



401-454-4955

Mary Hughes
Personal Chef

mary@savoryfareinc.com

Early Summer Menu 2020

Frozen Favorites

Always Available!

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

Paprika Chicken

\$10.25 per serving

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

Beef Baked with Yogurt and Black Pepper

\$11.95 per serving

Beef is slowly baked with onions, garlic, ginger, paprika, and yogurt until tender and delicious.

Turkey Patty with Mushroom Gravy

\$12.95 per serving

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

Deviled Pork Chop

\$8.95 per serving

Boneless pork chops, spread with a mustard-garlic-brown sugar marinade, are encrusted with panko breadcrumbs and slow roasted until tender and juicy.

Seafood Entrées

Shrimp Scorpio with Buttered Orzo

\$13.95 per serving

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

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 Frittata**

\$7.95 per serving; With Prosciutto \$9.75

This frittata is light and delicious and seasoned with Parmesan cheese, corn, scallions, and fresh herbs. The firm texture lends itself well to cupcake-sized portions. You may choose to add chopped prosciutto for a heartier frittata.

Spanakopita

\$9.50 per serving

This classic Greek dish with spinach, feta, and pine nuts is seasoned and baked in flaky phyllo dough.

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.**

Early Summer Menu 2020 - Page 2

Vegetable and Side Dishes

***Savory Fare Mashed Potatoes**

\$3.50 per 6 oz. serving

Creamed Spinach

\$4.95 per 4 oz. serving

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

***Oven Roasted Asparagus with Capers**

\$5.75 per 4 oz. serving

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

***Peas with Spinach and Shallots**

\$4.50 per 4 oz. serving

A delicious spring pairing of peas and spinach seasoned with shallots, garlic, and butter.

***Pan-Roasted Carrots with Rosemary**

\$3.50 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.

***Succotash with Corn and Green Beans**

\$3.50 per 4 oz. serving

Green beans and corn are seasoned with butter, paprika, and parsley.

***Fresh Broccoli and Lemon**

\$3.50 per 4 oz. serving

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

Egg, Cheese, and Vegetarian Entrées- Continued

Cuban Black Beans and Rice

\$7.50 per serving

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

Soups and Salad

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.

Tuscan White Bean Soup with Croutons

\$6.75 per 12 oz. serving

It's the flavor of the Great Northern beans and the small white beans and their broth that makes this rustic soup outstanding. Garnished with homemade croutons.

***Spinach and Mushroom Salad with Roasted Cashews and Miso-Tahini Dressing**

\$8.50 per serving

The classic earthy mix of spinach and mushrooms is bright with parsley and crunchy with cashews. It's topped with a dreamy savory dressing of miso and tahini.

Sweet Treats

Granola Bars *NEW!*

\$2.95 per bar. Gluten Free

Snack or Treat – Filled with old-fashioned rolled oats, pecans, pepitas, sunflower seeds, coconut flakes – all tossed with maple syrup, brown sugar, and extra-virgin olive oil.

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.**