

**WEEK OF SEPTEMBER 13TH**

**MONDAY SEPTEMBER 13TH DELIVERY**

21- **Pork Tenderloin with a Seasoned Rub** - served with a sweet potato mash and sauteed brussel sprouts.

22- **Chicken Fettuccine Alfredo** - classic creamy alfredo sauce over sliced chicken breast, served with Caesar salad

**WEDNESDAY SEPTEMBER 15TH DELIVERY**

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

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

25- **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**

**Steak Salad**- Sliced marinated steak, bleu cheese and avocado over mixed greens with side of balsamic vinaigrette

**Soups:** Creamy Mushroom Soup & Tortellini Tomato

**\*\*NEW\*\* Carrot Cake** - Moist and flavorful with sweet spices and creamy fresh cream cheese frosting.

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

**WEEK OF SEPTEMBER 20TH**

**MONDAY SEPTEMBER 20TH DELIVERY**

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

27- **Shepherd's Pie**- English favorite with seasoned ground beef, vegetables and creamy mashed potatoes.

**WEDNESDAY SEPTEMBER 22ND DELIVERY**

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

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

30- **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**

**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

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

## WEEK OF SEPTEMBER 27TH

### MONDAY SEPTEMBER 27TH DELIVERY

**31- Havarti Chicken-** Chicken breast and grilled portobellos in a Havarti cheese and dill sauce with cornbread stuffing and green beans.

**32- Skillet Ravioli with Spinach-**Flavorful cheese ravioli skillet sauteed in a tangy tomato sauce with spinach.

### WEDNESDAY SEPTEMBER 29TH DELIVERY

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

**34- Salmon Fillet-** Topped with a dill hollandaise sauce. Served with vegetable risotto.

**35- 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

**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

**Pecan Pie Bars-** Buttery toasted pecan bars with bits of chocolate topped with pecan halves.

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

## WEEK OF OCTOBER 4TH

### MONDAY OCTOBER 4TH DELIVERY

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

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

### WEDNESDAY OCTOBER 6TH DELIVERY

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

**39- Classic English Pot Roast-**Slow cooked beef roast with potatoes, carrots and onions.

**40- 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

**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

**Lemon Bars-** Light refreshing lemon curd in a buttery shortbread crust dusted with confectioners sugar

**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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