



401-454-4955

Mary Hughes
Personal Chef

mary@savoryfareinc.com

Winter Menu 2019

Frozen Favorites

Always Available!

- | | |
|--|---|
| *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 |

Meat Entrées

***All-American Meatloaf**
\$9.95 per serving

A combination of beef and pork gives this traditional dish a tender, moist meatloaf with great flavor.

Brandied Pork Chop with Apples *NEW!*
\$10.95 per serving

Tender pork chops cooked with apples and apple cider – yum! With sauce accented with mustard, sour cream, and apple brandy.

Egg, Cheese, and Vegetarian Entrées

Roasted Vegetable Frittata
\$8.25 per serving

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

***Black Bean Burger with Chipotle Mayonnaise**
\$7.50 per serving

Earthy black beans with eggs, garlic, scallions, and spices make a satisfying meatless burger.

Chicken Entrées

***Braised Chicken Thighs with Capers and Tomatoes**
\$9.95 per serving *NEW!*

Chicken thighs are braised in white wine-tomato sauce seasoned with garlic and onion. Garnished with capers and parsley.

***Buttermilk Roast Chicken**
\$9.95 per serving

A soak in buttermilk followed by time in a hot oven works wonders for chicken—the skin turns bronze and the subtle flavor of buttermilk and rosemary permeates the moist tender meat.

Seafood Entrée

***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.

Fresh Weekly Specials

(prices per serving)

Jan. 12: Indonesian Ginger Chicken, \$10.95

Jan. 26: Pork Marsala, \$14.50

Jan. 19: Portuguese Cod Stew with Chorizo, \$14.95

Feb. 2: Beef and Broccoli Stir-Fry, \$17.95

Order by Wednesday 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.

401-454-4955

Mary Hughes
Personal Chef

mary@savoryfareinc.com

Winter 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.

Vegetable Dishes

*Mashed Butternut Squash with Raisins

\$4.95 per serving

Butternut squash is oven roasted, then mashed with butter, brown sugar, ginger, raisins, and orange juice.

Gujerati-Style Green Beans

\$5.50 per serving

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

Roasted Vegetables with Pecans and Parmesan

\$6.95 per serving *NEW!*

The sweet roasted flavor of winter vegetables, carrots, parsnips, turnips, and Brussels sprouts garnished with pecans, Parmesan cheese, garlic, and lemon zest.

Soups and Salads

*Mushroom Barley Soup

\$8.25 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 Citrus Salad with Cranberry

Vinaigrette

\$5.25 per single serving

Fresh spinach and fennel are tossed with pine nuts, clementine sections, and cranberry-raspberry vinaigrette with walnut oil.

Sweet Treats

*Double Chocolate Mini Loaf *NEW!* with Almond Butter Cream Cheese

\$9.50 for each mini loaf

The chocolate flavor is intense without being too sweet. Perfect for breakfast, sliced, toasted, and spread with Almond Butter Cream Cheese or freshly sliced for a special afternoon treat or dessert.

*Hermits

\$2.25 for each 2-cookie serving

The enduring popularity of this spice cookie lies in its simplicity. There are many versions—ours is prepared with molasses, cinnamon, cloves, nutmeg, raisins, and walnuts.

Order by Wednesday 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.