

**WEEK OF OCTOBER 18TH**

**MONDAY OCTOBER 18TH DELIVERY**

**46- Gnocchi Skillet with Chicken Sausage & Tomatoes-** Fresh vegetables, gnocchi and mild chicken sausage sauteed with basil.

**47- Stuffed Chicken Marsala-** Creamy marsala wine sauce with mushrooms over chicken breast stuffed with italian cheeses and sundried tomatoes. Served with spinach and rice bake.

**WEDNESDAY OCTOBER 20TH DELIVERY**

**48- Sticky Barbecued Chicken-** Skin-on bone-in chicken leg quarters with traditional bbq sauce. Served with cheesy potato casserole and chef's strawberry loaded jello mold.

**49- Baked Tilapia with Fresh Herbs -** Served with pasta lightly tossed with garlic, parmesan cheese and roasted asparagus.

**50- Swedish Meatballs-** Pork and Beef meatballs in a savory gravy over egg noodles with peas.

**AVAILABLE MONDAY AND/OR WEDNESDAY-SALADS (\$10.95), SOUPS (\$3.95), DESSERTS (\$3.50) AND MUFFINS**

**Mediterranean Hummus Salad-** Flavorful medley of fresh ingredients, couscous, tomato and cucumber.

**Soups:** Cheesy Vegetable & Italian Wedding

**Pumpkin Pie -** Traditional Fall Favorite!

**Cherry and Blueberry Muffins available Wednesdays-** \$.75 each or \$8 per dozen

**WEEK OF OCTOBER 25TH**

**MONDAY OCTOBER 25TH DELIVERY**

**51- Italian Sausage and Tomato Pasta-** Sweet Italian sausage and tomatoes in a creamy mild garlic sauce over bowtie pasta.

**52- Chicken Piccata -** A comforting Italian classic made with lemon, butter and capers. Served with mashed potatoes and the chef's choice of vegetable.

**WEDNESDAY OCTOBER 27TH DELIVERY**

**53- Beef Stew-** Tender chunks of beef roast in a savory gravy with potatoes, carrots, peas and onions.

**54- Cheesy Chicken Enchiladas-** Tender chicken enchiladas with a mild verde sauce, rice and refried beans.

**55- Beer Battered Wild Caught Cod-** with homemade macaroni and cheese and green beans.

**AVAILABLE MONDAY AND/OR WEDNESDAY-SALADS (\$10.95), SOUPS (\$3.95), DESSERTS (\$3.50) AND MUFFINS**

**Delish Chef's Salad –** Thinly sliced ham and turkey, hard boiled eggs and cheddar cheese with romaine lettuce and a variety of chopped vegetables. Served with a side of Ranch Dressing.

**Soups:** New England Clam Chowder & Turkey Chili Monday and/or Wednesday

**Blondie Toffee Crunch Bar-** Blondie base studded with white chocolate chunks, semi-sweet chocolate and pieces of heath toffee

**Cherry and Blueberry Muffins available Wednesdays-** \$.75 each or \$8 per dozen

## WEEK OF NOVEMBER 1ST

### MONDAY NOVEMBER 1ST DELIVERY

**56- Shrimp Tacos** - flavorful shrimp served in flour tortillas with lime cilantro slaw, queso cheese and Spanish rice.

**57- Artichoke Chicken** - Tender chicken breast baked in a velvety sauce of artichoke hearts, garlic, parmesan and spices served with red skinned mashed potatoes on a bed of spinach.

### WEDNESDAY NOVEMBER 3RD DELIVERY

**58- Shredded Miso Pork** - Shredded pork with bamboo shoots and cashews in soy and miso sauce over sticky rice served with green beans.

**59- Chicken Parmesan**- Lightly breaded chicken breasts over angel hair pasta, covered with chunky tomato vegetable sauce, mozzarella and parmesan cheese

**60- Turkey Pot Pie**-Traditional comfort dish with a hearty filling and flaky pastry topping.

### AVAILABLE MONDAY AND/OR WEDNESDAY-SALADS (\$10.95), SOUPS (\$3.95), DESSERTS (\$3.50) AND MUFFINS

**Chopped Salad with Ramen**- Shredded chicken, cabbage, shredded carrots, green onions, bean sprouts, slivered almonds and crunchy ramen noodles with a sesame dressing

**Soups:** Chicken and Bacon Corn Chowder, Vegetable Beef and Barley

**Triple Berry Crumble Dessert Bars** - Fresh strawberries, raspberries, and a variety of other berries with an oatmeal crust and a traditional golden crumble.

**Cherry and Blueberry Muffins available Wednesdays**- \$.75 each or \$8 per dozen

## WEEK OF NOVEMBER 8TH

### MONDAY NOVEMBER 8TH DELIVERY

**61- Sesame Beef Stir-Fry** - Chinese style with tender thinly sliced beef, fresh stir-fried vegetables and rice.

**62- Stuffed Herbed Chicken** - Herb crusted and stuffed with mozzarella and mushrooms. Served with a baked parmesan tomato and skillet fried potatoes.

### WEDNESDAY NOVEMBER 10TH DELIVERY

**63- Baked Sesame Teriyaki Salmon** - Salmon fillet baked with homemade teriyaki glaze. Served with sauteed vegetables and brown rice.

**64- Alfredo lasagna**- Tasty layers of pasta, chicken and spinach baked in a homemade white sauce and a blend of cheeses served with roasted zucchini.

**65- Hearty Homemade Meatloaf**- Juicy beef meatloaf in traditional sauce with green beans and mashed potatoes.

### AVAILABLE MONDAY AND/OR WEDNESDAY-SALADS (\$10.95), SOUPS (\$3.95), DESSERTS (\$3.50) AND MUFFINS

**Classic Tuna Salad**-Albacore tuna and hard boiled eggs mixed with mayonnaise served on a bed of romaine lettuce, tomatoes and cucumbers with a dill pickle garnish.

**Soups:** Lobster Bisque & Split Pea and Ham

**Andes Mint Chocolate Brownies**- covered with layers of dark chocolate and creamy mint-flavored frosting, with a topping of crushed Andes mints and a drizzle of green icing.

**Cherry and Blueberry Muffins available Wednesdays**- \$.75 each or \$8 per dozen

**\$10.95 ea or \$27.95 per family meal (for 2 adults + 2 kids)**

\*\*if a recurring payment is set up \$80 min every 4 weeks

**\$12.95 ea or \$32.95 per family meal if a la carte**

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