

## SAMPLE MEAL PLAN SERVICE CHOICES

*This is just a sample of menu choices available. We can accommodate your tastes, allergy or dietary requirements. We can adjust seasonings and even prepare family favorite recipes. Each entrée comes with a seasonal vegetable and potato, rice, grain or pasta.  
Two vegetables can be substituted for a starch.*

### ENTRÉES

#### BEEF/VEAL

Beef Fajitas  
Beef, Mushroom and Onion Pot Pie  
Beef Stir Fry  
Beef Stroganoff with Egg Noodles  
Beef Stew  
Beef with Peppers and Tomatoes  
Carbonnade de Boeuf a la Flamande (Belgian Beef Stew)  
Burgers (Many Variations)  
Classic American Meatloaf  
Corned Beef and Cabbage  
Boeuf Bourguignon (Beef Burgundy)  
Garden Meatloaf (Ground Beef, loaded with veggies)  
Goulash  
Gourmet Beef Noodle Casserole with Spätzles/Spaetzles  
Grilled Beef Kabobs  
Herbed Encrusted Beef Tenderloin  
Italian Beef with Peppers  
Italian Braciolo (Italian Beef Rolls)  
Italian Pot Roast  
Lazy Man Cabbage Rolls (Beef/Pork Mix)  
London Broil  
Moussaka (all beef or beef/lamb mix)  
Pot Roast  
Sassy Sloppy Joes  
Steak Au Poivre  
Steak, Grilled  
Swiss Steak  
Thai Beef  
Wine Marinated Flank Steak  
Veal Ossobucco  
Veal Marsala  
Veal Parmesan  
Veal Scalloppini with a Wine Mushroom Cream Sauce  
Wiener Schnitzel

## PORK

BBQ Country Ribs  
Bratwurst, Apples and Onions  
Bubble and Squeak  
Choucroute Garnie (Alsatian Sauerkraut with Sausage, Potatoes, Onions and Apples)  
Honey Baked Ham  
Grilled Bratwurst  
Grilled Italian Sausage with Peppers and Onions  
Grilled Polish Sausage  
Pork Chops  
Pork Roast with Sauerkraut and Potato Dumplings  
Pork Tenderloin  
Pulled Pork  
Stuffed Pork Chops  
Rolled Stuffed Pork Roast with Apricots and Stuffing  
Grilled Pork Tenderloin Medallions  
Lazy Man Cabbage Rolls (Beef/Pork Mix)  
Hoisin Asian Burgers  
Thai Pork

## POULTRY

Whole Roasted Chicken (Lightly Seasoned, BBQ, Lemon or Italian Seasonings)  
Chicken and Sausage Giambotta – (Italian Chicken Stew)  
Chicken Fingers  
Chicken Florentine Casserole  
Chicken Marsala  
Chicken Parmigiana  
Chicken Piccata  
Chicken Pot Pie  
Chicken Stir Fry  
Chicken Satay Burgers  
Chicken Tacos  
Coq Au Vin (Chicken in Wine)  
French Tarragon Chicken with a Wine Mustard Cream Sauce  
Greek Chicken  
Grilled BBQ Chicken  
Grilled Chicken Kabobs  
Indian Butter Chicken  
Jerk Chicken  
Lemon Chicken and Broccoli  
Moroccan Chicken  
Pan Fried Chicken and Pan Gravy  
Baked Parmesan Chicken  
Southwest Green Chili Chicken Casserole  
Thai Chicken Curry  
Roasted Turkey  
Turkey Burgers  
Turkey Chili  
Duck Breast with a Plum or Cherry Sauce

**LAMB**

Braised Lamb Shank  
Grilled Lamb Chops  
Herb Encrusted Rack of Lamb  
Roasted Leg of Lamb

**SEAFOOD**

Ahi Tuna Steaks  
Baked Whole Fish with Vegetables  
Crab Cakes  
Fiesta Shrimp  
Fish Tacos  
Glazed Salmon  
Halibut  
Paella (Seafood and Chicken)  
Poached Salmon  
Shrimp Tempura with Vegetables and Dipping Sauce  
Sole  
Talapia (Tortilla Crusted or with Pineapple, Mango and Papaya Salsa)  
Thai Shrimp Curry  
Tuna Noodle Casserole

**PASTA/PIZZA**

Fresh Pasta with Marinara Sauce  
Baked Ziti with Italian Sausage and Cheese  
Bow Tie Pasta with Lemon Chicken and Broccoli  
Eggplant Parmesan  
Eggplant Involtini  
Fettuccine Alfredo  
Gnocchi with Marinara Sauce  
Gnocchi with Butter and Sage  
Lasagna (Meat, Cheese, Spinach/Mushroom, Vegetable)  
Pasta Bolognese  
Pasta Shrimp Diablo  
Penne Pasta with a Tomato Vodka Sauce  
Risotto (Variations Available)  
Signature Mac-N-Cheese  
Stuffed Shells  
Stuffed Manicotti  
Spaghetti Alla Carbonara  
Thin Crust Pizza  
Chicago Deep Dish Pizza