

Personal Chef Menu

Spring and Summer 2024

Dip, Butter & Dressings

- **Homemade Hummus**
- **Avocado Butter**
- **Guacamole**
- **Green Sauce*Favorite**
- **Caesar Dressing*Favorite**
- **Tahini Dressing**
- **Garlic Sauce *Favorite**
- **Eggplant baba Ghanoush**
- **Pesto & Pesto**
- **Homemade Ranch with avocado**
- **Greengoddess dressing**
- **Tzatziki Sauce**

Breakfast

- **Parfait**
- **Vegetable Frittata**
- **Overnight oats**
- **Chia Pudding**
- **Banana Bread**
- **Blueberry Muffin**
- **Cheddar and Jalapeños Scones**
- **Breakfast Burritos**

Soup

- **Sancocho Venezuelan style**
- **Minestrone**
- **Potato Leek soup**
- **Chicken soup with veggies**
- **Gazpacho (Cold soup)**

- **Spanish Chowder with shrimp**
- **Carrots and ginger soup**
- **Lentil Soup**
- **Black beans soup**

Salads

- **Southwest Chopped salad, black beans, corn, red onion, lettuce, red onion, cilantro, bacon, cheddar cheese and avocado ranch**
- **Salad Shirazi, Persian cucumber, diced roma tomatoes, onion and dry mint**
- **Mediterranean Salad (V&V)**
- **French potato salad (V&V)**
- **Caesar Salad with homemade croutons and dressing**
- **Tabbouleh Salad**
- **Mix green salad with blueberries, tomatoes, red onions, cucumbers & feta**
- **Coleslaw**
- **Pasta Salad**
- **Kale Salad**
- **Chopped Italian salad, salami, olives, lettuce, radicchio, mozzarella, tomatoes, banana peppers, parmesan cheese and Italian dressing.**
- **Chicken avocado salad**
- **Chicken Salad, grapes, almonds, celery, green onions, tarragon and parsley**

Oceano

- **Roasted Marinated salmon, peppers, leeks, garlic and lemon**
- **Mediterranean Cod, tomatoes, leeks, garlic, leeks and olives**
- **Shrimp Scampi (linguini)**
- **Shrimp skewers**
- **Fish Tacos with all toppings and tortilla**
- **Baja shrimp Tacos**

Italian Inspired

- **Lasagna Bolognese**
- **Baked Eggplant parmigiana**
- **Pappardelle bolognese**
- **Creamy Baked four-Cheese Pasta**

- **Baked Manicotti with cheese filling**
- **Chicken Alfredo**
- **Pesto Pasta with grill chicken**
- **Pasta Primavera**
- **Roasted Zucchini and Eggplant lasagna**
- **Tuscan Penne Pasta**
- **Chicken Piccata**
- **Chicken cacciatore served with rigatoni**

Mexican, Latin and Spanish

- **Arroz con Pollo**
- **Tacos Tuesday –with ground beef or steak carnitas**
- **Chipotle Night, choice of beef, carnitas or chicken with all the fixings**
- **Roasted chicken with mole sauce**
- **Flank Steak with salsa verde**
- **Venezuelan Pabello: Black beans, steamed rice, shredded beef and sweet plantains**
- **Lomo Saltado, beef, tomatoes, pepper, onion with aji Amarillo sauce**
- **Ropa Vieja shredded beef**
- **Birria tacos Spanish**
- **Spanish Lasagna with sweet plantains, ground beef and spanish cheese**
- **Paella Valenciana**
- **Enchiladas, chicken or black beans**

Middle eastern, Mediterranean and beyond

- **Chicken saffron served over basmati rice with dry cherries**
- **Grill Chicken with rosemary**
- **Chicken tikka masala**
- **Chicken Curry**
- **Spring Baked chicken , capers, artichokes, tomatoes and asparagus**
- **Marry me chicken with sundry tomatoes and creamy white sauce**

Extra, protein and more

- **Meatballs**
- **Chicken or Beef Milanese**

- **Chicken Cordon blue**
- **Herbed Pork tenderloin**
- **Stuffed Peppers with ground been and rice**
- **Chicken nuggets with honey and mustard**
- **Whole Roasted chicken with lemon and butter sauce**
- **Chicken with wine sauce**

Side dishes & Treats

Baked Polenta

Glazed Carrot

Green Beans with mushrooms and bacon

Pan con Ajo (garlic bread)

Sweet Plantains

Roasted sweet potato

Roasted Veggies

Arroz Con Leche

Banana bread

Zucchini bread

Lemon Pound cake

Meals can be prepared Vegan, Vegetarian and GF
Menu can be customized to meet your preferences
Some rice dishes can be substitute with quinoa or brown rice

