

## **SAMPLE MENUS:**

**Weekly Meal Service: Based on Average Family of 4**

**Roasted Chicken with Mashed Potato's and Zucchini  
Salmon with Rice Pilaf and Sugar Snap Peas  
Glazed Pork Loin with Roasted Potato's and Broccoli  
Shrimp Scampi with Basmati Rice and Asparagus  
Chicken Breasts with Pesto Pasta and Roasted Tomato's  
1 Large Salad to serve during the week  
Fresh Fruit prepared for healthy snacking or 1 Dessert**

**Dinner for Two: Romantic Occasions, Anniversaries, Birthdays**

- **Figs Stuffed with Herb Goat Cheese and Wrapped in Prosciutto**
- **Mixed Baby Green Salad with Roasted Peppers & Honey Vinaigrette**
- **Individual Beef Wellingtons with Roasted Asparagus**
- **Individual Chocolate Lava Cakes with Whipped Ganache**

**Luncheon: Office Meeting, Birthday, Special Occasion**

- **Fresh Grilled Fruit Platter with Citrus Yogurt Dip**
- **Black Bean & Roasted Corn Salad**
- **Grilled Chicken Wrap with Creamy Roasted Pepper Spread**
- **Individual Mojito Flavored Tarts**

**Showers: Bridal, Baby**

- **Goat Cheese & Sun Dried Tomato Won Ton Tarts**
- **Raspberry & Watermelon Gazpacho**
- **Grilled Shrimp Sandwiches with Avocado Cream**
- **Green Tea Mousse with Anise Wafers**