

TasteBuds Personal Chef Service

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prepared for
Sample Menu

Meal 1

Glazed Chicken With Apples

Pan-seared chicken breast cutlets topped with apple slices and a delicious cinnamon-cider sauce - served over couscous

Herbed Green Beans

Crisp-tender green beans with fresh herbs

Meal 2

Garlic Butter Herb Roast Beef

Melt-in-your-mouth tender beef roast with an herb and garlic butter crust

Rosemary Roasted Potatoes, Carrots, and Onion

Roasted red potatoes, carrots, and onions

Meal 3

Chicken Bowls with Basil Sauce and Tomato Salad

Build-a-bowl with sweet and savory chicken tenders, jasmine rice, fresh tomato corn salad, and a flavor-packed creamy basil sauce for topping

Pineapple Blueberry Fruit Salad

Fresh pineapple and blueberries in a honey lime dressing

Meal 4

Vegetable Beef Stew

Vegetable stew loaded with tender chunks of beef, green beans, corn, peas, carrots, celery, onions, and herbs

Corn Muffins

Tender whole grain corn muffins sweetened with maple syrup - served with honey butter

Meal 5

Pulled Chicken Tostadas

Tender slow-cooked pulled chicken, shredded lettuce, roasted bell pepper salsa, sour cream, pickled onions, and queso fresco - served over a crispy corn tortilla shell

Simple Black Beans

"Refried" black beans sautéed with cumin, chili, and fresh cilantro

Meal 6

Sesame Chicken Meatballs

Sesame chicken meatballs in a sweet peanut ginger sesame sauce - served over rice noodles, with a side of crisp tender broccoli

Meal 7

Balsamic Brown Sugar Steak

Grilled strip steak marinated in a sweet and tangy balsamic sauce

Parmesan Orzo

Orzo tossed with grated Parmesan cheese

Roasted Rainbow Carrots

Simple roasted rainbow carrots

Blackberry Balsamic Salad

Greens topped with blackberries, cucumber, toasted almonds, blue cheese, and maple balsamic vinaigrette