



401-454-4955

Mary Hughes
Personal Chef

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Late Summer Menu 2020

Frozen Favorites

Always Available!

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| 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

Chicken Marbella

\$11.95 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.

Kansas City–Style Spareribs and Barbecue Sauce

\$17.95 per serving

The ribs are rubbed with spices and oven roasted until tender and falling off the bone. Served with homemade barbecue sauce, tangy and flavorful.

Slow Roasted Chipotle Pork

\$9.95 per serving

Mexican version of pulled pork. Served with tortillas, cilantro, and lime.

*Chicken Kebabs

\$11.50 per serving

Boneless chicken breasts, marinated in red wine vinaigrette, seasoned with fresh herbs, and skewered with cherry tomatoes and red onions, are ready for broiling. Accompanied by a lemon-rosemary sauce.

Seafood Entrées

South Indian Shrimp Curry

\$14.95 per serving

This curry bursts with warm flavors. Shrimp and onion, sautéed with a light ginger-chili-curry sauce. Served with rice and a lime wedge.

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

*Roasted Vegetable Frittata

\$8.50 per serving

This frittata is filled with roasted zucchini, bell peppers, and red onion and topped with grated Gruyère cheese. Beautiful and surprisingly flavorful.

*Greek Pasta Salad with Tomato, Cucumber, Olives, and Feta Cheese *New!*

\$10.95 per serving

All the fresh summer vegetables and flavors of Greek salad tossed with fusilli and a homemade herb dressing prepared with 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.**

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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.

***Classic Potato Salad**

\$4.75 per 6 oz. serving

Russet potatoes are tossed with celery, red onion, sweet pickle relish, and a mayonnaise salad dressing.

***Creamy Buttermilk Coleslaw**

\$3.50 per 4 oz. serving

Tangy coleslaw prepared with crisp cabbage, carrots, and a buttermilk-mayonnaise dressing.

***Roasted Cauliflower**

\$5.95 per 4 oz. serving

Roasting in extra-virgin olive oil brings out the best in the cauliflower flavor.

***Carrots with Butter and Parsley**

\$3.75 per 4 oz. serving

Carrots cooked just until tender are sautéed in butter and sprinkled with parsley.

***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, steamed and 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

Vegetable Lasagna

\$8.95 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.

Soup and Salad

Chilled Fresh Tomato Soup *New!*

\$9.95 per 12 oz. serving

Tomatoes, tomatoes, tomatoes! All fresh – some roasted and some added raw to this yummy soup that is all about the flavor of summer tomatoes.

Savory Fare Summer Salad *New!

\$5.95 per serving

The colors and flavors of summer – yellow bell peppers, blueberries, strawberries – tossed with salad greens, red onion, and toasted cashew nuts. The dressing is balsamic-red wine vinaigrette.

Sweet Treats

Pecan Sandies or Sand Tarts

\$2.50 per 2 cookie serving

Yummy shortbread cookies prepared with lots of pecans.

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