

# *Gourmet To Go*

*From Carleton-Willard At Home*



*This menu is valid for orders  
delivered through October 20, 2026*



## HERE'S HOW IT WORKS

These healthy prepared meals are cooked and flash frozen by 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.

- ◇ You can order as many meals as you wish. Please see below for more information ~

**Soups** (12 fl oz.) are ordered separately from entrées and are \$5 each.

**One Entrée + Two Sides** of your choice is \$15. Please choose your two sides from the 'Side Dishes' menu.

**Desserts** are \$4 per serving and may not be ordered alone.

Prices include all taxes. **Delivery is free.**

- ◇ This service is exclusive to Carleton Willard at Home members.


### How to Order ~

- ◇ The “**Order By**” date is listed in the top section of each week’s menu in **red** print. Please make your selections and call or email them to us **by 12 noon** on the “Order By” date.

At Home office **781-276-1910** or **membership@cwathome.org**

- ◇ Meals are delivered every Tuesday afternoon **between 1pm and 5pm**. The Delivery Date is clearly marked in the top section of each week’s menu, and is two weeks after the ‘Order By’ date.
- ◇ **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 \$5 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 most Americans get too much sodium. 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 that is only a small part! 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. However, this does not mean 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 have specific questions about your health needs, 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 the following foods: canned soups, cheese, pizza, prepared salad dressings, smoked and processed meats (i.e. hot dogs, ham, and sausage) cured meats (i.e. bacon), pickles and olives, condiments (i.e. 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, and 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
- **Flame Roasted Baby Baked Potatoes**
- **Roasted Red-Skin & Yukon Gold Potatoes**
- **Mashed Potatoes** Allergen: dairy
- **Mashed Sweet Potatoes** Allergen: dairy
- **Wild Rice Pilaf**
- **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**
- **Six Vegetable Medley**

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



# Menu for Delivery on Tuesday April 28, 2026

**Order must be placed by noon on April 14**

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

**Crabmeat Bisque**  
Allergen: dairy, shellfish

**Lentil Soup**

**Chicken Noodle Soup**  
Allergen: gluten

**Corn Chowder**  
Allergen: dairy

**Butternut Squash Soup**  
Allergen: dairy

**Seared Scallops with Sweet Corn Butter Sauce**  
Allergen: dairy, shellfish

**Steak Diane**  
Allergen: dairy



**Chicken Vesuvio**  
Allergen: dairy



**Peach and Bourbon Braised Short Ribs**

**Spiced Baked Salmon with Lemon Garlic Butter**  
Allergen: dairy

**Roasted Southeastern Shrimp with Mango Chili Sauce**  
Allergen: shellfish



**Tequila Lime Flank Steak with Cucumber & Watermelon Salsa Fresca**

**Baked Lemon Haddock with Red Pepper Onion Relish**

# Menu for Delivery on Tuesday May 5, 2026

**Order must be placed by noon on April 21**

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

**Corn & Red Pepper Bisque**  
Allergen: dairy

**Minestrone Soup**  
Allergen: gluten

**Split Pea Soup with Ham**  
Allergen: dairy

**New England Clam Chowder**  
Allergen: shellfish, dairy

**Roasted Vegetables & Wild Rice Soup**

**Grilled Spiced Lamb Chop with Mint Lemon Yogurt**  
Allergen: dairy

**Pesto Roasted Salmon**  
Allergen: dairy

**Slow Roasted Pit Ham with Apricot Bourbon Glaze** 

**CWV Famous Steak Tips**

**Chicken Francese**  
Allergen: gluten, egg, dairy

**CWV BBQ Chicken Legs** 

**Parmesan Crusted Steelhead Trout with Lemon Parsley Butter**  
Allergen: dairy, gluten, eggs

**Pappardelle Bolognese**   
Allergen: dairy, gluten, eggs

# Menu for Delivery on Tuesday May 12, 2026

**Order must be placed by noon on April 28**

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

**Cream of Broccoli Soup**  
Allergen: dairy

**Tomato Rice Florentine Soup**  
Allergen: dairy

**Bok Choy Chicken Soup**  
Allergen: sesame, soy

**Tomato Basil Soup**  
Allergen: dairy

**Louisiana Chicken & Shrimp Gumbo**  
Allergen: dairy, shellfish

**Steak Au Poivre**  
Allergen: dairy

**Jerk Grilled Swordfish with Pineapple Mango Salsa**

**Honey Garlic Chicken Thighs**

**Bronzed and Roasted Mahi Mahi with Coconut Lime and Herb Crema**  
Allergen: dairy

**Carved Pork Loin with Creamy Apricot Sauce**  
Allergen: dairy

**Steamed Salmon with Artichokes Barigoule**

**Onion Braised Beef Brisket** 

**New England Baked Haddock**  
Allergen: gluten, dairy

# Menu for Delivery on Tuesday May 19, 2026

**Order must be placed by noon on May 5**

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

**Smoked Turkey Vegetable Soup**

**Italian Wedding Soup**

Allergen: gluten, eggs

**Cream of Asparagus & Leek Soup**

**Cream of Tomato Soup**

Allergen: dairy

Allergen: dairy

**Pasta e Fagioli Soup**

Allergen: gluten, eggs

**Szechuan Braised Lamb Ragu with Egg Noodles**

Allergen: dairy, eggs, gluten



**Pan Seared Arctic Char with Ginger Chive Butter**

Allergen: dairy

**Coconut Shrimp with Mandarin Pineapple Salsa**

Allergen: shellfish, gluten, eggs

**Hunan Style Ginger Chicken Thighs**

**Weiner Schnitzel**

Allergen: dairy, eggs, gluten



**Soy Ginger Salmon with Lemon Scallion Butter**

Allergen: dairy, soy

**Ultimate BBQ Baby Back Ribs**



**Chicken Piccata**

Allergen: dairy



# Menu for Delivery on Tuesday May 26, 2026

**Order must be placed by noon on May 12**

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

**Shrimp Bisque**  
Allergen: shellfish, dairy

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

**Navy Bean Soup  
with Smoked Ham**

**Grilled Mediterranean Vegetable  
Soup**

**Barley & Chicken Soup**  
Allergen: gluten

**Slow Roasted Prime Rib of Beef Au Jus**

**Parmesan Crusted Chicken with Herb Butter Sauce**  
Allergen: gluten, dairy

**Pesto Crusted Cod with Burst Tomatoes**  
Allergen: dairy



**Black Diamond Style Grilled Steak Tips**

**Haddock Florentine**  
Allergen: dairy

**Peach & Berry Glazed Pork Loin**

**Sole Amandine**  
Allergen: dairy, tree nuts

**General Tso's Chicken**  
Allergen: soy, gluten



# Menu for Delivery on Tuesday June 2, 2026

**Order must be placed by noon on May 19**

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

**Crabmeat Bisque**

Allergen: dairy, shellfish

**Lentil Soup**

**Chicken Noodle Soup**

Allergen: gluten

**Corn Chowder**

Allergen: dairy

**Butternut Squash Soup**

Allergen: dairy

**Seared Scallops with Sweet Corn Butter Sauce**

Allergen: dairy, shellfish

**Steak Diane**

Allergen: dairy



**Chicken Vesuvio**

Allergen: dairy



**Peach and Bourbon Braised Short Ribs**

**Spiced Baked Salmon with Lemon Garlic Butter**

Allergen: dairy

**Roasted Southeastern Shrimp with Mango Chili Sauce**

Allergen: shellfish



**Tequila Lime Flank Steak with Cucumber & Watermelon Salsa Fresca**

**Baked Lemon Haddock with Red Pepper Onion Relish**

# Menu for Delivery on Tuesday June 9, 2026

**Order must be placed by noon on May 26**

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

**Corn & Red Pepper Bisque**  
Allergen: dairy

**Minestrone Soup**  
Allergen: gluten

**Split Pea Soup with Ham**  
Allergen: dairy

**New England Clam Chowder**  
Allergen: shellfish, dairy

**Roasted Vegetables & Wild Rice Soup**

**Grilled Spiced Lamb Chop with Mint Lemon Yogurt**  
Allergen: dairy

**Pesto Roasted Salmon**  
Allergen: dairy

**Slow Roasted Pit Ham with Apricot Bourbon Glaze** 

**CWV Famous Steak Tips**

**Chicken Francese**  
Allergen: gluten, egg, dairy

**CWV BBQ Chicken Legs** 

**Parmesan Crusted Steelhead Trout with Lemon Parsley Butter**  
Allergen: dairy, gluten, eggs

**Pappardelle Bolognese**   
Allergen: dairy, gluten, eggs

# Menu for Delivery on Tuesday June 16, 2026

**Order must be placed by noon on June 2**

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

**Cream of Broccoli Soup**  
Allergen: dairy

**Tomato Rice Florentine Soup**  
Allergen: dairy

**Bok Choy Chicken Soup**  
Allergen: sesame, soy

**Tomato Basil Soup**  
Allergen: dairy

**Louisiana Chicken & Shrimp Gumbo**  
Allergen: dairy, shellfish

**Steak Au Poivre**  
Allergen: dairy

**Jerk Grilled Swordfish with Pineapple Mango Salsa**

**Honey Garlic Chicken Thighs**

**Bronzed and Roasted Mahi Mahi with Coconut Lime and Herb Crema**  
Allergen: dairy

**Carved Pork Loin with Creamy Apricot Sauce**  
Allergen: dairy

**Steamed Salmon with Artichokes Barigoule**

**Onion Braised Beef Brisket** 

**New England Baked Haddock**  
Allergen: gluten, dairy

# Menu for Delivery on Tuesday June 23, 2026

**Order must be placed by noon on June 9**

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

**Smoked Turkey Vegetable Soup**

**Italian Wedding Soup**

Allergen: gluten, eggs

**Cream of Asparagus & Leek Soup**

Allergen: dairy

**Cream of Tomato Soup**

Allergen: dairy

**Pasta e Fagioli Soup**

Allergen: gluten, eggs

**Szechuan Braised Lamb Ragu with Egg Noodles**

Allergen: dairy, eggs, gluten



**Pan Seared Arctic Char with Ginger Chive Butter**

Allergen: dairy

**Coconut Shrimp with Mandarin Pineapple Salsa**

Allergen: shellfish, gluten, eggs

**Hunan Style Ginger Chicken Thighs**

**Weiner Schnitzel**

Allergen: dairy, eggs, gluten



**Soy Ginger Salmon with Lemon Scallion Butter**

Allergen: dairy, soy

**Ultimate BBQ Baby Back Ribs**



**Chicken Piccata**

Allergen: dairy



# Menu for Delivery on Tuesday June 30, 2026

**Order must be placed by noon on June 16**

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

**Shrimp Bisque**  
Allergen: shellfish, dairy

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

**Navy Bean Soup  
with Smoked Ham**

**Grilled Mediterranean Vegetable  
Soup**

**Barley & Chicken Soup**  
Allergen: gluten

**Slow Roasted Prime Rib of Beef Au Jus**

**Parmesan Crusted Chicken with Herb Butter Sauce**  
Allergen: gluten, dairy

**Pesto Crusted Cod with Burst Tomatoes**  
Allergen: dairy



**Black Diamond Style Grilled Steak Tips**

**Haddock Florentine**  
Allergen: dairy

**Peach & Berry Glazed Pork Loin**

**Sole Amandine**  
Allergen: dairy, tree nuts

**General Tso's Chicken**  
Allergen: soy, gluten



# Menu for Delivery on Tuesday July 7, 2026

**Order must be placed by noon on June 23**

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

**Crabmeat Bisque**  
Allergen: dairy, shellfish

**Lentil Soup**

**Chicken Noodle Soup**  
Allergen: gluten

**Corn Chowder**  
Allergen: dairy

**Butternut Squash Soup**  
Allergen: dairy

**Seared Scallops with Sweet Corn Butter Sauce**  
Allergen: dairy, shellfish

**Steak Diane**  
Allergen: dairy



**Chicken Vesuvio**  
Allergen: dairy



**Peach and Bourbon Braised Short Ribs**

**Spiced Baked Salmon with Lemon Garlic Butter**  
Allergen: dairy

**Roasted Southeastern Shrimp with Mango Chili Sauce**  
Allergen: shellfish



**Tequila Lime Flank Steak with Cucumber & Watermelon Salsa Fresca**

**Baked Lemon Haddock with Red Pepper Onion Relish**

# Menu for Delivery on Tuesday July 14, 2026

**Order must be placed by noon on June 30**

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

**Corn & Red Pepper Bisque**  
Allergen: dairy

**Minestrone Soup**  
Allergen: gluten

**Split Pea Soup with Ham**  
Allergen: dairy

**New England Clam Chowder**  
Allergen: shellfish, dairy

**Roasted Vegetables & Wild Rice Soup**

**Grilled Spiced Lamb Chop with Mint Lemon Yogurt**  
Allergen: dairy

**Pesto Roasted Salmon**  
Allergen: dairy

**Slow Roasted Pit Ham with Apricot Bourbon Glaze** 

**CWV Famous Steak Tips**

**Chicken Francese**  
Allergen: gluten, egg, dairy

**CWV BBQ Chicken Legs** 

**Parmesan Crusted Steelhead Trout with Lemon Parsley Butter**  
Allergen: dairy, gluten, eggs

**Pappardelle Bolognese**   
Allergen: dairy, gluten, eggs

# Menu for Delivery on Tuesday July 21, 2026

**Order must be placed by noon on July 7**

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

**Cream of Broccoli Soup**  
Allergen: dairy

**Tomato Rice Florentine Soup**  
Allergen: dairy

**Bok Choy Chicken Soup**  
Allergen: sesame, soy

**Tomato Basil Soup**  
Allergen: dairy

**Louisiana Chicken & Shrimp Gumbo**  
Allergen: dairy, shellfish

**Steak Au Poivre**  
Allergen: dairy

**Jerk Grilled Swordfish with Pineapple Mango Salsa**

**Honey Garlic Chicken Thighs**

**Bronzed and Roasted Mahi Mahi with Coconut Lime and Herb Crema**  
Allergen: dairy

**Carved Pork Loin with Creamy Apricot Sauce**  
Allergen: dairy

**Steamed Salmon with Artichokes Barigoule**

**Onion Braised Beef Brisket** 

**New England Baked Haddock**  
Allergen: gluten, dairy

# Menu for Delivery on Tuesday July 28, 2026

**Order must be placed by noon on July 14**

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

**Smoked Turkey Vegetable Soup**

**Italian Wedding Soup**

Allergen: gluten, eggs

**Cream of Asparagus & Leek Soup**

Allergen: dairy

**Cream of Tomato Soup**

Allergen: dairy

**Pasta e Fagioli Soup**

Allergen: gluten, eggs

**Szechuan Braised Lamb Ragu with Egg Noodles**

Allergen: dairy, eggs, gluten



**Pan Seared Arctic Char with Ginger Chive Butter**

Allergen: dairy

**Coconut Shrimp with Mandarin Pineapple Salsa**

Allergen: shellfish, gluten, eggs

**Hunan Style Ginger Chicken Thighs**

**Weiner Schnitzel**

Allergen: dairy, eggs, gluten



**Soy Ginger Salmon with Lemon Scallion Butter**

Allergen: dairy, soy

**Ultimate BBQ Baby Back Ribs**



**Chicken Piccata**

Allergen: dairy



# Menu for Delivery on Tuesday August 4, 2026

**Order must be placed by noon on July 21**

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

**Shrimp Bisque**  
Allergen: shellfish, dairy

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

**Navy Bean Soup  
with Smoked Ham**

**Grilled Mediterranean Vegetable  
Soup**

**Barley & Chicken Soup**  
Allergen: gluten

**Slow Roasted Prime Rib of Beef Au Jus**

**Parmesan Crusted Chicken with Herb Butter Sauce**  
Allergen: gluten, dairy

**Pesto Crusted Cod with Burst Tomatoes**  
Allergen: dairy



**Black Diamond Style Grilled Steak Tips**

**Haddock Florentine**  
Allergen: dairy

**Peach & Berry Glazed Pork Loin**

**Sole Amandine**  
Allergen: dairy, tree nuts

**General Tso's Chicken**  
Allergen: soy, gluten



# Menu for Delivery on Tuesday August 11, 2026

**Order must be placed by noon on July 28**

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

**Crabmeat Bisque**  
Allergen: dairy, shellfish

**Lentil Soup**

**Chicken Noodle Soup**  
Allergen: gluten

**Corn Chowder**  
Allergen: dairy

**Butternut Squash Soup**  
Allergen: dairy

**Seared Scallops with Sweet Corn Butter Sauce**  
Allergen: dairy, shellfish

**Steak Diane**  
Allergen: dairy



**Chicken Vesuvio**  
Allergen: dairy



**Peach and Bourbon Braised Short Ribs**

**Spiced Baked Salmon with Lemon Garlic Butter**  
Allergen: dairy

**Roasted Southeastern Shrimp with Mango Chili Sauce**  
Allergen: shellfish



**Tequila Lime Flank Steak with Cucumber & Watermelon Salsa Fresca**

**Baked Lemon Haddock with Red Pepper Onion Relish**

# Menu for Delivery on Tuesday August 18, 2026

**Order must be placed by noon on August 4**

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

**Corn & Red Pepper Bisque**  
Allergen: dairy

**Minestrone Soup**  
Allergen: gluten

**Split Pea Soup with Ham**  
Allergen: dairy

**New England Clam Chowder**  
Allergen: shellfish, dairy

**Roasted Vegetables & Wild Rice Soup**

**Grilled Spiced Lamb Chop with Mint Lemon Yogurt**  
Allergen: dairy

**Pesto Roasted Salmon**  
Allergen: dairy

**Slow Roasted Pit Ham with Apricot Bourbon Glaze** 

**CWV Famous Steak Tips**

**Chicken Francese**  
Allergen: gluten, egg, dairy

**CWV BBQ Chicken Legs** 

**Parmesan Crusted Steelhead Trout with Lemon Parsley Butter**  
Allergen: dairy, gluten, eggs

**Pappardelle Bolognese**   
Allergen: dairy, gluten, eggs

# Menu for Delivery on Tuesday August 25, 2026

**Order must be placed by noon on August 11**

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

**Cream of Broccoli Soup**  
Allergen: dairy

**Tomato Rice Florentine Soup**  
Allergen: dairy

**Bok Choy Chicken Soup**  
Allergen: sesame, soy

**Tomato Basil Soup**  
Allergen: dairy

**Louisiana Chicken & Shrimp Gumbo**  
Allergen: dairy, shellfish

**Steak Au Poivre**  
Allergen: dairy

**Jerk Grilled Swordfish with Pineapple Mango Salsa**

**Honey Garlic Chicken Thighs**

**Bronzed and Roasted Mahi Mahi with Coconut Lime and Herb Crema**  
Allergen: dairy

**Carved Pork Loin with Creamy Apricot Sauce**  
Allergen: dairy

**Steamed Salmon with Artichokes Barigoule**

**Onion Braised Beef Brisket** 

**New England Baked Haddock**  
Allergen: gluten, dairy

# Menu for Delivery on Tuesday September 1, 2026

**Order must be placed by noon on August 18**

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

**Smoked Turkey Vegetable Soup**

**Italian Wedding Soup**

Allergen: gluten, eggs

**Cream of Asparagus & Leek Soup**

Allergen: dairy

**Cream of Tomato Soup**

Allergen: dairy

**Pasta e Fagioli Soup**

Allergen: gluten, eggs

**Szechuan Braised Lamb Ragù with Egg Noodles**

Allergen: dairy, eggs, gluten



**Pan Seared Arctic Char with Ginger Chive Butter**

Allergen: dairy

**Coconut Shrimp with Mandarin Pineapple Salsa**

Allergen: shellfish, gluten, eggs

**Hunan Style Ginger Chicken Thighs**

**Weiner Schnitzel**

Allergen: dairy, eggs, gluten



**Soy Ginger Salmon with Lemon Scallion Butter**

Allergen: dairy, soy

**Ultimate BBQ Baby Back Ribs**



**Chicken Piccata**

Allergen: dairy



# Menu for Delivery on Tuesday September 8, 2026

**Order must be placed by noon on August 25**

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

**Shrimp Bisque**  
Allergen: shellfish, dairy

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

**Navy Bean Soup  
with Smoked Ham**

**Grilled Mediterranean Vegetable  
Soup**

**Barley & Chicken Soup**  
Allergen: gluten

**Slow Roasted Prime Rib of Beef Au Jus**

**Parmesan Crusted Chicken with Herb Butter Sauce**  
Allergen: gluten, dairy

**Pesto Crusted Cod with Burst Tomatoes**  
Allergen: dairy



**Black Diamond Style Grilled Steak Tips**

**Haddock Florentine**  
Allergen: dairy

**Peach & Berry Glazed Pork Loin**

**Sole Amandine**  
Allergen: dairy, tree nuts

**General Tso's Chicken**  
Allergen: soy, gluten



# Menu for Delivery on Tuesday September 15, 2026

**Order must be placed by noon on September 1**

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

**Crabmeat Bisque**

Allergen: dairy, shellfish

**Lentil Soup**

**Chicken Noodle Soup**

Allergen: gluten

**Corn Chowder**

Allergen: dairy

**Butternut Squash Soup**

Allergen: dairy

**Seared Scallops with Sweet Corn Butter Sauce**

Allergen: dairy, shellfish

**Steak Diane**

Allergen: dairy



**Chicken Vesuvio**

Allergen: dairy



**Peach and Bourbon Braised Short Ribs**

**Spiced Baked Salmon with Lemon Garlic Butter**

Allergen: dairy

**Roasted Southeastern Shrimp with Mango Chili Sauce**

Allergen: shellfish



**Tequila Lime Flank Steak with Cucumber & Watermelon Salsa Fresca**

**Baked Lemon Haddock with Red Pepper Onion Relish**

# Menu for Delivery on Tuesday September 22, 2026

**Order must be placed by noon on September 8**

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

**Corn & Red Pepper Bisque**  
Allergen: dairy

**Minestrone Soup**  
Allergen: gluten

**Split Pea Soup with Ham**  
Allergen: dairy

**New England Clam Chowder**  
Allergen: shellfish, dairy

**Roasted Vegetables & Wild Rice Soup**

**Grilled Spiced Lamb Chop with Mint Lemon Yogurt**  
Allergen: dairy

**Pesto Roasted Salmon**  
Allergen: dairy

**Slow Roasted Pit Ham with Apricot Bourbon Glaze** 

**CWV Famous Steak Tips**

**Chicken Francese**  
Allergen: gluten, egg, dairy

**CWV BBQ Chicken Legs** 

**Parmesan Crusted Steelhead Trout with Lemon Parsley Butter**  
Allergen: dairy, gluten, eggs

**Pappardelle Bolognese**   
Allergen: dairy, gluten, eggs

# Menu for Delivery on Tuesday September 29, 2026

**Order must be placed by noon on September 15**

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

**Cream of Broccoli Soup**  
Allergen: dairy

**Tomato Rice Florentine Soup**  
Allergen: dairy

**Bok Choy Chicken Soup**  
Allergen: sesame, soy

**Tomato Basil Soup**  
Allergen: dairy

**Louisiana Chicken & Shrimp Gumbo**  
Allergen: dairy, shellfish

**Steak Au Poivre**  
Allergen: dairy

**Jerk Grilled Swordfish with Pineapple Mango Salsa**

**Honey Garlic Chicken Thighs**

**Bronzed and Roasted Mahi Mahi with Coconut Lime and Herb Crema**  
Allergen: dairy

**Carved Pork Loin with Creamy Apricot Sauce**  
Allergen: dairy

**Steamed Salmon with Artichokes Barigoule**

**Onion Braised Beef Brisket** 

**New England Baked Haddock**  
Allergen: gluten, dairy

# Menu for Delivery on Tuesday October 6, 2026

**Order must be placed by noon on September 22**

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

**Smoked Turkey Vegetable Soup**

**Italian Wedding Soup**

Allergen: gluten, eggs

**Cream of Asparagus & Leek Soup**

Allergen: dairy

**Cream of Tomato Soup**

Allergen: dairy

**Pasta e Fagioli Soup**

Allergen: gluten, eggs

**Szechuan Braised Lamb Ragu with Egg Noodles**

Allergen: dairy, eggs, gluten



**Pan Seared Arctic Char with Ginger Chive Butter**

Allergen: dairy

**Coconut Shrimp with Mandarin Pineapple Salsa**

Allergen: shellfish, gluten, eggs

**Hunan Style Ginger Chicken Thighs**

**Weiner Schnitzel**

Allergen: dairy, eggs, gluten



**Soy Ginger Salmon with Lemon Scallion Butter**

Allergen: dairy, soy

**Ultimate BBQ Baby Back Ribs**



**Chicken Piccata**

Allergen: dairy



# Menu for Delivery on Tuesday October 13, 2026

**Order must be placed by noon on September 29**

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

**Shrimp Bisque**  
Allergen: shellfish, dairy

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

**Navy Bean Soup  
with Smoked Ham**

**Grilled Mediterranean Vegetable  
Soup**

**Barley & Chicken Soup**  
Allergen: gluten

**Slow Roasted Prime Rib of Beef Au Jus**

**Parmesan Crusted Chicken with Herb Butter Sauce**  
Allergen: gluten, dairy

**Pesto Crusted Cod with Burst Tomatoes**  
Allergen: dairy



**Black Diamond Style Grilled Steak Tips**

**Haddock Florentine**  
Allergen: dairy

**Peach & Berry Glazed Pork Loin**

**Sole Amandine**  
Allergen: dairy, tree nuts

**General Tso's Chicken**  
Allergen: soy, gluten



# Menu for Delivery on Tuesday October 20, 2026

**Order must be placed by noon on October 6**

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

**Crabmeat Bisque**

Allergen: dairy, shellfish

**Lentil Soup**

**Chicken Noodle Soup**

Allergen: gluten

**Corn Chowder**

Allergen: dairy

**Butternut Squash Soup**

Allergen: dairy

**Seared Scallops with Sweet Corn Butter Sauce**

Allergen: dairy, shellfish

**Steak Diane**

Allergen: dairy



**Chicken Vesuvio**

Allergen: dairy



**Peach and Bourbon Braised Short Ribs**

**Spiced Baked Salmon with Lemon Garlic Butter**

Allergen: dairy

**Roasted Southeastern Shrimp with Mango Chili Sauce**

Allergen: shellfish



**Tequila Lime Flank Steak with Cucumber & Watermelon Salsa Fresca**

**Baked Lemon Haddock with Red Pepper Onion Relish**

## Side Dishes

- **Roast Maple Sweet Potatoes** Allergen: dairy
- **Flame Roasted Baby Baked Potatoes**
- **Roasted Red-Skin & Yukon Gold Potatoes**
- **Mashed Potatoes** Allergen: dairy
- **Mashed Sweet Potatoes** Allergen: dairy
- **Wild Rice Pilaf**
- **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**
- **Six 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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