



Office: 713-838-2433 Email: [Catering@ChefSmirnov.com](mailto:Catering@ChefSmirnov.com)

Minimum of 5 orders required. Pick-up and delivery days are Tuesdays and Fridays.

5 to 9 orders for \$13.00 each      10 or more for \$11.00 each

All meals can be refrigerated for 3 days or frozen for a later date. Please call for more details.

### **BEEF SELECTION**

Beef Meatloaf served with Mashed Potatoes and Green Beans  
Stir Fry Beef with Broccoli and Steamed Rice  
Beef and Vegetable Stew  
Beef Burger Lettuce Wrap with Baked Sweet Potato Wedges  
Lean Beef Lasagna served with a Rice, Black Bean and Corn mixture  
Beef Fajita Salad  
Mini Meatballs with Pasta Marinara  
Stuffed Cabbage  
Beef Stroganoff with Noodles

### **VEGETARIAN SELECTION**

Stuffed Zucchini served with Roasted Potatoes and Corn  
Ratatouille  
Mediterranean Quinoa Salad  
Beans and Vegetable Stew  
Vegetarian Enchiladas served with Cilantro Rice  
5 Bean Vegetarian Chili served with Rice and Cauliflower Mashed  
Vegetarian Lasagna Rollup  
Zucchini and Squash Noodle Salad

### **\$8 SOUP SELECTION**

Tomato Basil Soup – 8 oz.  
Chicken Tortilla Soup – 8 oz.  
Chicken and Noodle Soup – 8 oz.  
Chicken Kale and Quinoa Soup – 8 oz.

### **CHICKEN SELECTION**

Chicken Meatloaf served with Mashed Potatoes and Green Beans  
Herb Roasted Chicken Breast served with Quinoa and Roasted Vegetables  
Chicken Breast Stuffed with Spinach and Tomatoes served with Roasted Potatoes and Green Beans  
Asian Noodle Salad with Chicken  
Mediterranean Quinoa Salad with Chicken  
Chicken Enchilada served with Cilantro Rice  
Stir Fry Chicken with Broccoli and Steamed Rice  
Chicken Fajita Salad

### **TURKEY SELECTION**

Roasted Turkey Breast Served with Mashed Potatoes and Green Beans  
Turkey Chili served with Rice and Mashed Cauliflower  
Ground Turkey Marinara with Noodles

### **SEAFOOD SELECTION**

Shrimp Scampi served with Gluten Free Pasta or Zucchini Noodles  
White Fish topped with Salsa Verde and served with Quinoa and Vegetables  
Blackened Cod topped with Tropical Pico de Gallo and served with Spanish Rice and Roasted Cauliflower  
Grilled Shrimp with Dill Basmati Rice