

TasteBuds Personal Chef Service

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prepared for

Adam and Jill Smith

September 18, 2023

Monday Dinner

Chicken Cacciatore

*Chicken breast simmered with sweet pepper, garlic, and onion in a red wine tomato sauce
- served over egg noodles*

Asparagus with Balsamic Glaze

Crisp tender asparagus topped with a sweet balsamic glaze

Tuesday Breakfast

Apple Chicken Breakfast Patties

Breakfast patties with ground chicken, apples, shallot, and sage - sweet and savory!

Maple Cinnamon Oatmeal Bars

Decadent-tasting but healthy bars with oats, maple syrup, and cinnamon

Tuesday Lunch

Sloppy Joe Potato Bowls

*Baked potato stuffed with a "sloppy joe" style ground beef filling - served with side of
broccoli slaw*

Tuesday Dinner

Classic Pot Roast

*Classic tender pot roast braised in red wine with onions, garlic, and carrots - topped with a
delicious beef gravy*

Mashed Potatoes

Classic yukon gold mashed potatoes

Wednesday Breakfast

Raspberry Peach Quinoa Breakfast Bowls

Quinoa cooked with cinnamon, coconut milk, and peaches - topped with fresh raspberries and hemp seeds

Wednesday Lunch

Tortellini Pasta Salad with Basil & Corn

Sliced steak served over cheese tortellini pasta salad (tomato, spinach, corn, and basil in a herb vinaigrette)

Wednesday Dinner

Chicken Corn Chowder

Classic corn chowder with bacon, onion, celery, carrot, corn, and shredded chicken

Fall Panzanella Salad

Romaine with cornbread croutons, raisins, apple, pumpkin seeds, cheddar cheese, and a tangy honey dijon vinaigrette

Thursday Breakfast

Blueberry Waffles

Mini blueberry waffles with cinnamon whipped butter - served with bacon

Thursday Lunch

Smoky Pork and Roasted Veggie Bowl

Smoky sliced pork tenderloin with roasted sweet potatoes and asparagus - served with maple mustard sauce