

# BLF Autumn 2020 Menu

We've had great success with our **Smaller Gatherings via Individual Meals** set up the right way and by practicing socially distanced dining. You can have that gathering your longing for if we all just do it the right way. We pay attention to the guidelines and can help you celebrate the milestones in your life.

Looking for something a little more special? Check Out our **Petite Parties**, from weddings and intimate family gatherings to Corporate Dinners at: <https://betterlifefood.com/petite-parties>

## Autumn Dinners for Take Home

*ask us about turning these into intimate socially responsible gathers*

### Hand Held Pies:

**Empanadas** – hand rolled. Flavors: seasoned chicken, pork or beef. Curried Chicken or Sweet Potato. All with a cilantro-lime sauce. Bake off at home, 6 medium sized, serves 2-3 people. \$21

### Individual Dinners: All available Gluten Free

**Grilled Teriyaki Chicken** sesame rice, sweet peppers and green beans. \$15

**Sweet Pepper Meatloaf** a ketchup-based top, served with potatoes and roasted carrots. \$14

**Roasted Salmon** with butternut squash risotto and spinach. \$16

**Grilled Shrimp** sweet chili sauce, Nasi-Goreng (Indonesian rice), zucchini & sweet peppers. \$16  
~ Prefer not to cook? Let us know and we can have any of our dinners cooked off and ready to go ~

### Soups by the Quart:

**Kahlua Chili** with cornbread – \$18

**Guinness Beef Stew** - \$18

**Butternut Squash** - \$16

**Chicken, Orzo and Spinach** - \$16

### Family Dinners – 8" serves 4 people

**Butternut Squash Lasagna** with spinach \$20

**Chicken Pot Pie** with a side of cranberry \$20

**Traditional Shepard's Pie** \$20

**Sweet Potato Shepard Pie** \$20

**California Casserole** turkey pie topped with graham cracker poppy seed biscuits \$20

*For the kids, big and small*

**Mac 'n Cheese** \$15

**Corn Flake Chicken** \$10

### Desserts, Breads and Depot Spice:

**Pumpkin Whoopee Pies** \$2.95ea or 6 for \$17

**Irish Soda Bread** - 9" single loaf \$10 or 3 minis for \$11

**Pumpkin or Apple Tea Cakes** - 6" \$3.50

**Cookie Platter** – or bagged \$12 per dozen, *Please ask us about available varieties.*

**Eileen's Chocolate Brownies** - \$1.50 each

**Depot Spice** Kraft Brown Container - \$10 *Perfect for when you're cooking from scratch.*

**Depot Spice Flavor Trio** -Red, Lemon and Rosemary. Glass Bottles, Great Gift! \$27 or \$9.95ea

Coming in November: **Pies! Pies! Pies! Yeah!!!**  
*Not just for Thanksgiving, the entire month!*

