Breakfast

1.Egg bites(or egg whites):prosciutto,asparagus & parmesan or tomato basil & mozzarella

Minimum of 6 pieces

2.Toasted English muffin Breakfast sandwich: egg,ham(or bacon),spinach & cheddar

Minimum of 6

3.Breakfast burrito: fennel sausage(pork or turkey), eggs,potatoes,peppers,monterey jack cheese & hot sauce

4.Spanokopia frittata:egg,feta cheese, garlic & scallions

Minimum of 6 pieces

5.Baked Spanish tortilla: roasted peppers, potatoes,egg, onion & manchago cheese

Minimum of 6 pieces

6.Overnight oats:almond cranberry or walnut blueberry

7.Greek yogurt, fresh fruit & granola

8.Deep-dish quiche:fennel sausage(pork or turkey), mushroom,onion & asiago

Minimum of 5

11.Lox(or hot smoked salmon) & bagels:scallion- chive cream cheese,garlic-herb goat & cream,cheese,capers,thinly sliced red onions & tomatoes

Minimum of 6

12.Sweetened fresh ricotta crepes:warm berry compote & strawberry lemon curd

Minimum of 6,2 per person

Protein boxes

1.Hard boiled eggs,smoked gouda,sesame crackers crudite & green goddess dressing

2.Garlic hummus,lemon chicken,feta cheese,peppers, olives & sesame crackers

3.Fresh tuna salad,sesame crackers,crudite & green goddess dressing
4.Salami,provolone,marinated olives,artichokes,peppers & sesame crackers

Salads

1.Roasted beet,apple,walnut,goat cheese,red onion & mint vinaigrette
2.Rice wine vinegar marinated beans: garbanzo & red beans,onion,radish,peppers & celery
3.Carmelized butternut squash & gorgonzola: spiced pistachios, arugula,red onion & lemon vinaigrette
4.Crispy prosciutto,spinach,parmesan,marinated artichoke, mixed olives, pepperoncini,petite tomatoes & fig honey balsamic dressing
5.Broccoli,sunflower seeds & dried cranberry: apple cider,onion,celery & Greek yogurt
6.Peanut sauce rice noodle salad:edamame, purple cabbage,red peppers,carrots,celery & scallions
7.Grilled corn & black bean salad:radish, cucumber,onion,peppers,cilantro,jalapeño & honey lime vinaigrette
8.Watermelon & mint:fresh mozzarella cheese,cucumber,onion,lemon & olive oil

Individual Entrees

1.Baked Peruvian chicken:jalapeño,cilantro & lime creme fraiche,peppers,onion,black beans & rice
2.Honey Dijon glazed roasted pork tenderloin:mini potatoes & heirloom carrots
3.Maple syrup & cider vinegar marinated sirloin beef:smoked gouda mashed potatoes & broccolini
4.Coconut curry cod loins:cilantro jasmine rice & broccoli

5.Chicken enchiladas:butternut squash,sautéed kale & monterey jack cheese
6.Saffron-lemon poached salmon:orzo-rice pilaf with parsley & almonds,charred asparagus
7.Balsamic marinated beef medallions:vintage cheddar layered scalloped potatoes,caramelized brussels sprouts

8.Prawn puttanesca penne pasta:kalamata,olives,capers, white wine tomato sauce,garlic butter
9.Chicken tikka masala:Indian-spiced tomato cream sauce,basmati rice with fresh peas,garlic-cilantro naan bread
10.Miso marinated black cod:ginger sticky rice,braised baby bok choy

<u>Family style Baked dinners</u>
Turkish style stuffed bell peppers:ground beef or turkey, herbed rice,feta cheese,rice & tomatoes

Greek lemon garlic chicken thighs: potatoes, peppers,carrot,onion & zucchini

Baked ziti pasta & Italian sausage:pork or chicken, fresh ricotta, mozzarella, egg & tomato sauce

Beef bourguignon & crusty garlic French bread: red wine braised beef,pearl onions,yukon potatoes,celery & carrots

Spinach & mushroom lasagna:fresh noodles,marinara, garlic cream sauce, ricotta & egg

Baked meatballs & polenta:beef or turkey, parmesan garlic polenta & fresh green beans