

Custom Provisions Sample Menu

This menu can be used as a guide in deciding what you would like prepared on your next cook date. All items below can be prepared as described, or modified to suit your taste. For example, any ingredient you don't prefer can be omitted. A sauce or garnish used in one dish can probably be used for another. And if you'd like a completely different dish not listed below, it can most likely be provided on request.

Fresh Fruit

Diced Fruit Salad– assorted fruits, grapes, orange segments
Sliced Fresh Fruit – cantaloupe, honeydew, pineapple, grapes

Salads

Green Salad – mixed greens, arugula, cucumber, tomatoes, radish, dressing of choice
Asian Slaw – cabbage, carrot, broccoli, radish, scallion, peanuts, cilantro, Asian vinaigrette
Green Bean and Cherry Tomato Salad – dressing of choice
Spinach Salad – spinach, mushrooms, boiled egg, bacon (optional)
White Bean and Tuna Salad with Balsamic Vinaigrette
Quinoa Tabbouleh – quinoa, parsley, tomato, lemon juice
Potato Salad – mayo or oil-and-vinegar based

Additional Proteins for Salads (roasted or blackened): chicken breast, turkey, salmon, tilapia,

Salad Dressings

Balsamic Vinaigrette
Dijon and White Wine Vinaigrette
Citrus Vinaigrette
Asian Vinaigrette
Caesar Dressing

Soups (all can be made with or without dairy)

Tomato (with or without Rice)
Mushroom (with or without Barley)
Butternut Squash
White Bean and Garlic
Lentil and Vegetables

Vegetarian Entrees (all can be vegan, most can include additional tofu)

Vegetarian Chili with Black Beans
Indian Style Yellow Curry Vegetables and Chick Peas
Chinese Style Vegetable Stir Fry with Black Bean Sauce
Kale and Chick Pea Vegetable Stew with Smoked Paprika
Baked Miso-Glazed Tofu with Peppers
Roasted Soy-Sesame Portobellos with Leeks
Pad Thai with Egg and Tofu
Pasta or Polenta with Puttanesca Sauce
Pasta or Polenta with Sautéed Mushrooms and Garlic
Pasta or Polenta with Ratatouille

Poultry Entrees

Whole Roasted Chicken Stuffed with Lemon and Herbs
Seared Chicken Breasts with Herb Pan Sauce
Poached Chicken Breasts with Dijon Sauce
Chicken Piccata – thin seared chicken breasts with lemon, caper and parsley sauce
Braised Chicken Legs with Tomatoes and Olives
Red Wine Braised Chicken Legs with Pearl Onions and Mushrooms (Coque au Vin)
Chicken Cacciatore – braised legs with onion, mushroom, tomato and garlic
Chicken and Vegetable Stir Fry
Turkey Chili with White Beans
Pasta or Polenta with Turkey Bolognese Sauce
Turkey Meatloaf with Chipotle Glaze
Turkey and Vegetable Stir Fry
Green Curry Turkey and Vegetables

Beef Entrees

Chili Con Carne
Pasta or Polenta with Bolognese Sauce
Meatloaf with Chipotle Glaze
Seared Filet Mignon with Red Wine Sauce
Spice Rubbed Flank Steak with Chimichurri
Stir Fried Beef and Vegetables
Beef Stroganoff
Hungarian Beef Goulash
Red Curry Beef and Vegetables
Beef Skirt Steak Fajitas

Pork Entrees

Chili-Lime-Glazed Pork Tenderloin
Pork Tenderloin Medallions with Mustard Sauce
Seared Pork Chops with Onions and Sweet Peppers
Pot Roasted Pork Loin with Gravy
Green Chili Pork Stew
Thai Spicy Ground Pork with Basil Leaves
Chinese Pork Fried Rice with Vegetables
Szechuan Pork and Green Beans

Seafood Entrees

Teriyaki Glazed Salmon
Simple Roasted Salmon with Dijon Sauce
Seared Blackened Salmon with Tropical Salsa
Poached Halibut with Thai Cherry Tomato Condiment
Seared Sea Bass with Lemon Garlic Sauce
Red Snapper Veracruzana – garlic, tomato, olives, capers
Green Curry Shrimp and Vegetables
Shrimp Creole
Steamed Shrimp with Indian Spices
Cold Poached Shrimp with Ginger Scallion Sauce

Side Starches and Grains

Roasted Potatoes with Herbs

Mashed Potatoes

Boiled New Potatoes with Parsley

Plain Cooked Pasta

Steamed Rice (white, brown or basmati)

Rice Pilaf (white or brown) – rice simmered with aromatic vegetables and herbs

Quinoa Pilaf

Steamed Couscous

Seared Polenta

Black Lentils

Side Vegetables

Broccoli (blanched)

Broccoli Rabe (blanched or sautéed)

Cauliflower (blanched or seared)

Green Beans (blanched)

Bok Choy (blanched)

Braised Red Cabbage

Braised Fennel

Cooked Beets

Vegetable Garnishes: lemon wedges; sautéed garlic and chilies; Asian black bean vinaigrette; slivered almonds, toasted pistachios