

CHOP 2007 HOME MEAL SERVICE MENU

Meat Entrees

Heart-Healthy Low-Carb Spicy Freezable

Apple-Glazed Pork Chops	X			X
Asian Beef & Green Beans in Peanut Sauce	X	X		X
BBQ Ribs				X
Beef Broccoli Stir-Fry				X
Beef Fajitas				X
Beef Green Curry	X	X	X	X
Beef Stew				X
Beef Tomato Curry			X	X
Beer-Boiled Bratwurst				X
Cajun Pork Chops	X	X	X	X
Chili				X
Giambotta				X
Ginger Stir-Fried Pork & Broccoli	X	X		X
Hungarian Beef Goulash				X
Italian Beef Stew				X
Italian Sausage & Peppers				X
Italian Sausage Frittata				X
Jamaican Jerk Pork Tenderloin	X	X	X	X
Jamaican Rubbed BBQ Ribs				X
Jamaican Rubbed Pork Tenderloin	X	X		X
Meatloaf				X
Mexican Beef Stew			X	X
Mexican Pork Chops		X	X	
Mexican Pork Tenderloin	X	X	X	X
Orange Beef		X	X	X
Pineapple Pork Tenderloin	X			X
Polynesian Pork Chops				
Pork Tenderloin Fajitas	X	X		X
Pork Tenderloin stuffed with Spinach & Mushrooms			X	X
Pork Tenderloin stuffed with Wild Mushrooms			X	X
Pot Roast				X
Smoked Paprika Pork Medallions		X		
Stuffed Green Peppers				X
Taco Salad				

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<i>Seafood Entrees</i>	<i>Heart-Healthy</i>	<i>Low-Carb</i>	<i>Spicy</i>	<i>Freezable</i>
Baked Fish with Vegetables	X	X		
Baked Salmon with Coconut Crust	X			X
Broiled Salmon with Maple-Mustard Glaze	X	X		X
Broiled Salmon with Soy-Honey Glaze	X			X
Cajun BBQ Shrimp		X	X	X
Cajun Crab Cakes with Remoulade Sauce				X
Cajun Crab Frittata		X	X	X
Cajun Fried Catfish			X	X
Chipotle Shrimp		X	X	X
Couscous Paella with Shrimp				X
Crawfish Etoufee		X		X
Creole Shrimp Stew				X
Escovitch Fish	X	X		
Fish with Orange-Rum Sauce				
Herb-Crusted Salmon	X	X		X
Indian-Spiced Salmon	X	X	X	X
Jamaican Crab Cakes				X
Jamaican Curried Shrimp		X		X
Mexican Shrimp		X	X	X
Parmesan Shrimp				
Salmon & Asparagus Frittata		X		X
Salmon with Lemongrass Crust	X	X		X
Sauteed Fish in Lemon-Butter Sauce		X		
Sauteed Lemon-Pepper Catfish	X	X		
Sesame-crusted Fish with Soy-Ginger Sauce		X		
Shrimp & Tomato Curry			X	X
Shrimp Curry with Asparagus & Snap Peas	X	X		X
Shrimp DeJonghe				
Shrimp Etoufee		X		X
Shrimp Fajitas				
Shrimp Scampi		X		X
Spanish Baked Fish	X	X		
Spice-rubbed Salmon	X	X	X	X

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<i>Poultry Entrees</i>	<i>Heart-Healthy</i>	<i>Low-Carb</i>	<i>Spicy</i>	<i>Freezable</i>
African Peri-Peri Chicken			X	X
Apricot Chicken	X	X		X
Arroz con Pollo	X			X
Baked Sesame Chicken	X	X		X
Balsamic Chicken	X	X		X
BBQ Chicken				X
Bourbon Chicken				X
Cheesy Chicken & Artichokes				X
Chicken & Peppers	X	X		X
Chicken Almond Stir Fry	X	X		X
Chicken Cacciatore	X	X		X
Chicken Enchiladas				X
Chicken Fajitas				
Chicken Florentine	X	X		X
Chicken Marsala	X	X		X
Chicken Parmesan				X
Chicken Saltimbocca				X
Chicken Stew	X			X
Chicken Vesuvio				
Chipotle Corn & Two-Bean Turkey Chili			X	X
Churrasco Chicken			X	X
Citrus Chicken		X		X
Forty Clove Garlic Chicken Felice				X
Greek Chicken		X		X
Hawaiian Baked Chicken				X
Italian Turkey Sausage Giambotta		X		X
Italian Turkey Sausage Stuffed Peppers	X			X
Jalapeno Orange Mustard Chicken	X	X	X	X
Jamaican Brown Stew Chicken	X	X		X
Jamaican Chicken Rundown	X	X		X
Jamaican Jerk Chicken	X	X	X	X
Jollof Rice & Chicken	X		X	X
Lemon Pineapple Baked Chicken				X
Mexican Chicken Casserole			X	X
Pecan-Crusted Chicken Breasts	X	X		X
Portabello Lemon Chicken	X	X		X
Roasted Chicken with Garlic, Lemon & Rosemary				X
Rosemary Chicken				X
Sriracha-Glazed Chicken			X	X
Tarragon Mustard Chicken Salad		X		
Teriyaki Chicken		X		X
Turkey Chili	X			X

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<i>Vegetarian Entrees</i>	<i>Heart-Healthy</i>	<i>Low-Carb</i>	<i>Spicy</i>	<i>Freezable</i>
Artichoke & Mushroom Frittata		X		X
Bean & Cheese Enchiladas				X
Cajun Vegetable Frittata			X	X
Cauliflower "Mac" & Cheese		X		X
Cheese & Spinach Ravioli				X
Cheese & Vegetable Enchiladas				X
Cheese Manicotti				X
Cheese Ravioli				X
Chipotle Corn & Two-Bean Chili			X	X
Eggplant Lasagna				X
Eggplant Parmesan				X
Farfalle con Salsa Verdure	X			
Grilled Vegetable Fajitas	X			
Grilled Vegetable Frittata				X
Lentil Stew	X			X
Macaroni & Cheese				X
Mexican Frittata			X	X
Pasta Arrabiata	X		X	
Pasta Pomodoro	X			
Pasta Primavera	X			
Pasta with Pesto	X			
Penne in Vodka Sauce				
Porcini Pasta	X			
Portabello Onion Pizza	X	X		X
Ratatouille	X			X
Risotto Milanese				
Roasted Portabello Steak	X	X		X
Spinach Lasagna				X
Thai Vegetable Curry	X		X	X
Three Bean Chili	X			X
Vegetable Stuffed Peppers	X			X
Wild Mushroom Risotto				X

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<i>Pasta/Rice Entrees</i>	<i>Heart-Healthy</i>	<i>Low-Carb</i>	<i>Spicy</i>	<i>Freezable</i>
Baked Ziti				X
Baked Ravioli (various flavors)				X
Cheese Manicotti				X
Chicken & Porcini Mushroom Risotto				
Farfalle con Salsa Verdure	X			
Fettucine with Shrimp & Andouille Sausage			X	
Jambalaya			X	X
Lasagna				X
Macaroni & Cheese				X
Pasta Aglio Olio	X			
Pasta Arrabiata	X		X	
Pasta Bolognese				
Pasta Pomodoro	X			
Pasta Primavera	X			
Pasta with Pesto	X			
Penne in Vodka Sauce				
Porcini Pasta	X			
Risotto Milanese				X
Shrimp & Pancetta Fettucine				
Wild Mushroom Risotto				X
Zucchini Linguine				

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<i>Soups</i>	<i>Heart-Healthy</i>	<i>Low-Carb</i>	<i>Spicy</i>	<i>Freezable</i>
Baja Black Bean	x			x
Bean & Bacon				x
Beef Barley				x
Cajun Gumbo			x	x
Chicken	x	x		x
Chicken & Rice				x
Chicken Matzo Ball				x
Chicken Noodle				x
Cream of Broccoli				x
Curried Lentil	x			x
French Onion				x
Minestrone	x			x
Mushroom Barley	x			x
Pasta e Fagioli	x			x
Tortellini en Brodo				x
Vegetable	x			x

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<i>Salads/Dressings</i>	<i>Heart-Healthy</i>	<i>Low-Carb</i>	<i>Spicy</i>	<i>Freezable</i>
Asian Salad Dressing	X			
Asian-Style Cole Slaw	X			
Banana Nut Salad	X			
Black Bean Salsa	X			
Bleu Cheese Dressing				
Caesar Salad		X		
Caesar Salad Dressing		X		
Cajun Cole Slaw			X	
Caprese Salad				
CHOP Signature Balsamic Vinaigrette	X	X		
Chopped Salad	X			
Country French Vinaigrette	X			
Creamy Peppercorn Dressing			X	
Creole Mustard Vinaigrette	X	X	X	
Cucumber Onion Salad	X	X		
Greek Salad				
Greek Vinaigrette	X	X		
Honey Mustard Vinaigrette	X			
Italian Tomato & Onion Salad	X	X		
Japanese Cucumber Salad	X	X		
Jicama Cucumber Slaw	X	X	X	
Low-Fat Bleu Cheese Dressing				
Mango Salsa Salad	X		X	
Oil & Vinegar Cole Slaw	X			
Pasta Salad				
Ranch Dressing				
Spanish Potato Salad				
Spinach Salad with Hot Bacon Dressing				
Tangy Lemon Dijon Dressing	X	X		
Thai Cucumber Salad	X	X		
Tossed Salad	X	X		

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<i>Side Dishes</i>	<i>Heart-Healthy</i>	<i>Low-Carb</i>	<i>Spicy</i>	<i>Freezable</i>
Acorn Squash with Apples	X			X
Acorn Squash with Soy-Honey Glaze	X			X
Asian Stir-fried Vegetables	X	X		X
Asparagus	X	X		X
Baked Stuffed Onions				X
Baked Sweet Potato	X			X
Basmati Rice	X			X
Bell Pepper Saute	X	X		X
Black Beans & Rice	X			X
Braised Escarole with Garlic & Lemon	X	X		X
Broccoli	X	X		X
Broccoli Cauliflower Gratin				X
Brown Rice	X			X
Buttered Egg Noodles				X
Cauliflower	X	X		X
Cauliflower Mashed "Potatoes"	X	X		X
Confetti Corn	X			X
Corn & Black Beans	X			X
Corn & Zucchini Saute	X			X
Corn Muffins				X
Corn on the Cob (seasonal)	X			X
Corn Pudding				
Fruit Compote	X			X
Garlic Bread				X
Glazed Carrots	X			X
Green Beans	X	X		X
Green Beans Amandine	X	X		X
Grilled Pineapple	X			X
Italian Green Beans	X	X		X
Jamaican Rice & Peas	X			X
Jasmine Rice	X			X
Mashed Potatoes				X
Mashed Sweet Potatoes				X
Potato Gratin				X
Red Beans & Rice	X			X
Rice Pilaf				X
Roasted Acorn Squash	X			X
Roasted Asparagus	X	X		X

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<i>Side Dishes</i>	<i>Heart-Healthy</i>	<i>Low-Carb</i>	<i>Spicy</i>	<i>Freezable</i>
Roasted Autumn Vegetables	X			X
Roasted Brussels Sprouts with Lemon Butter		X		X
Roasted Butternut Squash	X			X
Roasted Carrots	X			X
Roasted Cauliflower	X			X
Roasted Garlic Mashed Potatoes				X
Roasted New Potatoes	X			X
Roasted Parsnips	X			X
Roasted Russet Potatoes	X			X
Roasted Summer Squash	X	X		X
Sauteed Green Beans & Mushrooms	X	X		X
Sauteed Mixed Mushrooms	X	X		X
Sauteed Spinach	X	X		X
Sauteed Spring Vegetables	X	X		X
Sauteed Zucchini	X	X		X
Spanish Rice	X			X
Spinach & Mushrooms	X	X		X
Steamed Artichokes				
Stir-Fried Bok Choy	X	X		X
Stir-Fried Nappa Cabbage	X	X		X
Stir-Fried Vegetables & Rice	X			X
Sugar Snap Peas	X	X		X
Sweet Potato Gratin				X
Wasabi Mashed Potatoes			X	X
White Rice	X			X