



401-454-4955

Mary Hughes
Personal Chef

mary@savoryfareinc.com

Early Fall Menu 2019

Frozen Favorites

Always Available!

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| *Mini Macaroni and Cheese \$7.00 per serving | *Beef Shepherd's Pie \$9.50 per serving |
| *Blue Diner Mini Meatloaves \$7.50 per serving | *Savory Fare Chicken Pot Pie \$10.95 per serving |
| *Parmesan Crumbed Chicken \$8.50 per serving | *Vegetarian Shepherd's Pie \$10.75 per serving |
| *Hearty Meatballs/Tomato Sauce \$10.75 per serving | *Chicken Piccata \$9.95 per serving |
| *All-American Meatloaf \$9.95 per serving | |

Chicken and Meat Entrées

- *Perfect Roast Chicken with Gravy
\$10.95 per serving

Chicken is stuffed with fresh thyme, lemon, and garlic before roasting. Accompanied by amazing homemade gravy.

- *Chicken Marsala
\$10.95 per serving

Dried porcini mushrooms and Marsala wine invest the chicken thighs with complex flavors and aromas.

*Beef Chili **NEW!**

\$12.50 per 12 oz. serving

Beef, beans and several chili powders bring a not-too-spicy but tantalizing flavor to this classic. Served with sour cream.

- *Pot Roast with Mushrooms and Red Wine
\$13.95 per serving

Beef is simmered in broth with red wine, onions, garlic, carrots, and mushrooms until fork tender.

Seafood Entrées

- *Shrimp Scorpio with Buttered Orzo
\$14.50 per serving

A Greek-inspired baked shrimp dish melding the flavors of shrimp, Greek seasonings, tomatoes, and feta with orzo.

- *Maryland Crab Cake
\$13.95 per serving

Just about all crab. Held together with a mayonnaise-saltine mixture that perfectly complements the crab. With Tartar Sauce.

Egg, Cheese, and Vegetarian Entrées

- Roasted Vegetable Frittata
\$8.50 per serving

This frittata is filled with roasted zucchini, bell peppers, and red onion and topped with grated Gruyère cheese. Beautiful and surprisingly flavorful.

- *Cuban Black Beans and Rice
\$7.00 per serving

Black beans, sautéed with onions, garlic, bell pepper, chili pepper, and tomatoes, are served with rice.

Order by Friday to receive delivery the following week.

*** This dish freezes well and will be delivered frozen.**

A complete list of ingredients for each dish is available upon request.

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Early Fall Menu 2019 - Page 2

Side Dishes

Savory Fare Mashed Potatoes

\$3.50 per serving

A lower calorie yet still rich-tasting mashed potato with Yukon Golds. The potatoes are mashed with low-fat sour cream, 2% milk, butter, salt, and pepper.

Vegetable Dishes

Pan-Roasted Carrots with Rosemary

\$3.95 per serving

Seasoned with fresh rosemary, honey, and butter.

Green Beans with Almonds

\$5.25 per serving

Green beans are sautéed in extra virgin olive oil with garlic and toasted, finely chopped almonds.

Roasted Cauliflower

\$5.95 per serving

Roasting in extra-virgin olive oil brings out the best in the cauliflower flavor.

*Creamed Spinach

\$4.95 per serving

Spinach sautéed with scallions to which cream is added until delicious and saucy.

Soups and Salads

*Mushroom Barley Soup

\$8.25 per 12 oz. serving

Lots of mushrooms, white and porcini, simmered with barley and carrots in well-seasoned chicken broth.

*Chicken Soup

\$7.25 per 12 oz. serving

Roasted chicken, celery, and carrots simmered in a hearty homemade chicken broth.

Mixed Greens with Apple, Bacon, and Cider Vinaigrette

\$6.95 per serving

Mixed salad greens are tossed with crisp, juicy apple slices, crumbled bacon, and cider-honey vinaigrette.

Quinoa Salad with Apple, Dried Cranberries, Feta, and Toasted Walnuts

\$8.25 per serving

This fluffy quinoa salad is tossed with Champagne-honey vinaigrette.

Sweet Treats

*Chocolate Gingerbread Cookies

\$2.50 for each 2-cookie serving

This prize-winning cookie is prepared with gingerbread spices and chunks of chocolate.

Fresh Weekly Specials

Order Sept. 7-13: American Chop Suey *NEW!* \$7.95 per serving

Order Sept. 14-20: Pomegranate-Braised Brisket with Onion Confit and a side of Tzimmes, \$27 per serving

Order Sept. 21-27: Indonesian Ginger Chicken, \$10.95 per serving

Order Sept. 28-Oct. 4: Ricotta and Egg Gnocchi with Olives, Capers, and Tomato Sauce, \$11.95 per serving

Order Oct. 5-11: Mushroom and Fontina Quiche *NEW!* \$8.95 per serving

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