



Custom Select Menu Options for the Week of September 30 – October 4 (Personal Chef Delivery October 3/2)

*'Lime in the Coconut' Shrimp (GF/DF/*P)*

Delicate and flavorful Shrimp in a Coconut and Lime Sauce, served with Bell Pepper loaded Rice and Beans, all topped with a bright Mango Salsa

*Apple, Bacon, and Cheddar Chicken (GF/*P)*

Chicken breasts stuffed with an amazing mixture of shredded apples, crispy bacon, and melty Cheddar Cheese before being baked and sliced. Topped with a pan sauce and served over Creamy Mash and Veggies micro-diced apples, cheddar cheese, and yummy bacon, topped with a pan sauce

*Orange Glaze Salmon (GF/DF/*P)^ ^*

*Flaky Salmon filets dusted with Chefs signature Super Spice and seared to perfection before being coated with a sweet, but savory Orange Glaze;
served with fluffy Rice and veggies*

*Pineapple Spiced Chicken (DF/GF/*P)*

*Tender chicken chunks seasoned with an aromatic blend of chili powder, cinnamon and cayenne, seared and tossed with roasted red onions, pineapple and peppers;
all served over a bed of fluffy Quinoa*

*Ricotta Stuffed Meatballs (*K)*

*Tender, fluffy Meatballs made from Chef's super-secret recipe loaded with Veggies, then stuffed with a creamy ricotta and spinach mixture,
all served over penne with Mama's Marinara*

*Chicken Broccoli Alfredo (*K)*

Toothsome pasta with pulled Chicken and pieces of tasty broccoli all tossed in a creamy, hearty, delicious, scratch-made Alfredo Sauce. Trust us...totally delicious!

Broccoli and Tofu Alfredo (VEG)

Toothsome pasta mixed with chunks of broccoli and brined and seared tofu, all tossed in a creamy, hearty, delicious, scratch-made Alfredo Sauce. A vegetarian delight!



Thai Beef Noodles (LF)

A gorgeous and vibrant dish loaded with tender, thin sliced marinated beef in an aromatic broth of garlic, ginger, and chilies, all tossed with a brilliant array of peppers, peas, carrots, onions, and warm noodles

Chicken Saltimbocca (GF/*P)

Savory and tender chicken delicious, but delicate white wine sauce with Prosciutto and Sage, baked to perfection and served with Creamy Mash and veggies

Brown Butter Buffalo Burgers (GF/*K)

Creamy Mash topped with open faced burgers smothered in a slightly 'zippy' Brown Butter Buffalo Sauce all served with steamed broccoli, carrots, and onions

OPTIONAL ADD-ON'S

Maple Pecan Breakfast Strata

No need to put the Maple Syrup on this breakfast delight because we put it in! Tuck this gem in your freezer for that 'lazy Saturday' breakfast. All you have to do is take it out of the fridge the day before and pop it into the oven in the morning. Voila! Your family will thank you all day!

Breakfast Burritos

Fluffy, scrambled eggs stuffed into golden tortillas with cheese and your choice of Bacon or Roasted Veggies (or a mix of both), individually wrapped and ready for the oven. This is a great option to keep in your freezer for an easy breakfast on the go!

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.