

## EIGO – PERSONAL CHEF DINNER MENU

**CUSTOMIZE YOUR OWN WITH EIGO DINNER MENU. SELECT ANY MENU FROM OUR 28 OPTIONS. Design it, we'll make it for you.**

**Basic Chef Service includes Assembly, Meal Preparation, labor is added to the final invoice. Client provides all food products.**

### Week 1: Mediterranean-Inspired

| Day | Dinner | | Appetizer | Dessert | Estimated Cost |

1| Monday | Grilled salmon with roasted vegetables | Hummus and vegetable sticks | Greek yogurt with berries | \$15 |

2| Tuesday | Lentil soup with whole-grain bread | Roasted chickpeas | Stuffed grape leaves | Fruit salad | \$18 |

3| Wednesday | Chicken kebabs with rice | Tabbouleh | Yogurt parfait | \$12 |

4| Thursday | Baked cod with roasted asparagus | Mediterranean dip with pita | Yogurt parfait | \$14 |

5| Friday | Shrimp scampi with zucchini noodles | Olive tapenade | Fruit mousse | \$20 |

6| Saturday | Grilled Mediterranean chicken salad | Caprese salad | Cinnamon Cake | \$16 |

7| Sunday | Baked falafel with pita bread and hummus | Greek Salad | fruit skewers | \$12 |

**Estimated Cost includes Food Cost and Assembly. An hourly fee of \$50 is added to the final cost along with sales taxes.**

**Premium Chef Service includes Food Cost and Assembly. An additional 35% is added for Service Fee. Chef provides all food products.**

### Week 2: French-Inspired

| Day | Dinner | | Appetizer | Dessert | Estimated Cost |

1| Monday | Beef Bourguignon with mushrooms sauce | Roasted Asparagus | Fruit Salad

9| Tuesday | Chicken Coq au Vin Chicken simmered in red wine | Steamed green beans | Poached pear in red wine | \$20

10| Wednesday | Tomato and cucumber salad topped with feta cheese | Herb-crusted cod baked with a tomato-basil sauce | Stuffed bell peppers with seasoned rice | Flan caramel | \$20

11| Thursday | Bouillabaisse Fish stew with a variety of fresh fish and seafood. French baguette slices with rouille sauce | EIGO Home Cake | \$25

12| Friday | Endive and blue cheese salad with walnuts | Grilled chicken Provencale - tomatoes, olives, herbs) cauliflower mash | Fruit parfait with chia seeds | \$18

13| Saturday | Sauteed mushrooms with garlic/ Encrusted Catfish with Penko, spices in a creamy mustard sauce | Brown rice with herbs | EIGO Gateaux aux choix | \$20

14| Sunday | Beet salad with Frisee lettuce and chick peas mixed in a scallion/ garlic/parsley vinaigrette | Vegetable and Vegan steaks/ Sauteed spinach with lemon | Frangipane cake (stuffed with a rich almond stuffing) | \$17

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### Week 3: Mexican-Inspired

- | Day | Dinner | Dessert | Appetizer | Estimated Cost |
- 15| Monday | Chicken fajitas with whole-grain tortillas | Guacamole and chips | Fruit smoothie | \$12 |
- 16| Tuesday | Fish tacos with brown rice | carrot salad | Salsa and chips | Flan | \$15 |
- 17| Wednesday | Vegan Pork stew | Seasoned rice | Pico de gallo | Fruit salad | \$18 |
- 18| Thursday | Fruit salad | 18| Thursday | Black bean and corn quesadillas | Guacamole | Mexican street corn | Yogurt parfait | \$14 |
- 19| Friday | Chicken enchiladas with brown rice | Bean and cheese dip | Fruit salad | \$20 |
- 20| Saturday | Beef tacos with brown rice | Chicken wings | Fruit cake | \$18 |
- 21| Sunday | Vegan ground beef burritos with brown rice | Sauteed Veggie | Smoothie | \$14 |

### Week 4: Italian-Inspired

- | Day | Dinner | Dessert | Appetizer | Estimated Cost |
- 22| Monday | Chicken Parmesan with whole-grain pasta | | Bruschetta | Fruit smoothie | \$12 |
- 23| Tuesday | Salmon with lemon and herbs | Caprese salad | Frozen grapes | \$15 |
- 24| Wednesday | Shrimp scampi with zucchini noodles | Fruit salad | Garlic bread | \$18 |
- 25| Thursday | Vegan Chik'en cacciatore with whole-grain pasta | Vanilla mousse | Antipasto | \$14 |
- 26| Friday | Spaghetti squash with marinara sauce | Meatballs | Frozen fruit sorbet | \$20 |
- 27| Saturday | Chicken piccata with whole-grain pasta | Fruit kabobs | Calamari | \$18 |
- 28| Sunday | Vegetable lasagna with whole-grain pasta | Yogurt parfait | Garlic bread | \$14 |