



401-454-4955

Mary Hughes
Personal Chef

mary@savoryfareinc.com

Spring Menu 2019

Frozen Favorites

Always Available!

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| *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

***Braised Chicken Thighs with Capers and Tomatoes**

\$9.95 per serving

Chicken pieces are braised in white wine-tomato sauce seasoned with garlic, onion, and capers.

***Hearty Chicken Stew in Red Wine Sauce (Coq au Vin)** \$11.50 per serving

Chicken thighs, mushrooms, and pearl onions are simmered in a red wine sauce.

***Deviled Pork Chop**

\$9.00 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.

***Oven Roasted Rib-Eye Steak**

\$18.95 per serving; Sirloin \$15.50

Rib-eye steak, rubbed with garlic and chili powder, is seared then roasted in the oven until tender and juicy.

Seafood Entrées

***Savory Fare Cod Cake or *Salmon Cake**

\$11.95 per serving

Cod Cake prepared with fresh cod and a mix of fresh breadcrumbs, celery, scallions, and parsley. Salmon Cake with a moist delicate texture from panko breadcrumbs, mayonnaise, and seasonings. Both served with homemade Tartar Sauce.

Egg, Cheese, and Vegetarian Entrées
Asparagus, Leek, and Shiitake Mushroom Frittata

\$10.95 per serving **NEW!**

Spring flavors unfold in the asparagus, leek, and shiitakes in this frittata that wowed our staff. Fontina and Parmesan cheeses enrich the flavor.

***Spanakopita**

\$9.50 per serving

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

Fresh Weekly Specials

(prices per serving)

Apr. 27: Oven Roasted Salmon with Fresh Tomato Relish, \$17.95 per serving

May 4: Lamb Kebabs, \$15.95 per serving; Chicken may be substituted, \$10.95 per serving

May 11: Stuffed Red Pepper with Feta, Orzo, and Lemon, \$11.95 per serving **NEW!**

May 18: Beef Stroganoff, \$16.95 **NEW!** Accompany with **Noodles with Carrots and Poppy Seeds**

Order by Friday 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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Spring Menu 2019 - Page 2

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.

*Noodles with Carrots and Poppy Seeds

\$3.00 per serving

Egg noodles are tossed with carrot slivers and poppy seeds.

Vegetable Dishes

Skillet Asparagus with Lemon and Butter

\$5.50 per serving

Lightly simmered and served with lemon slice.

Fresh Steamed Broccoli with Lemon

\$3.50 per serving

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

Peas with Spinach and Shallots

\$4.50 per serving

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

Soups and Salads

*Carrot-Leek Soup with Thyme

\$7.50 per serving

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

*Hearty Lentil Soup **NEW!**

\$7.50 per 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 and Mushroom Salad with Miso-Tahini Dressing

\$7.95 per serving **NEW!**

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.

Quinoa Salad with Mango, Dried Cherries, Feta, and Toasted Pecans

\$7.95 per serving

This fluffy quinoa salad is tossed with Champagne-honey vinaigrette.

Sweet Treats

*Chocolate Gingerbread Cookies

\$2.75 for each 2-cookie serving

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