



Custom Select Menu Options for the Week of February 24-28, 2020

(Personal Chef Delivery Feb 27/26)

*ABC Chicken (*P/GF)*

Chicken breasts stuffed with an amazing mixture of shredded apples, crispy bacon, and melty Cheddar Cheese before being baked and sliced. Topped with a pan sauce all served over Creamy Mash and Veggies

*Lemon Dill Seared Salmon (GF/*P)^^^*

Flaky Salmon filets coated with a zippy Lemon Sauce and fresh Dill, served with fluffy Quinoa and veggies and topped with vibrant pickled onions

*Lemon Artichoke Chicken (GF/*K)*

A creamy, cheesy, artichoke loaded filling, stuffed into tender Chicken Breasts, served over fluffy rice with veggies and topped with a drizzle of cheesy sauce

*Honey Garlic Chicken (*P/GF/DF)*

*Juicy Chicken seared and baked in a rich Honey Garlic Sauce, served with a Cauliflower and Rice Sauté loaded with peppers and hints of coconut and Pistachios (*nuts)*

Chicken with Balsamic Brown Sugar Sauce (DF)

The perfect balance of savory and sweet, this chicken is coated in a tasty Balsamic and Brown Sugar sauce and served over Veggie-Studded rice

*Bacon Wrapped Meatloaf (GF/DF/*P)*

Juicy, hand formed mini meatloaf, loaded with micro-diced veggies, wrapped in bacon and topped with a Paleo-friendly BBQ Glaze, served with Sweet Mash and Veggies

Mom's Sassy Meatloaf (GF)

Juicy, hand formed mini meatloaf, loaded with micro-diced veggies, all slathered in a brown sugar and ketchup glaze and served with Creamy Mash and Veggies

French Onion Chicken

Rich and tasty, this amazing chicken dish features chicken slow cooked in a Balsamic braising liquid with loads of onions to add richness; served over Creamy Mash with Veggies and a baguette 'crouton' to help soak up that delicious sauce



Thai Beef Noodles (LF)

A gorgeous and vibrant dish loaded with tender, thin sliced marinated beef in an aromatic broth of garlic, ginger, and chilies, all tossed with a brilliant array of peppers, peas, carrots, onions, and warm noodles

Coconut Curry Chicken (DF/*K)

Chicken chunks, tender veggies, and chickpeas in a creamy, aromatic, and flavorful coconut curry sauce served over Basmati Rice

Coconut Curry Chickpeas (GF/DF/VGN)

Tender veggies and chickpeas in a creamy, aromatic, and flavorful coconut curry sauce served over Basmati Rice

Green Tea Chicken Buddha Bowl (PCS Only)

Juicy Chicken Cutlets, seasoned with a Green Tea infused Spice Blend and seared to perfection, all served over a bed of crisp greens with loads of veggies and healthy accompaniments to round out this bowl of yum!

Honey Garlic Tofu (DF/GF/VGN)

*Our Tofu is brined and seared to enhance the texture and flavor before we serve it up over our Sweet Mash with Chef's Choice Veggies and topped with Crushed Pistachio's (*nuts)*

Dietary/ Ordering Notes

GF=Gluten Free / DF=Dairy Free / W30 = Whole 30 / P=Paleo / K=Keto
VF=Veggie Forward / VEG=Vegetarian / VGN=Vegan

* Signifies these dishes can be adapted to the above Dietary Requests.
The descriptions, as written above, reflect the Traditional Preparation of the dish.
^^Upcharge applies.

(PCS ONLY) Not available for Catering / (Keto ONLY) Only available as Keto

~Please note that Keto and Paleo Options may not work for Catering~
(due to necessary changes to make the recipes fit the dietary guidelines)

(Please note: descriptions are geared toward *Personal Chef* Presentation; *Catering* details may vary slightly)

