



Chef At Your Door Menus

Chicken & Poultry Entrée's

- Apricot chicken
- BBQ Chicken breast
- Blackened Chicken
- Braised chicken in white wine sauce
- Caribbean jerk chicken
- Chicken Cacciatore
- Chicken Fajitas
- Chicken forever
- Chicken Marsala
- Chicken Parmesan
- Chicken Picata
- Chicken Saltimbocca
- Chicken Sausage & Peppers
- Chicken Stir Fry
- Chicken tetrazzini
- Chicken Vesuvio
- Citrus sage grilled turkey breast
- Cranberry baked chicken
- Hungarian paprika chicken thighs
- Kung Pao Chicken
- Lemon & herb chicken w/ artichoke and caper
- Lemon & Herb Grilled Chicken Breast
- Pecan encrusted chicken breast
- Pulled BBQ Chicken
- Sesame soy gingered chicken breast
- Slow Roast Turkey Breast in natural pan juices
- Sonoma Chicken
- Southwest Chipotle Chicken
- Tequila Lime chicken
- Teriyaki Chicken stir-fry
- Turkey Meatloaf
- Wild rice and mushroom stuffed chicken breast

Fish

- Breaded Tilapia w/ citrus zest
- Broiled whitefish w/ lemon butter
- Citrus & Thyme Salmon
- ***Grilled Chilean sea bass
- Panko lemon zest encrusted baked sole
- Poached salmon
- ***Teriyaki grilled tuna
- Cajun catfish

Pork

- Garlic & rosemary pork tenderloin
- Pepper berry pork tenderloin
- Pulled Barbeque pork
- Slow roast pork loin chops w/ cinnamon apple glaze
- Cilantro lime pork chops

Beef

- Ancho chili rubbed flank steak
- Barbeque skirt steak
- Beef brisket w/ potatoes and carrots
- ***Beef burgundy
- Braised beef and mushrooms
- Braised short ribs in red wine sauce
- Flank steak w/ rosemary demi
- Flat-iron steak
- Grandma's pot roast
- Ground sirloin and rice stuffed peppers in tomato basil sauce
- Meatloaf and gravy
- Sake it to me skirt steak
- Shaved roast beef au jus
- Try some tri-tip

Vegetarian

- 3 bean stew
- Grilled tofu w/ spinach & lentils
- Kung Pao tofu
- Mushroom barley stew
- Quinoa & spinach stuffed portabella mushrooms
- Tofu teriyaki
- Vegetable pad Thai

Pasta

- Baked ziti w/ meat sauce
- Bow tie pomodoro
- Fettuccini Alfredo w/ broccoli
- Flat noodles w/ basil and fire roasted tomato sauce
- Florentine manicotti
- Fusilli w/ chicken sausage and red sauce
- Home made macaroni & cheese
- Lasagna – cheese
- Lasagna – meat
- Lasagna – spinach
- Pasta Milano
- Tortellini venezia

***Premium Items (all items priced as premium)

- Duck breast w/ apricot glaze
- Grilled Chilean sea bass
- Sesame seared tuna steak
- Veal Marsala
- Veal Osso Bucco
- Veal Parmesan
- Veal Picata
- Veal Saltimbocca
- All beef items prepare with Tenderloin



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Your choice pasta & sauce

Pasta	Sauce
Penne	zesty marinara
Bowtie	basil pesto
Cavatappi	herb garlic & butter
Linguini	parmesan cream

Vegetables

Asian stir fry of seasonal vegetables
 Baby carrots with lemon butter
 Balsamic grilled vegetables
 Creamed spinach
 French green beans with toasted almonds
 Grilled Eggplant
 Grilled portabella mushroom
 Italian squash medley
 Mixed baby veggies
 Oven roasted root vegetable medley
 Roast beets
 Roast butternut squash
 Sautéed spinach w/ garlic & tomato
 Sautéed zucchini
 Spaghetti squash
 Steamed lemon zested broccoli
 Sugar snap peas with citrus butter
 Wild mushroom mix

Starch

Buttered egg noodles
 Garlic & rosemary mashed potatoes
 Garlic roasted couscous with grilled veggies
 Lemon pepper linguini with tomato cream sauce
 Long grain & wild rice
 Lyonnais potatoes with fresh oregano
 Maple whipped sweet potatoes
 Mashed potatoes
 Mashed sweet potatoes
 New boiled potatoes
 Oven browned potatoes
 Pasta with garlic, olive oil & parmesan
 Rice pilaf rosemary
 Roasted potatoes
 Steamed brown rice
 Triple cheese au gratin potatoes
 Whole grain rotini
 Wild rice

Soups by the pint or quart

Beef barley
 Beef vegetable
 Broccoli cheddar
 Butternut squash
 Chicken - Sicilian
 Chicken noodle
 Chili - 3 bean
 Chili - beef
 Chili - turkey
 Cream of mushroom
 Matzo ball soup
 Minestrone
 Roasted red pepper and tomato
 Turkey vegetable noodle

Salads

Asian noodle salad
 Caesar salad
 California chicken salad
 California Cobb salad
 Chicken & lemon pepper linguini salad
 Corfu pasta
 Crispy chicken
 Fresh fruit salad
 Fresh spinach salad
 Greek pleasure
 Mandarin chicken salad
 Michigan harvest salad
 North shore orzo
 North side tuna salad
 Red skin potato salad
 Roasted corn & black bean salad
 The bow tie
 The nutty pear
 The wedge
 Tortellini salad
 Tossed salad bowl
 Wasabi Caesar

****Ask us about our gluten free, low sodium, low carb and diabetic menus**

****All menu items can be customized to meet your special dietary needs**



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Meal Option Pricing

5 Entrée Menu 20 Meals \$199.00

4 servings of 5 individual meals (20 individual meals)
Serves a family of four for 1 week
Serves two people for approximately 2 weeks
Serves one person for approximately 1 month

4 Entrée Menu 16 meals from \$183.00

With side dishes if applicable
4 servings of each meal (16 individual meals)

3 Entrée Menu 12 meals from \$143.00

With side dishes if applicable
4 servings of each meal (12 individual meals)

5 Entrée Menu 10 Meals \$109.00

With side dishes if applicable
2 servings of 5 individual meals (10 individual meals)
Serves two people for approximately 1 week
Serves one person for approximately 2 weeks

*****Premium meal options add \$3.95 per meal- see premium list on menu or *** next to listing**

Ask about our Gluten Free Menus

These prices are based on a variety of ingredients. If menu choices are premium ingredients, for example beef tenderloin, lobster, rack of lamb, etc. additional charges may apply. Fees do not include delivery

Additional Charges

Additional servings can be added for \$15 per entrée

Organic menus will incur an additional \$50 fee

There is an additional charge of \$30 for low carb menus such as *South Beach Diet, Atkins, Zone...* due to higher food costs.

Ask for our Gluten Free ACAYD menu

Additional Items

Soups.....\$12 per quart
\$6 per pint

Salads.....\$5 per serving

Family Pans ...Call to inquire about different selections and pricing

All of our meals in this program are prepared fresh, utilizing healthy cooking techniques and customized for each individual customer; cooking with only fresh, all natural ingredients, free of additives, preservatives and growth hormones. Our meals come fully cooked in individual containers with simple to follow heating instructions. Most of the selection on the list can be prepared with a specific requirement in mind such as low sodium, reduced fat, etc.

Because we follow strict portion control guidelines (644) any of the meals coupled with a good exercise regiment can be eaten with the intention of losing weight. We do not claim to be a diet program or part of a diet program such as Atkins or weight watchers however most of the meals fit into the similar guidelines these programs specify.



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Typically, each entrée is delivered with a starch and vegetable included. Some exceptions exist.