

## Late Spring Menu 2017

### Beef, Pork and Lamb Entrees

#### \*Blue Diner Mini-Meatloaf

\$7.00 per serving (2 cupcake size)

This not-too-spicy meatloaf receives raves from folks who say they don't like meatloaf. Here, ground beef, with celery, bell peppers, and scallions, is prepared with a lively seasoning of a variety of peppers (black, white and cayenne) and cumin

#### \*Pork Milanese

\$14.95 per serving

An Italian-American favorite. Pork loin is prepared with a crust of panko bread crumbs and Parmesan cheese.

#### Sesame Beef and Scallion Kebabs

\$8.50 per serving

Sirloin steak cubes, skewered with scallions and marinated in a soy-sesame oil-ginger sauce, are ready for grilling or broiling.

### Chicken Entrees

#### \*Glazed Balsamic-Orange Chicken or Roasted Chicken

\$12.50 per serving with glaze; \$10.95 per serving plain

The chicken pieces are dredged in a balsamic-orange glaze and roasted at high temperature until shiny and well browned. They are served with the delicious sauce. **Roasted chicken** pieces can also be seasoned just with olive oil, salt and pepper and roasted until tender and delicious.

#### \*Parmesan-Crumbed Chicken

\$12.75 per serving

Chicken breasts, marinated in mustard-wine mixture, are covered with a Parmesan-seasoned breadcrumb mixture and ready for roasting in your oven.

#### Curried Chicken, Peppers and Peas in Papillote

\$6.95 per serving

The packets with chicken and vegetables lightly seasoned with curry and onion, come out of your oven fragrant, beautifully colorful and full of flavor.

#### \*Chicken Marsala

\$9.95 per serving

Dried porcini mushrooms and marsala wine invest the chicken with complex flavors and aromas of depth and earthiness.

### Seafood Entrees

#### Cod with Ginger and Orange en Papillote

\$11.95 per serving

Fresh cod on a bed of spinach, seasoned with fresh ginger, orange juice, cumin, red pepper flakes and olive oil, is packaged and ready for baking

#### \*Maryland Crab Cakes

\$11.45 per serving

Just about all crab. Held together with a mayonnaise –saltine mixture that perfectly complements the crab

#### Oven Roasted Salmon with Fresh Tomato Relish or Oven Roasted Salmon

With Relish \$18.95; plain roasted \$16.50 per serving

A quick new way to roast salmon in the oven. Plain or topped with a relish of cherry tomatoes and red wine vinaigrette.

### Pasta, Egg, Cheese and Vegetarian Entrees

#### Broccoli and Feta Frittata

\$6.50 per serving

This frittata is prepared with broccoli florets, milk, lemon zest and feta cheese.

#### \*Spinach and Cheese Stuffed Shells

\$7.95 per serving

Shells, stuffed with a mixture of spinach, ricotta, mozzarella, and Parmesan cheeses, are baked in a homemade tomato sauce

#### \*Dinner Spanakopita

\$10.95 per serving of 2

Spinach, onions, eggs, Parmesan cheese breadcrumbs, feta and pine nuts are seasoned and baked in dinner size triangles of flaky phyllo dough.

#### \*Black Bean Tostados

\$7.95 per serving of two tostados

Crispy tortillas are layered with refried black beans, romaine lettuce, sour cream and radish sticks.

**\* This dish freezes well. It 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; With scallions \$3.75/serving

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

#### \*Rice Pilaf

\$3.50 per serving

Rice and shallots are simmered in chicken broth with seasonings

#### \*Noodles with Carrots and Poppy Seeds

\$3.00 per serving

Egg noodles are tossed with carrots slivers and poppy seeds

#### Basmati Rice with Roasted Pumpkin Seeds and Almonds or Brown Rice with Butter

\$3.50 per serving

### Vegetable Dishes

#### S skillet Asparagus with Lemon and Butter

\$6.95 per serving

Lightly simmered and served with lemon slice.

#### Gujerati-Style Green Beans

\$5.50 per serving

Green beans are stir-fried with mustard seeds, garlic, red chili, a touch of sugar, salt and pepper.

#### Fresh Steamed Broccoli with Lemon

\$4.95 per serving

Broccoli, florets and stem pieces, steamed and tossed with lemon juice, extra-virgin olive oil and salt and pepper

#### Greens with Crisped Bread Crumbs

\$4.95 per serving

Collards/Kale blanched and seasoned with buttered bread crumbs

### Soups

#### \*Carrot-Leek Soup with Thyme

\$6.95 per serving

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

#### \*Asparagus Soup

\$7.95 per serving

This soup says "It's Spring." Even though this delicate soup is the color of the first little leaves on a sapling, the definitive flavor of asparagus shines through. Garnished with Sour Cream.

### Salads

#### Romaine and Mango Salad with Raspberry-Sherry Vinaigrette

\$3.95 per serving

Romaine with Champagne mango and toasted almonds is tossed with a raspberry and Spanish sherry vinaigrette.

#### Crisp Romaine Salad

\$3.00 per serving

A simple salad of romaine, carrots, radishes, red onion with a red wine vinaigrette

#### Cracked Wheat Salad with Pecans and Currants

\$4.50 per serving

The bulgur, pecans and currants are tossed with extra-virgin olive oil and the zest of an orange..

#### Spinach-Arugula Salad with Strawberries and Pecans

\$5.50 per serving

Tossed red onion and a red wine-balsamic vinaigrette.

### Sweet Treats

Both offered Gluten Free as well

#### \*Thick and Chewy Chocolate Chip Cookies

\$1.75 for each 2-cookie serving

#### \*Fudgy, Chewy Brownies

\$2.75 per serving

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