

LUNCH ENTREES

(\$11.00 per person) include your choice of one entrée, one vegetable, one starch, salad, rolls and butter

(\$16.95 per person) include your choice of two entrées, one vegetable, one starch, salad, rolls and butter

Additional Vegetable or Starch - \$2.50 per person

Additional Entrée - \$3.50 per person

Additional Salad - \$2.50 per person

CHICKEN

Francaise

Chicken Breast dipped in a light batter with a White Wine and Lemon Butter Sauce

Marsala

Roasted Chicken Breast tossed in a Marsala Mushroom Sauce

Lemon Pepper

Grilled Chicken Breast in a Lemon Pepper Cream Sauce

Hawaiian

Marinated and Grilled Chicken Breast in a Pineapple and Teriyaki Sauce

Parmesan Florentine

Grilled Chicken Breast, Spinach, Roasted Garlic and Fontina Cheese Sauce, garnished with Sun-Dried Tomatoes, Scallions and Parmesan

Sweet Chili Mango

Grilled boneless Chicken Breast seasoned with Sweet and Sour Mango Sauce

Jerk

Grilled Chicken Breast with a Spicy Jamaican Sauce

Stewed

Marinated Chicken in a Brown Stew Gravy

Curry

Chicken Breast in a Curry Sauce

Teriyaki

Baked Chicken in a Teriyaki Sauce and served with Grilled Pineapple

CHICKEN (CONT.)

Pecan Encrusted

Pan Seared Pecan-Encrusted Chicken Breast in a White Wine and Butter Sauce

Cordon Bleu

Marinated Chicken Breast topped with Ham, Cheese and Dijon Mustard Sauce

Roasted Orange

Seared and Roasted Chicken Breast with Citrus Orange Glaze

Baked Southwest

Chicken Breast baked in a Barbecue Glaze topped with Onions, Cilantro, Tomatoes, Mozzarella and Cheddar Cheese

Thai

Grilled Boneless Breast of Chicken in a Spicy Thai Sauce

French Onion Chicken with Gravy

Pan-seared French Onion Chicken smothered in Caramelized Onions Gravy and topped with three Italian Cheeses

Fried

Chicken Breast or Chicken Parts breaded and fried crispy

Honey Mustard

Baked Chicken Breast marinated in a Honey Mustard Sauce

Barbecue Chicken

Grilled Chicken in Chef David's Barbecue Sauce

Alfredo

Grilled Chicken in a Pesto Alfredo Sauce topped with Parmesan Cheese and Cherry Tomatoes

French Onion Chicken

Chicken Breast baked with Fried Onions, drizzled with Butter and served with an Apricot Honey Mustard

Baked Lemon Chicken and Artichokes

Baked Lemon Chicken and Artichokes with a tangy and sweet Lemon and Garlic Glaze

CHICKEN (CONT.)

Creamy Parmesan Chicken and Mushrooms

Pan-seared Chicken in a creamy Parmesan and Mushroom Sauce topped with fresh Parsley or Thyme

Chicken Margherita

Grilled Chicken with Mozzarella, Basil, topped with Pesto, Cherry Tomatoes and Cracked Black Pepper

Blackened Chicken

Baked Chicken in Blackened Seasoning and drizzled with Butter

Glazed Asian Chicken Thighs

Marinated Baked Chicken with Honey, Garlic, Asian Sesame, Chili Garlic Sauce and topped with Green Onions

Salsa Chicken

Baked Boneless Chicken Breast with Salsa and topped Cheddar Cheese

Chicken Enchiladas

Chicken Breast pan-seared, rolled in a Flour Tortilla, topped with Tomatoes and Cheddar Cheese

Thai Basil Spicy Chicken

Sauteed Chicken Breast marinated in Thai Seasoning and served over a bed of steamed Rice

Lemon Peppered Chicken and Gravy

Chicken Breast marinated and baked in a Lemon Peppered Seasoning

Chicken Pot Pie

Delicious Chicken Pie made from fresh ingredients with Carrots, Peas and Celery

Balsamic Braised Chicken

Pan seared Chicken Breast with Basil, Rosemary, Thyme and diced Tomatoes topped with caramelized Mushrooms and Onions

Chicken Wings

Fried Chicken Wings to include Honey Barbecue, Lemon Peppered, Teriyaki, Hot Buffalo served with Celery, Carrots, Ranch and Blue Cheese Dressings



CHICKEN & TURKEY (CONT.)

Pesto Chicken in a White Wine Sauce

Baked Chicken with Pesto, mixed Peppers, Onions, Mushrooms in a White Wine Sauce

Garlic Lime Spicy Chicken

Pan-Seared Chicken Breast with Garlic, Thyme and Lime

Chicken Parmesan

Fried Chicken Breast with Marinara Sauce topped with Mozzarella and Parmesan Cheeses sprinkled with fresh Basil

Sweet and Sour Chicken

Boneless Chicken Breast pan-seared with our famous Sweet and Sour Sauce

Curry Chicken

Sauteed Chicken Breast seasoned with fresh herbs and spices marinated in a Curry Sauce

Chicken Stir Fry

Sauteed Boneless Chicken Breast with mixed Peppers, Red Onions, Bean Sprouts and a combination of Asian spices

Sun-Dried Tomato Creamy Chicken

Baked Chicken Breast with Sun-Dried Tomatoes in a Creamy White Wine Sauce

Dijon-Tarragon Cream Chicken

Baked Chicken Breast with Dijon and fresh Tarragon

Chicken Stroganoff

Sauteed Chicken Breast, sliced Mushrooms and Green Onions

Roasted Turkey

Sliced Turkey in a Turkey Mushroom Gravy

Picante Barbecue Chicken

Grilled Chicken Breast with a Zesty Picante Barbecue Sauce

BEEF

Country Fried Steak with a Peppered Gravy
Meatloaf with a Brown Gravy or Marinara Sauce
Beef Tips and Merlot Gravy with Beef and Onion flavored Rice
Barbecue Brisket
Brisket with Brown Gravy
Sloppy Joe
Beef Stroganoff
Pot Roast
Corn Beef and Cabbage
Thai Beef
Beef Stir Fry
Broccoli, Beef and Rice
Beef Bourguignon
Sweet and Sour Meatballs
Beef Florentine
Swedish Meatballs
Beef and Vegetables with a Brown Gravy
Teriyaki Beef with Broccoli
Curry Beef and Vegetables with Steamed Rice
Salisbury Steak with Mushrooms
Beef Goulash with Egg Noodles
Smoked Sausage Pot Pie
Tortilla Beef Casserole

PORK

Sweet and Sour Pork Loin
Encrusted Herb Tenderloin with Peach Salsa
Barbecue Pulled Pork
Honey Glazed Ham
Fried Pork Chops
Barbecue Pork Chops
Grilled Pork Chops
Herb Roasted Pork Chops
Teriyaki Pork Chops
Roast Pork with Mango Salsa
Black Beans and Pork Chops
Creamy Herbed Pork Chops
Parmesan Sage Pork Chops
Italian Pork Tenderloin
Roasted Pork Loin in a Wild Mushroom Gravy
Grilled Mongolian Pork Tenderloin
Pork and Pepper Stir Fry
Southern Pork Tenderloin
Blackened Pork Loin
Apricot Pork Tenderloin
Pork Chops Stuffed with Smoked Gouda and Bacon
Andouille Sausage and Caramelized Onion Quiche
Pork Chops with Creamy Mustard Sauce

FISH

Baked Tilapia in a Lemon Caper Sauce

Fried Catfish

Blackened Salmon Fillet

Blackened Tilapia

Encrusted Tilapia

Salmon with Lemon and Dill

Salmon Cakes with Remoulade Sauce

Bourbon Salmon

Teriyaki Salmon

Fish Tacos

Roasted Almond Tilapia

LUNCH

VEGETARIAN

Vegetable Lasagna

Fettuccine Alfredo

Grilled Vegetable Pasta in Marinara Sauce

Grilled Vegetable Pasta in Alfredo Sauce

Penne Pasta in Marinara Sauce

Bowtie Pasta in a Vodka Cream Sauce

Primavera Pasta

Tri-colored Rotini Pasta with sautéed Vegetables seasoned with Garlic, topped with Parmesan

PASTA

Meat Lasagna

Chicken Penne Alfredo with Tomatoes and Spinach topped with Parmesan Cheese

Shrimp Fettuccine Alfredo

Chicken Stroganoff

Jambalaya

Spaghetti and Meat Sauce

Blackened Chicken Alfredo

Marinara Penne Pasta

Beef Stroganoff

Vegetarian Pasta

Chicken Fettuccine Alfredo

Cheesy Stuffed Shells with Marinara and topped with Mozzarella Cheese

Primavera Pasta

Pasta Salad

Mediterranean Orzo Salad

Mandarin Chicken Pasta Salad

Chicken Club Pasta Salad

Antipasto Salad

Pasta with Peas and Sausage

Chicken Fajita Pasta Bake

Creamy Mushroom Pasta

Pesto Pasta with Chicken

Italian Sausage Pasta

Chicken Florentine Pasta

Linguine with White Clam Sauce

Grilled Chicken Penne Pasta, Broccoli and Sun-Dried Tomatoes in a Vodka Sauce

Roasted Vegetable Pasta

Pesto Penne Pasta with Sun-Dried Tomatoes

Shrimp Scampi with Linguini

Baked Ziti

PASTA (cont.)

Cheesy Sausage Rigatoni
Chicken Mozzarella Pasta
Tortellini with Marinara and Smoked Sausage
Bacon and Tomato Pesto Pasta
Sun-Dried Tomato Risotto
Broccoli and Noodles Supreme
Mediterranean Couscous Salad

MEXICAN

Tacos - \$12.00 per person

Chicken or Beef Tacos (flour tortilla or taco shells)

Tacos include Shredded Cheddar Cheese, Shredded Lettuce, Tomatoes, Guacamole, Salsa, Jalapeños, Sour Cream, Tortilla Chips, Queso Cheese, Refried Beans and Spanish Rice

Fajitas - \$12.00 per person

Chicken or Beef (flour tortilla)

Tacos include Shredded Cheddar Cheese, Shredded Lettuce, Tomatoes, Guacamole, Salsa, Jalapeños, Sour Cream, Tortilla Chips, Queso Cheese, Pico di Gallo, Salsa Verde, Refried Beans and Spanish Rice

VEGETABLES

Fried Okra
Baby Carrots
Honey Glazed Carrots
Green Beans Almandine
Seasoned Green Beans
Green Beans Casserole
Sautéed Spinach
Cream of Spinach
Seasonal Vegetable Medley
Mixed Vegetables
Roasted Vegetables
Turnip Greens
Collard Greens
Corn on the Cob
Creamed Corn
Sautéed Zucchini
Steamed Broccoli
Southern Fried Cabbage
Peas with Mushrooms
Peas, Carrots and Onions
Squash Casserole
Roasted Sweet Potatoes with Haricot Vert
Maple Roasted Brussels Sprouts with Bacon
Pan Fried Brussels Sprouts
Black-Eyed Peas
Lima Beans
Pinto Peas
Sautéed Snow Peas and Baby Carrots
Roasted Brussels Sprouts with Bacon

VEGETABLES (cont.)

Lemon Herb Broccoli Casserole
Creole Creamed Spinach
Sesame-Honey Vegetable Casserole
Creamy Baked Carrots
Simple Succotash or with Bacon
Broccoli with Garlic and Parmesan
Vegetable-Chutney Glazed Carrots
Honey-Lemon Green and Yellow Beans
Italian Style Broccoli
Kale with Caramelized Garlic
Balsamic Green Beans with Almonds
Roasted Asparagus with Orange Butter
Butternut Squash
Carrot Souffle

STARARCH

Macaroni & Cheese
Baked Beans
Scalloped Potatoes
Potatoes Au Gratin
Herb Roasted Potatoes
Mashed Potatoes (Bleu Cheese, Parmesan, Garlic or Smoked Gouda)
Herb Roasted Potatoes with Sweet Potatoes
Sweet Potato Soufflé
Candied Yams
Rice with Peas and Carrots
Wild Rice
Dirty Rice
Rice and Chicken Casserole
Red Beans and Rice
Mexican Rice
Rice Pilaf
Herb Rice
Yellow Rice
Basmati Rice
Spanish Rice
Rice and Peas
Couscous
Cranberry Rice Pilaf with Toasted Almonds
Mexican Mashed Potatoes
Mexican Macaroni and Cheese
Rice Verde
Jambalaya



BOXED LUNCHES

Gourmet Boxed Lunches - \$10.00 per person

Lunches are available in individual boxes or platters

Minimum Order 25 Minimum of 5 sandwiches per selection and same sides selection

Your choice of:

- A sandwich or wrap with Lettuce, Tomato, Cheese, Mustard or Mayo, a Cookie and utensil package.
- Your fruit choice of Fruit Salad or a piece of Fruit
- Your choice of Pasta Salad, Cucumber-Tomato Salad or Chips

Smoked Turkey with Swiss or Cheddar Cheese

Buffalo Chicken Wrap with Lettuce, Celery and Blue Cheese Dressing

Honey Ham and Cheese with Swiss or Cheddar Cheese

Chicken Salad Croissant

Vegetable Wrap with Hummus, Cucumbers, Onions, Avocado, Bell Peppers, sliced Tomatoes and Alfalfa Sprouts

Chicken Caesar Wrap with Grilled Chicken Breast, sliced Tomatoes, Romaine Lettuce, Cucumbers and Caesar Dressing

Roast Beef with Swiss Cheese