



401-454-4955

Mary Hughes
Personal Chef

mary@savoryfareinc.com

Early Summer Menu 2019

Frozen Favorites

Always Available!

*Mini Macaroni and Cheese \$6.50 per serving	*Beef Shepherd's Pie \$9.50 per serving
*Blue Diner Mini Meatloaves \$7.00 per serving	*Savory Fare Chicken Pot Pie \$9.95 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 \$10.95 per serving

Chicken and Meat Entrées

*Chicken Marbella

\$11.25 per serving

The exotic flavors of briny capers and bold Spanish olives are baked with chicken pieces and tender prunes in a sweet-tangy sauce.

*Paprika Chicken

\$10.25 per serving

Prepared with chicken thighs and seasoned with sweet Hungarian paprika and a touch of sour cream.

*Turkey Patty with Mushroom Gravy

\$11.95 per serving

Turkey seasoned with cornbread stuffing is served with red wine mushroom gravy.

*Pork Marsala

\$13.95 per serving

Pork tenderloin medallions sautéed and served in a Marsala sauce.

Seafood Entrées

Garlicky Shrimp Kebabs

\$16.95 per serving

Shrimp skewered with lemon and scallions and lightly basted with Garlic Seafood Butter.

*Salmon Cake

\$11.95 per serving

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

Egg, Cheese, and Vegetarian Entrées

Mini Zucchini, Corn, and Onion Frittatas

\$7.50 for a serving of two; **With prosciutto** \$9.25

These frittatas are seasoned with Parmesan cheese, corn, scallions, and fresh herbs.

Lemony Asparagus and Artichoke Pasta Salad

\$9.50 **NEW!**

Roasted artichoke hearts, stir-fried asparagus, feta, and bowtie pasta tossed with lemon vinaigrette.

Fresh Weekly Specials

(prices per serving)

Order June 1-June 7: Beef and Broccoli Stir-Fry with Rice, \$16.25 per serving	Order June 15-June 21: Lemon Poached Cod en Papillote, \$15.50 per serving
Order June 8-June 14: Cobb Salad with Chicken, Hard-Boiled Egg, and Feta, \$12.50 per serving NEW!	Order June 22-June 28: Buttermilk Fried Chicken, \$8.95 per serving NEW!

Order by Wednesday 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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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

Sautéed Zucchini and Carrots with Lemon

\$4.50 per serving

Zucchini, carrots, and shallot are sautéed together with lemon juice added at the end.

Green Bean and Snow Pea Salad

\$6.50 per serving

A delightful way to enjoy summer green beans and snow peas. The vegetables are tossed with toasted sunflower seeds and lime-white wine vinaigrette.

Oven Roasted Asparagus with Capers

\$5.75 per serving **NEW!**

This dish is delicious hot, warm, or at room temperature.

Soups and Salads

*Curried Pea Soup (may be served chilled)

\$7.25 per 12 oz. serving

Peas, onion, carrot, celery, and potato are puréed together with garlic, curry powder, homemade chicken broth, and light cream.

*Hearty Lentil Soup

\$7.50 per 12 oz. serving

The recipe for this comes from a groundbreaking vegetarian cookbook in 1997 by Deborah Madison, **Vegetarian Cooking for Everyone**. The lentils are simmered with onions, tomatoes, celery, and carrot in vegetable broth with seasonings that enliven the vegetables.

Spinach-Arugula Salad with Strawberries and Pecans

\$6.50 per serving

The salad is tossed with a red wine-balsamic vinaigrette.

Chickpea, Carrot, and Parsley Salad

\$4.75 per serving **NEW!**

A delicious salad in the Middle Eastern style, topped with feta cheese.

Sweet Treats

*Pecan Sandies or Sand Tarts

\$1.95 for a 2-cookie serving

Yummy shortbread cookies prepared with lots of pecans.

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