



401-454-4955

Mary Hughes
Personal Chef

mary@savoryfareinc.com

Winter Menu 2021

1/2/21 – 2/6/21

Frozen Favorites

Always Available!

Mini Macaroni and Cheese \$7.00 per serving

Blue Diner Mini Meatloaves \$7.50 per serving

Parmesan Crumbed Chicken \$8.50 per serving

Hearty Meatballs/Tomato Sauce \$10.75 per serving

Crispy Fish Fillets \$13.95 per serving

Chicken Piccata \$9.95 per serving

Beef Shepherd's Pie \$9.50 per serving

Savory Fare Chicken Pot Pie \$10.95 per serving

Vegetarian Shepherd's Pie \$10.75 per serving

All-American Meatloaf \$9.95 per serving

Chicken and Meat Entrées

Hearty Chicken Stew in Red Wine Sauce
(Coq au Vin)

\$15.25 per serving

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

***Chinese Chicken with Green and Red Peppers and Rice**

\$11.95 per serving

An authentic Chinese stir-fry with a seasoning sauce of Tamari sauce (which has no gluten), brown vinegar, and sesame oil. Colorful and delicious.

Chicken Francese

\$12.95 per serving

Boneless chicken breast is dredged in flour, dipped in egg and sautéed before simmering in a luscious sauce of wine, lemon, and chicken broth.

Roast Pork with Sauerkraut *New!*

\$17.95 per serving

Eating pork to celebrate the New Year traditionally inspires progress throughout the year to come, while eating cabbage symbolizes long life or money. Loin of pork rubbed with lemon, thyme, garlic, and olive oil is roasted and served with sauerkraut that is simmered with applesauce, wine, and seasonings. Delicious with Mashed Potatoes.

Seafood Entrées

***Cod with Ginger and Orange en Papillote**

\$17.95 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 the oven. This dish is delivered uncooked with easy directions.

Savory Fare Cod Cake

\$12.95 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

***Spinach Frittata with Sundried Tomatoes**

\$6.95 per serving

An indulgent frittata filled with fresh spinach, sun-dried tomatoes, Parmesan cheese, and fresh basil.

***Grilled Cheese Sandwiches with Garlicky Mushrooms**

\$10.50 per serving

These fontina-cheese sandwiches made with mixed-grain country bread include cremini mushrooms that have been sautéed in a little butter with garlic and sage.

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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Chicken and Meat Entrées - Continued

Fresh Pork Sausage with White Beans and Kale *New!*

\$14.95 per serving

A comforting dish of soft, brothy beans, hearty kale, and flavorful sausage.

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.

Homemade Applesauce

\$3.00 per 4 oz. serving

Simple – just apples with a touch of sugar. You won't believe how much better it is than the store-bought version.

Creamed Spinach

\$4.95 per 4 oz. serving

Spinach sautéed with scallions to which cream is added until delicious and saucy.

*Carrots with Capers

\$3.25 per 4 oz. serving

Carrots and capers make an intriguing combo.

*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.

*Roasted Cauliflower

\$5.95 per 4 oz. serving

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

*Fresh Broccoli with Lemon

\$4.25 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

Southern-Style Black-Eyed Peas and Rice

\$6.95 per serving

According to Southern tradition, eating black-eyed peas on New Year's is associated with good luck throughout the year ahead. Bean-style comfort food. Simple and delicious. Served over rice.

Soups

The Best Cream of Tomato Soup

\$7.95 per 12 oz. serving

Lots of roasted tomatoes are simmered in chicken broth with shallots, seasonings, and a touch of cream.

Mulligatawny Soup plus Rice *New!*

\$8.95 per 8 oz. soup serving and 4 oz. rice serving

A sweet and savory soup prepared with sweet potato, carrots, apple, red lentils, and tomatoes simmered in vegetable broth with onion, garlic, garam masala, and coconut milk. Served over rice with a chopped roasted cashew for garnish.

Sweet Treats

Salty Oatmeal Chocolate Chunk Cookies

\$3.50 per 2-cookie serving

Made with dried cranberries and a sprinkling of sea salt proudly sourced from Newport Sea Salt Co.

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.

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