

Returning Customer: Name _____ Account # (phone #) _____



Family Menu

For the Week of August 3rd – August 9th 2008 Delivery Day: Tuesday August 12th 2008

(Last day to order is Saturday by 6 PM)

(Enter size & quantity by each meal. Meals are freezable unless indicated)

Main Course

Grilled Spice-Rubbed Skirt Steak _____

Your family is sure to love this tasty mouth watering grilled steak! The skirt steak is marinated for 12 hours in spices, and then placed on the grill to cook. (small: \$22 medium: \$34 family: \$52)

Pan-Roasted Sage Pork Tenderloin _____

This tender lean cut of pork is wrapped with sage leaves and seasoned, then roasted until the sage and pork are both golden brown. A tasty healthy dish! (small: \$18 medium: \$27 family: \$38)

Ginger Chicken with Peaches and Onions _____

The onions, ginger, and chicken turn into a flavorful compote on top fresh free-range chicken breast. (small: \$16 medium: \$25 family: \$41)

Parmesan Chicken _____

Thin pieces of chicken breaded with freshly grated parmesan cheese and thyme. (small: \$16 medium: \$25 family: \$41)

Spinach, Cheese, & Tomato Lasagna (*vegetarian*) _____

The good thing about this lasagna is that we can hide the vegetables inside, so the kids can eat their vegetables without even knowing. A great main course for vegetarians and healthy families. (small: \$16 medium: \$25 family: \$39)

Serving Size: SMALL: 2 adults or 4 kids, MEDIUM 2 adults & 2 kids or 6 kids, FAMILY 2-3 adults & 4-5 kids)

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Side Dishes

Roasted Garlic Mashed Potatoes (*vegetarian*) _____

The roasted garlic adds a great mild flavor to the mashed potatoes, making this my favorite side dish in my home. Must try!
(small: \$12 medium: \$21 family: \$35)

Greek Bulgur Salad with Chicken (*reduced fat/calories*) _____

This dish plays off the traditional Greek salad. Bulgur and chicken make it substantial enough for a great main course for lunch or even dinner. Made with free-range chicken breast, bulgur, chopped cucumbers, grape tomatoes, fresh basil & parsley, and crumbled feta cheese. (small: \$14 medium: \$23 family: \$39) Per Serving (1 2/3 cups) 305 calories; 11.1g fat; 16.7g protein; 37.6g carbs

Gratin of Zucchini (*vegetarian*) _____

This dish has a light soufflé-type consistency and makes a delicious light lunch. It can be also served as a tasty addition to a meal.
(small: \$12 medium: \$21 family: \$35)

Parsley & Walnut Pesto Fettuccine (Light) (*vegetarian*) _____

These pasta dish is loaded with flavor and healthy ingredient's. Hearty walnuts add polyunsaturated omega-3 fatty acids, while olive oil is a good source of monounsaturated fats. This zesty pesto goes great with fettuccine noodles, making this a great side dish for dinner or a main course for lunch. (small: \$12 medium: \$21 family: \$35)

Salad & Soup

Spinach Salad with Honey-Mustard Vinaigrette (*vegetarian*)** _____

This fresh salad is low-fat and has a lot of crunch. Made with spinach, egg, walnuts, red onion, grated Parmesan cheese, and comes with our "Honey-Mustard Vinaigrette" dressing. (small: \$10 medium: \$15 family: \$19)

Summer Corn Chowder (*vegetarian*) _____

Great summer soup! (32 oz \$14)


Dessert

Summer Berry Cobbler (*vegetarian*) _____

This cobbler encloses berries (blueberries, blackberries) in a pate brisee - classic French short-pastry dough. A superb summer dessert to treat your family! (\$16.00)

 = *Slightly spicy*

 = *Mildly spicy*

 = *Very spicy*

** (indicate NOT freezable)

(Serving Size: SMALL: 2 adults or 4 kids, MEDIUM 2 adults & 2 kids or 6 kids, FAMILY 2-3 adults & 4-5 kids)