

Gourmet To Go

From Carleton-Willard At Home



*This menu is valid for orders
delivered through April 19, 2022*

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.

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**

Over

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**
- **Grilled Julienne-Cut Seven Vegetable Medley**

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

Menu for Delivery on Tuesday October 26, 2021

Order must be placed by noon on October 12

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

Cream of Broccoli Soup
Allergen: dairy

Beef Vegetable Soup

Chicken Rice Soup

White Bean & Escarole Soup

New England Clam Chowder
Allergen: dairy, shellfish

Roasted Sirloin w Caramelized Onion Demi & Crumbled Bleu Cheese
Allergen: dairy

Honey Garlic Glazed Salmon

Braised Duck Leg with Black Mission Fig Sauce

Pecan Crusted Chicken Breast w Honey Mustard Drizzle
Allergens: gluten, tree nuts, egg

Sweet & Sour Shrimp with White Rice
Allergen: shellfish

Seared Crab Cakes with Lemon Dill Sauce
Allergen: shellfish, dairy, egg, gluten



Corned Beef & Cabbage



Ziti w Meatballs, Italian Sausage and Garlic Bread
Allergens: gluten, dairy, egg



Menu for Delivery on Tuesday November 2, 2021

Order must be placed by noon on October 19

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

Harvest Turkey Soup

Chicken & Shrimp Gumbo

Allergen: shellfish

Butternut Squash Soup

Allergen: dairy

Corn Velvet Soup with Crabmeat

Allergen: dairy, shellfish

Navy Bean & Smoked Ham Soup

Pistachio & Parmesan Crusted Rack of Lamb w Mint Chimichurri Sauce

Allergen: tree nuts, dairy, gluten

Stuffed Statler Chicken w Artichoke Hearts, Figs and Goat Cheese 

Allergen: dairy

Chicken Saltimbocca with Lemon Cream Sauce 

Oven Baked Glazed Ham with Raisin Sauce 

Seared Coconut Vindaloo Swordfish with Rice

Allergen: tree nut

Baked Haddock with Brown Butter

Allergen: gluten, dairy

Shrimp Francese with Buttered Linguine

Allergen: shellfish, gluten, egg, dairy

Asian Spice Rubbed Ribs w Pineapple Ginger 

Allergen: soy

Menu for Delivery on Tuesday November 9, 2021

Order must be placed by noon on October 26

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

Roasted Red Pepper Soup
Allergen: dairy

**Roasted Vegetable and Wild Rice
Soup**

**Spinach Veloute Soup with
Marscapone Cheese**
Allergen: dairy

Bok Choy Chicken Soup

Shrimp Bisque
Allergen: shellfish, dairy

Sliced Beef Tenderloin with Roquefort-Pecan Butter
Allergen: tree nuts, dairy

Pan Seared Salmon Cakes with Remoulade Sauce
Allergen: dairy, egg, gluten

Seared Fresh Tuna Steak with Avocado, Soy Ginger and Lime
Allergen: soy

Pork Tenderloin Marbella

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks and Bacon**
Allergen: dairy



Lamb Stew



Spinach & Feta Stuffed Swordfish w Lemon Garlic Butter
Allergen: dairy



Chicken Cordon Bleu
Allergen: dairy, gluten, egg



Menu for Delivery on Tuesday November 16, 2021

Order must be placed by noon on November 2

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

**Smoked Turkey w Shiitake
Mushroom Soup
Two Bean Soup**

**Southwestern Chicken
Vegetable Soup
Split Pea with Ham Soup**

French Onion Soup

Double Thick Lamb Loin Chop w Mint Drizzle

Mustard Glazed Salmon w Fresh Lemon
Allergen: egg

Scallion Crusted Arctic Char with Horseradish Crema
Allergen: dairy

Roasted Pork Tenderloin with House Made Applesauce

Lasagna with Garlic Bread 
Allergen: gluten, dairy

Maple & Mustard Glazed Ham 

Crispy Lobster Cakes with Smokey Onion Remoulade 
Allergen: shellfish, dairy, egg, gluten

Herb Crusted Statler Chicken with Basil Pesto
Allergen: dairy

Menu for Delivery on Tuesday November 23, 2021

Order must be placed by noon on November 9

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

Crabmeat Bisque

Allergen: shellfish, dairy

Vegetable Orzo Soup

Allergen: gluten

Tomato Rice Florentine

Allergen: dairy

Chicken Gumbo Creole Soup

Red Lentil Soup

Honey Garlic Baked Salmon with Lemon Butter

Allergen: dairy

Prime Rib of Beef Au Jus

Grilled Swordfish with Cajun Whipped Butter

Allergen: dairy

Red Wine and Soy Braised Short Ribs

Allergen: soy



Yankee Pot Roast



Baked Scallops

Allergen: shellfish, gluten

Chicken Piccata w Lemon, Capers and Butter Sauce

Allergen: dairy, eggs



Traditional Roast Turkey with Herb Stuffing and Gravy

Allergen: gluten



Menu for Delivery on Tuesday November 30, 2021

Order must be placed by noon on November 16

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

Cream of Broccoli Soup
Allergen: dairy

Beef Vegetable Soup

Chicken Rice Soup

White Bean & Escarole Soup

New England Clam Chowder
Allergen: dairy, shellfish

Roasted Sirloin w Caramelized Onion Demi & Crumbled Bleu Cheese
Allergen: dairy

Honey Garlic Glazed Salmon

Braised Duck Leg with Black Mission Fig Sauce

Pecan Crusted Chicken Breast w Honey Mustard Drizzle
Allergens: gluten, tree nuts, egg

Sweet & Sour Shrimp with White Rice
Allergen: shellfish

Seared Crab Cakes with Lemon Dill Sauce
Allergen: shellfish, dairy, egg, gluten



Corned Beef & Cabbage



Ziti w Meatballs, Italian Sausage and Garlic Bread
Allergens: gluten, dairy, egg



Menu for Delivery on Tuesday December 7, 2021

Order must be placed by noon on November 23

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

Harvest Turkey Soup

Chicken & Shrimp Gumbo

Allergen: shellfish

Butternut Squash Soup

Allergen: dairy

Corn Velvet Soup with Crabmeat

Allergen: dairy, shellfish

Navy Bean & Smoked Ham Soup

Pistachio & Parmesan Crusted Rack of Lamb w Mint Chimichurri Sauce

Allergen: tree nuts, dairy, gluten

Stuffed Statler Chicken w Artichoke Hearts, Figs and Goat Cheese

Allergen: dairy



Chicken Saltimbocca with Lemon Cream Sauce



Oven Baked Glazed Ham with Raisin Sauce



Seared Coconut Vindaloo Swordfish with Rice

Allergen: tree nut

Baked Haddock with Brown Butter

Allergen: gluten, dairy

Shrimp Francese with Buttered Linguine

Allergen: shellfish, gluten, egg, dairy

Asian Spice Rubbed Ribs w Pineapple Ginger

Allergen: soy



Menu for Delivery on Tuesday December 14, 2021

Order must be placed by noon on November 30

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

Roasted Red Pepper Soup
Allergen: dairy

**Roasted Vegetable and Wild Rice
Soup**

**Spinach Veloute Soup with
Marscapone Cheese**
Allergen: dairy

Bok Choy Chicken Soup

Shrimp Bisque
Allergen: shellfish, dairy

Sliced Beef Tenderloin with Roquefort-Pecan Butter
Allergen: tree nuts, dairy

Pan Seared Salmon Cakes with Remoulade Sauce
Allergen: dairy, egg, gluten

Seared Fresh Tuna Steak with Avocado, Soy Ginger and Lime
Allergen: soy

Pork Tenderloin Marbella

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks and Bacon**
Allergen: dairy



Lamb Stew



Spinach & Feta Stuffed Swordfish w Lemon Garlic Butter
Allergen: dairy



Chicken Cordon Bleu
Allergen: dairy, gluten, egg



Menu for Delivery on Tuesday January 4, 2022

Order must be placed by noon on December 14

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

**There will be no meal delivery the weeks of
December 19 and 26. Please place your order for delivery
January 4, 2022 by December 14.**

Cream of Broccoli Soup
Allergen: dairy

Beef Vegetable Soup

Chicken Rice Soup

White Bean & Escarole Soup

New England Clam Chowder
Allergen: dairy, shellfish


Roasted Sirloin w Caramelized Onion Demi & Crumbled Bleu Cheese
Allergen: dairy

Honey Garlic Glazed Salmon

Braised Duck Leg with Black Mission Fig Sauce

Pecan Crusted Chicken Breast w Honey Mustard Drizzle
Allergens: gluten, tree nuts, egg

Sweet & Sour Shrimp with White Rice
Allergen: shellfish

Seared Crab Cakes with Lemon Dill Sauce 
Allergen: shellfish, dairy, egg, gluten

Corned Beef & Cabbage 

Ziti w Meatballs, Italian Sausage and Garlic Bread 
Allergens: gluten, dairy, egg

Menu for Delivery on Tuesday January 11, 2022

Order must be placed by noon on December 28

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

Harvest Turkey Soup

Chicken & Shrimp Gumbo

Allergen: shellfish

Butternut Squash Soup

Allergen: dairy

Corn Velvet Soup with Crabmeat

Allergen: dairy, shellfish

Navy Bean & Smoked Ham Soup

Pistachio & Parmesan Crusted Rack of Lamb w Mint Chimichurri Sauce

Allergen: tree nuts, dairy, gluten

Stuffed Statler Chicken w Artichoke Hearts, Figs and Goat Cheese 

Allergen: dairy

Chicken Saltimbocca with Lemon Cream Sauce 

Oven Baked Glazed Ham with Raisin Sauce 

Seared Coconut Vindaloo Swordfish with Rice

Allergen: tree nut

Baked Haddock with Brown Butter

Allergen: gluten, dairy

Shrimp Francese with Buttered Linguine

Allergen: shellfish, gluten, egg, dairy

Asian Spice Rubbed Ribs w Pineapple Ginger 

Allergen: soy

Menu for Delivery on Tuesday January 18, 2022

Order must be placed by noon on January 4

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

Roasted Red Pepper Soup
Allergen: dairy

**Roasted Vegetable and Wild Rice
Soup**

**Spinach Veloute Soup with
Marscapone Cheese**
Allergen: dairy

Bok Choy Chicken Soup

Shrimp Bisque
Allergen: shellfish, dairy

Sliced Beef Tenderloin with Roquefort-Pecan Butter
Allergen: tree nuts, dairy

Pan Seared Salmon Cakes with Remoulade Sauce
Allergen: dairy, egg, gluten

Seared Fresh Tuna Steak with Avocado, Soy Ginger and Lime
Allergen: soy

Pork Tenderloin Marbella

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks and Bacon**
Allergen: dairy



Lamb Stew



Spinach & Feta Stuffed Swordfish w Lemon Garlic Butter
Allergen: dairy



Chicken Cordon Bleu
Allergen: dairy, gluten, egg



Menu for Delivery on Tuesday January 25, 2022

Order must be placed by noon on January 11

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

**Smoked Turkey w Shiitake
Mushroom Soup
Two Bean Soup**

**Southwestern Chicken
Vegetable Soup
Split Pea with Ham Soup**

French Onion Soup

Double Thick Lamb Loin Chop w Mint Drizzle

Mustard Glazed Salmon w Fresh Lemon
Allergen: egg

Scallion Crusted Arctic Char with Horseradish Crema
Allergen: dairy

Roasted Pork Tenderloin with House Made Applesauce

Lasagna with Garlic Bread 
Allergen: gluten, dairy

Maple & Mustard Glazed Ham 

Crispy Lobster Cakes with Smokey Onion Remoulade 
Allergen: shellfish, dairy, egg, gluten

Herb Crusted Statler Chicken with Basil Pesto
Allergen: dairy

Menu for Delivery on Tuesday February 1, 2022

Order must be placed by noon on January 18

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

Crabmeat Bisque

Allergen: shellfish, dairy

Vegetable Orzo Soup

Allergen: gluten

Tomato Rice Florentine

Allergen: dairy

Chicken Gumbo Creole Soup

Red Lentil Soup

Honey Garlic Baked Salmon with Lemon Butter

Allergen: dairy

Prime Rib of Beef Au Jus

Grilled Swordfish with Cajun Whipped Butter

Allergen: dairy

Red Wine and Soy Braised Short Ribs

Allergen: soy



Yankee Pot Roast



Baked Scallops

Allergen: shellfish, gluten

Chicken Piccata w Lemon, Caper and Butter Sauce

Allergen: dairy, eggs



Traditional Roast Turkey with Herb Stuffing and Gravy

Allergen: gluten



Menu for Delivery on Tuesday February 8, 2022

Order must be placed by noon on January 25

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

Cream of Broccoli Soup
Allergen: dairy

Beef Vegetable Soup

Chicken Rice Soup

White Bean & Escarole Soup

New England Clam Chowder
Allergen: dairy, shellfish

Roasted Sirloin w Caramelized Onion Demi & Crumbled Bleu Cheese
Allergen: dairy

Honey Garlic Glazed Salmon

Braised Duck Leg with Black Mission Fig Sauce

Pecan Crusted Chicken Breast w Honey Mustard Drizzle
Allergens: gluten, tree nuts, egg

Sweet & Sour Shrimp with White Rice
Allergen: shellfish

Seared Crab Cakes with Lemon Dill Sauce 
Allergen: shellfish, dairy, egg, gluten

Corned Beef & Cabbage 

Ziti w Meatballs, Italian Sausage and Garlic Bread 
Allergens: gluten, dairy, egg

Menu for Delivery on Tuesday February 15, 2022

Order must be placed by noon on February 1

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

Harvest Turkey Soup

Chicken & Shrimp Gumbo

Allergen: shellfish

Butternut Squash Soup

Allergen: dairy

Corn Velvet Soup with Crabmeat

Allergen: dairy, shellfish


Navy Bean & Smoked Ham Soup

Pistachio & Parmesan Crusted Rack of Lamb w Mint Chimichurri Sauce

Allergen: tree nuts, dairy, gluten

Stuffed Statler Chicken w Artichoke Hearts, Figs and Goat Cheese 

Allergen: dairy

Chicken Saltimbocca with Lemon Cream Sauce 

Oven Baked Glazed Ham with Raisin Sauce 

Seared Coconut Vindaloo Swordfish with Rice

Allergen: tree nut

Baked Haddock with Brown Butter

Allergen: gluten, dairy

Shrimp Francese with Buttered Linguine

Allergen: shellfish, gluten, egg, dairy

Asian Spice Rubbed Ribs w Pineapple Ginger 

Allergen: soy

Menu for Delivery on Tuesday February 22, 2022

Order must be placed by noon on February 8

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

Roasted Red Pepper Soup
Allergen: dairy

**Roasted Vegetable and Wild Rice
Soup**

**Spinach Veloute Soup with
Marscapone Cheese**
Allergen: dairy

Bok Choy Chicken Soup

Shrimp Bisque
Allergen: shellfish, dairy

Sliced Beef Tenderloin with Roquefort-Pecan Butter
Allergen: tree nuts, dairy

Pan Seared Salmon Cakes with Remoulade Sauce
Allergen: dairy, egg, gluten

Seared Fresh Tuna Steak with Avocado, Soy Ginger and Lime
Allergen: soy

Pork Tenderloin Marbella

Pan Seared Tarragon Crusted Statler Chicken w 
Creamy Leeks and Bacon
Allergen: dairy

Lamb Stew 

Spinach & Feta Stuffed Swordfish w Lemon Garlic Butter 
Allergen: dairy

Chicken Cordon Bleu 
Allergen: dairy, gluten, egg

Menu for Delivery on Tuesday March 1, 2022

Order must be placed by noon on February 15

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

**Smoked Turkey w Shiitake
Mushroom Soup
Two Bean Soup**

**Southwestern Chicken
Vegetable Soup
Split Pea with Ham Soup**

French Onion Soup

Double Thick Lamb Loin Chop w Mint Drizzle

Mustard Glazed Salmon w Fresh Lemon
Allergen: egg

Scallion Crusted Arctic Char with Horseradish Crema
Allergen: dairy

Roasted Pork Tenderloin with House Made Applesauce

Lasagna with Garlic Bread 
Allergen: gluten, dairy

Maple & Mustard Glazed Ham 

Crispy Lobster Cakes with Smokey Onion Remoulade 
Allergen: shellfish, dairy, egg, gluten

Herb Crusted Statler Chicken with Basil Pesto
Allergen: dairy

Menu for Delivery on Tuesday March 8, 2022

Order must be placed by noon on February 22

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

Crabmeat Bisque

Allergen: shellfish, dairy

Vegetable Orzo Soup

Allergen: gluten

Tomato Rice Florentine

Allergen: dairy

Chicken Gumbo Creole Soup

Red Lentil Soup

Honey Garlic Baked Salmon with Lemon Butter

Allergen: dairy

Prime Rib of Beef Au Jus

Grilled Swordfish with Cajun Whipped Butter

Allergen: dairy

Red Wine and Soy Braised Short Ribs

Allergen: soy



Yankee Pot Roast



Baked Scallops

Allergen: shellfish, gluten

Chicken Piccata w Lemon, Capers and Butter Sauce

Allergen: dairy, eggs



Traditional Roast Turkey with Herb Stuffing and Gravy

Allergen: gluten



Menu for Delivery on Tuesday March 15, 2022

Order must be placed by noon on March 1

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

Cream of Broccoli Soup
Allergen: dairy

Beef Vegetable Soup

Chicken Rice Soup

White Bean & Escarole Soup

New England Clam Chowder
Allergen: dairy, shellfish

Roasted Sirloin w Caramelized Onion Demi & Crumbled Bleu Cheese
Allergen: dairy

Honey Garlic Glazed Salmon

Braised Duck Leg with Black Mission Fig Sauce

Pecan Crusted Chicken Breast w Honey Mustard Drizzle
Allergens: gluten, tree nuts, egg

Sweet & Sour Shrimp with White Rice
Allergen: shellfish

Seared Crab Cakes with Lemon Dill Sauce 
Allergen: shellfish, dairy, egg, gluten

Corned Beef & Cabbage 

Ziti w Meatballs, Italian Sausage and Garlic Bread 
Allergens: gluten, dairy, egg

Menu for Delivery on Tuesday March 22, 2022

Order must be placed by noon on March 8

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

Harvest Turkey Soup

Chicken & Shrimp Gumbo

Allergen: shellfish

Butternut Squash Soup

Allergen: dairy

Corn Velvet Soup with Crabmeat

Allergen: dairy, shellfish

Navy Bean & Smoked Ham Soup

Pistachio & Parmesan Crusted Rack of Lamb w Mint Chimichurri Sauce

Allergen: tree nuts, dairy, gluten

Stuffed Statler Chicken w Artichoke Hearts, Figs and Goat Cheese 

Allergen: dairy

Chicken Saltimbocca with Lemon Cream Sauce 

Oven Baked Glazed Ham with Raisin Sauce 

Seared Coconut Vindaloo Swordfish with Rice

Allergen: tree nut

Baked Haddock with Brown Butter

Allergen: gluten, dairy

Shrimp Francese with Buttered Linguine

Allergen: shellfish, gluten, egg, dairy

Asian Spice Rubbed Ribs w Pineapple Ginger 

Allergen: soy

Menu for Delivery on Tuesday March 29, 2022

Order must be placed by noon on March 15

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

Roasted Red Pepper Soup
Allergen: dairy

**Roasted Vegetable and Wild Rice
Soup**

**Spinach Veloute Soup with
Marscapone Cheese**
Allergen: dairy

Bok Choy Chicken Soup

Shrimp Bisque
Allergen: shellfish, dairy

Sliced Beef Tenderloin with Roquefort-Pecan Butter
Allergen: tree nuts, dairy

Pan Seared Salmon Cakes with Remoulade Sauce
Allergen: dairy, egg, gluten

Seared Fresh Tuna Steak with Avocado, Soy Ginger and Lime
Allergen: soy

Pork Tenderloin Marbella

**Pan Seared Tarragon Crusted Statler Chicken w
Creamy Leeks and Bacon** 
Allergen: dairy

Lamb Stew 

Spinach & Feta Stuffed Swordfish w Lemon Garlic Butter 
Allergen: dairy

Chicken Cordon Bleu 
Allergen: dairy, gluten, egg

Menu for Delivery on Tuesday April 5, 2022

Order must be placed by noon on March 22

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

**Smoked Turkey w Shiitake
Mushroom Soup
Two Bean Soup**

**Southwestern Chicken
Vegetable Soup
Split Pea with Ham Soup**

French Onion Soup

Double Thick Lamb Loin Chop w Mint Drizzle

Mustard Glazed Salmon w Fresh Lemon
Allergen: egg

Scallion Crusted Arctic Char with Horseradish Crema
Allergen: dairy

Roasted Pork Tenderloin with House Made Applesauce

Lasagna with Garlic Bread 
Allergen: gluten, dairy

Maple & Mustard Glazed Ham 

Crispy Lobster Cakes with Smokey Onion Remoulade 
Allergen: shellfish, dairy, egg, gluten

Herb Crusted Statler Chicken with Basil Pesto
Allergen: dairy

Menu for Delivery on Tuesday April 12, 2022

Order must be placed by noon on March 29

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

Crabmeat Bisque

Allergen: shellfish, dairy

Vegetable Orzo Soup

Allergen: gluten

Tomato Rice Florentine

Allergen: dairy

Chicken Gumbo Creole Soup

Red Lentil Soup

Honey Garlic Baked Salmon with Lemon Butter

Allergen: dairy

Prime Rib of Beef Au Jus

Grilled Swordfish with Cajun Whipped Butter

Allergen: dairy

Red Wine and Soy Braised Short Ribs

Allergen: soy



Yankee Pot Roast



Baked Scallops

Allergen: shellfish, gluten

Chicken Piccata w Lemon, Caper and Butter Sauce

Allergen: dairy, eggs



Traditional Roast Turkey with Herb Stuffing and Gravy

Allergen: gluten



Menu for Delivery on Tuesday April 19, 2022

Order must be placed by noon on April 5

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

Cream of Broccoli Soup
Allergen: dairy

Chicken Rice Soup

Beef Vegetable Soup

White Bean & Escarole Soup

New England Clam Chowder
Allergen: dairy, shellfish

Roasted Sirloin w Caramelized Onion Demi & Crumbled Bleu Cheese
Allergen: dairy

Honey Garlic Glazed Salmon

Braised Duck Leg with Black Mission Fig Sauce

Pecan Crusted Chicken Breast w Honey Mustard Drizzle
Allergens: gluten, tree nuts, egg

Sweet & Sour Shrimp with White Rice
Allergen: shellfish

Seared Crab Cakes with Lemon Dill Sauce 
Allergen: shellfish, dairy, egg, gluten

Corned Beef & Cabbage 

Ziti w Meatballs, Italian Sausage and Garlic Bread 
Allergens: 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 2021