



PASTRY & PERSONAL CHEF SERVICES

Personal Chef Sample Menu

Week 1

Meal #1

Romesco Stuffed Peppers
Spring Mix Salad with White Balsamic
Vinaigrette

Meal #2

Gramma's Chicken
Garlic Mashed Potatoes
Maple Glazed Baby Carrots

Meal #3

Mongolian Beef
Rice Noodles
Broccoli Glace A Blanc

Meal #4

Marinated Shrimp Tacos with Chipotle
Slaw
Peruvian Rice
Grilled Summer Squash

Week 2

Meal #1

Momma's Meatloaf
Triple-Stuffed Potatoes
Broccoli-Bacon Salad

Meal #2

Teriyaki Chicken
Coconut-Cashew Basmati Rice Salad
Hericot Verts

Meal #3

Basil-Garlic Italian Sausage Lasagna
Mixed Greens Salad with Creamy Basil
Dressing
Foccacia

Meal #4

Cinder's Mac and Cheese
Baked Apples
Snap Peas with Hummus