

Gourmet To Go

From Carleton-Willard At Home

REVISED MENU



This **REVISED** menu is valid for orders delivered through October 15, 2024

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 April 23, 2024

Order must be placed by noon on April 9

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

Thai Chicken Soup
Allergen: sesame

Lentil Soup

Crabmeat Bisque
Allergen: shellfish, dairy

Butternut Squash Soup
Allergen: dairy

Beef Vegetable Soup

Parmesan Baked Scallops
Allergen: dairy, gluten, shellfish

Lasagna Bolognese w Garlic Bread
Allergen: gluten, egg, dairy



Pan Seared Chicken Thighs w Green Goddess Sauce

Short Rib Bourguignon



Village Meatloaf w Burgundy Mushroom Gravy
Allergen: dairy, egg, gluten,



Pan Seared Pork Tenderloin w Grilled Peach Salsa

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce
Allergen: shellfish

Baked Lemon Haddock w Red Pepper Onion Relish

Menu for Delivery on Tuesday April 30, 2024

Order must be placed by noon on April 16

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

Corn & Red Pepper Bisque
Allergen: dairy

Split Pea Soup w Ham
Allergen: dairy

Cream of Spinach Soup
Allergen: dairy


Minestrone Soup
Allergen: gluten

Potato Leek Soup
Allergen: dairy

Spice Crusted Seared Salmon w Coconut
Allergen: tree nut

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze 

CWV Famous Steak Tips

St. Louis-Style Ribs w Soy-Ginger Barbecue Sauce 
Allergen: soy

Chicken Francese
Allergen: gluten, egg

CWV BBQ Chicken Legs 

Parmesan Crusted Steelhead Trout w Lemon Parsley Soft Butter
Allergen: dairy

Fettucine Bolognese 
Allergen: gluten, egg, dairy

Menu for Delivery on Tuesday May 7, 2024

Order must be placed by noon on April 23

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

Cream of Broccoli Soup
Allergen: dairy

Tomato Rice Florentine Soup
Allergen: dairy

Chicken Bok Choy Soup
Allergen: sesame

Two Bean Soup

Louisiana Chicken & Shrimp Gumbo
Allergen: dairy, shellfish

Pan Seared Scallop Piccata
Allergen: dairy, shellfish, egg



Austrian Chicken Schnitzel
Allergen: gluten, egg

Blackened Balsamic Tuna Steaks

Bacon-Wrapped Pork Tenderloin w Maple Butter
Allergen: dairy



Roasted Cornish Game Hen w Italian Herb Soft Butter
Allergen: dairy

Pan Blackened Swordfish w Lemon Cilantro Aioli
Allergen: dairy, egg

Onion Braised Beef Brisket



Pan Seared Chicken Breast Stuffed w Broccoli & Cheddar Cheese
Allergen: dairy



Menu for Delivery on Tuesday May 14, 2024

Order must be placed by noon on April 30

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

Smoked Turkey Vegetable Soup

Italian Wedding Soup
Allergen: egg, gluten

Cream of Asparagus & Leek Soup
Allergen: dairy

Cream of Tomato Soup
Allergen: dairy

Pasta e Fagioli Soup
Allergen: egg, gluten

Grilled Rack of Lamb w Tzatziki Sauce

Pan Seared Arctic Char w Ginger Chive Butter
Allergen: dairy

Grilled Mexican Flank Steak w Fresh Mango Relish

Coconut Shrimp w Mandarin Pineapple Salsa
Allergen: shellfish, tree nuts

Soy Ginger Salmon w Lemon Scallion Butter 
Allergen: soy, dairy, sesame

Venetian Duck Ragu w Pappardelle Pasta
Allergen: egg, gluten

Ultimate BBQ Baby Back Ribs 

Chicken Piccata 
Allergen: egg, dairy

Menu for Delivery on Tuesday May 21, 2024

Order must be placed by noon on May 7

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

Shrimp Bisque
Allergen: dairy, shellfish

**Spinach Veloute w
Mascarpone Cheese**
Allergen: dairy

Navy Bean w Smoked Ham Soup

New England Clam Chowder
Allergen: dairy, shellfish

Barley & Chicken Soup
Allergen: gluten

Slow Roasted Prime Rib w Au Jus

Southern Italian Poached Cod

Braised Lamb Stew w Mint Relish



Shrimp Alfredo w Fettucine
Allergen: shellfish, dairy, gluten, egg



Southwestern Steak Tips w Corn and Black Bean Salsa



Spinach & Ricotta Stuffed Chicken w Garlic, Lemon White Wine Sauce
Allergen: dairy



Cuban-Style Grilled Pork Loin w Oregano Garlic Vinaigrette

Sole Amandine
Allergen: egg, tree nut

Menu for Delivery on Tuesday May 28, 2024

Order must be placed by noon on May 14

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

Thai Chicken Soup
Allergen: sesame

Lentil Soup

Crabmeat Bisque
Allergen: shellfish, dairy

Butternut Squash Soup
Allergen: dairy

Beef Vegetable Soup

Parmesan Baked Scallops
Allergen: dairy, gluten, shellfish

Lasagna Bolognese w Garlic Bread
Allergen: gluten, egg, dairy



Pan Seared Chicken Thighs w Green Goddess Sauce

Short Rib Bourguignon



Village Meatloaf w Burgundy Mushroom Gravy
Allergen: dairy, egg, gluten,



Pan Seared Pork Tenderloin w Grilled Peach Salsa

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce
Allergen: shellfish

Baked Lemon Haddock w Red Pepper Onion Relish

Menu for Delivery on Tuesday June 4, 2024

Order must be placed by noon on May 21

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

Corn & Red Pepper Bisque
Allergen: dairy

Split Pea Soup w Ham
Allergen: dairy

Cream of Spinach Soup
Allergen: dairy


Minestrone Soup
Allergen: gluten

Potato Leek Soup
Allergen: dairy

Spice Crusted Seared Salmon w Coconut
Allergen: tree nut

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze 

CWV Famous Steak Tips

St. Louis-Style Ribs w Soy-Ginger Barbecue Sauce 
Allergen: soy

Chicken Francese
Allergen: gluten, egg

CWV BBQ Chicken Legs 

Parmesan Crusted Steelhead Trout w Lemon Parsley Soft Butter
Allergen: dairy

Fettucine Bolognese 
Allergen: gluten, egg, dairy

Menu for Delivery on Tuesday June 11, 2024

Order must be placed by noon on May 28

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

Cream of Broccoli Soup

Allergen: dairy

Tomato Rice Florentine Soup

Allergen: dairy

Chicken Bok Choy Soup

Allergen: sesame

Two Bean Soup

Louisiana Chicken & Shrimp Gumbo

Allergen: dairy, shellfish

Pan Seared Scallop Piccata

Allergen: dairy, shellfish, egg



Austrian Chicken Schnitzel

Allergen: gluten, egg

Blackened Balsamic Tuna Steaks

Bacon-Wrapped Pork Tenderloin w Maple Butter

Allergen: dairy



Roasted Cornish Game Hen w Italian Herb Soft Butter

Allergen: dairy

Pan Blackened Swordfish w Lemon Cilantro Aioli

Allergen: dairy, egg

Onion Braised Beef Brisket



Pan Seared Chicken Breast Stuffed w Broccoli & Cheddar Cheese

Allergen: dairy



Menu for Delivery on Tuesday June 18, 2024

Order must be placed by noon on June 4

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

Smoked Turkey Vegetable Soup

Italian Wedding Soup

Allergen: egg, gluten

Cream of Asparagus & Leek Soup

Allergen: dairy

Cream of Tomato Soup

Allergen: dairy

Pasta e Fagioli Soup

Allergen: egg, gluten

Grilled Rack of Lamb w Tzatziki Sauce

Pan Seared Arctic Char w Ginger Chive Butter

Allergen: dairy

Grilled Mexican Flank Steak w Fresh Mango Relish

Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: shellfish, tree nuts

Soy Ginger Salmon w Lemon Scallion Butter

Allergen: soy, dairy, sesame



Venetian Duck Ragu w Pappardelle Pasta

Allergen: egg, gluten

Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: egg, dairy



Menu for Delivery on Tuesday June 25, 2024

Order must be placed by noon on June 11

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

Shrimp Bisque
Allergen: dairy, shellfish

**Spinach Veloute w
Mascarpone Cheese**
Allergen: dairy

Navy Bean w Smoked Ham Soup

New England Clam Chowder
Allergen: dairy, shellfish

Barley & Chicken Soup
Allergen: gluten

Slow Roasted Prime Rib w Au Jus

Southern Italian Poached Cod

Braised Lamb Stew w Mint Relish



Shrimp Alfredo w Fettucine
Allergen: shellfish, dairy, gluten, egg



Southwestern Steak Tips w Corn and Black Bean Salsa



Spinach & Ricotta Stuffed Chicken w Garlic, Lemon White Wine Sauce
Allergen: dairy



Cuban-Style Grilled Pork Loin w Oregano Garlic Vinaigrette

Sole Amandine
Allergen: egg, tree nut

Menu for Delivery on Tuesday July 2, 2024

Order must be placed by noon on June 18

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

Thai Chicken Soup
Allergen: sesame

Lentil Soup

Crabmeat Bisque
Allergen: shellfish, dairy

Butternut Squash Soup
Allergen: dairy

Beef Vegetable Soup

Parmesan Baked Scallops
Allergen: dairy, gluten, shellfish

Lasagna Bolognese w Garlic Bread
Allergen: gluten, egg, dairy



Pan Seared Chicken Thighs w Green Goddess Sauce

Short Rib Bourguignon



Village Meatloaf w Burgundy Mushroom Gravy
Allergen: dairy, egg, gluten,



Pan Seared Pork Tenderloin w Grilled Peach Salsa

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce
Allergen: shellfish

Baked Lemon Haddock w Red Pepper Onion Relish

Menu for Delivery on Tuesday July 9, 2024

Order must be placed by noon on June 25

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

Corn & Red Pepper Bisque
Allergen: dairy

Split Pea Soup w Ham
Allergen: dairy

Cream of Spinach Soup
Allergen: dairy

Minestrone Soup
Allergen: gluten

Potato Leek Soup
Allergen: dairy

Spice Crusted Seared Salmon w Coconut
Allergen: tree nut

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze 

CWV Famous Steak Tips

St. Louis-Style Ribs w Soy-Ginger Barbecue Sauce 
Allergen: soy

Chicken Francese
Allergen: gluten, egg

CWV BBQ Chicken Legs 

Parmesan Crusted Steelhead Trout w Lemon Parsley Soft Butter
Allergen: dairy

Fettucine Bolognese 
Allergen: gluten, egg, dairy

Menu for Delivery on Tuesday July 16, 2024

Order must be placed by noon on July 2

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

Cream of Broccoli Soup
Allergen: dairy

Tomato Rice Florentine Soup
Allergen: dairy

Chicken Bok Choy Soup
Allergen: sesame

Two Bean Soup

Louisiana Chicken & Shrimp Gumbo
Allergen: dairy, shellfish

Pan Seared Scallop Piccata
Allergen: dairy, shellfish, egg



Austrian Chicken Schnitzel
Allergen: gluten, egg

Blackened Balsamic Tuna Steaks

Bacon-Wrapped Pork Tenderloin w Maple Butter
Allergen: dairy



Roasted Cornish Game Hen w Italian Herb Soft Butter
Allergen: dairy

Pan Blackened Swordfish w Lemon Cilantro Aioli
Allergen: dairy, egg

Onion Braised Beef Brisket



Pan Seared Chicken Breast Stuffed w Broccoli & Cheddar Cheese
Allergen: dairy



Menu for Delivery on Tuesday July 23, 2024

Order must be placed by noon on July 9

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

Smoked Turkey Vegetable Soup

Italian Wedding Soup
Allergen: egg, gluten

Cream of Asparagus & Leek Soup
Allergen: dairy

Cream of Tomato Soup
Allergen: dairy

Pasta e Fagioli Soup
Allergen: egg, gluten

Grilled Rack of Lamb w Tzatziki Sauce

Pan Seared Arctic Char w Ginger Chive Butter
Allergen: dairy

Grilled Mexican Flank Steak w Fresh Mango Relish

Coconut Shrimp w Mandarin Pineapple Salsa
Allergen: shellfish, tree nuts

Soy Ginger Salmon w Lemon Scallion Butter 
Allergen: soy, dairy, sesame

Venetian Duck Ragu w Pappardelle Pasta
Allergen: egg, gluten

Ultimate BBQ Baby Back Ribs 

Chicken Piccata 
Allergen: egg, dairy

Menu for Delivery on Tuesday July 30, 2024

Order must be placed by noon on July 16

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

Shrimp Bisque
Allergen: dairy, shellfish

**Spinach Veloute w
Mascarpone Cheese**
Allergen: dairy

Navy Bean w Smoked Ham Soup

New England Clam Chowder
Allergen: dairy, shellfish

Barley & Chicken Soup
Allergen: gluten

Slow Roasted Prime Rib w Au Jus

Southern Italian Poached Cod

Braised Lamb Stew w Mint Relish



Shrimp Alfredo w Fettucine
Allergen: shellfish, dairy, gluten, egg



Southwestern Steak Tips w Corn and Black Bean Salsa



Spinach & Ricotta Stuffed Chicken w Garlic, Lemon White Wine Sauce
Allergen: dairy



Cuban-Style Grilled Pork Loin w Oregano Garlic Vinaigrette

Sole Amandine
Allergen: egg, tree nut

Menu for Delivery on Tuesday August 6, 2024

Order must be placed by noon on July 23

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

Thai Chicken Soup
Allergen: sesame

Lentil Soup

Crabmeat Bisque
Allergen: shellfish, dairy

Butternut Squash Soup
Allergen: dairy

Beef Vegetable Soup

Parmesan Baked Scallops
Allergen: dairy, gluten, shellfish

Lasagna Bolognese w Garlic Bread
Allergen: gluten, egg, dairy



Pan Seared Chicken Thighs w Green Goddess Sauce

Short Rib Bourguignon



Village Meatloaf w Burgundy Mushroom Gravy
Allergen: dairy, egg, gluten,



Pan Seared Pork Tenderloin w Grilled Peach Salsa

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce
Allergen: shellfish

Baked Lemon Haddock w Red Pepper Onion Relish

Menu for Delivery on Tuesday August 13, 2024

Order must be placed by noon on July 30

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

Corn & Red Pepper Bisque
Allergen: dairy

Split Pea Soup w Ham
Allergen: dairy

Cream of Spinach Soup
Allergen: dairy

Minestrone Soup
Allergen: gluten

Potato Leek Soup
Allergen: dairy

Spice Crusted Seared Salmon w Coconut
Allergen: tree nut

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze 

CWV Famous Steak Tips

St. Louis-Style Ribs w Soy-Ginger Barbecue Sauce 
Allergen: soy

Chicken Francese
Allergen: gluten, egg

CWV BBQ Chicken Legs 

Parmesan Crusted Steelhead Trout w Lemon Parsley Soft Butter
Allergen: dairy

Fettucine Bolognese 
Allergen: gluten, egg, dairy

Menu for Delivery on Tuesday August 20, 2024

Order must be placed by noon on August 6

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

Cream of Broccoli Soup
Allergen: dairy

Tomato Rice Florentine Soup
Allergen: dairy

Chicken Bok Choy Soup
Allergen: sesame

Two Bean Soup

Louisiana Chicken & Shrimp Gumbo
Allergen: dairy, shellfish

Pan Seared Scallop Piccata
Allergen: dairy, shellfish, egg



Austrian Chicken Schnitzel
Allergen: gluten, egg

Blackened Balsamic Tuna Steaks

Bacon-Wrapped Pork Tenderloin w Maple Butter
Allergen: dairy



Roasted Cornish Game Hen w Italian Herb Soft Butter
Allergen: dairy

Pan Blackened Swordfish w Lemon Cilantro Aioli
Allergen: dairy, egg

Onion Braised Beef Brisket



Pan Seared Chicken Breast Stuffed w Broccoli & Cheddar Cheese
Allergen: dairy



Menu for Delivery on Tuesday August 27, 2024

Order must be placed by noon on August 13

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

Smoked Turkey Vegetable Soup

Italian Wedding Soup

Allergen: egg, gluten

Cream of Asparagus & Leek Soup

Allergen: dairy

Cream of Tomato Soup

Allergen: dairy

Pasta e Fagioli Soup

Allergen: egg, gluten

Grilled Rack of Lamb w Tzatziki Sauce

Pan Seared Arctic Char w Ginger Chive Butter

Allergen: dairy

Grilled Mexican Flank Steak w Fresh Mango Relish

Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: shellfish, tree nuts

Soy Ginger Salmon w Lemon Scallion Butter

Allergen: soy, dairy, sesame



Venetian Duck Ragu w Pappardelle Pasta

Allergen: egg, gluten

Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: egg, dairy



Menu for Delivery on Tuesday September 3, 2024

Order must be placed by noon on August 20

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

Shrimp Bisque
Allergen: dairy, shellfish

**Spinach Veloute w
Mascarpone Cheese**
Allergen: dairy

Navy Bean w Smoked Ham Soup

New England Clam Chowder
Allergen: dairy, shellfish

Barley & Chicken Soup
Allergen: gluten

Slow Roasted Prime Rib w Au Jus

Southern Italian Poached Cod

Braised Lamb Stew w Mint Relish



Shrimp Alfredo w Fettucine
Allergen: shellfish, dairy, gluten, egg



Southwestern Steak Tips w Corn and Black Bean Salsa



Spinach & Ricotta Stuffed Chicken w Garlic, Lemon White Wine Sauce
Allergen: dairy



Cuban-Style Grilled Pork Loin w Oregano Garlic Vinaigrette

Sole Amandine
Allergen: egg, tree nut

Menu for Delivery on Tuesday September 10, 2024

Order must be placed by noon on August 27

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

Thai Chicken Soup
Allergen: sesame

Lentil Soup

Crabmeat Bisque
Allergen: shellfish, dairy

Butternut Squash Soup
Allergen: dairy

Beef Vegetable Soup

Parmesan Baked Scallops
Allergen: dairy, gluten, shellfish

Lasagna Bolognese w Garlic Bread
Allergen: gluten, egg, dairy



Pan Seared Chicken Thighs w Green Goddess Sauce

Short Rib Bourguignon



Village Meatloaf w Burgundy Mushroom Gravy
Allergen: dairy, egg, gluten,



Pan Seared Pork Tenderloin w Grilled Peach Salsa

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce
Allergen: shellfish

Baked Lemon Haddock w Red Pepper Onion Relish

Menu for Delivery on Tuesday September 17, 2024

Order must be placed by noon on September 3

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

Corn & Red Pepper Bisque
Allergen: dairy

Split Pea Soup w Ham
Allergen: dairy

Cream of Spinach Soup
Allergen: dairy

Minestrone Soup
Allergen: gluten

Potato Leek Soup
Allergen: dairy

Spice Crusted Seared Salmon w Coconut
Allergen: tree nut

Slow Roasted Pit Ham w Cherry Pineapple Clove Glaze 

CWV Famous Steak Tips

St. Louis-Style Ribs w Soy-Ginger Barbecue Sauce 
Allergen: soy

Chicken Francese
Allergen: gluten, egg

CWV BBQ Chicken Legs 

Parmesan Crusted Steelhead Trout w Lemon Parsley Soft Butter
Allergen: dairy

Fettucine Bolognese 
Allergen: gluten, egg, dairy

Menu for Delivery on Tuesday September 24, 2024

Order must be placed by noon on September 10

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

Cream of Broccoli Soup
Allergen: dairy

Tomato Rice Florentine Soup
Allergen: dairy

Chicken Bok Choy Soup
Allergen: sesame

Two Bean Soup

Louisiana Chicken & Shrimp Gumbo
Allergen: dairy, shellfish

Pan Seared Scallop Piccata
Allergen: dairy, shellfish, egg



Austrian Chicken Schnitzel
Allergen: gluten, egg

Blackened Balsamic Tuna Steaks

Bacon-Wrapped Pork Tenderloin w Maple Butter
Allergen: dairy



Roasted Cornish Game Hen w Italian Herb Soft Butter
Allergen: dairy

Pan Blackened Swordfish w Lemon Cilantro Aioli
Allergen: dairy, egg

Onion Braised Beef Brisket



Pan Seared Chicken Breast Stuffed w Broccoli & Cheddar Cheese
Allergen: dairy



Menu for Delivery on Tuesday October 1, 2024

Order must be placed by noon on September 17

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

Smoked Turkey Vegetable Soup

Italian Wedding Soup

Allergen: egg, gluten

Cream of Asparagus & Leek Soup

Allergen: dairy

Cream of Tomato Soup

Allergen: dairy

Pasta e Fagioli Soup

Allergen: egg, gluten

Grilled Rack of Lamb w Tzatziki Sauce

Pan Seared Arctic Char w Ginger Chive Butter

Allergen: dairy

Grilled Mexican Flank Steak w Fresh Mango Relish

Coconut Shrimp w Mandarin Pineapple Salsa

Allergen: shellfish, tree nuts

Soy Ginger Salmon w Lemon Scallion Butter

Allergen: soy, dairy, sesame



Venetian Duck Ragu w Pappardelle Pasta

Allergen: egg, gluten

Ultimate BBQ Baby Back Ribs



Chicken Piccata

Allergen: egg, dairy



Menu for Delivery on Tuesday October 8, 2024

Order must be placed by noon on September 24

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

Shrimp Bisque
Allergen: dairy, shellfish

**Spinach Veloute w
Mascarpone Cheese**
Allergen: dairy

Navy Bean w Smoked Ham Soup

New England Clam Chowder
Allergen: dairy, shellfish

Barley & Chicken Soup
Allergen: gluten

Slow Roasted Prime Rib w Au Jus

Southern Italian Poached Cod

Braised Lamb Stew w Mint Relish



Shrimp Alfredo w Fettucine
Allergen: shellfish, dairy, gluten, egg



Southwestern Steak Tips w Corn and Black Bean Salsa



Spinach & Ricotta Stuffed Chicken w Garlic, Lemon White Wine Sauce
Allergen: dairy



Cuban-Style Grilled Pork Loin w Oregano Garlic Vinaigrette

Sole Amandine
Allergen: egg, tree nut

Menu for Delivery on Tuesday October 15, 2024

Order must be placed by noon on October 1

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

Thai Chicken Soup
Allergen: sesame

Lentil Soup

Crabmeat Bisque
Allergen: shellfish, dairy

Butternut Squash Soup
Allergen: dairy

Beef Vegetable Soup

Parmesan Baked Scallops
Allergen: dairy, gluten, shellfish

Lasagna Bolognese w Garlic Bread
Allergen: gluten, egg, dairy



Pan Seared Chicken Thighs w Green Goddess Sauce

Short Rib Bourguignon



Village Meatloaf w Burgundy Mushroom Gravy
Allergen: dairy, egg, gluten,



Pan Seared Pork Tenderloin w Grilled Peach Salsa

Grilled Jumbo Shrimp w Creamy Avocado Cilantro Sauce
Allergen: shellfish

Baked Lemon Haddock w Red Pepper Onion Relish

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)





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