

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 |
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| <p><u>MONDAY AUGUST 16TH DELIVERY</u></p> <p>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.</p> <p>2- Pork Chops with Sauerkraut- Traditional dish with brown gravy and mashed potatoes.</p> <p><u>WEDNESDAY AUGUST 18TH DELIVERY</u></p> <p>3- Lasagna-Traditional Italian favorite with sausage and ground beef served with seasonal vegetables.</p> <p>4- Spanish Paella-Saffron rice with dark meat chicken, jumbo shrimp, sausage and roasted tomatoes.</p> <p>5- Oven Baked Glazed Ham- Served with scalloped potatoes and peas.</p> <p><u>AVAILABLE MONDAY AND/OR WEDNESDAY-SALADS (\$10.95), SOUPS (\$3.95), DESSERTS (\$3.50) AND MUFFINS</u></p> <p>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.</p> <p>Soups: Butternut Squash Bisque & Chicken Noodle Monday and/or Wednesday</p> <p>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.</p> <p>Cherry and Blueberry Muffins always available- \$.75 each or \$8 per dozen</p> |

| WEEK OF AUGUST 23RD |
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| <p><u>MONDAY AUGUST 23RD DELIVERY</u></p> <p>6- Salisbury Steak - Traditional ground beef steak with mushrooms and a hearty brown gravy served with mashed potatoes and peas.</p> <p>7- Chicken a la Vodka- Sliced grilled chicken breast over penne pasta with a vodka tomato cream sauce topped with crumbled bacon served with green beans.</p> <p><u>WEDNESDAY AUGUST 25TH DELIVERY</u></p> <p>8- Crispy Chicken Cordon Bleu- Baked breaded chicken breasts stuffed with ham and swiss cheese served with mushroom risotto and broccoli.</p> <p>9- Coca Cola Pork-Slow cooked pork made with Coca Cola served with glazed carrots and au gratin potatoes.</p> <p>10-Creamy Bowtie Pasta with Salmon- Fresh salmon in a light white sauce with peas and a hint of dill.</p> <p><u>AVAILABLE MONDAY AND/OR WEDNESDAY-SALADS (\$10.95), SOUPS (\$3.95), DESSERTS (\$3.50) AND MUFFINS</u></p> <p>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.</p> <p>Soups: New England Clam Chowder & Turkey Chili Monday and/or Wednesday</p> <p>Oatmeal Cranberry Walnut Cookies - Made with a hearty blend of oatmeal, tart cranberries, and crunchy walnuts, these cookies have a soft and chewy texture.</p> <p>Cherry and Blueberry Muffins always available- \$.75 each or \$8 per dozen</p> |

\$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

Main: 414-803-9894

orders@delishdelivered.net

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