

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



Family Menu

For the Week of July 20th – July 26th 2008 Delivery Day: Wednesday July 30th 2008

(Last day to order is Saturday by 6 PM)

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

Main Course

Grilled Pepper Crusted Sirloin - NEW! _____

This a great sirloin steak crusted with fresh cracked pepper and salt. Comes "Fully Cooked" or "Ready to Grill" (small: \$18 medium: \$30 family \$48)

Louisiana Crab Cakes _____

Made with fresh crabmeat, bread crumbs, chopped onions, parsley, egg, and a little lemon juice. A must try!
(small: \$22 medium: \$34 family: \$52) Per Serving: (2 crab cakes) 331 calories; 11g fat; 28.8g protein; 29.1g carbs

Breaded Chicken Cutlets with Sage _____

Fresh chicken cutlets breaded with our wonderful sage and breadcrumb mixture and then fried to give them an amazing crunch.
(small: \$16 medium: \$25 family: \$41)

Spiced Honey-Brushed Chicken Thighs (🌶️🍯 *low-fat*) _____

This low-fat and healthy main course is loaded with a ton of flavor and spice. Skinless, boneless thighs are coated with our spice rub, broiled, and then glazed with our honey mixture. Great served along our weekly salad! (small: \$16 medium: \$25 family: \$41)
Per Serving (2 chicken thighs) 321 calories; 11g fat; 28g protein; 27.9g carbs

Zucchini Lasagna (vegetarian) _____

This great healthy vegetarian lasagna is loaded with flavor. This one-dish meal is made with low fat cheeses, zucchini, and oregano. Your family must try! (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

Parmesan Roasted Asparagus (*vegetarian*)** _____

This a tasty side dish that dresses up asparagus with freshly grated parmesan cheese. (small: \$12 medium: \$21 family: \$35)

Risotto with Almonds & Broccoli _____

This nutty, buttery risotto complements the broccoli and almonds added, making this dish tasty and positively delicious. Flavorful side dish! CONTAINS NUTS: ALMONDS (small: \$14 medium: \$23 family: \$39)

Orzo with Garlic & Fresh Herbs (*vegetarian*)** _____

Kids love orzo because it's like pasta wearing a rice costume. In this dish orzo is suffused with fresh chopped herbs and garlic, making a great side dish or meal for lunch! (small: \$12 medium: \$21 family: \$35)

Roasted Potatoes with Herb Vinaigrette (*vegetarian*) _____

Small red skin potatoes, quartered, and coated with a ton of fresh herbs, white wine vinaigrette, olive oil, and a tad of Dijon mustard. Great dish loaded with a ton of flavor! (small: \$12 medium: \$21 family: \$35) Per Serving (3/4 cup) 172 calories; 5.5g fat; 3.5g protein; 27.8g carbs

Salad & Soup

Ruby Fruit Salad (*vegetarian*)** _____

Made with ripe red plums, juicy red grapes, blackberries, blueberries, and tossed in a delicious light plum syrup. Great wait to get kids to eat their fruit! (small: \$12 medium: \$21 family: \$35)

Mushroom Barley Soup _____

This home-made comforting soup is perfect for lunch or a healthy dinner this week Bacon adds a smoky flavor to this earthy soup and tomato paste adds a touch of sweetness! (32 oz \$14)


Dessert

Apricot-Almond Cobbler – NEW! (*vegetarian*) _____

Cobbler is a fruit dessert with a thick top layer of crust. In this version of the classic, spiced apricot wedges are arranged atop a toasted-almond batter. Baking puffs up the cake, so only bits of fruit peek through. Great seasonal cobbler! (8x8 \$16)

 = *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)

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