

## Sample Freezer Drop-off Menu

### ENTREES:

Each entree has a minimum of 4 servings.

#### Poultry --

Grilled or Baked Chicken Breasts with Side  
Green Chile Chicken and Wild Rice Casserole  
Cheesy Chicken Enchilada Casserole  
Parmesan-Crusted, Baked Chicken Breasts  
Chicken Tetrazinni  
Chicken Pot Pie  
Cajun Chicken Pasta  
Chicken Tika Masala with Rice  
Chicken Fajitas  
Mediterranean Chicken with Artichokes  
Pesto Chicken Pasta  
Green Chile & Feta Turkey Burgers  
White Bean & Turkey Chili

#### Pork --

Blackberry Jalapeno Glazed Pork Tenderloin (other flavors: Terriyaki, Cuban, BBQ)  
Asian Pork Stir Fry  
Shredded BBQ Pork (choose buns or tortillas)

#### Beef--

Pot Roast with Carrots, Potatoes, Celery  
Beef Brisket over Egg Noodles  
Grilled Flank Steak with Chipolte Butter  
Beef Fajitas

Mexican-Stuffed Shells  
Stuffed Peppers  
Southern Red Beans and Rice with Beef  
Traditional Lasagna  
Baked Ziti Bolognese  
Mamma's Meatloaf with Mashed Potatoes  
Sweet & Sour BBQ Meatballs  
Texas-Style Chilli with all the Fixin's  
Salisbury Steak and Roasted Potatoes  
Beef Stroganoff  
Sloppy Joes



Chicken Alfredo Florentine  
Spaghetti Arrabiata or Puttanesca  
Chicken Verde  
Chicken Bruschetta  
Chicken Mole  
Hawaiian Chicken Skewers  
Chicken Marsala  
Balsamic Chicken and Veggies  
Chicken Taquitos (Buffalo or Southwest)  
Chicken Saltimboca  
Pesto-Stuffed Chicken Breasts  
Chicken Hot Wings (Spicy, Mild, BBQ)

### **Don't See What You Want?**

Special Requests, Family Recipes,  
Dietary Restrictions, Personal  
Preferences, etc. available!

**Customized Menus  
to Fit Your Needs!**

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### SIDES

*Each side has 3 servings and can be frozen individually.*

*All sides can be made: low fat, gluten free, nut free, low sodium, vegetarian, etc. Just ask!*

#### Veggies --

Roasted Root Veggies  
Roasted Brussels Sprouts with Bacon  
Cauliflower Puree  
Garlic Roasted Cauliflower  
Glazed Carrots  
Garlicy Spinach  
Sautéed Sugar Snap Peas  
Roasted Broccoli  
Smashed Roasted Red Potatoes  
Sautéed Steak Mushrooms  
Cabbage with Bacon  
Buttery Succotash with Craisins  
Zucchini & Yellow Squash Saute  
Baked Beans  
Slow-Simmered Black Beans  
Roasted Asparagus

#### Starches --

Garlic (or plain) Mashed Potatoes  
Mac n' Cheese  
Herbed Quinoa  
Wild Rice with Mushrooms  
Plain, White Rice with butter  
Plain, Buttered Noodles

#### Soups -- \$65 ea.

*Soups have 4 servings.*

Homestyle Chicken Noodle  
Sausage and Chicken Gumbo  
Creamy Chicken and Rice  
Tomato Bisque  
Black Bean Soup  
TX-Style Chili

#### Salads --

*Salads have 3 servings, but are individually packaged to last 3 days in the fridge.*

Italian House Salad  
Caprese Stack with Balsamic  
Kale and Craisin Salad  
Cucumber, Tomato Red Onion  
Crunchy Slaw with Cilantro Vinaigrette

**Veggie Bowls** - pick 3-4 favorite veggies, I will slice and pair them with a yummy dressing and suggest it served over either lettuce, quinoa or rice.

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#### Breakfast--

*Breakfasts come with 4 servings, but are individually frozen.*

**Breakfast Burritos** (choose bacon, sausage or veggie) in Flour Tortilla

**Breakfast Sandwich** (choose bacon, sausage or veggie) on English Muffin

**Breakfast Smoothies** (green smoothie, strawberry banana, peach and strawberry, other) - pour right into a blender.

*\*Drop-off / Delivery Fee and Applicable Taxes added to Total Cost.*