



SUMMER 2018 MENU

Poultry

Pine Nut & Parmesan Crusted Chicken Cutlets
Apple Bacon Chicken (KETO)
Turkey Meatloaf
Chicken Alfredo Bake
Grilled Chicken w/ Blackberry BBQ Sauce (KETO)
BEST Parmesan Chicken
Chicken & Spring Vegetable Shepard's Pie
(Potato or Cauliflower topped)
Oven Baked Sesame Chicken
Lemon Butter Chicken Thighs
Cilantro Lime Grilled Chicken
Buffalo Chicken Casserole
Paleo Chicken Bowl
Chicken Piccata
Mustard Balsamic Chicken Cutlets
Paleo Almond Crusted Chicken

Fish/Seafood

Honey Teriyaki Salmon
Spanish Shrimp & Sausage Bake (KETO)
Salmon Packets (Italian, Asian, Mediterranean)
Pan Seared Halibut w/ Champagne Beurre Blanc
Garlic Asiago Crusted Salmon
Red Miso Crusted Cod
Salmon Quinoa Bowl
Lemon Garlic Wild Shrimp
Jumbo Lump Crab Cakes w/ traditional remoulade
Baked Chard wrapped fish filets w/ Olive tapenade

Beef /Lamb /Pork

Beef & Mushroom "Blended" Burgers (KETO)
Pork Tenderloin w/ Grainy Mustard Sauce
Arugula Basil Pesto Crusted Leg of Lamb
Char- grilled Flank Steak
Rosemary Garlic Rack of Lamb
Rich Braised Beef Short Ribs
Mushroom Beef Meatloaf (KETO)
Family "Tomahawk" Ribeye Steak w/ Herb
Compound Butter
Cheese Burger Casserole

Sides

Prosciutto Grilled Asparagus (KETO)
Whole Steamed Artichokes w/ Aioli Dipping Sauce
Sweet Bacon Green Beans
Roasted Summer Veg~ Mini Bell Peppers, Corn off
the Cob, Garden Zucchini & Golden Squash
Sautéed Gourmet Mushrooms
Cheesy Cauliflower Mash (KETO)
Crispy Parmesan Crusted Red Potatoes
Bacon Roasted Brussel Sprouts (KETO)
Gold & Red Roasted Beets
Toasted Orzo
Grilled Spring Onions
Louisiana Dirty Rice
Charred Orange & Chile Broccoli
Curry Roasted Cauliflower
Creamed Spinach (KETO)



SUMMER 2018 MENU

Summertime Salads

Summer “Tex-Mex” Chop~ Cucumber, Kidney or Black Bean, Sharp Cheddar, Cherry Tomato, Avocado & Corn w/ Fiesta Ranch Dressing

Mom’s Salad~ Strawberry, Raspberry, Blueberry, Blackberry, Candied Pecans & Poppy Seed Dressing

Backyard Salad~ Baby Lettuce Greens, Summer Variety Tomato, Chilled Green Beans, Fresh Mozz & Basil Vin

Kale Waldorf~ Dino Kale, Turkey Breast, Walnuts, Apple, Bleu Cheese W/ Creamy Apple Cider Dressing

B.L.T. Salad~ Romaine, Bacon, Tomato, Feta & Avocado

Taqueria ~ Romaine, Red & Green Cabbage, Pinto Beans, Queso Fresca, Red Onion, Avocado & Cilantro Lime Vin

Ribbons Salad~ Butter Lettuce + “Ribbon Cut” Zucchini, Asparagus, Carrot, Watermelon Radish Topped with Herbed Ricotta

Watermelon & Tomato Salad w/ Avocado White Wine Vin