



## *Custom Select Menu Options for the Week of January 6 – 10, 2020*

*(Personal Chef Delivery January 8/9)*

### *Chicken Tikka Masala (GF/\*K)*

*A classic and delicious Indian-influenced dish; tender chicken bites with Chickpeas and Veggies, lovingly layered in spices and served in a cream and coconut sauce, all served over basmati Rice*

### *Pulled Pork over Mac-and-Cheese*

*Our deliciously spiced, slow roasted, BBQ Pork, pulled and drenched in scratch-made BBQ Sauce, served with house Mac and Cheese and Veggies – you won't want to stop eating this yummy dish!!*

### *Rosemary Chicken with Grapes and Gorgonzola (GF/\*K)*

*Chicken Breasts, perfectly seasoned and stuffed with creamy gorgonzola and walnuts, topped with a creamy sauce, garnished with sautéed red grapes; all served with Rice and Veggies*

### *Pepperoni Chicken Parmesan (\*K)*

*A little twist on a classic Chicken Parmesan, this dish features hand breaded Chicken Cutlets, seared and baked (not fried), topped with our House-Made Mama's Marinara, Mozzarella cheese, crispy Pepperoni, and Banana Peppers. All served over toothsome pasta with veggies to round out a wholesome meal.*

### *Eggplant Parmesan (VEG)*

*Crispy, hand-breaded eggplant, topped with melty mozzarella cheese and roasted tomato slices, all served over pasta and Mama's Marinara*

### *Eggplant and Chicken Parmesan (VF)*

*A 'semi' vegetarian dish! We give you a combination of both Eggplant Parmesan and Chicken Parmesan to give you the best of both worlds: eating almost Vegetarian. A hand-breaded Chicken Cutlet and an Eggplant slice, seared and baked (not fried), served with our House-Made Mama's Marinara and Mozzarella cheese and served over toothsome pasta with veggies.*

### *Eggplant Parmesan (VEG)*

*Crispy, hand-breaded eggplant, topped with melty mozzarella cheese and roasted tomato slices, all served over pasta and Mama's Marinara*



“Devil Made Me Do It” Salmon ^^ (GF/LF/\*P)  
*Seared salmon filet with a spicy citrus and chipotle glaze  
served with fluffy rice and veggies*

Garlic Oregano Turkey Burgers (GF/DF/\*P/\*K)  
*Tender Burgers loaded with micro-diced veggies for flavor and texture,  
topped with aromatic sautéed garlic and oregano, all served over  
Creamy Mash with Veggie Ratatouille on a bed of Mama's Marinara*

Greek Sheet-Pan Chicken (W30/GF/LF)  
*Greek inspired flavors all roasted together for a perfect harmony of color and flavor.  
Peppers, onions, artichoke hearts, tomatoes, potato, tender Chicken, pepperoncini,  
and olives all highlighted with healthy massaged kale. Bright, colorful,  
and most importantly: delicious!*

Mushroom and Lentil Bake with Creamy Mash (VEG/GF)  
*Beautifully Roasted and seasoned mushrooms take center stage in this hearty dish  
with lentils and veggies, all topped with a Creamy Mash swirled with massaged kale*

Chickpea Tikka Masala (GF)  
*A delightful Vegetarian Indian-influenced dish loaded with Chickpeas and  
other veggies lovingly layered in spices and served in a cream and  
coconut sauce, all served over basmati Rice*

#### **Dietary/ Ordering Notes**

GF=Gluten Free / DF=Dairy Free / VEG=Vegetarian / VGN=Vegan  
\*P=Paleo OR can be made Paleo / \*K=Can be made Keto  
(PCS ONLY) Not available for Catering / (Keto ONLY) Only available as Keto  
^^Entrée Upcharge applied

~Please note that Keto and Paleo Options may not work for Catering~  
(due to necessary changes to make the recipes fit the dietary guidelines)

(Please note: descriptions are geared toward *Personal Chef* Presentation; *Catering* details may vary slightly)



**Chef Mario's, Inc.**