Cookies (4 pieces)**

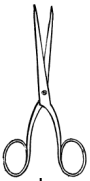
**Oatmeal Cookies (4 pieces)**

**Sugar Cookies (4 pieces)**

**Brownies (2 pieces)**

**Raspberry Squares (2 pieces)**

(All desserts contain Gluten)



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- **Roast Maple Sweet Potatoes** Allergens: Soy & Dairy
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- **Flame Roasted Baby Potatoes** Allergen: Soy
- **Mashed Potatoes** Allergens: Soy & Dairy
- **Mashed Sweet Potatoes** Allergens: Soy & Dairy
- **Rice Pilaf** Allergens: Soy
- **Wild Rice Pilaf** Allergens: Soy
- **Green Beans**
- **Asparagus Cuts**
- **Carrots**
- **Green Peas**
- **Whole Kernel Corn**
- **Chopped Spinach**
- **Broccoli**
- **Cauliflower**
- **Southwest Roast Corn & Black Beans with Bell Pepper & Onions**
- **Orzo, Grains and Vegetable Blend** Allergens: Wheat
- **Grilled Julienne Cut Seven Vegetable Medley**
- **Pearl Couscous & Red Grains** Allergens: Soy & Wheat

**DESSERTS**

**Chocolate Chip Cookies (4 pieces)**

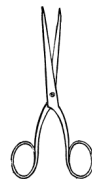
**Oatmeal Cookies (4 pieces)**

**Sugar Cookies (4 pieces)**

**Brownies (2 pieces)**

**Raspberry Squares (2 pieces)**

(All desserts contain Gluten)







PLEASE EMAIL OR CALL US WITH YOUR COMMENTS.  
WE VALUE YOUR INPUT.

T: 781.276.1910 [MEMBERSHIP@CWATHOME.ORG](mailto:MEMBERSHIP@CWATHOME.ORG)

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