

## Personal chef services

**Client Name:** 

Service: 4x8; family packaged

Allergies: pineapple

**Specifications: NO:** Gluten, dairy, beef, pork, lamb, sausage, tilapia, cod, mahi mahi, shellfish, cream based soups (other soups OK), regular pasta, white potato, red potato, red kidney beans, paprika, cumin, coriander, yellow curry, cayenne, chipotle, red pepper flakes, spicy foods, soy milk, eggs, protein alternatives, pine nuts, wine, capers, jalapenos, pickles/relish, pineapple, corn, honey, mint, cilantro, tomato sauce, onion, garlic, light salt

## December 21st Menu

(Choose 4)

- 1. Shredded chicken and broccoli casserole
  - Brown rice
  - Mushroom, peas, cream of mushroom soup, carrot
  - Stewed collard greens
- 2. Vegan Waldorf salad and butter lettuce wraps (cold option)\*diced for children\*
  - Vegan mayo, celery, chicken breast, dried cranberries, almonds, green apple
  - Cold lentil salad (roasted red pepper, kale, castrano olive, kale, crumbled almonds)
- 3. Turkey and winter vegetable stew
  - Sweet potato, carrot, celery, rutabaga, parsnip, turnip, spinach
  - Turkey broth, herb de provence
- 4. GF Puff pastry vegetable stussel
  - Broccoli, bell pepper, mushroom, cauliflower, carrot, garlic
  - Vegan mozzarella
  - Sweet potato puree
  - Braised green lentils
- 5. Roasted vegetables over polenta
  - Vegan parmesan polenta
  - Kale, tomato, chicken sausage, sage, mushroom, zucchini
  - Roasted carrots (side dish)
  - Parsley gremolata