

WEEK OF OCTOBER 19TH

MONDAY OCTOBER 19TH DELIVERY

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

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

***NEW* Mango Smoothies!** Choose just Mango or Mango w/ yogurt. All natural made from the highest quality mangos. \$5

WEDNESDAY OCTOBER 21ST DELIVERY Be sure to order enough to get through the weekend!

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

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

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

Apple Turnovers (\$3.50) and Chef's Special Cheese and Vegetable Frittata (\$4.95) available Wednesdays.

AVAILABLE MONDAY AND/OR WEDNESDAY-SALADS (\$11.95), SOUPS (\$3.95), DESSERTS (\$3.50)

Autumn Roasted Beet Salad- With goat cheese, walnuts and honey balsamic dressing Contains onion*

Soups: Cheddar Broccoli & Split Pea and Ham Monday and/or Wednesday

Banana Cream Pie - With real banana puree and rich whipped cream.

WEEK OF OCTOBER 26TH

MONDAY OCTOBER 26TH DELIVERY

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

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.

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WEDNESDAY OCTOBER 28TH DELIVERY Be sure to order enough to get through the weekend!

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

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

60- Butternut Squash Ravioli- with a creamy walnut pesto served with red wine poached pears.

Pumpkin Muffins (\$1.50) and Chef's Special Crustless Quiche (\$4.95) available Wednesdays.

AVAILABLE MONDAY AND/OR WEDNESDAY-SALADS (\$11.95), SOUPS (\$3.95), DESSERTS (\$3.50)

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

Soups: White Chicken Chili with Northern Beans & Tomato Basil Monday and/or Wednesday

Pumpkin Pie Slice- A traditional Fall favorite!

WEEK OF NOVEMBER 2ND

MONDAY NOVEMBER 2ND DELIVERY

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

62- Smothered Herbed Chicken - Herb crusted and smothered with mozzarella and mushrooms. Served with a baked parmesan tomato and skillet fried potatoes. Contains onion*

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WEDNESDAY NOVEMBER 4TH DELIVERY Be sure to order enough to get through the weekend!

63- Hot Ham and Swiss Buns- Cheesy, savory and slightly sweet served with fresh grapes and potato chips.

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. Contains onion*

Old Fashioned Apple Pie- Juicy apples in a pastry crust topped with crunchy cinnamon streusel. \$4.95

Chef's Special Egg Strata (\$4.95) available Wednesdays.

AVAILABLE MONDAY AND/OR WEDNESDAY-SALADS (\$11.95), SOUPS (\$3.95), DESSERTS (\$3.50)

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. Contains onion*

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

Flourless Chocolate Torte- Decadent chocolate tortes made with a blend of four chocolates and a fresh ganache topping. Creamy!

WEEK OF NOVEMBER 9TH

MONDAY NOVEMBER 9TH 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. Contains onion

2- Oven Baked Glazed Ham- Served with scalloped potatoes and peas. Contains onion

Mango Smoothies! Choose just Mango or Mango w/ yogurt. All natural made from the highest quality mangos. \$5

WEDNESDAY NOVEMBER 11TH DELIVERY Be sure to order enough to get through the weekend!

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

4- Chicken Marsala- Creamy marsala wine sauce with mushrooms over chicken breast stuffed with sundried tomatoes. Served with spinach and rice bake. Contains onion

5- Loaded Baked Potato- Buttery baked potato piled high with shredded cheddar, crisp bacon, sour cream, and fresh green onions — the ultimate comfort in every bite. Contains onion*

Banana Chocolate Chip Muffins and Breakfast Burrito (\$4.95) A soft tortilla wrapped around fluffy scrambled eggs, savory breakfast sausage, and melted cheddar —grab-and-go comfort to start your day right. **Available Wednesday**

AVAILABLE MONDAY AND/OR WEDNESDAY-SALADS (\$11.95), SOUPS (\$3.95), DESSERTS (\$3.50)

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

Soups: Cheesy Vegetable & Italian Wedding

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

\$11.95 ea or \$32.95 per family meal (for 2 adults + 2 kids)

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