

Gourmet To Go

From Carleton-Willard At Home



*This menu is valid for orders
delivered through April 22, 2025*

HERE'S HOW IT WORKS

These healthy prepared meals are packed and flash frozen by chefs at Carleton-Willard Village. Neither trans-fats nor sodium-added margarine are used in preparation. The meals can be easily reheated in your microwave oven.

Please order as many meals as you wish. You may place orders for more than one week's meals at a time.

Soups (12 fl oz.) are ordered separate from entrées and cost \$4 each.

One Entrée + Two Sides of your choice costs \$10.

Please choose your two sides from the 'Side Dishes' menu.

Desserts cost \$3 per serving and may not be ordered alone.

The price includes all taxes. **Delivery is free.**

This service is exclusive to Carleton Willard At Home members.

How to Order ~

The "**Order By**" date is listed at the top of each section in red print.

Make your selections and call or email them to us by noon on the "Order By" date shown at the top of each week's menu.


At Home office **781.276.1910** or **membership@cwathome.org**

On a **Tuesday** afternoon, **two weeks after** you have called it in to us, your order will be delivered **between 1pm and 5pm.**

The delivery date is clearly marked on your menu.

Note ~ Someone needs to be at home to receive the meals.

PLEASE NOTE

- ◆ You may order up to two sides per entrée.
- ◆ Soups are offered as single orders and *not* combined with the entrees nor sides.
- ◆ Each 12 oz. serving of soup costs \$4 and has an estimated sodium content above 900 mg.
- ◆ A salt shaker icon indicates those menu items containing more than 400 mg. of sodium. 
- ◆ Desserts cannot be ordered on their own and must be accompanied by a meal order.
- ◆ Dessert servings are 4 cookies or 2 brownies/bars (3"x3" each), *all containing gluten*.
- ◆ Please call us if you are concerned about the allergens or ingredients in any meal.

**AT HOME OFFICE:
781.276.1910**



A word about Sodium...



We here at Carleton-Willard At Home know that sodium is something that most Americans get too much of. Sodium is a mineral that is found in some food naturally. It is frequently used in the processing of food, as a preservative, and flavor enhancer and sodium makes up 40% of the salt molecule. Many think that avoiding the salt shaker is enough, but that is only a small part! About 70% of all sodium consumed comes from processed foods.

To help cut down on sodium, it is our practice to use whole, fresh ingredients that have been minimally processed, to create delicious healthy meals that happen to be lower in sodium. We have reformulated recipes for some foods in order to lower the sodium levels. This does not mean, however that all our meal offerings should be considered low in sodium. Just like balancing your check book, you need to balance your sodium intake. If you choose to eat an item that is higher in sodium, eat lower sodium foods the rest of the day. Reducing the portion sizes and frequency will also help lower your sodium intake!

We are adding a **salt shaker symbol** to those entrees in this menu that contain an estimated sodium content **greater than 400 milligrams (mg)**. This guide can help you balance your overall daily sodium intake.

Please note: **All soups are greater than 900 milligrams (mg).**

The daily recommendation for sodium is 1,500 milligrams for people 51 years and older or those with high blood pressure. Some may need lower amounts to control their blood pressure. If you are not sure whether you are one of these people, or have specific questions you should consult your care provider.

A Few Tips:

Take a look at food labels and find out where the sodium is in your daily diet. High amounts of sodium are found in canned soups; cheese; pizza; prepared salad dressings; smoked and processed meats like hot dogs, ham, and sausage; cured meats like bacon; pickle and olives; condiments (like catsup, mustard and soy sauce); tomato products; packaged rice, noodles, gravies and mixtures; instant cereals; crackers and breads; seasoning mixes and salty snacks.

To reduce your sodium intake, start by using less or no salt when preparing foods; drain and rinse canned items like tuna and beans to remove some sodium; look for lower sodium varieties of canned items; choose fresh vegetables rather than canned; use herbs, onions, garlic and lemon juice to season foods rather than salt.

AVAILABLE EVERY WEEK

Vegetarian Choices



Ravioli with Marinara Sauce 
Allergen: Gluten & Dairy

NOTE: The pasta is made of wheat.

Desserts



Chocolate Chip Cookies (4 pieces)

Oatmeal Cookies (4 pieces)

Sugar Cookies (4 pieces)

Brownies (2 pieces)

Raspberry Squares (2 pieces)

NOTE: All desserts contain gluten.

Side Dishes

CHOOSE TWO SIDE DISHES PER ENTRÉE

- **Roast Maple Sweet Potatoes** Allergen: dairy
- **Roasted Red-Skin & Yukon Gold Potatoes**
- **Flame Roasted Baby Potatoes**
- **Mashed Potatoes** Allergen: dairy
- **Mashed Sweet Potatoes** Allergen: dairy
- **Rice Pilaf**
- **Wild Rice Pilaf**
- **Green Beans**
- **Asparagus Cuts**
- **Carrots**
- **Green Peas**
- **Whole Kernel Corn**
- **Chopped Spinach**
- **Broccoli**
- **Cauliflower**
- **Southwestern Roast Corn & Black Beans with Bell Pepper & Onions**
- **Grilled Julienne-Cut Seven Vegetable Medley**

**** Note: These dishes are prepared using zero-sodium, soy-based products**

Menu for Delivery on Tuesday October 22, 2024

Order must be placed by noon on October 8

You may order two sides with each entrée. Soups are ordered singly

Cream of Broccoli Soup
Allergen: dairy

Chicken Rice Soup

Potato Leek Soup
Allergen: dairy

White Bean & Escarole Soup

Vegetable Barley Soup
Allergen: gluten

Herb Crusted Beef Tenderloin with Bernaise Sauce
Allergen: egg

Pecan Crusted Chicken Breast with Raspberry Vinaigrette
Allergen: nuts, gluten

Grilled Flank Steak with Avocado Chimichurri

Sweet and Sour Shrimp with White Rice
Allergen: shellfish

Honey Garlic Chicken Thighs with Lime Scallion Butter
Allergen: dairy

Seared Crab Cakes with Cajun Remoulade Sauce
Allergen: shellfish, gluten, eggs



Rigatoni with Plant-Based Meatballs and Marinara Sauce
Allergen: gluten, eggs



Grilled Swordfish with Citrus Pesto

Menu for Delivery on Tuesday October 29, 2024

Order must be placed by noon on October 15

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish

Harvest Turkey Soup
Allergen: gluten

Butternut Squash Soup
Allergen: dairy

Navy Bean & Smoked Ham Soup


Rosemary Crusted Rack of Lamb with Pomegranate Sauce
Allergen: dairy

Scallop Thermidor 
Allergen: shellfish, dairy

Pretzel Mustard Crusted Pork Tenderloin w Creamy Pickle Horseradish
Allergen: dairy, gluten, eggs

Mediterranean Tuna Puttanesca with Linguini 
Allergen: eggs, gluten

Garden Meatloaf with San Marzano Sauce 
Allergen: gluten

Chicken Saltimbocca with Lemon Beurre Blanc 
Allergen: dairy

Oven Baked Glazed Ham with Classic Raisin Sauce 

Pan Seared Cod with White Wine Tomato Basil Sauce

Menu for Delivery on Tuesday November 5, 2024

Order must be placed by noon on October 22

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup
Allergen: sesame, soy

Shrimp Bisque
Allergen: shellfish, dairy

California Style Lentil Soup

Corn Chowder
Allergen: dairy

Grilled Beef Tenderloin with Caramelized Shallot Butter
Allergen: dairy


Baked Cajun Parmesan Salmon
Allergen: dairy

Mustard & Brown Sugar Pork Tenderloin with Cranberry Orange Glaze
Allergen: dairy

Pan Seared Tarragon Crusted Statler Chicken w Shallot Mustard Sauce
Allergen: dairy

Lamb Stew 

Baked Haddock with Lobster Crumb Topping
Allergen: shellfish, gluten, dairy

Chicken Cordon Bleu 
Allergen: gluten, eggs, dairy

Grilled Jumbo Shrimp with Guacamole Crema
Allergen: shellfish, dairy

Menu for Delivery on Tuesday November 12, 2024

Order must be placed by noon on October 29

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten


Two Bean Soup

**Smoked Turkey w Shiitake
Mushroom Soup**

Seafood Chowder
Allergen: shellfish, dairy

Split Pea with Ham Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Madeira Beef Stew with Braised Onions 
Allergen: dairy

Asian Chili Sesame Chicken Thighs w Saffron Rice 
Allergen: sesame, soy

Baked Cod w Buttery Ritz Topping 
Allergen: dairy, gluten

Korean Glazed Swordfish
Allergen: soy

Lasagna w Garlic Bread 
Allergen: dairy, gluten, eggs

Maple & Mustard Glazed Ham 

Crispy Lobster Cakes w Spicy Cilantro Lime Aioli 
Allergen: shellfish, gluten, eggs, dairy

Menu for Delivery on Tuesday November 19, 2024

Order must be placed by noon on November 5

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque
Allergen: shellfish, dairy

Chicken & Barley Soup
Allergen: gluten

Three Bean Chili

Tomato Rice Florentine
Allergen: dairy


Sweet Potato Soup
Allergen: dairy

Crab Encrusted Halibut with Sweet Chili Cream Sauce
Allergen: shellfish, dairy, eggs

Prime Rib of Beef Au Jus

Chicken Parmigiana w Angel Hair Pasta 
Allergen: gluten, eggs

Red Wine Cranberry Braised Short Ribs 

Greek Baked Salmon with Lemon Feta Vinaigrette 
Allergen: dairy

Yankee Pot Roast 

Traditional Roast Turkey w Herb Stuffing and Gravy 
Allergen: gluten, eggs

Chicken Piccata w Lemon Caper Butter Sauce 
Allergen: dairy, eggs

Menu for Delivery on Tuesday November 26, 2024

Order must be placed by noon on November 12

You may order two sides with each entrée. Soups are ordered singly

Cream of Broccoli Soup
Allergen: dairy

Chicken Rice Soup

Potato Leek Soup
Allergen: dairy

White Bean & Escarole Soup

Vegetable Barley Soup
Allergen: gluten

Herb Crusted Beef Tenderloin with Bernaise Sauce
Allergen: egg

Pecan Crusted Chicken Breast with Raspberry Vinaigrette
Allergen: nuts, gluten

Grilled Flank Steak with Avocado Chimichurri

Sweet and Sour Shrimp with White Rice
Allergen: shellfish

Honey Garlic Chicken Thighs with Lime Scallion Butter
Allergen: dairy

Seared Crab Cakes with Cajun Remoulade Sauce
Allergen: shellfish, gluten, eggs



Rigatoni with Plant-Based Meatballs and Marinara Sauce
Allergen: gluten, eggs



Grilled Swordfish with Citrus Pesto

Menu for Delivery on Tuesday December 3, 2024

Order must be placed by noon on November 19

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish

Harvest Turkey Soup
Allergen: gluten

Butternut Squash Soup
Allergen: dairy

Navy Bean & Smoked Ham Soup

Rosemary Crusted Rack of Lamb with Pomegranate Sauce
Allergen: dairy

Scallop Thermidor
Allergen: shellfish, dairy



Pretzel Mustard Crusted Pork Tenderloin w Creamy Pickle Horseradish
Allergen: dairy, gluten, eggs

Mediterranean Tuna Puttanesca with Linguini
Allergen: eggs, gluten



Garden Meatloaf with San Marzano Sauce
Allergen: gluten



Chicken Saltimbocca with Lemon Beurre Blanc
Allergen: dairy



Oven Baked Glazed Ham with Classic Raisin Sauce



Pan Seared Cod with White Wine Tomato Basil Sauce

Menu for Delivery on Tuesday December 10, 2024

Order must be placed by noon on November 26

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup
Allergen: sesame, soy

Shrimp Bisque
Allergen: shellfish, dairy

California Style Lentil Soup

Corn Chowder
Allergen: dairy

Grilled Beef Tenderloin with Caramelized Shallot Butter
Allergen: dairy

Baked Cajun Parmesan Salmon
Allergen: dairy

Mustard & Brown Sugar Pork Tenderloin with Cranberry Orange Glaze
Allergen: dairy

Pan Seared Tarragon Crusted Statler Chicken w Shallot Mustard Sauce
Allergen: dairy

Lamb Stew 

Baked Haddock with Lobster Crumb Topping
Allergen: shellfish, gluten, dairy

Chicken Cordon Bleu 
Allergen: gluten, eggs, dairy

Grilled Jumbo Shrimp with Guacamole Crema
Allergen: shellfish, dairy

Menu for Delivery on Tuesday December 17, 2024

Order must be placed by noon on December 3

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten


Two Bean Soup

**Smoked Turkey w Shiitake
Mushroom Soup**

Seafood Chowder
Allergen: shellfish, dairy

Split Pea with Ham Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Madeira Beef Stew with Braised Onions 
Allergen: dairy

Asian Chili Sesame Chicken Thighs w Saffron Rice 
Allergen: sesame, soy

Baked Cod w Buttery Ritz Topping 
Allergen: dairy, gluten

Korean Glazed Swordfish
Allergen: soy

Lasagna w Garlic Bread 
Allergen: dairy, gluten, eggs

Maple & Mustard Glazed Ham 

Crispy Lobster Cakes w Spicy Cilantro Lime Aioli 
Allergen: shellfish, gluten, eggs, dairy

Menu for Delivery on Tuesday January 7, 2025

Order must be placed by noon on December 10

You may order two sides with each entrée. Soups are ordered singly

**There will be no meal delivery the weeks of December 22 and 29.
Please place your order for delivery January 7, 2025 by December 10.**

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish

Harvest Turkey Soup
Allergen: gluten

Butternut Squash Soup
Allergen: dairy

Navy Bean & Smoked Ham Soup

Rosemary Crusted Rack of Lamb with Pomegranate Sauce
Allergen: dairy

Scallop Thermidor
Allergen: shellfish, dairy



Pretzel Mustard Crusted Pork Tenderloin w Creamy Pickle Horseradish
Allergen: dairy, gluten, eggs

Mediterranean Tuna Puttanesca with Linguini
Allergen: eggs, gluten



Garden Meatloaf with San Marzano Sauce
Allergen: gluten



Chicken Saltimbocca with Lemon Beurre Blanc
Allergen: dairy



Oven Baked Glazed Ham with Classic Raisin Sauce



Pan Seared Cod with White Wine Tomato Basil Sauce

Menu for Delivery on Tuesday January 14, 2025

Order must be placed by noon on December 31

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup
Allergen: sesame, soy

Shrimp Bisque
Allergen: shellfish, dairy

California Style Lentil Soup

Corn Chowder
Allergen: dairy

Grilled Beef Tenderloin with Caramelized Shallot Butter
Allergen: dairy

Baked Cajun Parmesan Salmon
Allergen: dairy

Mustard & Brown Sugar Pork Tenderloin with Cranberry Orange Glaze
Allergen: dairy

Pan Seared Tarragon Crusted Statler Chicken w Shallot Mustard Sauce
Allergen: dairy

Lamb Stew 

Baked Haddock with Lobster Crumb Topping
Allergen: shellfish, gluten, dairy

Chicken Cordon Bleu 
Allergen: gluten, eggs, dairy

Grilled Jumbo Shrimp with Guacamole Crema
Allergen: shellfish, dairy

Menu for Delivery on Tuesday January 21, 2025

Order must be placed by noon on January 7

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten


Two Bean Soup

**Smoked Turkey w Shiitake
Mushroom Soup**

Seafood Chowder
Allergen: shellfish, dairy

Split Pea with Ham Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Madeira Beef Stew with Braised Onions 
Allergen: dairy

Asian Chili Sesame Chicken Thighs w Saffron Rice 
Allergen: sesame, soy

Baked Cod w Buttery Ritz Topping 
Allergen: dairy, gluten

Korean Glazed Swordfish
Allergen: soy

Lasagna w Garlic Bread 
Allergen: dairy, gluten, eggs

Maple & Mustard Glazed Ham 

Crispy Lobster Cakes w Spicy Cilantro Lime Aioli 
Allergen: shellfish, gluten, eggs, dairy

Menu for Delivery on Tuesday January 28, 2025

Order must be placed by noon on January 14

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque
Allergen: shellfish, dairy

Chicken & Barley Soup
Allergen: gluten

Three Bean Chili

Tomato Rice Florentine
Allergen: dairy

Sweet Potato Soup
Allergen: dairy

Crab Encrusted Halibut with Sweet Chili Cream Sauce
Allergen: shellfish, dairy, eggs

Prime Rib of Beef Au Jus

Chicken Parmigiana w Angel Hair Pasta 
Allergen: gluten, eggs

Red Wine Cranberry Braised Short Ribs 

Greek Baked Salmon with Lemon Feta Vinaigrette 
Allergen: dairy

Yankee Pot Roast 

Traditional Roast Turkey w Herb Stuffing and Gravy 
Allergen: gluten, eggs

Chicken Piccata w Lemon Caper Butter Sauce 
Allergen: dairy, eggs

Menu for Delivery on Tuesday February 4, 2025

Order must be placed by noon on January 21

You may order two sides with each entrée. Soups are ordered singly

Cream of Broccoli Soup
Allergen: dairy

Chicken Rice Soup

Potato Leek Soup
Allergen: dairy

White Bean & Escarole Soup

Vegetable Barley Soup
Allergen: gluten

Herb Crusted Beef Tenderloin with Bernaise Sauce
Allergen: egg

Pecan Crusted Chicken Breast with Raspberry Vinaigrette
Allergen: nuts, gluten

Grilled Flank Steak with Avocado Chimichurri

Sweet and Sour Shrimp with White Rice
Allergen: shellfish

Honey Garlic Chicken Thighs with Lime Scallion Butter
Allergen: dairy

Seared Crab Cakes with Cajun Remoulade Sauce
Allergen: shellfish, gluten, eggs



Rigatoni with Plant-Based Meatballs and Marinara Sauce
Allergen: gluten, eggs



Grilled Swordfish with Citrus Pesto

Menu for Delivery on Tuesday February 11, 2025

Order must be placed by noon on January 28

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish

Harvest Turkey Soup
Allergen: gluten

Butternut Squash Soup
Allergen: dairy

Navy Bean & Smoked Ham Soup

Rosemary Crusted Rack of Lamb with Pomegranate Sauce
Allergen: dairy

Scallop Thermidor
Allergen: shellfish, dairy



Pretzel Mustard Crusted Pork Tenderloin w Creamy Pickle Horseradish
Allergen: dairy, gluten, eggs

Mediterranean Tuna Puttanesca with Linguini
Allergen: eggs, gluten



Garden Meatloaf with San Marzano Sauce
Allergen: gluten



Chicken Saltimbocca with Lemon Beurre Blanc
Allergen: dairy



Oven Baked Glazed Ham with Classic Raisin Sauce



Pan Seared Cod with White Wine Tomato Basil Sauce

Menu for Delivery on Tuesday February 18, 2025

Order must be placed by noon on February 4

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup
Allergen: sesame, soy

Shrimp Bisque
Allergen: shellfish, dairy

California Style Lentil Soup

Corn Chowder
Allergen: dairy

Grilled Beef Tenderloin with Caramelized Shallot Butter
Allergen: dairy


Baked Cajun Parmesan Salmon
Allergen: dairy

Mustard & Brown Sugar Pork Tenderloin with Cranberry Orange Glaze
Allergen: dairy

Pan Seared Tarragon Crusted Statler Chicken w Shallot Mustard Sauce
Allergen: dairy

Lamb Stew 

Baked Haddock with Lobster Crumb Topping
Allergen: shellfish, gluten, dairy

Chicken Cordon Bleu 
Allergen: gluten, eggs, dairy

Grilled Jumbo Shrimp with Guacamole Crema
Allergen: shellfish, dairy

Menu for Delivery on Tuesday February 25, 2025

Order must be placed by noon on February 11

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten


**Smoked Turkey w Shiitake
Mushroom Soup**

Two Bean Soup

Seafood Chowder
Allergen: shellfish, dairy

Split Pea with Ham Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Madeira Beef Stew with Braised Onions 
Allergen: dairy

Asian Chili Sesame Chicken Thighs w Saffron Rice 
Allergen: sesame, soy

Baked Cod w Buttery Ritz Topping 
Allergen: dairy, gluten

Korean Glazed Swordfish
Allergen: soy

Lasagna w Garlic Bread 
Allergen: dairy, gluten, eggs

Maple & Mustard Glazed Ham 

Crispy Lobster Cakes w Spicy Cilantro Lime Aioli 
Allergen: shellfish, gluten, eggs, dairy

Menu for Delivery on Tuesday March 4, 2025

Order must be placed by noon on February 18

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque
Allergen: shellfish, dairy

Chicken & Barley Soup
Allergen: gluten

Three Bean Chili

Tomato Rice Florentine
Allergen: dairy

Sweet Potato Soup
Allergen: dairy

Crab Encrusted Halibut with Sweet Chili Cream Sauce
Allergen: shellfish, dairy, eggs

Prime Rib of Beef Au Jus

Chicken Parmigiana w Angel Hair Pasta 
Allergen: gluten, eggs

Red Wine Cranberry Braised Short Ribs 

Greek Baked Salmon with Lemon Feta Vinaigrette 
Allergen: dairy

Yankee Pot Roast 

Traditional Roast Turkey w Herb Stuffing and Gravy 
Allergen: gluten, eggs

Chicken Piccata w Lemon Caper Butter Sauce 
Allergen: dairy, eggs

Menu for Delivery on Tuesday March 11, 2025

Order must be placed by noon on February 25

You may order two sides with each entrée. Soups are ordered singly

Cream of Broccoli Soup
Allergen: dairy

Chicken Rice Soup

Potato Leek Soup
Allergen: dairy

White Bean & Escarole Soup

Vegetable Barley Soup
Allergen: gluten

Herb Crusted Beef Tenderloin with Bernaise Sauce
Allergen: egg

Pecan Crusted Chicken Breast with Raspberry Vinaigrette
Allergen: nuts, gluten

Grilled Flank Steak with Avocado Chimichurri

Sweet and Sour Shrimp with White Rice
Allergen: shellfish

Honey Garlic Chicken Thighs with Lime Scallion Butter
Allergen: dairy

Seared Crab Cakes with Cajun Remoulade Sauce
Allergen: shellfish, gluten, eggs



Rigatoni with Plant-Based Meatballs and Marinara Sauce
Allergen: gluten, eggs



Grilled Swordfish with Citrus Pesto

Menu for Delivery on Tuesday March 18, 2025

Order must be placed by noon on March 4

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish

Harvest Turkey Soup
Allergen: gluten

Butternut Squash Soup
Allergen: dairy

Navy Bean & Smoked Ham Soup


Rosemary Crusted Rack of Lamb with Pomegranate Sauce
Allergen: dairy

Scallop Thermidor 
Allergen: shellfish, dairy

Pretzel Mustard Crusted Pork Tenderloin w Creamy Pickle Horseradish
Allergen: dairy, gluten, eggs

Mediterranean Tuna Puttanesca with Linguini 
Allergen: eggs, gluten

Garden Meatloaf with San Marzano Sauce 
Allergen: gluten

Chicken Saltimbocca with Lemon Beurre Blanc 
Allergen: dairy

Oven Baked Glazed Ham with Classic Raisin Sauce 

Pan Seared Cod with White Wine Tomato Basil Sauce

Menu for Delivery on Tuesday March 25, 2025

Order must be placed by noon on March 11

You may order two sides with each entrée. Soups are ordered singly

Roasted Red Pepper Soup

Bok Choy Chicken Soup
Allergen: sesame, soy

Shrimp Bisque
Allergen: shellfish, dairy

California Style Lentil Soup

Corn Chowder
Allergen: dairy

Grilled Beef Tenderloin with Caramelized Shallot Butter
Allergen: dairy

Baked Cajun Parmesan Salmon
Allergen: dairy

Mustard & Brown Sugar Pork Tenderloin with Cranberry Orange Glaze
Allergen: dairy

Pan Seared Tarragon Crusted Statler Chicken w Shallot Mustard Sauce
Allergen: dairy

Lamb Stew 

Baked Haddock with Lobster Crumb Topping
Allergen: shellfish, gluten, dairy

Chicken Cordon Bleu 
Allergen: gluten, eggs, dairy

Grilled Jumbo Shrimp with Guacamole Crema
Allergen: shellfish, dairy

Menu for Delivery on Tuesday April 1, 2025

Order must be placed by noon on March 18

You may order two sides with each entrée. Soups are ordered singly

Minestrone Soup
Allergen: gluten


Two Bean Soup

**Smoked Turkey w Shiitake
Mushroom Soup**

Seafood Chowder
Allergen: shellfish, dairy

Split Pea with Ham Soup
Allergen: dairy

Double Thick Lamb Loin Chop w Mint Drizzle

Madeira Beef Stew with Braised Onions 
Allergen: dairy

Asian Chili Sesame Chicken Thighs w Saffron Rice 
Allergen: sesame, soy

Baked Cod w Buttery Ritz Topping 
Allergen: dairy, gluten

Korean Glazed Swordfish
Allergen: soy

Lasagna w Garlic Bread 
Allergen: dairy, gluten, eggs

Maple & Mustard Glazed Ham 

Crispy Lobster Cakes w Spicy Cilantro Lime Aioli 
Allergen: shellfish, gluten, eggs, dairy

Menu for Delivery on Tuesday April 8, 2025

Order must be placed by noon on March 25

You may order two sides with each entrée. Soups are ordered singly

Crabmeat Bisque
Allergen: shellfish, dairy

Chicken & Barley Soup
Allergen: gluten

Three Bean Chili

Tomato Rice Florentine
Allergen: dairy


Sweet Potato Soup
Allergen: dairy

Crab Encrusted Halibut with Sweet Chili Cream Sauce
Allergen: shellfish, dairy, eggs

Prime Rib of Beef Au Jus

Chicken Parmigiana w Angel Hair Pasta 
Allergen: gluten, eggs

Red Wine Cranberry Braised Short Ribs 

Greek Baked Salmon with Lemon Feta Vinaigrette 
Allergen: dairy

Yankee Pot Roast 

Traditional Roast Turkey w Herb Stuffing and Gravy 
Allergen: gluten, eggs

Chicken Piccata w Lemon Caper Butter Sauce 
Allergen: dairy, eggs

Menu for Delivery on Tuesday April 15, 2025

Order must be placed by noon on April 1

You may order two sides with each entrée. Soups are ordered singly

Cream of Broccoli Soup
Allergen: dairy

Chicken Rice Soup

Potato Leek Soup
Allergen: dairy

White Bean & Escarole Soup

Vegetable Barley Soup
Allergen: gluten

Herb Crusted Beef Tenderloin with Bernaise Sauce
Allergen: egg

Pecan Crusted Chicken Breast with Raspberry Vinaigrette
Allergen: nuts, gluten

Grilled Flank Steak with Avocado Chimichurri

Sweet and Sour Shrimp with White Rice
Allergen: shellfish

Honey Garlic Chicken Thighs with Lime Scallion Butter
Allergen: dairy

Seared Crab Cakes with Cajun Remoulade Sauce
Allergen: shellfish, gluten, eggs



Rigatoni with Plant-Based Meatballs and Marinara Sauce
Allergen: gluten, eggs



Grilled Swordfish with Citrus Pesto

Menu for Delivery on Tuesday April 22, 2025

Order must be placed by noon on April 8

You may order two sides with each entrée. Soups are ordered singly

Cream of Spinach Soup
Allergen: dairy

Chicken & Shrimp Gumbo
Allergen: shellfish

Harvest Turkey Soup
Allergen: gluten

Butternut Squash Soup
Allergen: dairy

Navy Bean & Smoked Ham Soup


Rosemary Crusted Rack of Lamb with Pomegranate Sauce
Allergen: dairy

Scallop Thermidor 
Allergen: shellfish, dairy

Pretzel Mustard Crusted Pork Tenderloin w Creamy Pickle Horseradish
Allergen: dairy, gluten, eggs

Mediterranean Tuna Puttanesca with Linguini 
Allergen: eggs, gluten

Garden Meatloaf with San Marzano Sauce 
Allergen: gluten

Chicken Saltimbocca with Lemon Beurre Blanc 
Allergen: dairy

Oven Baked Glazed Ham with Classic Raisin Sauce 

Pan Seared Cod with White Wine Tomato Basil Sauce

Side Dishes

- **Roast Maple Sweet Potatoes** Allergen: dairy
- **Roasted Red-Skin & Yukon Gold Potatoes**
- **Flame Roasted Baby Potatoes**
- **Mashed Potatoes** Allergen: dairy
- **Mashed Sweet Potatoes** Allergen: dairy
- **Rice Pilaf**
- **Wild Rice Pilaf**
- **Green Beans**
- **Asparagus Cuts**
- **Carrots**
- **Green Peas**
- **Whole Kernel Corn**
- **Chopped Spinach**
- **Broccoli**
- **Cauliflower**
- **Southwest Roast Corn & Black Beans with Bell Pepper & Onions**
- **Grilled Julienne Cut Seven Vegetable Medley**

DESSERTS

Chocolate Chip Cookies (4 pieces)

Oatmeal Cookies (4 pieces)

Sugar Cookies (4 pieces)

Brownies (2 pieces)

Raspberry Squares (2 pieces)

(All desserts contain Gluten)





Printed October 2024