



SAMPLE MENU

Week I

Monday

- Traditional Pot Roast with Roasted Vegetables, Mashed Yukon Gold Potatoes and Sweet Peas
- Maryland Style Jumbo Lump Crab Cake with Citrus Scented Asparagus and Julienne Carrots
- Chicken Parmesan with Tomato Basil Marinara over Angel Hair Pasta
- Braised Stuffed Porkchop with Pan Jus and Mixed Garden Vegetables
- Moroccan Lamb Kebob over Vegetable Couscous and Roasted Cauliflower

Wednesday

- Lemon Herb Seared Chilean Seabass with Pineapple Basil Basmati Rice, Sugar Snap Peas and Carrot Florettes
- Sautéed Tenderloin Tips over Eggnoodles with Baby French Beans and Roasted Grape Tomatoes
- Blackened Pork Tenderloin with Garlic Wilted Spinach and Oven Roasted Creamer Potatoes
- Traditional Meat Lasagna
- Chicken Cordon Blue with Steamed Broccoli

Friday

- Chicken Pot Pie with Crispy Puff Pastry
- Grilled Gorgonzola Stuffed Filet Mignon with Horseradish Whipped Potato and Zucchini Gratin
- Snapper Amandine Veronique with Grilled Asparagus and Baby Red Potatoes with Dill
- Braised Country Style Ribs with Boiled Parsley Potato and Wax Beans
- Veal Marsala with Julienne Vegetables and Tournéed Potato

Week II

Monday

- Dijon and Goat Cheese Encrusted Rack of Lamb and Rosemary Roasted Potato over an Heirloom Tomato Salad with Feta, Red Onions and Black Olives
- Chicken Croquettes with a Parsley Supreme Sauce and Cranberry Glazed Carrots
- Traditional Meatloaf with Mashed Yukon Gold Potatoes and Country Style Green Beans
- Grouper Picatta with Toasted Almond Basmati Rice, Peas and Mushrooms
- Greek Style Souvlaki (Marinated Pork Tenderloin Brochettes) with Grilled Garlic Brushed Flatbread and Warm Tabbouleh Salad

Wednesday

- Eggplant Parmesan
- Orange Shrimp Skewer with Coconut Mango Rice and Steamed Snow Peas
- Roast Turkey with Sage Sausage Stuffing and Green Beans with Crispy Shallots
- Grilled Marinated Flank Steak with Potato Cheese Casserole and Garlic Wilted Spinach
- Petite Osso Bucco with Pine Nut Risotto and Broccolini

Friday

- Roast Pork and Sauerkraut with Mashed Potato
- Seared Jumbo Scallops over Yellow Rice with Steamed Asparagus and Hazelnut Gremolata
- Spaghetti Bolognese
- Beef Tenderloin Tips Marsala over Eggnoodles with Wilted Baby Greens
- Honey Thyme Roasted Cornish Hen with Scalloped Sweet Potato and Garden Vegetable Medley

Week III

Monday

- Hungarian Goulash with Homemade Spaetzles and Broiled Parmesan Tomatoes
- Mojo Marinated Chicken over Spanish Rice and Garden Vegetable Bundles
- Corned Beef and Cabbage with Red Potato and Carrots
- Baked Salmon En Crouete with Creamy Spinach, Leeks and Whole Grain Mustard Sauce
- Pan Roasted Pork Tenderloin with Pear Butter, Blue Cheese and Grenadine Onions served with Honey Scented Polenta and Wilted Swiss Chard

Wednesday

- Braised Lambshank with Smashed Sour Cream and Scallion Red Skin Potato and Green Beans with Dried Cherries
- Onion Crusted Snapper with Roasted Red Pepper Infused Potato and Fava Beans
- Pecan Bran Crusted Chicken Breast with Citrus Crema, Roasted Spiced Acorn Squash and Sautéed Brussels Sprouts
- Balsamic Glazed Shortribs with Parsnip Potato Puree and Vegetable Melange
- Pan Fried Porkchop with Succotash and Glazed Baby Carrots

Friday

- Sautéed Hog Snapper with a Vermouth Butter Sauce, Parisienne Potatoes and Buttered Baby Beets
- Raspberry Balsamic Glazed Duck with Autumn Style Wild Rice and Haricot Verts
- London Broil with Delmonico Potatoes and Parmesan Broiled Tomatoes
- Turkey Tetrazzini
- Grilled Hamsteak with Pineapple Cranberry Ginger Compote, Southern Baked Sweet Potato and Snow Peas



Items available at all times:

Chicken:

Baked Chicken, Sautéed Chicken Breast (Marsala, Picatta, Francaise etc.), Fried Chicken, Chicken Parmesan

Pork:

Hamsteak, Pork Tenderloin, Roast Porkloin

Beef:

Meatloaf, Pot Roast, Filet Mignon, Beef Tips

Pasta:

Lasagna, Spaghetti and Meatballs, Pasta Primavera, Pasta Alfredo

Seafood:

Salmon, Tilapia, Cod, Haddock, Shrimp, Scallops, Seabass, Mahi, Snapper, Flounder

Rack of Lamb, Veal Scaloppini, Half Duck

Vegetables:

Broccoli, Cauliflower, Carrots, Asparagus, Spinach, Green Beans, Peas, Zucchini, Snap Peas

Starch:

Mashed Yukon Gold Potato, Roasted Potato, Parsley Potato, Pasta, Basmati Rice, Baked Sweet Potato, Mashed Sweet Potato, White and Wild Rice, Polenta, Couscous, Baked Mac & Cheese

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