

# MENU

## **Chicken**

Teriyaki Chicken w/ Fried Rice and Zucchini

Creamy Mushroom Chicken w/ Roasted Mixed Vegetables

Honey Chicken w/ Rice and Asparagus

Onion Chicken w/ Black Beans, Farro

Chicken Paillard w/ Spinach and Tomatoes, Roasted Cauliflower

Chicken Enchiladas w/ Mexican Rice and Cowboy Caviar

Sesame Chicken w/ Fried Rice, Green Beans or Sugar Snap Peas

Roasted Chicken Thighs w/ Mashed Sweet Potatoes and Balsamic Brussel Sprouts

Chicken Stir Fry w/ Broccoli, Jasmine Rice

Chicken Alfredo & Broccoli

Chipotle Chicken Bowl on Rice

## **Beef**

Beef Burgundy w/ Roasted Red Potatoes and Broccoli

Pot Roast w/ Red Wine Gravy, Garlic Mashed Potatoes, Roasted Broccoli

Beef Tips and Rice w/ Roasted Carrots

Beef Ragu on Noodles w/ Mixed Vegetables

Spaghetti & Homemade Meatballs w/ Roasted Mixed Vegetables

Pepper Steak w/ Jasmine Rice

Steak Stir Fry w/ Vegetables

Salisbury Steak w/ Mushroom Gravy, Mashed Potatoes, Glazed Carrots

Beef Stroganoff w/ Sautéed Spinach Medley

Mini Meatloaf w/ Green Beans and Mac & Cheese

Steak Alfredo and Broccoli

Chipotle Steak Bowl on Rice

## **Pork**

Pork Tenderloin w/ Apple Chutney, Polenta, Pan Seared Green Beans

Pork Tenderloin w/ Tomato Gravy, Roasted Cauliflower & Carrots

Mushroom Stuffed Pork Chops w/ Roasted Red Potatoes & Green Beans

## **Seafood**

Teriyaki Salmon Bowl on Rice

Parmesan Crusted Salmon w/ Zucchini Fritters

Pan Seared Salmon w/ Quinoa and Mixed Vegetables

Tuna Steak w/ Mango Salsa, Pea Salad, Couscous

Shrimp and Grits w/ Mushrooms, Tomatoes, and Bacon

Shrimp Scampi on Noodles or Rice w/ Asparagus

Shrimp Mac & Cheese

Garlic Shrimp & Veggies

Shrimp Alfredo with Broccoli

Blackened Shrimp w/ Quinoa, Black Bean Salad

Chipotle Shrimp Bowl on Rice

Pan Seared Scallops w/ Rice Pilaf and Sauteed Kale or Spinach

Scallop & Farro Bowl w/ Asparagus Bites

Pan Seared White Fish on Wild Vegetable Rice

## **Sausage**

Skillet Kielbasa Sausage w/ Red Potatoes and Carrots

## **Casserole Style**

Baked Ziti

Lasagna

Tuscan Chicken Casserole

Chicken Tetrazzini

Chicken Pot Pie

King Ranch Chicken

Cottage (Shepherd's) Pie