



401-454-4955

Mary Hughes
Personal Chef

mary@savoryfareinc.com

Early Spring Menu 2021

3/13/21 – 4/17/21

Frozen Favorites

Always Available!

Mini Macaroni and Cheese \$7.00 per serving	Chicken Piccata \$9.95 per serving
Blue Diner Mini Meatloaves \$7.50 per serving	Beef Shepherd's Pie \$9.50 per serving
Parmesan Crumbed Chicken \$8.50 per serving	Savory Fare Chicken Pot Pie \$10.95 per serving
Hearty Meatballs/Tomato Sauce \$10.75 per serving	Vegetarian Shepherd's Pie \$10.75 per serving
Crispy Fish Fillets \$13.95 per serving	All-American Meatloaf \$9.95 per serving

Chicken and Meat Entrées

Apple Cider Chicken

\$9.50 per serving

Fresh apples, apple brandy, and cider flavor the chicken pieces with apple goodness.

Baked Ham with Raisin Sauce *New!*

\$19.95 per serving

Oven roasted smoked ham, carved and served with a homemade raisin sauce prepared with cider.

Roasted Brisket with Leeks, Carrots, and Garlic

\$21.95 per serving

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

Chicken Marsala

\$9.50 per serving

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

Italian Meat Lasagna

\$8.95 per serving

Traditional meat lasagna prepared by layering a tomato sauce including mushrooms, beef, pork, and fresh pork sausage with a mixture of ricotta, mozzarella, and Parmesan cheeses.

Seafood Entrées

Shrimp Creole *New!*

\$10.95 per serving

Shrimp is simmered in a freshly prepared Creole sauce or New Orleans "red gravy" that is seasoned with smoked and regular paprika and a touch of cayenne.

Savory Fare Cod Cake

\$11.95 per serving

A lighter, more delicate cod cake prepared with fresh cod and a mix of fresh breadcrumbs, celery, scallions, and parsley. Served with homemade Tartar Sauce.

Egg, Cheese, and Vegetarian Entrées

*Spinach and Ham Cheesy Frittata *New!*

\$10.95 per serving (nonvegetarian)

Eggs, Monterey Jack and Pecorino Romano cheeses, and smoked ham are prepared with baby greens and scallions.

Black Bean Burger with Chipotle Mayonnaise

\$7.50 per serving

Earthy black beans with eggs, garlic, scallions, and spices make a satisfying meatless burger. You will be surprised by how good these are.

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.**



401-454-4955

Mary Hughes
Personal Chef

mary@savoryfareinc.com

Early Spring Menu 2021 - Page 2

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.

***Skillet Asparagus with Lemon and Butter**

\$6.95 per 4 oz. serving

Lightly simmered and served with a lemon slice.

***Pan-Roasted Carrots with Rosemary**

\$4.25 per 4 oz. serving

The carrots are slowly sautéed in extra-virgin olive oil until golden brown and tender. Seasoned with fresh sprigs of rosemary, a touch of honey, and butter.

***Fresh Broccoli with Lemon**

\$4.25 per 4 oz. serving

Broccoli, florets and stem pieces, steamed and tossed with extra-virgin olive oil and salt and pepper and served with a lemon wedge on the side.

Soups

Chicken Soup

\$8.95 per 12 oz. serving

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

***Fluffy Matzah Balls**

\$4.95 per serving of two

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

Mushroom Barley Soup

\$7.95 per 12 oz. serving

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

Carrot and Leek Soup with Thyme

\$8.95 per 12 oz. serving

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

Egg, Cheese, and Vegetarian Entrées – Continued

Vegetable Lasagna

\$7.95 per serving

Full of zucchini, mushrooms, carrots, and bell peppers that are simmered in a homemade red wine tomato sauce before layering with lasagna noodles, pesto-ricotta mixture, and mozzarella cheese.

Chana Masala with Rice

\$9.95 per serving

A popular Indian dish with chickpeas simmered till almost creamy, balanced by a feisty sauce of fresh onion, chile, and cilantro. Served over rice.

Nasi Goreng (Indonesian Fried Rice) *New!*

\$9.95 per serving

An authentic Indonesian fried rice with carrots, cabbage, shiitake and cremini mushrooms, and peas that is garnished with fried shallots.

Sweet Treats

Jumble Berry Crostata *New!

\$10.95 per individual crostata

A simply delicious crostata with raspberries, blackberries, blueberries, and strawberries.

Chocolate Gingerbread Cookies

\$2.95 per 2-cookie serving

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

EAT WELL, DO GOOD

\$8.00 per one-dish meal

You may donate a meal (or meals) for only \$8 each. A [Nourish Our Neighbors Gift Meal](#) will be added to your cart. This is a program sponsored by Hope & Main. As you are enjoying your Savory Fare meal, a Rhode Islander in need will have the opportunity to enjoy a meal as well.

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.**