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*Mary Hughes*  
Personal Chef

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## Early Spring Menu 2020

### Frozen Favorites

*Always Available!*

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

### Chicken and Meat Entrées

#### Chicken Francese

\$12.95 per serving

Boneless chicken breast is dredged in flour, dipped in egg, and sautéed before simmering in a luscious sauce of wine, lemon, and chicken broth.

#### Casserole Roasted Chicken with Tarragon

\$12.50 per serving

A Julia Child recipe. A chicken is roasted with onions, carrots, and tarragon until tender. Served with a tarragon sauce.

#### Turkey Meatballs in Sauce *NEW!*

\$12.95 per serving

The meatballs, prepared with ground dark turkey meat, are enlivened with pine nuts and raisins then simmered in a homemade tomato sauce.

#### Roasted Brisket with Leeks, Carrots, and Garlic

\$19.95 per serving

Brisket is roasted in a red wine-tomato sauce until the meat is tender and the gravy is wonderful.

### Seafood Entrées

#### Crispy Fish Fillets

\$11.95 per serving

Fresh cod fillets are breaded with panko and fried before freezing to capture the freshness of the fish. Comes with homemade Tartar Sauce.

#### Salmon Cake

\$11.95 per serving

Salmon Cake with a moist delicate texture from panko breadcrumbs, mayonnaise, and seasonings. Comes with homemade Tartar Sauce.

### Egg, Cheese, and Vegetarian Entrées

#### \*Asparagus, Leek, and Shiitake Mushroom

#### Frittata

\$9.95 per serving

Spring flavors unfold in the asparagus, leek, shiitake and button mushrooms in this frittata that wowed our staff. Fontina and Parmesan cheeses enrich the flavor.

#### Black Bean Burger with Chipotle Mayonnaise

\$7.50 per serving

Earthy black beans with eggs, garlic, scallions, and spices make a captivating meatless burger.

**Order by Friday to receive delivery the following week.**

**\*Asterisked dishes will be delivered fresh.**

**All other dishes freeze well and will be delivered frozen.**

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

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### **Vegetable and Side Dishes**

#### **\*Savory Fare Mashed Potatoes**

\$3.50 per 6 oz. 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.

#### **\*Green Beans with Shallots**

\$5.50 per 4 oz. serving

Fresh green beans are simmered, then sautéed in extra-virgin olive oil and butter with shallots.

#### **\*Carrots with Capers**

\$3.25 per 4 oz. serving

The coupling of carrots and parsley with capers makes an intriguing match.

#### **\*Creamed Spinach**

\$4.95 per 4 oz. serving

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

#### **\*Tzimmes**

\$4.95 per 4 oz. serving

A Passover specialty but good anytime: Carrots, sweet potatoes, prunes, apricots, baked with honey, cinnamon, and orange juice until the flavors meld.

### **Soups and Salad**

#### **Chicken Soup**

\$8.95 per 12 oz. serving

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

#### **Fluffy Matzah Balls**

\$3.95 for serving of two

Matzah balls are simmered in chicken broth until plump and light and can be added to a serving of chicken soup.

#### **Carrot and Leek Soup with Thyme**

\$7.95 per 12 oz. serving

A smooth light soup prepared with spring carrots, potatoes, and leeks. Garnished with Gruyère cheese.

#### **\*Quinoa Salad with Mango, Dried Cherries, and Pecans**

\$7.50 per serving

Fluffy quinoa is tossed with fresh mango, dried cherries, toasted pecans, feta cheese, and Champagne-honey vinaigrette.

### **Sweet Treats**

#### **Salty Oatmeal Chocolate Chunk Cookies**

\$3.50 for 2-cookie serving

Made with dried cranberries and a sprinkling of Newport Sea Salt, a locally prepared finishing salt.

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