

Menu choices for your next service day are below. You can make adjustments to dishes with your chef based on your food preferences and dietary concerns.

LS = low sodium D = diabetic LC = low carb GF = gluten-free DF = dairy-free  
V = vegetarian LH = low cholesterol

### **Breakfast Ideas**

**Breakfast Stuffed Peppers (LS/D/LC/GF/V)** – Eggs, cheese, spinach, quinoa, and black beans baked inside a bell pepper.

**Smoked Salmon & Leek Quiche** – Smoked salmon, dill, Gruyere, and leek baked with eggs in a flaky piecrust.

### **Lunch Ideas**

**Gnocchi Caprese Salad (LS/LH/V)** – Potato gnocchi tossed with fresh basil, cherry tomatoes, fresh mozzarella, olive oil, and a balsamic glaze.

**Minestrone Soup (V/DF/LH)** – Traditional Italian soup with green beans, carrots, celery, tomatoes, kidney beans, and elbow pasta.

**Roasted Veggie Couscous Salad (LS/V/LH)** – Roasted red peppers, zucchini, and garlic with couscous, fresh tomato, dill, lemon, and olive oil.  
Optional: add feta cheese.

**Prosciutto & Cheese Pockets** – Prosciutto ham, sharp cheddar, and Dijon mustard baked inside a puff pastry crust until golden brown. Can be reheated in the oven.

**Mexican 7 Layer Dip (GF/LC)** – Layers of seasoned ground beef, refried black beans, light sour cream, cheddar cheese, scallion, and tomato. Served with tortilla chips.

LS = low sodium D = diabetic LC = low carb GF = gluten-free DF = dairy-free  
V = vegetarian LH = low cholesterol

### **Dinner Ideas**

**Balsamic Salmon (LS/D/LC/GF/DF)** – Fillet of salmon with a savory balsamic glaze. Served with sautéed yellow squash and spinach.

**Beef Stew (DF/D)** – Beef tenderloin simmered with carrots, onion, potatoes, thyme, red wine, and beef stock.

**Chicken Pot Pie (LS/LH)** – Carrots, celery, onion, and chicken simmered in a savory white sauce. Topped with a flaky piecrust and baked until golden brown.

**Classic Meatloaf** – Traditional southern meatloaf made with ground chuck. Served with mashed potatoes and green beans.

**Chickpea Curry (V/LS/D/DF/GF/LH)** – Chickpeas with snow peas, bell pepper, onion, garlic, coconut milk, and milk curry powder. Served over brown rice.

**Pork Fried Rice (DF/D)** – Rice sautéed with mixed vegetables, egg, and pork, seasoned with soy sauce and sesame.

**Chicken Tikka Masala (LS/GF)** – Traditional Indian dish of chicken stewed with tomatoes, onion, garlic, ginger, cream and mild spices. Served with rice.

**Tamale Pie (GF)** – Mexican casserole with ground beef, corn, bell pepper, and onion topped with cornbread and cheddar cheese.

**Stuffed Portobello Mushrooms (LS/D/LC/V/LH)** – Portobello mushroom caps topped with sautéed spinach, shallots, garlic, panko breadcrumbs, and goat cheese then baked until golden brown.

**Roast Beef (LS/GF/DF)** – Herb-crusted beef cooked medium and sliced thin. Served with herb-roasted potatoes, carrots, and gravy.

**Chicken Parmesan Meatballs** – Ground chicken meatballs topped with marinara and mozzarella then baked until golden brown. Served with mashed potatoes and green beans.

Some menu ideas for your next service day are below. You can make adjustments to dishes with your chef based on your food preferences and dietary concerns.

LS = low sodium D = diabetic LC = low carb GF = gluten-free DF = dairy-free  
V = vegetarian LH = low cholesterol

### **Breakfast Ideas**

**Oatmeal Bake (LS/V/LH)** – Fresh fruit baked with old-fashioned oats and slightly sweetened custard flavored with cinnamon.

**Spinach Mushroom Quiche (LS/V)** – Spinach and mushrooms baked in an egg custard with a flaky piecrust.

### **Lunch Ideas**

**Waldorf Chicken Salad (DF)** – Tender white meat chicken, apples, grapes, celery, and walnuts tossed in a light dressing with honey mustard. Served with rolls.

**Potato Corn Chowder (V/LH)** – Savory potato chowder with corn, cheddar cheese, and thyme.

**Curry Egg Salad Lettuce Wraps (D/LC/GF/DF/V)** – Egg salad spiced with mild curry and served with a side of lettuce wraps you can assemble at your convenience.

**Southwest Quinoa Salad (LS/D/LC/GF/DF/V/LH)** – Black beans, bell pepper, red onion, lime juice, corn, cumin, and olive oil mixed with quinoa.

**Polenta Pizza Bites (D/LC/GF/V/LH)** – Polenta slices topped with basil, marinara, and fresh mozzarella and broiled until golden brown. Served with marinara for dipping. Other toppings can be added if desired.

LS = low sodium D = diabetic LC = low carb GF = gluten-free DF = dairy-free  
V = vegetarian LH = low cholesterol

### **Dinner Ideas**

**Chicken Almandine (LS/D/LH)** – Chicken breasts with sliced almonds and rosemary sauce, served with roasted potatoes and green beans.

**Chicken Cordon Bleu** – Chicken breast stuffed with ham and Swiss cheese. Served with a Dijon cream sauce, mashed sweet potatoes, and broccoli.

**Citrus Glazed Salmon (D/DF/LC)** – Salmon fillet with a citrus-soy glaze. Served with quinoa and sautéed green beans.

**Beef Stroganoff** – Classic comfort dish with beef tenderloin, mushrooms, onions, served over egg noodles.

**Stuffed Bell Pepper (LS/LC/GF/D)** – Red bell pepper stuffed with ground beef, tomato, long grain & wild rice, and onion. Topped with cheese and baked.

**Ginger Sweet Potato Pork Stir Fry (DF/LH/D)** – Pork tenderloin sautéed with sweet potatoes, ginger, scallions, and a light Asian sauce. Served over brown rice.

**Veggie Enchilada Casserole (V/LH)** – Tortillas filled with black beans, corn, green onions, zucchini, and chilies. Topped with enchilada sauce and cheese, then baked.

**Chicken Pesto Pasta (LH)** – Sautéed chicken tossed with broccoli, garlic, onion, and a creamy pesto sauce with penne pasta.

**Autumn Stuffed Squash (LS/D/LC)** – Acorn squash stuffed with sausage, apples, onion, garlic, herbs, and breadcrumbs. Topped with Parmesan cheese and baked.

**Pineapple Shrimp Stir Fry (DF)** – Tender shrimp sautéed with onion, ginger, bell pepper, pineapple and snow peas. Served with rice.

**Ratatouille (V/LS/DF/D/LH/LC/GF)** – Eggplant stew with bell pepper, zucchini, onion, garlic, tomatoes, and fresh basil. Served with quinoa.

Some menu ideas for your next service day are below. You can make adjustments to dishes with your chef based on your food preferences and dietary concerns.

LS = low sodium D = diabetic LC = low carb GF = gluten-free DF = dairy-free  
V = vegetarian LH = low cholesterol

### **Breakfast Ideas**

**Peanut Butter Breakfast Bars (LS/D/GF/DF/V/LH)** – Toasted oatmeal, almonds, and quinoa mixed with peanut butter, honey, vanilla, cinnamon, and fruit.

**Blueberry Lemon French Toast Bake (V)** – Breakfast casserole with fresh blueberries, lemon, and cinnamon.

**Chia Pudding (V/LS/D/GF/LH/DF)** – Lightly sweetened chia seed and coconut milk pudding with fresh fruit and granola.

### **Lunch Ideas**

**Fall Veggie Pasta Salad (V/LH)** – Sweet potato, broccoli, red onion, dried cranberries, pine nuts, goat cheese, and rainbow pasta tossed in a poppy seed dressing.

**Sweet Potato & Black Bean Chili (V/GF/DF/LH/LC)** – Vegetarian chili with sweet potatoes, black beans, tomatoes, onions, and mild chili seasonings.

**Salmon Chowder (LH/GF)** – Heart chowder with fresh salmon, potatoes, leeks, carrots, celery, and dill.

**Greek Chicken Salad (LS)** – Chicken tossed with cucumber, red onion, dill, tomatoes, lemon, feta cheese, and a light dressing. Served with rolls.

LS = low sodium D = diabetic LC = low carb GF = gluten-free DF = dairy-free  
V = vegetarian LH = low cholesterol

### **Dinner Ideas**

**Classic Shepherd's Pie (LS/LC/D)** – Classic comfort dish of beef and mixed vegetables topped with sour cream mashed potatoes and baked.

**“Catch-Of-The-Day” with Roasted Red Pepper Sauce (LC/D/LS/GF)**  
– Fresh fish fillet topped with a balsamic roasted red pepper sauce. Served with quinoa.

**Chicken & Dumplings (LH)** – Classic comfort dish with tender chicken, carrots, celery, onion, and homemade dumplings.

**Pork Tenderloin with Cranberry Sauce (LS/GF/DF)** – Tender pork served with a savory red wine-cranberry sauce. Served with wild rice and green beans.

**Thai Coconut Shrimp (D/DF)** – Tender shrimp and seasonal veggies in a savory coconut broth. Served with brown rice.

**Stuffed Shells (V/LH)** – Manicotti noodles filled with ricotta cheese and spinach, topped with marinara and mozzarella cheese then baked.

**Shredded Salsa Chicken Bowls (D/GF)** – Chicken breasts simmered with salsa and chicken stock, then shredded. Served with brown rice, roasted bell peppers, green onions, and Greek yogurt topping.

**Apple Chicken Curry (GF/DF/D)** – Chicken sautéed with onions, apples, and raisins in a mild curry sauce. Served over rice.

**Farro Mushroom Risotto (V/D/LH)** – Mushroom risotto made with shallots, garlic, peas, and farro, a healthy ancient grain.

**Chorizo Paella Fried Rice (LS/D/GF/DF)** – Mild chorizo sausage with leeks, shallots, lemon, peas, and brown rice.

**Spaghetti Bolognese (LS)** – Spaghetti pasta served with meat sauce seasoned with fresh basil and Parmesan.

Menu ideas for your next service day are below. You can make adjustments to dishes with your chef based on your food preferences and dietary concerns.

*LS = low sodium D = diabetic LC = low carb GF = gluten-free  
DF = dairy-free V = vegetarian LH = low cholesterol*

### **Breakfast**

**Breakfast Burritos (LS)** – Eggs scrambled with bacon, tomato, peppers, and cheese wrapped in a whole-wheat tortilla.

**Veggie Strata (LS/V/LH)** – Breakfast casserole made with bread, eggs, cheese, bell pepper, onion, and spinach. Baked until golden brown.

**Rice Pudding with Tropical Fruit (LS/GF/V/LH)** – Creamy vanilla rice pudding topped with fresh mango and kiwi (can substitute other fruits).

### **Lunch**

**Tuscan White Bean Soup (V/LC/GF/D/LH)** – Italian soup with cannellini beans, onion, garlic, carrots, celery, tomatoes, and thyme.

**Curry Chicken Salad (DF/LC/LS/D/LH/GF)** – Chicken salad with apple, celery, cashews, and mild curry powder. Served over mixed greens.

**Roasted Eggplant Dip with Pita Chips (LS/D/DF/V/LH)** – Roasted eggplant, shallots, and garlic mixed with fresh parsley, olive oil, balsamic vinegar, and paprika. Served cold with pita.

**Tuscan Tuna Salad (DF/GF/LS/D/LH)** – Albacore tuna tossed with cannellini beans, Roma tomatoes, Italian seasoning, fresh parsley, lemon juice, and olive oil.

## Dinner

**Beef & Broccoli Stir Fry (DF)** – Beef tenderloin sautéed with broccoli, onion, ginger, garlic, and a light sauce. Served over rice.

**Pesto & Goat Cheese Chicken Roll-Up (LS/D/LC/GF)** – Chicken breast stuffed with pesto and goat cheese. Served with sautéed garlic zucchini.

**Salmon Cakes (D/DF/LC)** - Salmon patties made with fresh salmon, dill, lemon, onion, and breadcrumbs. Served with roasted potatoes and green beans.

**Spaghetti & Meatballs** – Beef meatballs baked and simmered in a San Marzano tomato sauce. Served over spaghetti pasta.

**Sweet Corn Risotto with Shrimp or Scallops** – Arborio rice simmered with chicken stock, shallots, Parmesan, and sweet corn. Topped with sautéed shrimp or scallops.

**Butternut Squash Mac n' Cheese (V/LH)** – Macaroni pasta tossed with a butternut squash cheese sauce. Topped with breadcrumbs.

**Pork Tenderloin with Fennel & Artichokes (LS/D/DF)** – Seared pork tenderloin with roasted fennel, tomatoes, artichoke, and lemon. Served with couscous.

**Salisbury Steak** – Ground beef patty with a savory sauce. Served with mashed potatoes and carrots.

**Turkey Sweet Potato Shepherd's Pie (D/LH)** – Ground turkey sautéed with mixed vegetables and rosemary. Topped with mashed sweet potatoes and baked.

**Veggie Grain Bowl (V/LS/D/LH/GF)** – Sweet potatoes, brussel sprouts, and bell peppers over brown rice and served with a cilantro-lime yogurt sauce.

**Baked Chicken Tenders (DF)** – Panko crusted chicken tenders with a honey mustard dipping sauce. Served with roasted root vegetables.



Menu choices for your next service day are below. You can make adjustments to dishes with your chef based on your food preferences and dietary concerns.

LS = low sodium D = diabetic LC = low carb GF = gluten-free DF = dairy-free  
V = vegetarian LH = low cholesterol

### **Breakfast Ideas**

**Baked Apple French Toast Casserole (V)** – Sautéed apples baked with cinnamon French toast until golden-brown.

**Veggie Frittata (V/GF/LS/D)** – Red potato, tomato, green onion, spinach, and cheese egg bake.

### **Lunch Ideas**

**Navy Bean Soup (GF/LC/LH/D)** – Hearty soup with carrots, onion, celery, garlic, thyme, ham, and navy beans.

**Basil Potato & Chicken Salad (D/DF)** – Red potatoes and chicken tossed in a lemony basil-pesto sauce, topped with pine nuts.

**Shrimp Pasta Salad (DF)** – Shell pasta with tender shrimp, celery, bell pepper, and a creamy dill sauce.

**Asian Lettuce Wraps (D/LC/DF)** – Ground beef (or turkey) sautéed with, water chestnuts, ginger, shallots, and hoisin sauce. Served with a side of lettuce wraps you can assemble at your convenience.

**Potato Knish (LS/V/LH)** – Mashed potatoes, onions, and parsley stuffed inside of a puff pastry crust and baked until golden brown.

**Lemon Cauliflower Bean Dip (LS/D/LC/DF/V/LH)** – Roasted cauliflower pureed with northern beans, fresh thyme, lemon, garlic, and olive oil. Served with pita for dipping.

LS = low sodium D = diabetic LC = low carb GF = gluten-free DF = dairy-free  
V = vegetarian LH = low cholesterol

### **Dinner Ideas**

**Turkey Meatloaf (D)** – Lighter take on traditional meatloaf made with ground turkey. Served with mashed potatoes and broccoli.

**Turkey Chili (DF/LC/GF/LH)** – Hearty chili made with ground turkey, kidney beans, onion, garlic, bell pepper, and tomatoes.

**Veggie Stir Fry (V/DF/LH/D)** – Seasonal veggies stir-fried with an Asian-inspired sauce and served with brown rice.

**Apple Sage Pork Tenderloin (LS/D/LC/GF/DF)** – Pork sautéed with apples, onions, sage, and Dijon mustard. Served with roasted sweet potatoes.

**Salmon with Honey Garlic Glaze (LS/LC/DF)** – Salmon fillet glazed with honey and soy sauce. Served with sautéed yellow squash and spinach.

**Swedish Meatballs** – Tender beef meatballs seasoned with allspice. Served with savory gravy, mashed potato, and sautéed carrots.

**Asian Peanut Noodles (DF/LH)** – Chicken, carrots, broccoli, and linguine pasta tossed with a zesty Asian peanut sauce. Can be eaten warm or cold.

**Apricot Glazed Chicken (DF/LH)** – Boneless chicken thighs glazed with apricot preserves. Served with mashed sweet potatoes and broccoli.

**Turkey Veggie Sloppy Joes (DF/LH)** – Ground turkey sautéed with onion, carrots, garlic, zucchini, and homemade BBQ sauce. Served on a roll with a side of roasted sweet potatoes.

**Mediterranean Shrimp Sauté (D/LS/GF)** – Tender shrimp sautéed with bell pepper, shallots, garlic, tomato, and lemon. Served with rice pilaf.