

FULL FRIDGE

SAMPLE MENU ITEMS

MEAT

Beef

Braised Short Ribs
 Red Wine, Bacon and Onions
 Over Creamy Polenta
Chicken Fried Steak
Chili Con Carne
German Style Pot Roast
Hearty Beef Stew
Hungarian Goulash with Caraway Noodles
Apple Meatloaf with 5-Spice Glaze
Skillet Beef Fajitas
Skirt Steak, Grilled with Arugula and Parmesan
Sloppy Joes
Spaghetti and Meatballs
Stir-fry with Broccoli and Walnuts
Strip Steak with Cognac and Mustard Sauce
Tamale Pie

Lamb

Moroccan Lamb Stew with Preserved Lemons
Irish Stew with Potatoes, Carrots and Turnips
Italian Stew w/Green Beans, Tomatoes, Basil
Shepherd's Pie

Pork

Chops, Pan-Seared with Spicy Citrus Sauce
Chops, Smothered
 Braised in Cider and Apples
 With Spicy Collard Greens
Stir-fried with Lemongrass, Onions
 and Asparagus
Tenderloin Medallions
 With Cream, Apples, Sage
 With Port, Dried Cherries and Rosemary
Tenderloin, Whole Roasted, Chinese-Style
Whole Loin, Roasted
 With BBQ Rub and Fruit Salsa

POULTRY

Chicken

Arroz con Pollo (Chicken and Rice)
Chicken Biryani
Chicken Breasts
 Adobo with Rice
 Balsamic Chicken with Grapes and Almonds
 Stuffed with Apple, Currant, Caraway
 Stuffed with Mango and Cheddar
 Roasted with Almond Crust
 Sautéed with Fresh Herbs
 Sautéed with Mustard and Tarragon
 With Asparagus and Orange Glaze
 With Honey-Mustard Sauce
 With Roasted Red Peppers, Provolone, Basil
Chicken, Chickpea and Apricot Stew
Chicken and Rice
 With Coconut Milk and Pistachios
 With Lemon, Peas and Scallions
Chicken Stir-Fry
 Celery, Peanuts and Sichuan Chili Sauce
 Green Beans in Spicy Orange Sauce
 Pineapple, Red Onion, Sweet/Sour Sauce
Cobb Salad
Country Captain
 (Chicken, Tomatoes, Onions, Peppers)
Chicken and Dumplings
Chicken Fricassee with Mushrooms and Onions
Chicken Pot Pie
 With Corn and Bacon
 With Spring Vegetables
 With Wild Mushrooms
Chicken Tetrizzini
Crispy Oven-Fried Chicken
Chicken, Almond and Apricot Salad Pitas
Chicken and Black Bean Burritos
Waldorf Salad with Water Chestnuts, Celery
 and Raisins

EGGS

Frittata
 Potatoes, Cheddar and Thyme
 Sundried Tomatoes, Mozzarella and Basil
 Tomatoes, Corn and Cilantro

GRAINS AND BEANS

Almond Rice
Basmati Rice Pilaf
Bulgur and Mushroom Pilaf
Cannellini Beans with Roasted Peppers
and Kale
Couscous
Chickpea and Vegetable
Turkish Apricot
Pilaf with Saffron, Raisins and Almonds
Polenta
Roasted Tomatoes and Fresh Mozzarella
Sweet/Sour Onion Relish, Cheddar,
and Toasted Walnuts
Quinoa Pilaf with Apples and Pecans
Red Lentils with Coconut Milk
Refried Black Beans
With Bacon
Tostadas
Risotto
Lemon and Parmesan
Lemon and Scallops
Spanish Style Braised Lentils with Sausage
Toasted Orzo Pilaf with Peas and parmesan

PASTA

Campanelle with Lentils
Chinese Egg Noodles, Bok Choy and
Spicy Beef Sauce
Creamy Baked Four-Cheese Pasta
Roasted Vegetables and Goat Cheese
Farfalle
With Tomatoes, Feta and Mint
With Cherry Tomatoes
and Summer Squash
Fusilli with Tomatoes and Fresh Mozzarella
Lo Mein
With Beef and Pepper
Vegetable
Lowfat Turkey Lasagna
Orechiette
With Tomatoes, Fennel and Parmesan
With Broccoli Rabe and Sausage
Penne with White Beans, Pancetta and Arugula
Rotelli with Butternut Squash and Thyme
Shells with Ricotta, Peas and Prosciutto
Udon Noodles, Mustard Greens and
Shiitake-Ginger Sauce

FISH

Halibut
Broiled with Lemon Thyme Sauce
Pan-Seared with Potatoes
Monkfish, Pan-Seared with Succotash
Salmon
Maple-Glazed
Maple-Soy Glaze and Gingered Bok Choy
Pan-Seared with Lentils and Chard
Scallops in Champagne Risotto
Shrimp Paella
Sole Meuniere

SOUPS

Tortilla Soup
Beef Barley
Lamb and Barley
Chicken Noodle
Corn Chowder
Roasted Red Pepper
Sweet Potato and Peanut
Mulligatawny
Cuban-Style Black Bean
Italian Lentil
Moroccan Chickpea
Ramen Noodle, Shiitake Mushrooms and Tofu
Cucumber and Shrimp
Spicy Thai-Style Shrimp

SIDE DISHES

Asparagus

- With Tomato-Basil Vinaigrette
- With Bacon, Red Onion and Balsamic
- With Lemon-Shallot Vinaigrette

BBQ Baked Beans

Broccoli

- With Toasted Garlic and Lemon
- With Red Bell and Sweet Soy Sauce
- With Pine Nuts and Raisins

Carrots

- With Ginger and Rosemary
- With Lemon and Thyme
- With Curry, Currants and Almonds
- With Rosemary and Thyme

Cauliflower

- With Garlic and Tomatoes
- With Coconut Milk, Peas and Curry

Corn

- Roasted Corn on the Cob with Olive Oil
- Southwestern Sautéed
- Sautéed with Bacon and Scallion

Country Corn Bread

Fruit Salad

Green Beans

- Spicy, with Sesame Seeds
- With Pickled Red Onions
and Toasted Walnuts
- With Cherry Tomatoes and Basil
- With Orange and Maple Pecans

Polenta

- Fried Cakes
- Asiago and Garlic

Potatoes

- Herbed Potato Wedges
- Mashed Red Potatoes
- Mashers with Extra Virgin Olive Oil
- New Potatoes with Herbs
- Roasted in their Jackets
- Roasted with Garlic, Feta, Olives
and Oregano
- Roasted with Lemon and Thyme
- Sweet Potatoes
- Roasted in their Jackets
- With Maple Lime Syrup

Scalloped

Rice

- Almond Rice
- Lemon Risotto
- Mexican Rice

Roasted Root Vegetables

Snow Peas

Spinach

- With Garlic Chips and Pepper Flakes
- With Pancetta and Balsamic
- With Sautéed Shallots and Lemon

Sweet Potatoes

- Maple Orange Mashed
- Indian Spiced with Raisins and Cashews
- African Spiced Mashed

Zucchini

- Fritters
- Oven Chips
- Sautéed with Lemon and Herbs