

SAMPLE MEAL PLAN SERVICE CHOICES

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

SIDES

POTATOES, GRAINS/RICE AND SIDES/VEGETABLES

Boiled Potatoes
Baked Potatoes or Double Baked
Duchesse Potatoes
Gratin Dauphinois
Greek Potatoes
Hash Browns
Lyonnais Potatoes
Mashed (Cheesy, Garlic, Horseradish)
Potato Dumplings
Various Potato Salads (American, Mustard, Sour Cream/Dill, German)
Spaetzles
Sweet Potatoes with Olive Oil and Garlic
Tator Tots

Couscous (Variations Available)
Classic Rice Pilaf, Fried Rice, Spanish Rice, White Rice
Various Pasta Sides
Signature Mac-N-Cheese

Homemade Applesauce
Baked Beans
Baked Butternut or Acorn Squash
Braised Red Cabbage
Brussel Sprouts with Bacon and Bread Crumbs
Cauliflower with Mornay or Mustard Sauce
Crispy Leeks
Egg Rolls
Green Bean Almondine
Grilled Vegetables
Haricot Vert with Potatoes and Blue Cheese
Honey Glazed Carrots with Parsley
Sauerkraut
Spring Rolls
Steamed Vegetables
Stir Fried Vegetables
Vegetable Skewer Kabobs

SOUPS

Butternut Squash and Apple
Chili
Corn Chowder
Cream of Broccoli
Cream of Mushroom
Escarole
French Onion
Garlic Soup
Bloody Mary Gazpacho
Peach and Mango Gazpacho
Ham and Bean
Hearty Chicken Noodle
New England Clam Chowder
Potato and Leek
Roasted Red Bell Pepper
Split Pea
Sauerkraut, Corned Beef, Potato Soup
Sweet and Sour Cabbage Soup
Thai Soup
Tomato
Tortellini Soup
Tortilla Soup

SALADS

Small Antipasto Tray
Apple Harvest Salad
Caesar or Chicken Caesar Salad
Caprese Salad
Chef Salad
Chicken Salad
Chinese Broccoli Slaw with Chicken Salad
Chopped Mediterranean Salad (Tomato, Celery, Onion & Cucumber)
Chopped Salad
Crunchy Asian Chicken Salad
Cucumber, Sour Cream and Dill Salad
Cole Slaw
Greek Salad
Citrus Salad
Fruit Salad
Mixed House Salad
Orzo, Baby Spinach, Grape Tomatoes, Lemon and Pine Nut Salad
Potato (American, Mustard, Sour Cream/Dill or German Potato Salad)
Santa Fe Roasted Corn Salad
Seafood Salad
Seasonal Fruit Salad
Spinach Salad with Bacon Dressing
Tri-Color Pasta Salad
Tuna Salad

SANDWICHES

Carved Roast Turkey

Tender roasted turkey, Swiss Cheese, lettuce, tomato & red onion on Whole Wheat

Chicken Salad

Roasted chicken breast salad, Avocado & Sprouts on a fresh Croissant

Chicken Pesto

Tender roasted chicken, fresh arugula, roasted tomatoes
with pesto mayo on a Ciabatta Bun

Classic Tuna Salad

Tuna Salad, lettuce, tomato on Multi-Grain Bread

Muffeetta (moo-foo-LET-ta)

Marinated olive salad, capicola, salami, mortadella and provolone
on Ciabatta

Pulled Pork

Perfectly tender seasoned pulled pork, cole slaw, BBQ sauce on a roll

Tender Roast Beef

Cheddar Cheese, Tomato, Red Onion, Lettuce on Soft Onion Roll

Assorted Submarine Sandwiches

PANINIS

Ham and Cheese

Honey Ham, Melted Swiss Cheese, Thin Slices of Pears,
on Sourdough Bread with Dijonaise

Chicken Italian Style

Tender roasted chicken breast, roasted tomatoes, basil, provolone
with pesto mayo on Ciabatta

Caprese Plus Peppers

Tomatoes, Fresh Mozarella, Roasted Red Peppers & Basil
on Ciabatta with a sweet Balsamic Vinaigrette

Rueben

A classic combination of Corned Beef, Sauerkraut, Swiss Cheese
on Light Rye with Thousand Island Dressing

Grilled Cheese

Homemade Pimento Cheese on Texas Toast

WRAPS

Southwest Roast Beef

Roast Beef, Diced Red Onions and Tomatoes, Lettuce, Roasted Poblano Pepper,
Cilantro-Lime Mayo rolled in a Southwest Chipotle Wrap

Shaved Turkey

Tender Roasted Turkey, Red Onions, Tomatoes, Lettuce, Mayo in our Original Wrap

BLT

Bacon, Lettuce, Tomato and Mayo rolled in our Original Wrap

Veggie

Crunchy Lettuce/Cabbage Blend, Avocado, Shredded Carrots, Red Onions, Tomato,
Wasabi Mayo, rolled in our Harvest Wheat Wrap

BREAKFAST

Bagel with Whipped Cream Cheeses (Variety Available)
Baked French Toast with Praline Topping (Other Variations Available)
Breakfast Quiche
Granola, Fruit & Yogurt
Muffins
Scones
Seasonal Berries/ Fruit
Smoothies
Homemade Jams & Jellies