



Poultry

Grilled southwest chicken with apricot chipotle barbecue sauce
Barbecue chicken with maple mustard sauce
Huli huli (Hawaiian) chicken
Applewood smoked chicken or pork tenderloin with mango barbecue sauce
Italian style chicken parmesan
Chicken and cheese enchiladas
Mediterranean chicken with rosemary lemon sauce
Slow cooker pulled chicken or pork
Wine and tomato braised chicken with chopped bacon and Italian herbs
Grilled lemon chicken with basil oil
Fettuccine with garlic and gruyere chicken sausage
Chicken tortilla soup with avocado, tortilla strips and jack cheese
Turkey burgers with caramelized onions, barbecue sauce and cheddar
Roasted turkey with parsley and white wine sauce
Greek marinated chicken skewers with flatbread and hummus
Shredded honey ginger apple pork
Asian style garlic and ginger chicken
Bacon wrapped pork tenderloin with Applewood smoked rub
Moroccan chicken stew with zucchini, yellow squash and olives
Chicken Scalopine with Kalamata olives, basil, capers & fresh parmesan
Stuffed chicken breasts with garlic, green chilies and melted jack cheese
Caribbean style grilled chicken with tropical fruit chutney
Stuffed pasta shells with roasted chicken, mushrooms & gorgonzola sauce
Cilantro lime garlic chicken
Chicken curry

Seafood

Shrimp with almond and garlic romesco sauce
Pecan crusted Atlantic salmon with honey Dijon glaze
Baked cod with dill and lemon sauce
Italian breadcrumb crusted tilapia
Grilled salmon with chimichurri sauce
Grilled salmon skewers with sweet chili sauce
Grilled swordfish with lemon, mint and basil sauce

Panko crusted salmon with mustard sauce
Shrimp and roasted cauliflower with roasted red pepper sauce over pasta
Shrimp scampi

Beef

Hawaiian marinated flank steak
Grilled tri tip fajitas
Italian style meatballs with marinara
Italian meat lasagna
Pasta with sweet Italian sausage
Stuffed pasta shells with ricotta, spinach and Italian sausage with marinara
Savory meatloaf*
Taco salad*
Texas style chili*
Taco soup*

(*can substitute with turkey burger or tofu)

Vegetarian

Fresh fettuccine with broccoli, mushrooms and creamy vodka sauce
Lasagna with butternut squash, spinach & rosemary cream sauce
Pasta puttanesca
Tofu stir fry with Asian noodles
Ratatouille with lemon pepper papparadelle
Cannellini bean, pasta and tomato soup
Veggie fajitas with squash, onions and peppers
Tofu tacos with black beans, cheese, lettuce and avocado crema
Sweet potato black bean burgers with cheddar cheese, sprouts & avocado
Spinach and chickpea curry

Side Dishes & Salads

Roasted broccoli with garlic and parmesan
Grilled corn and zucchini succotash
Glazed sweet baby carrots with orange and honey sauce
Roasted root vegetables with rosemary and thyme
Roasted potato wedges with rosemary and garlic oil
Mexican green rice
Garlic French green beans with white wine butter sauce
Cauliflower rice with parsley and garlic
Creamy cauliflower mash

Oven roasted broccoli with garlic, breadcrumbs and parmesan
Mashed potatoes with garlic and chives
Pineapple infused brown rice with scallions
Squash medley with parmesan cheese, breadcrumbs and thyme
Sweet potato gratin with caramelized onions and sage
Homemade macaroni and cheese
Smashed sweet potatoes
French style heirloom potato salad with garlic and olive oil vinaigrette
Shaved Brussels sprouts with pesto
Creamed spinach
Fettuccine with lemon cream sauce and fresh parsley
Orzo pasta with sundried tomatoes, parmesan, shallots and fresh herbs
Roasted butternut squash with sage
Smoky southwest style coleslaw
Quinoa with roasted squash, grape tomatoes, parmesan and basil dressing
Southwest style potato salad
Warm heirloom potato salad with garlic and olive oil vinaigrette
Caprese salad with heirloom tomatoes, mozzarella and basil vinaigrette
Grilled summer vegetables with sweet balsamic sauce
Greek salad with tomatoes, cucumber, feta, olives and capers
Caesar salad with house made dressing
Edamame noodles with snow peas, shaved carrots and slivered almonds
Grilled veggie skewers with honey balsamic glaze
Stuffed peppers with black beans, onions, corn and shredded cheese