

MAIN MENU

PROTEINS: 4-6 OZ

- Chicken(usually boneless skinless breasts)
- Lean steak or beef
- Pork tenderloin
- Salmon (or other fish)
- Shrimp (higher priced seafood additional charge)
- Turkey breast or ground turkey
- Veggie or vegan options available



STARCHES: 2-4OZ

- Sweet potato
- White potato
- Rice/grains, various blends (i rarely use plain white rice unless requested) including quinoa, farro, bulgur, barley etc
- Polenta, grits
- Pasta, all types including couscous, orzo etc
- Gnocchi



ONE MEAL DISHES

- Traditional or veggie lasagna
- Quiches
- Meatloaf(beef or turkey)
- Enchiladas
- Stir fry or fried rice combinations
- Stews, soups, chili (bean, turkey, veg, beef), curries
- Stuffed peppers or stuffed tomatoes
- Stuffed cabbage leaves



VEGETABLES

- All seasonal vegetables available; spinach, asparagus, broccoli, broccolini, greens, kales, cabbages, cauliflower, carrots, corn, tomatoes, onions, peppers, mushrooms, leeks, fennel and so on

BEANS/LEGUMES

- All types and varieties of beans, peas, lentils(red, white, pinto, black, garbanzo, peas, split, lentils)

