



Gourmet To Go

from Carleton-Willard At Home

*This menu is valid for orders
delivered through August 22, 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 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 May 16, 2017

Order must be placed by noon on *May 2*

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 May 23, 2017

Order must be placed by noon on *May 9*

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 May 30, 2017

Order must be placed by noon on *May 16*

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 June 6, 2017

Order must be placed by noon on *May 23*

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 June 13, 2017

Order must be placed by noon on *May 30*

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 June 20, 2017

Order must be placed by noon on *June 6*

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 June 27, 2017

Order must be placed by noon on *June 13*

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 ** Wednesday** July 5, 2017

Order must be placed by noon on *June 20*

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

Corn Velvet Soup with Crabmeat

Allergen: Shellfish & Dairy

Bok Choy Chicken Soup

Spring Pea 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 July 11, 2017

Order must be placed by noon on *June 27*

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 July 18, 2017

Order must be placed by noon on *July 5*

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 July 25, 2017

Order must be placed by noon on *July 11*

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 August 1, 2017

Order must be placed by noon on *July 18*

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 August 8, 2017

Order must be placed by noon on *July 25*

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

Corn Velvet Soup with Crabmeat

Allergen: Shellfish & Dairy

Bok Choy Chicken Soup

Spring Pea 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 August 15, 2017

Order must be placed by noon on *August 1*

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 August 22, 2017

Order must be placed by noon on *August 8*

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

**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)

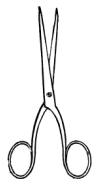
Oatmeal Cookies (4 pieces)

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)

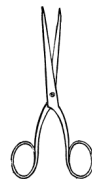
Oatmeal Cookies (4 pieces)

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

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