

Menu: Week 4

(b)(3)

Monday

Entrees

Shrimp and Asparagus Risotto

Chicken Piri Piri

Red Curry Pork with Peppers and coconut milk

Chicken Parmesan

With Spaghetti Tomato Basil Sauce and Fresh garlic bread

Slow Baked Beef with a potato Crust

Vegetable Biryani (v)

Eggplant Gratin (v)

Sides

Grilled Asparagus

Roasted Red-Skin Potatoes

Orange Thymes glazed Fresh Carrots

Sautéed Spinach

Steamed Green Beans with sweet onions

White Rice

Tuesday

Entrees

Pork Loin stuffed with sweet apple and cranberry

Chicken Tandoori with Cilantro Mint Chutney and Naan

Slow Roasted Beef Brisket

Moroccan Fish Tagine

Beef with Bourguignon

Rigatoni with Sautéed Leeks, Mushroom Peas cream sauce (V)

Vegetable Paella (v)

Sides

Sweet Mashed Potatoes with Maple Syrup

Potato Gratin

Steamed Broccoli

Basmati Rice

Brown Rice

Roasted Tomato

Wednesday

Entrees

House made Meat Balls with tomato basil sauce, Spaghetti and Fresh Garlic Bread

Sweet and Sour Chicken

Chicken Shish Kabob with Naan and Cilantro Chutney

Pan Fried Fresh Trout

Fragrant Beef Curry

Jamaican Black Bean Pot

Gnocchi with Tomato Basil Sauce

Sides

Cajun Roasted Potatoes

Eggplant Stew

Cumin and tomato Cauliflower

Basmati Rice

Steamed Broccoli

Thursday

Entrees

Roasted Turkey with Gravy

Gourmet herb marinated Pot roast with roasted Summer Vegetables

Pork Chop with pan Gravy

Chicken Mushroom Marsala

Tuscan Style Roasted Chicken with Rosemary, sage and garlic

Baked Tilapia with white wine lemon, fresh tomato, olive sauce

Baked ziti Pasta with roasted zucchini, Mushroom, Thymes and Sun-Dried Tomato

Sides

Rosemary Potatoes

Roasted Tomato with Parmesan Cheese

Steamed Green Beans

Penne Pasta with Parsley olive oil

Brown Rice

Creamy Macaroni and Cheese

Friday
Entrees

Chicken Biryani with Naan and Cilantro Mint Chutney

Seafood Paella

Chicken Tamarind with Figs

Fried wild Catfish

Blacken wild Catfish

Sweet and Spicy Sticky Wings

Hot Wings

BBQ Chicken Wing

Mild chicken Wings

Sides

Garlic Mashed Potatoes

Baked Beans

Fresh Sweet Corn on the cob

Fried Okra

Sautéed Collard Greens