

Gourmet To Go

From Carleton-Willard At Home



*This menu is valid for orders
delivered through April 11, 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 that 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 **MUST** be at home to deliver 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 October 25, 2022

Order must be placed by noon on October 11

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 November 1, 2022

Order must be placed by noon on October 18

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

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish, dairy

Harvest Turkey Soup

Butternut Squash Soup
Allergen: dairy

Navy Bean & Smoked Ham Soup

Herb Crusted Rack of Lamb w Cranberry Mint Glaze
Allergen: gluten

Seared Sea Scallops w Lemon Cream Sauce
Allergen: dairy, shellfish

**Pretzel-Mustard Crusted Pork Tenderloin w Creamy Pickle
Horseradish Sauce** 
Allergen: gluten, dairy, egg

Chicken Saltimbocca w Lemon Beurre Blanc 
Allergen: dairy

Oven Baked Glazed Ham w Classic Raisin Sauce 

Poached Cod w Ginger Scallion Butter
Allergen: dairy, gluten, soy

Shrimp Frances w Buttered Linguine
Allergen: shellfish, eggs, dairy

Asian Spice Rubbed Ribs w Pineapple Ginger BBQ Sauce 
Allergen: soy, gluten

Menu for Delivery on Tuesday November 8, 2022

Order must be placed by noon on October 25

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

Roasted Red Pepper Soup

Bok Choy Chicken Soup

**Spinach Veloute Soup w Mascarpone
Cheese**

Allergen: dairy

Shrimp Bisque

Allergen: shellfish, dairy

Winter Vegetable Soup

Grilled Beef Tenderloin w Caramelized Shallot Butter

Allergen: dairy

Baked Cajun Parmesan Salmon

Allergen: dairy

Seared Fresh Tuna Steak w Avocado, Soy, Ginger & Lime

Allergen: soy, gluten

Pork Tenderloin Marbella

Allergen: dairy

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks & Bacon**

Allergen: dairy

Lamb Stew



Grilled Swordfish Salmoriglio

Allergen: dairy

Chicken Cordon Bleu

Allergen: dairy, gluten, egg



Menu for Delivery on Tuesday November 15, 2022

Order must be placed by noon on November 1

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

Minestrone Soup
Allergen: gluten, eggs

Two Bean Soup

Turkey Barley Chowder
Allergen: gluten, dairy

Split Pea w Ham Soup

French Onion Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Baked Flounder w Lemon & Garlic Butter
Allergen: dairy

Chicken Madeira

Baked Arctic Char w Honey & Soy
Allergen: soy, gluten

Roasted Pork Tenderloin w House Made Applesauce

Lasagna w Garlic Bread
Allergen: egg, dairy, gluten



Maple & Mustard Glazed Ham



Crispy Lobster Cakes w Chipotle Remoulade
Allergen: dairy, egg, gluten, shellfish



Menu for Delivery on Tuesday November 22, 2022

Order must be placed by noon on November 8

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

Crabmeat Bisque
Allergen: shellfish, dairy

Chicken & Barley Soup
Allergen: gluten

Roasted Vegetable and Potato Soup

Tomato Rice Florentine

Red Lentil Soup

Grilled Garlic & Shallot Salmon w Dill & Lemon Butter
Allergen: dairy

Prime Rib of Beef Au Jus

Chicken Parmigiana w Angel Hair Pasta
Allergen: egg, dairy, gluten



Teriyaki Pork Tenderloin w Scallion Lime Butter
Allergen: dairy, soy, gluten



Grilled Swordfish w Cajun Whipped Butter
Allergen: dairy

Yankee Pot Roast



Chicken Piccata w Lemon Caper Butter Sauce
Allergen: dairy, egg



Traditional Roast Turkey w Herb Stuffing & Gravy
Allergen: gluten, dairy, egg



Menu for Delivery on Tuesday November 29, 2022

Order must be placed by noon on November 15

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 December 6, 2022

Order must be placed by noon on November 22

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

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish, dairy

Harvest Turkey Soup

Butternut Squash Soup
Allergen: dairy

Navy Bean & Smoked Ham Soup

Herb Crusted Rack of Lamb w Cranberry Mint Glaze
Allergen: gluten

Seared Sea Scallops w Lemon Cream Sauce
Allergen: dairy, shellfish

**Pretzel-Mustard Crusted Pork Tenderloin w Creamy Pickle
Horseradish Sauce**
Allergen: gluten, dairy, egg



Chicken Saltimbocca w Lemon Beurre Blanc
Allergen: dairy



Oven Baked Glazed Ham w Classic Raisin Sauce



Poached Cod w Ginger Scallion Butter
Allergen: dairy, gluten, soy

Shrimp Frances w Buttered Linguine
Allergen: shellfish, eggs, dairy

Asian Spice Rubbed Ribs w Pineapple Ginger BBQ Sauce
Allergen: soy, gluten



Menu for Delivery on Tuesday December 13, 2022

Order must be placed by noon on November 29

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

Roasted Red Pepper Soup

Bok Choy Chicken Soup

**Spinach Veloute Soup w Mascarpone
Cheese**

Allergen: dairy

Shrimp Bisque

Allergen: shellfish, dairy

Winter Vegetable Soup

Grilled Beef Tenderloin w Caramelized Shallot Butter

Allergen: dairy

Baked Cajun Parmesan Salmon

Allergen: dairy

Seared Fresh Tuna Steak w Avocado, Soy, Ginger & Lime

Allergen: soy, gluten

Pork Tenderloin Marbella

Allergen: dairy

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks & Bacon**

Allergen: dairy

Lamb Stew

Grilled Swordfish Salmoriglio

Allergen: dairy

Chicken Cordon Bleu

Allergen: dairy, gluten, egg

Menu for Delivery on Tuesday January 3, 2023

Order must be placed by noon on December 13

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

There will be no meal delivery the weeks of December 18 and 25. Please place your order for delivery January 3, 2023 by December 13.

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 January 10, 2023

Order must be placed by noon on December 27

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

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish, dairy

Harvest Turkey Soup


Butternut Squash Soup
Allergen: dairy

Navy Bean & Smoked Ham Soup

Herb Crusted Rack of Lamb w Cranberry Mint Glaze
Allergen: gluten

Seared Sea Scallops w Lemon Cream Sauce
Allergen: dairy, shellfish

**Pretzel-Mustard Crusted Pork Tenderloin w Creamy Pickle
Horseradish Sauce** 
Allergen: gluten, dairy, egg

Chicken Saltimbocca w Lemon Beurre Blanc 
Allergen: dairy

Oven Baked Glazed Ham w Classic Raisin Sauce 

Poached Cod w Ginger Scallion Butter
Allergen: dairy, gluten, soy

Shrimp Frances w Buttered Linguine
Allergen: shellfish, eggs, dairy

Asian Spice Rubbed Ribs w Pineapple Ginger BBQ Sauce 
Allergen: soy, gluten

Menu for Delivery on Tuesday January 17, 2023

Order must be placed by noon on January 3

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

Roasted Red Pepper Soup

Bok Choy Chicken Soup

**Spinach Veloute Soup w Mascarpone
Cheese**

Allergen: dairy

Shrimp Bisque

Allergen: shellfish, dairy

Winter Vegetable Soup

Grilled Beef Tenderloin w Caramelized Shallot Butter

Allergen: dairy

Baked Cajun Parmesan Salmon

Allergen: dairy

Seared Fresh Tuna Steak w Avocado, Soy, Ginger & Lime

Allergen: soy, gluten

Pork Tenderloin Marbella

Allergen: dairy

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks & Bacon**

Allergen: dairy

Lamb Stew

Grilled Swordfish Salmoriglio

Allergen: dairy

Chicken Cordon Bleu

Allergen: dairy, gluten, egg



Menu for Delivery on Tuesday January 24, 2023

Order must be placed by noon on January 10

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

Minestrone Soup
Allergen: gluten, eggs

Two Bean Soup

Turkey Barley Chowder
Allergen: gluten, dairy

Split Pea w Ham Soup

French Onion Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Baked Flounder w Lemon & Garlic Butter
Allergen: dairy

Chicken Madeira

Baked Arctic Char w Honey & Soy
Allergen: soy, gluten

Roasted Pork Tenderloin w House Made Applesauce

Lasagna w Garlic Bread
Allergen: egg, dairy, gluten



Maple & Mustard Glazed Ham



Crispy Lobster Cakes w Chipotle Remoulade
Allergen: dairy, egg, gluten, shellfish



Menu for Delivery on Tuesday January 31, 2023

Order must be placed by noon on January 17

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

Crabmeat Bisque
Allergen: shellfish, dairy

Chicken & Barley Soup
Allergen: gluten

Roasted Vegetable and Potato Soup

Tomato Rice Florentine

Red Lentil Soup

Grilled Garlic & Shallot Salmon w Dill & Lemon Butter
Allergen: dairy

Prime Rib of Beef Au Jus

Chicken Parmigiana w Angel Hair Pasta
Allergen: egg, dairy, gluten



Teriyaki Pork Tenderloin w Scallion Lime Butter
Allergen: dairy, soy, gluten



Grilled Swordfish w Cajun Whipped Butter
Allergen: dairy

Yankee Pot Roast



Chicken Piccata w Lemon Capers Butter Sauce
Allergen: dairy, egg



Traditional Roast Turkey w Herb Stuffing & Gravy
Allergen: gluten, dairy, egg



Menu for Delivery on Tuesday February 7, 2023

Order must be placed by noon on January 24

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 February 14, 2023

Order must be placed by noon on January 31

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

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish, dairy

Harvest Turkey Soup


Butternut Squash Soup
Allergen: dairy

Navy Bean & Smoked Ham Soup

Herb Crusted Rack of Lamb w Cranberry Mint Glaze
Allergen: gluten

Seared Sea Scallops w Lemon Cream Sauce
Allergen: dairy, shellfish

**Pretzel-Mustard Crusted Pork Tenderloin w Creamy Pickle
Horseradish Sauce** 
Allergen: gluten, dairy, egg

Chicken Saltimbocca w Lemon Beurre Blanc 
Allergen: dairy

Oven Baked Glazed Ham w Classic Raisin Sauce 

Poached Cod w Ginger Scallion Butter
Allergen: dairy, gluten, soy

Shrimp Frances w Buttered Linguine
Allergen: shellfish, eggs, dairy

Asian Spice Rubbed Ribs w Pineapple Ginger BBQ Sauce 
Allergen: soy, gluten

Menu for Delivery on Tuesday February 21, 2023

Order must be placed by noon on February 7

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

Roasted Red Pepper Soup

Bok Choy Chicken Soup

**Spinach Veloute Soup w Mascarpone
Cheese**

Allergen: dairy

Shrimp Bisque

Allergen: shellfish, dairy

Winter Vegetable Soup

Grilled Beef Tenderloin w Caramelized Shallot Butter

Allergen: dairy

Baked Cajun Parmesan Salmon

Allergen: dairy

Seared Fresh Tuna Steak w Avocado, Soy, Ginger & Lime

Allergen: soy, gluten

Pork Tenderloin Marbella

Allergen: dairy

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks & Bacon**

Allergen: dairy

Lamb Stew

Grilled Swordfish Salmoriglio

Allergen: dairy

Chicken Cordon Bleu

Allergen: dairy, gluten, egg

Menu for Delivery on Tuesday February 28, 2023

Order must be placed by noon on February 14

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

Minestrone Soup
Allergen: gluten, eggs

Two Bean Soup

Turkey Barley Chowder
Allergen: gluten, dairy

Split Pea w Ham Soup

French Onion Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Baked Flounder w Lemon & Garlic Butter
Allergen: dairy

Chicken Madeira

Baked Arctic Char w Honey & Soy
Allergen: soy, gluten

Roasted Pork Tenderloin w House Made Applesauce

Lasagna w Garlic Bread
Allergen: egg, dairy, gluten



Maple & Mustard Glazed Ham



Crispy Lobster Cakes w Chipotle Remoulade
Allergen: dairy, egg, gluten, shellfish



Menu for Delivery on Tuesday March 7, 2023

Order must be placed by noon on February 21

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

Crabmeat Bisque

Allergen: shellfish, dairy

Chicken & Barley Soup

Allergen: gluten

Roasted Vegetable and Potato Soup

Tomato Rice Florentine

Red Lentil Soup

Grilled Garlic & Shallot Salmon w Dill & Lemon Butter

Allergen: dairy

Prime Rib of Beef Au Jus

Chicken Parmigiana w Angel Hair Pasta

Allergen: egg, dairy, gluten



Teriyaki Pork Tenderloin w Scallion Lime Butter

Allergen: dairy, soy, gluten



Grilled Swordfish w Cajun Whipped Butter

Allergen: dairy

Yankee Pot Roast



Chicken Piccata w Lemon Caper Butter Sauce

Allergen: dairy, egg



Traditional Roast Turkey w Herb Stuffing & Gravy

Allergen: gluten, dairy, egg



Menu for Delivery on Tuesday March 14, 2023

Order must be placed by noon on February 28

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 March 21, 2023

Order must be placed by noon on March 7

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

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish, dairy

Harvest Turkey Soup


Butternut Squash Soup
Allergen: dairy

Navy Bean & Smoked Ham Soup

Herb Crusted Rack of Lamb w Cranberry Mint Glaze
Allergen: gluten

Seared Sea Scallops w Lemon Cream Sauce
Allergen: dairy, shellfish

**Pretzel-Mustard Crusted Pork Tenderloin w Creamy Pickle
Horseradish Sauce** 
Allergen: gluten, dairy, egg

Chicken Saltimbocca w Lemon Beurre Blanc 
Allergen: dairy

Oven Baked Glazed Ham w Classic Raisin Sauce 

Poached Cod w Ginger Scallion Butter
Allergen: dairy, gluten, soy

Shrimp Frances w Buttered Linguine
Allergen: shellfish, eggs, dairy

Asian Spice Rubbed Ribs w Pineapple Ginger BBQ Sauce
Allergen: soy, gluten

Menu for Delivery on Tuesday March 28, 2023

Order must be placed by noon on March 14

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

Roasted Red Pepper Soup

Bok Choy Chicken Soup

**Spinach Veloute Soup w Mascarpone
Cheese**

Allergen: dairy

Shrimp Bisque

Allergen: shellfish, dairy

Winter Vegetable Soup

Grilled Beef Tenderloin w Caramelized Shallot Butter

Allergen: dairy

Baked Cajun Parmesan Salmon

Allergen: dairy

Seared Fresh Tuna Steak w Avocado, Soy, Ginger & Lime

Allergen: soy, gluten

Pork Tenderloin Marbella

Allergen: dairy

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks & Bacon**

Allergen: dairy

Lamb Stew

Grilled Swordfish Salmoriglio

Allergen: dairy

Chicken Cordon Bleu

Allergen: dairy, gluten, egg

Menu for Delivery on Tuesday April 4, 2023

Order must be placed by noon on March 21

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

Minestrone Soup
Allergen: gluten, eggs

Two Bean Soup

Turkey Barley Chowder
Allergen: gluten, dairy

Split Pea w Ham Soup

French Onion Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Baked Flounder w Lemon & Garlic Butter
Allergen: dairy

Chicken Madeira

Baked Arctic Char w Honey & Soy
Allergen: soy, gluten

Roasted Pork Tenderloin w House Made Applesauce

Lasagna w Garlic Bread
Allergen: egg, dairy, gluten



Maple & Mustard Glazed Ham



Crispy Lobster Cakes w Chipotle Remoulade
Allergen: dairy, egg, gluten, shellfish



Menu for Delivery on Tuesday April 11, 2023

Order must be placed by noon on March 28

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

Crabmeat Bisque
Allergen: shellfish, dairy

Chicken & Barley Soup
Allergen: gluten

Roasted Vegetable and Potato Soup

Tomato Rice Florentine

Red Lentil Soup

Grilled Garlic & Shallot Salmon w Dill & Lemon Butter
Allergen: dairy

Prime Rib of Beef Au Jus

Chicken Parmigiana w Angel Hair Pasta
Allergen: egg, dairy, gluten



Teriyaki Pork Tenderloin w Scallion Lime Butter
Allergen: dairy, soy, gluten



Grilled Swordfish w Cajun Whipped Butter
Allergen: dairy

Yankee Pot Roast



Chicken Piccata w Lemon Capers Butter Sauce
Allergen: dairy, egg



Traditional Roast Turkey w Herb Stuffing & Gravy
Allergen: gluten, dairy, egg



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)





Printed October 2022