

## WEEK OF JUNE 14TH

## MONDAY JUNE 14TH DELIVERY

<u>21-</u> Pork Tenderloin with a Seasoned Rub - served with a sweet potato mash and sauteed brussel sprouts. <u>22-</u> Chicken Fettuccini Alfredo - classic creamy alfredo sauce over sliced chicken breast, served with Caesar salad

## WEDNESDAY JUNE 16TH DELIVERY

23- Teriyaki Chicken Rice Bowl- Juicy chicken, crisp veggies, rice, and a homemade teriyaki sauce.

<u>24-</u> **Oven Baked Tilapia**-Flaky mild white fish fillets with tomatoes and olives served with brussel sprouts and rice.

<u>25-</u> Hearty Homemade Meatloaf- Juicy beef meatloaf in traditional sauce with parsley buttered cauliflower and mashed potatoes.

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

**Thai Cobb Salad** – Romaine lettuce topped with shredded chicken, avocado, cilantro, tomatoes, red peppers and snow peas. Served with a peanut sesame dressing.

Soups: Chicken and Wild Rice & Tomato Basil Monday and/or Wednesday

**Oatmeal Cranberry Walnut Cookies -** Made with a hearty blend of oatmeal, tart cranberries, and crunchy walnuts, these cookies have a soft and chewy texture.

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

## WEEK OF JUNE 21ST

## MONDAY JUNE 21ST DELIVERY

<u>26-</u> Chicken Oscar- Sauteed chicken breast topped with asparagus and seafood covered in a delicate Hollandaise sauce. Served with stuffing.

<u>27-</u> Shepherd's Pie- English favorite with seasoned ground beef, vegetables and creamy mashed potatoes.

## WEDNESDAY JUNE 23RD DELIVERY

28- Bourbon Chicken-Glazed New Orleans style with rice and roasted root vegetables

<u>29-</u> Lasagna-Traditional Italian favorite with sausage and ground beef served with seasonal vegetables.

<u>30-</u> **Pear Stuffed Pork Loin**-Savory roasted pork loin stuffed with pears, onion, almonds and spices served with fresh green beans and mashed sweet potatoes. \*contains peanuts

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

**Fresh Chilled Chicken Salad**- White chicken pieces mixed with celery and mayonnaise served on a bed of romaine lettuce, tomatoes and cucumbers with a dill pickle garnish.

Soups: Butternut Squash Bisque & Chicken Noodle Monday and/or Wednesday

Caramel Apple Bars- Apple chunks and custard on granola-shortbread, topped with caramel

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

#### WEEK OF JUNE 28TH

#### MONDAY JUNE 28TH DELIVERY

<u>31-</u> Havarti Chicken- Chicken breast and grilled portobellos in a Havarti cheese and dill sauce with cornbread stuffing and green beans.

<u>32-</u> Skillet Ravioli with Spinach-Flavorful cheese ravioli skillet sauteed in a tangy tomato sauce with spinach.

#### WEDNESDAY JUNE 30TH DELIVERY

<u>33-</u> **Beef Stroganoff-** Traditional dish in a savory sauce with fresh mushrooms and a hint of sherry. Served with peas and egg noodles.

<u>34-</u> Salmon Fillet- Topped with a dill hollandaise sauce. Served with vegetable risotto.

<u>35-</u> German Pork Schnitzel- Breaded pork cutlet with spaetzle and red cabbage.

## 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

French Cream Cheesecake - Light texture with a hint of lemon on an oatmeal crumb crust.

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

#### WEEK OF JULY 5TH

#### MONDAY JULY 5TH DELIVERY

<u>36-</u> Chicken Surf n Turf- Grilled chicken breast topped with shrimp and white wine alfredo sauce on angel hair pasta with tomato pomodoro and broccoli.

<u>37-</u> Pan Seared Steak- With garlic butter and mushroom cream sauce. Served with a baked potato and green beans.

#### WEDNESDAY JULY 7TH DELIVERY

<u>38-</u> **Breaded Lemon Chicken**-Breaded chicken breast with a lemon alfredo over penne pasta with parmesan crusted zucchini boats.

<u>39-</u> Classic English Pot Roast-Slow cooked beef roast with potatoes, carrots and onions.

<u>40-</u> Fluffy Scrambled Egg Casserole- with bacon and cheese served with fresh fruit and a cinnamon roll.

# 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

**Meltaway Bars-** Dark chocolate, milk chocolate, walnuts, butterscotch, and slices of toasted coconut are all layered on a buttery graham base with cinnamon.

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

\$10.95 ea or \$27.95 per family meal (for 2 adults + 2 kids)
\*\*if a recurring plan is ordered, \$80 min per 4 week period
\$12.95 ea or \$32.95 per family meal if a la carte

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