



*Gourmet To Go
Carleton-Willard At Home*

*This menu is valid for orders
delivered through May 8, 2018*

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 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 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**

*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**

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

Menu for Delivery on Tuesday February 27, 2018

Order must be placed by noon on Feb. 13

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

Crabmeat Bisque

Allergen: Seafood and Dairy

Three Bean Chili

Roasted Vegetable and Potato Soup

Chicken and Barley Soup

Allergen: Gluten

Chicken Gumbo Creole Soup

Herb Roasted Haddock w/ Browned Butter

Allergen: Dairy

Chicken Parmigiana

Allergen: Dairy and Gluten

Herb Crusted Pork Loin with Maple Glaze

Braised Short Ribs



Roasted Salmon with Dijon Honey Mustard

Yankee Pot Roast

Chicken Saltimbocca

Allergen: Dairy

Hungarian Beef Stew

Allergen: Dairy



Menu for Delivery on Tuesday March 6, 2018

Order must be placed by noon on Feb 20

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

Beef Vegetable Soup

White Bean Escarole Soup

Potato Leek Soup

Allergen: Dairy

Steak & Ale Chowder

Allergen: Dairy

New England Clam Chowder

Allergen: Seafood & Dairy

Roasted Sirloin with Caramelized Onion Demi & Crumbled Blue Cheese

Herb Crusted Salmon

Pan seared Duck Breast with Cherry, Port Sauce

Three Cheese Macaroni and Cheese 

Allergen: Dairy & Gluten

Pecan Crusted Chicken Breast with Honey Mustard Drizzle

Allergen: Nuts & Gluten

Sweet and Sour Shrimp

Allergen: Seafood

Seared Crab Cakes

Allergen: Seafood

Baked Ziti with Meatballs, Italian Sausage & Garlic Bread 

Allergen: Gluten & Dairy

Menu for Delivery on Tuesday March 13, 2018

Order must be placed by noon on Feb. 27

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

Harvest Turkey Soup

Allergen: Gluten

Chicken and Shrimp Gumbo

Allergen: Seafood & Dairy

Corn Velvet Soup with Crabmeat

Allergen: Seafood & Dairy

Cream of Asparagus Soup

Allergen: Dairy

Navy Bean and Smoked Ham

Mustard Rack of Lamb

Baked Stuffed Shrimp

Allergen: Seafood and Gluten

Roast Pork Robert

Mustard and Honey Seared Chicken Breast with Basil Pesto

Garden Meatloaf with Tomato Sauce

Allergen: Gluten

Grilled Chicken Thigh with White BBQ Sauce

Shrimp Étoufée

Allergen: Gluten & Dairy & Seafood

Menu for Delivery on Tuesday March 20, 2018

Order must be placed by noon on March 6

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

Pawtucket Chicken Chowder

Allergen: Dairy

**Tomato, Butternut Squash Herb
Soup**

Shrimp Bisque

Allergen: Seafood and Dairy

Corn Chowder

Allergen: Dairy

Portuguese Kale Soup

Herbed Grilled Beef Tenderloin w/Roasted Red Pepper Coulis

Maple Mustard Roasted Salmon

Traditional Roast Turkey with Herb Stuffing and Gravy

Allergen: Gluten



Baked Haddock with Lobster Crumb Topping

Allergen: Seafood & Gluten

**Grilled Pork Tenderloin with Apricot Sausage Stuffing
and Rosemary Jus**

Blackened Swordfish with Cilantro Crema

Allergen: Dairy

**Pan Seared Statler Chicken Breast w/Leeks, Tomatoes and Sweet
Vermouth**

Allergen: Dairy

Chicken Pot Pie

Allergen: Gluten & Dairy



Menu for Delivery on Tuesday March 27, 2018

Order must be placed by noon on March 13

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

Turkey Barley Chowder

Allergen: Gluten & Dairy

Seafood Chowder

Allergen: Seafood & Dairy

Southwestern Chicken Vegetable Soup

Minestrone Soup

Allergen: Gluten

Split Pea with Ham Soup


Poached Salmon in Ravigote

Rosemary Roasted Lamb Top with Grain Mustard Demi

Grilled Firecracker Jumbo Shrimp with Lime Crema

Allergen: Seafood & Dairy

Baked Seafood Casserole


Allergen: Seafood, Dairy & Gluten 

Boneless Grilled Pork Chop with Cranberry Apple Relish


Baked Flounder with Ritz Topping and Lemon Butter Sauce

Allergen: Gluten & Dairy

Lasagna

Allergen: Gluten & Dairy 

Savannah Meat Loaf w/Creamy Pepper Gravy

Allergen: Gluten & Dairy 

Menu for Delivery on Tuesday April 3, 2018

Order must be placed by noon on March 20

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

Crabmeat Bisque

Allergen: Seafood and Dairy

Three Bean Chili

Roasted Vegetable and Potato Soup

Chicken and Barley Soup

Allergen: Gluten

Chicken Gumbo Creole Soup

Herb Roasted Haddock w/ Browned Butter

Allergen: Dairy

Chicken Parmigiana

Allergen: Dairy and Gluten

Herb Crusted Pork Loin with Maple Glaze

Braised Short Ribs



Roasted Salmon with Dijon Honey Mustard

Yankee Pot Roast

Chicken Saltimbocca

Allergen: Dairy

Hungarian Beef Stew

Allergen: Dairy



Menu for Delivery on Tuesday April 10, 2018

Order must be placed by noon on March 27

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

Beef Vegetable Soup

White Bean Escarole Soup

Potato Leek Soup

Allergen: Dairy

Steak & Ale Chowder

Allergen: Dairy

New England Clam Chowder

Allergen: Seafood & Dairy

Baked Salmon

Pan seared Duck Breast with Cherry, Port Sauce

Three Cheese Macaroni and Cheese 

Allergen: Dairy & Gluten

Pecan Crusted Chicken Breast with Honey Mustard Drizzle

Allergen: Nuts & Gluten

Sweet and Sour Shrimp

Allergen: Seafood

Seared Crab Cakes

Allergen: Seafood

Baked Ziti with Meatballs, Italian Sausage & Garlic Bread 

Allergen: Gluten & Dairy

Menu for Delivery on Tuesday April 17, 2018

Order must be placed by noon on April 3

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

Harvest Turkey Soup

Allergen: Gluten

Chicken and Shrimp Gumbo

Allergen: Seafood & Dairy

Corn Velvet Soup with Crabmeat

Allergen: Seafood & Dairy

Cream of Asparagus Soup

Allergen: Dairy

Navy Bean and Smoked Ham

Mustard Rack of Lamb

Baked Stuffed Shrimp

Allergen: Seafood and Gluten

Roast Pork Robert

Mustard and Honey Seared Chicken Breast with Basil Pesto

Garden Meatloaf with Tomato Sauce 

Allergen: Gluten

Grilled Chicken Thigh with White BBQ Sauce 

Shrimp Étoufée

Allergen: Gluten & Dairy & Seafood

Menu for Delivery on Tuesday April 24, 2018

Order must be placed by noon on April 10

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

Pawtucket Chicken Chowder

Allergen: Dairy

**Tomato, Butternut Squash Herb
Soup**

Portuguese Kale Soup

Shrimp Bisque

Allergen: Seafood and Dairy

Corn Chowder

Allergen: Dairy

Herbed Grilled Beef Tenderloin w/Roasted Red Pepper Coulis

Maple Mustard Roasted Salmon

Traditional Roast Turkey with Herb Stuffing and Gravy

Allergen: Gluten



Baked Haddock with Lobster Crumb Topping

Allergen: Seafood & Gluten

**Grilled Pork Tenderloin with Apricot Sausage Stuffing
and Rosemary Jus**

Blackened Swordfish with Cilantro Crema

Allergen: Dairy

**Pan Seared Statler Chicken Breast w/Leeks, Tomatoes and Sweet
Vermouth**

Allergen: Dairy

Chicken Pot Pie

Allergen: Gluten & Dairy



Menu for Delivery on Tuesday May 1, 2018

Order must be placed by noon on April 17

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

Turkey Barley Chowder

Allergen: Gluten & Dairy

Seafood Chowder

Allergen: Seafood & Dairy

Southwestern Chicken Vegetable Soup

Minestrone Soup

Allergen: Gluten

Split Pea with Ham Soup


Poached Salmon in Ravigote

Rosemary Roasted Lamb Top with Grain Mustard Demi

Grilled Firecracker Jumbo Shrimp with Lime Crema

Allergen: Seafood & Dairy

Baked Seafood Casserole


Allergen: Seafood, Dairy & Gluten 

Boneless Grilled Pork Chop with Cranberry Apple Relish


Baked Flounder with Ritz Topping and Lemon Butter Sauce

Allergen: Gluten & Dairy

Lasagna

Allergen: Gluten & Dairy 

Savannah Meat Loaf w/Creamy Pepper Gravy

Allergen: Gluten & Dairy 

Menu for Delivery on Tuesday May 8, 2018

Order must be placed by noon on April 24

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

Crabmeat Bisque

Allergen: Seafood and Dairy

Three Bean Chili

Roasted Vegetable and Potato Soup

Chicken and Barley Soup

Allergen: Gluten

Chicken Gumbo Creole Soup

Herb Roasted Haddock w/ Browned Butter

Allergen: Dairy

Chicken Parmigiana

Allergen: Dairy and Gluten

Herb Crusted Pork Loin with Maple Glaze

Braised Short Ribs



Roasted Salmon with Dijon, Honey Mustard

Yankee Pot Roast

Chicken Saltimbocca

Allergen: Dairy

Hungarian Beef Stew

Allergen: Dairy



**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 &
- **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**
- **Orzo, Grains and Vegetable Blend** Allergens: Wheat
- **Grilled Julienne Cut Seven Vegetable Medley**

DESSERTS

Chocolate Chip Cookies (4 pieces)

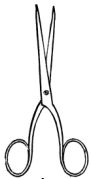
Oatmeal Cookies (4 pieces)

Sugar Cookies (4 pieces)

Brownies (2 pieces)

Raspberry Squares (2 pieces)

(All desserts contain Gluten)



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- **Asparagus Cuts**
- **Carrots**
- **Green Peas**
- **Whole Kernel Corn**
- **Chopped Spinach**
- **Broccoli**
- **Cauliflower**
- **Southwest Roast Corn & Black Beans with Bell Pepper**
- **Orzo, Grains and Vegetable Blend** Allergens: Wheat
- **Grilled Julienne Cut Seven Vegetable Medley**

DESSERTS

Chocolate Chip Cookies (4 pieces)

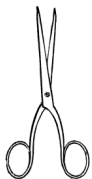
Oatmeal Cookies (4 pieces)

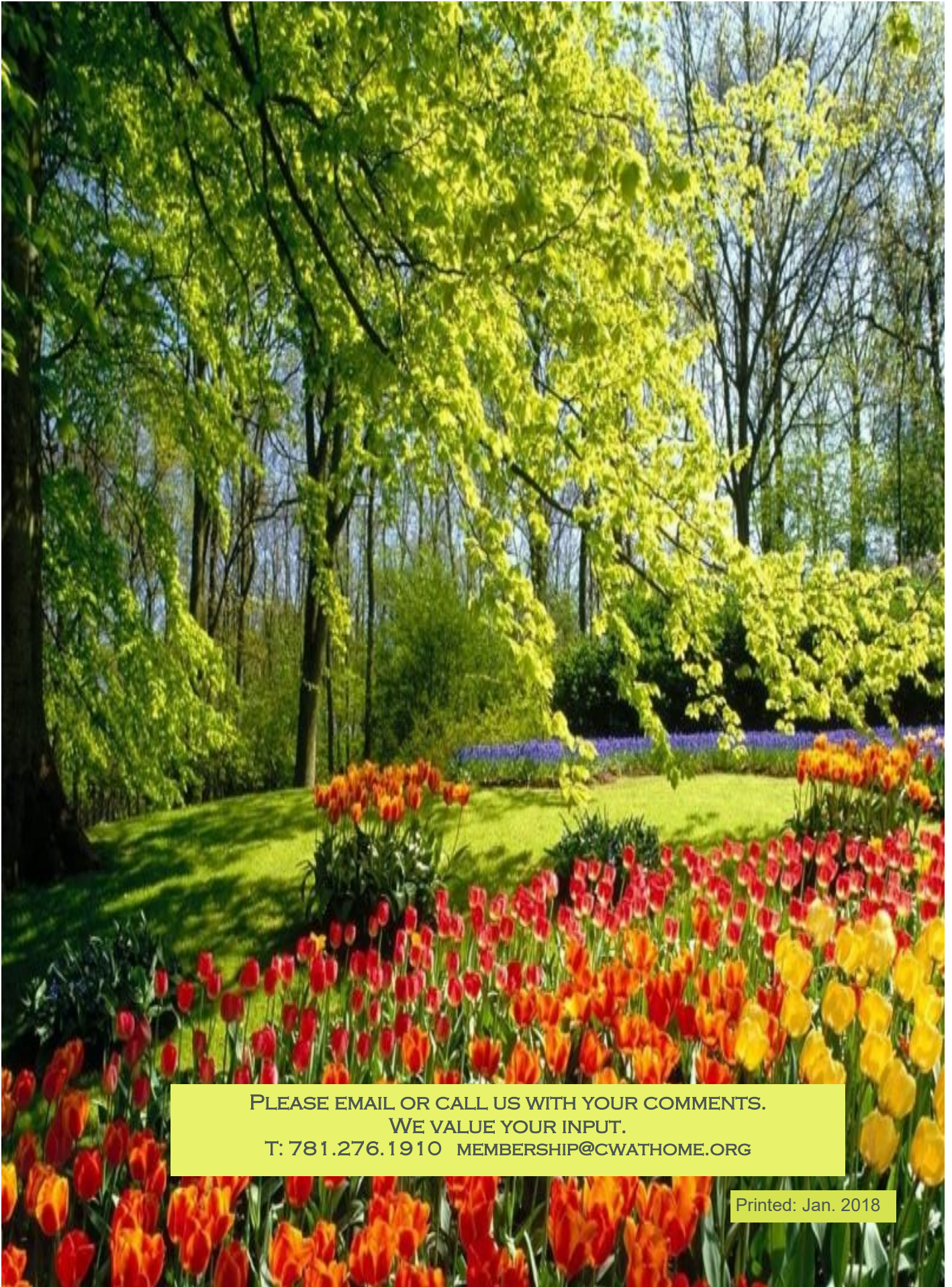
Sugar Cookies (4 pieces)

Brownies (2 pieces)

Raspberry Squares (2 pieces)

(All desserts contain Gluten)





PLEASE EMAIL OR CALL US WITH YOUR COMMENTS.
WE VALUE YOUR INPUT.
T: 781.276.1910 MEMBERSHIP@CWATHOME.ORG

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