



~ January 2017 ~

Home Style Family Meals:

The Entrees are listed; choose your favorite veggie and starch to go along with your Entree selections, from the list below for the week. If no starch is wanted please leave blank.

Monday, January 2, Week 1 Delivery: Saturday, January 7,

<u>Entrees</u>	<u>Veggies</u>	<u>Starch</u>
Moroccan Butternut Squash Stew.	served with cubed fresh veggie of butternut squash, zucchini, onion and yellow squash with a hint of fresh basil, cumin, smoked paprika	served with large pearl couscous
New England Clam Chowder		
Jungle Curry Turkey Medallions with Pan Sauce		
Baked Rainbow Trout		
Salmon Croquette		

Monday, January 9, Week 2 Delivery: Saturday, January 14

<u>Entrees</u>	<u>Veggies</u>	<u>Starch</u>
Smokey Chicken Tortilla Soup with Shredded Chicken and veggies with tortilla strips on the side	Carrots, celery, onions,	Green Peas
Seared Salmon fillets		
Classic Noodle Soup	Carrots, celery, onions,	Diced potatoes
Creamy Tomato-Basil Soup		
Herbed Turkey Scallopie		

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Monday, January 16 **Week 3** **Delivery: Saturday, January 21,**

Entrees Veggies Starch

<u>Entrees</u>	<u>Veggies</u>	<u>Starch</u>
Veracruz Cod Fish Fillets		
Pan- Fried Pork Chop		
Seared Herb Chicken Breast		
Chicken Fried Chicken		
Eggplant Parmesan in Herbal Tomato – Garlic Sauce		

Monday, January 23 **Week 4** **Delivery: Saturday, January 28**

Entrees Veggies Starch

<u>Entrees</u>	<u>Veggies</u>	<u>Starch</u>
Creamy Chicken Velvet Stew	Carrots, onion, celery	Diced Potatoes
Pan-Fried Tilapia		
Grilled Swai Fish		
Grilled Snapper		
Herbal Baked Salmon		

Veggies Options: (your choice)

Veggies: Green Beans, Collards Greens, Steamed/Sautéed Kale, Cabbage, Sautéed Veggie Medley, Steamed Broccoli, Sautéed Brussels Sprouts, Sautéed Sweet Purple Cabbage, Sweet Carrots, Sweet Cream Corn, Sautéed Mushroom & Onions.

Beans: Lentils, Pinto Beans, Black Beans.

Starch: Mashed /Roasted Sweet Potatoes, Twice Baked Sweet Potatoes, New Potatoes, Oven Roasted Fingerling Potatoes, Brown Rice, Mac and Cheese, or Pasta.

Soups:

- **Chicken Gumbo with Rice:** diced tomatoes, onions, celery, okra, garlic, brown rice and diced chicken.
- **Chicken Velvet:** creamy velvety soup with diced, celery, onions, and garlic and diced chicken.
- **Beef and Barley:** hardy cubed beef, spicy diced tomatoes, onions, celery, and garlic in a beefy broth with barley.
- **Smokey Chicken Tortilla Soup with Shredded Chicken and veggies with tortilla strips on the side.**

Ala Cart: Individual Containers (3-4p serving size)
Veggies \$12-\$15 | Soups \$20-\$25

If you want something you don't see; not a problem! Let's chat about it! Catering to busy people who value Healthy Living!

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