

**WEEK OF JULY 26TH**

**MONDAY JULY 26TH 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 chef's choice of vegetable.

**WEDNESDAY JULY 28TH 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**

**Greek Salad with Oregano Marinated Chicken-** Cucumbers, tomatoes, kalamata olives, feta, and red onion on a bed of romaine with greek dressing on the side.

**Soups:** Cheddar Baked Potato & Chicken and Dumpling

**Salted Caramel Pretzel Brownies-** 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

**WEEK OF AUGUST 2ND**

**MONDAY AUGUST 2ND 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 AUGUST 4TH 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**

**Spinach and Fruit Salad** – Fresh spinach with red grapes, strawberries and walnuts with a homemade sweet celery seed dressing, topped with a grilled chicken breast.

**Soups:** Cheddar Broccoli & Old Fashioned Bean and Ham

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

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

## WEEK OF AUGUST 9TH

### MONDAY AUGUST 9TH 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 AUGUST 11TH 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

**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

**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 always available-** \$.75 each or \$8 per dozen

## WEEK OF AUGUST 16TH

### MONDAY AUGUST 16TH DELIVERY

1- **Chicken Stroganoff** - A new twist on a traditional favorite. Sliced chicken breast covered in a velvety Stroganoff sauce with mushrooms and sherry on a bed of egg noodles. Served with roasted vegetables.

2- **Pork Chops with Sauerkraut**- Traditional dish with brown gravy and mashed potatoes.

### WEDNESDAY AUGUST 18TH DELIVERY

3- **Lasagna**-Traditional Italian favorite with sausage and ground beef served with seasonal vegetables.

4- **Spanish Paella**-Saffron rice with dark meat chicken, jumbo shrimp, sausage and roasted tomatoes.

5- **Oven Baked Glazed Ham**- Served with scalloped potatoes and peas.

### 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

**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 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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