



401-454-4955

**Mary Hughes**  
*Personal Chef*

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## Spring Menu 2021

4/17/21 – 5/22/21

### Frozen Favorites

*Always Available!*

<b>Mini Macaroni and Cheese</b> \$7.00 per serving	<b>Chicken Piccata</b> \$9.95 per serving
<b>Blue Diner Mini Meatloaves</b> \$7.50 per serving	<b>Beef Shepherd's Pie</b> \$9.50 per serving
<b>Parmesan Crumbed Chicken</b> \$8.50 per serving	<b>Savory Fare Chicken Pot Pie</b> \$10.95 per serving
<b>Hearty Meatballs/Tomato Sauce</b> \$10.75 per serving	<b>Vegetarian Shepherd's Pie</b> \$10.75 per serving
<b>Crispy Fish Fillets</b> \$13.95 per serving	<b>All-American Meatloaf</b> \$9.95 per serving

### Chicken and Meat Entrées

#### **Beef Baked with Yogurt and Black Pepper**

\$16.95 per serving

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

#### **Malaysian Chicken Curry**

\$18.95 per serving

This curry, prepared with boneless chicken breasts, is rich with coconut milk, pungent with shallots, garlic, and ginger, and fragrant with clove, cinnamon, and star anise.

#### **Chicken with Cloves of Garlic**

\$8.95 per serving

Cloves of garlic are slowly braised with the chicken thighs, celery, and onions until the garlic softens to a lovely buttery consistency and infuses the chicken with delicate flavor.

#### **Pork Marsala with Egg Noodles**

\$14.95 per serving

Pork tenderloin medallions sautéed then simmered with mushrooms, shallots, and garlic are served in a Marsala sauce over egg noodles.

### Seafood Entrées

#### **Shrimp and Grits *New!***

\$16.95 per serving

For many Southerners, this classic would be nominated for their top ten choices of what to have for their last meal. Shrimp sautéed with bacon, mushrooms, and scallions are served over corn grits prepared with cheddar and Parmesan cheeses.

#### **Savory Fare Fish Cake *New!***

\$7.95 per 5 oz. serving

This recipe originated with Hope & Main's Nourish Our Neighbors program and was so popular that we would like to share it with you. A lighter, more delicate fish cake prepared with fresh monkfish ("the poor man's lobster") and a mix of fresh breadcrumbs, celery, scallions, and parsley. Served with homemade Tartar Sauce.

### Egg, Cheese, and Vegetarian Entrées

#### **\*Asparagus, Leek, and Shiitake Mushroom**

#### **Frittata**

\$10.95 per serving

Spring flavors unfold in the asparagus, leek, and shiitakes. Fontina and Parmesan cheeses enrich the flavor.

**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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## Spring Menu 2021 – Page 2

### Chicken and Meat Entrées - Continued

#### American Chop Suey

\$7.95 per serving

A delicious and comforting New England dish made with ground beef, tomato, onion, green pepper, macaroni, and spices. This recipe originated with Red Arrow Diner in Manchester, New Hampshire, a landmark diner established in 1922.

### 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.

#### 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

\$5.95 per 4 oz. serving

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

#### \*Peas and Carrots with Butter

\$3.50 per 4 oz. serving

Peas and carrots are seasoned with butter.

#### \*Green Beans with Shallots

\$5.50 per 4 oz. serving

Fresh green beans are simmered, then sautéed in extra-virgin olive oil and butter with shallots.

#### EAT WELL, DO GOOD

\$8.00 per one-dish meal

You may donate a meal (or meals) for only \$8 each. A [Nourish Our Neighbors Gift Meal](#) will be added to your cart. This is a program sponsored by Hope & Main. As you are enjoying your Savory Fare meal, a Rhode Islander in need will have the opportunity to enjoy a meal as well.

### Egg, Cheese, and Vegetarian Entrées - Continued

#### Black Eyed Beans with Mushrooms over Rice

(Lohbia aur Khumbi) *New!*

\$7.95 per 8 oz. serving

The black-eyed peas with fresh mushrooms, onions, fresh tomatoes, garlic, and cilantro are authentically prepared with Indian spices—Indian comfort food!

#### \*Lemony Asparagus and Artichoke Pasta Salad with Feta

\$13.95 per 8 oz. serving

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

#### Spanakopita

\$9.95 per serving

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

#### Shells with Broccoli and Capers

\$7.50 per serving

A simple pasta dish with succulent pieces of broccoli and capers nestled among the pasta that is tossed with garlic, extra-virgin olive oil, Parmesan cheese, and a touch of red pepper flakes.

### Soups

#### Portuguese Kale Soup *New!*

\$10.95 per 12 oz. serving

A sturdy soup of white beans simmered with chorizo, kale, potatoes, onions, garlic from the legendary Moors Restaurant in Provincetown.

#### Spanish Pea Soup with Crispy Ham *New!*

\$6.95 per 12 oz. serving

The perfect soup for spring peas! Simmered in chicken broth and garnished with crisp prosciutto.

### Sweet Treats

#### Fudgy, Chewy Brownies

\$3.95 per serving

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