

## Day One

### **Salads:**

Garden Greens Salad:

-Mixed Greens, Tomato, Cucumber, Chickpeas, Shaved Radish, Asst. Dressings

Orange Romaine Salad:

-Romaine, Orange Segments, Toasted Cashews, Scallions, Dried Cranberries

-Orange – Honey Vinaigrette

### **Sandwich:**

Turkey Avocado Wrap (COLD)

-Deli Turkey, Avocados, Swiss, Lettuce, Tomato

-Black Pepper Mayo (a little Garlic)

### **Hot Protein:**

Roasted Turkey Breast

-Brined, Honey Garlic Brine

-Cranberry – Orange Compote

-Cranberry, Orange Segments, Ginger, Onion, Honey, Brown Sugar

### **Hot Entrée:**

Herb Roasted Pork Loin

-Sweet Potato Mash, Sautéed Broccoli Florets, Honeycrisp Apple Chutney

Braised Short Rib

-Cauliflower Mash, Roasted Mushrooms and Cipollini Onions

### **Dessert:**

Oatmeal Raisin Cookie

Pecan Choc Chip Blondie

## Day Two

### **Salads:**

Mayfair Salad

-Romaine, Roasted Tomatoes, Pretzel Croutons, Shaved Parmesan, Caesar Dressing

Italian Mixed Greens Salad

-Cucumbers, Red Onions, Croutons (Focaccia), Feta, Tomatoes, Kalamata Olives, Lemon Thyme Vinaigrette

### **Hot Protein:**

Grilled BQQ Chicken Thighs

-Marinated, Grilled, Honey BBQ sauce, Grilled Corn Salsa

### **Hot Sandwich:**

Shaved Prime Rib Sandwich

-Roasted Ribeye, Sautéed Peppers, Sautéed Onions, Provolone Cheese, Hoagie Bun

### **Hot Entrée:**

Seared Salmon

-Mustard Glazed Seared Salmon, 3 – Grain Salad, Grilled Heirloom Carrots

Sofrito Marinated Chicken Breast

-Stewed Black Beans, Yellow Rice, Corn Salsa

### **Dessert:**

Choc Dipped Coconut Macaroon

Carrot Cake Cupcake

## Day Three

### **Salads:**

Cobb Salad

-Romaine, Bacon, Tomato, HB Egg, Blue Cheese, Cucumber, Corn, Blue Cheese Dressing

Mixed Green Salad

-Mixed Greens, Strawberries, Toasted Pecans, Goat Cheese, Dried Cranberries, Honey Dijon Balsamic Vinaigrette

### **Hot Protein:**

Sliced Sous Vide Teres Major (Tandoori)

-Reverse Seared, Indian Spiced, Roasted Red Pepper and Tomato Chutney

### **Hot Sandwich:**

Short Rib Grilled Cheese

-Sourdough Bread, Short Ribs, Grilled Onions, Sharp Cheddar

### **Hot Entrée:**

Blackened Mahi

-Blackened Mahi, Cilantro Jasmine Rice, Mango/Pineapple Salsa, Corn O'Brien

Grilled Pork Ribeye

-Roasted sweet potatoes, Asparagus, Grilled Peach and Bourbon Chutney

### **Dessert:**

Sea Salt Caramel Cookie

PB Choc Chunk Bars

## Day Four

### **Salads:**

Grilled Apple and Arugula Salad

-Macerated Grilled Apples, Walnuts, Pickled Red Onions, Goat Cheese, Apple Cider Vinaigrette

Classic Spinach Salad

-Bacon, HB Eggs, Red Onion, Shaved Radish, Bacon Balsamic Vinaigrette

Caprese Pesto Tortellini Salad

-Heirloom Cherry Tomatoes, Pearled Fresh Mozzarella, cheese tortellini, Shaved Red Onion, Pesto

### **Sandwich:**

River Highlands Chicken Salad

-Chicken Salad, Leaf Lettuce, Tomatoes, Croissants

### **Hot Protein:**

Grilled Sous Vide Chicken (sliced)

### **Hot Entrée:**

Barbacoa Stuffed Twice Baked Potato

-Barbacoa, Twice Baked Potatoes, Cheddar, Mexican Cauliflower Casserole

Coconut Curry Marinated Shrimp

-Rice Medley, Green Beans, Mango Salsa

Seared Salmon Cake

-Quinoa "Fried Rice", Grilled Bok Choy, Soy, Sriracha and Garlic Sauce

### **Dessert:**

Blueberry Pie Bars

Chocolate Sheet Cake

## Day Five

### **Salad:**

Watermelon Arugula Salad

-Diced Watermelon, Feta, Shaved Shallots, Chiffonade Mint, Watermelon-lemon Vinaigrette

River Highlands House Salad

-Blue Cheese, Carrots, Dried Cranberries, Candied Pecans, Cucumbers, Tomato

### **Hot Protein:**

Skewered Pesto Shrimp

-Red Pepper Coulis

### **Hot Sandwich:**

Fried Chicken Sandwich

-Cabbage Duo Slaw, Sliced Tomato, Chipotle Mayo, Brioche Bun

### **Hot Entrée:**

Pork Ribeye

-Pork Ribeye, Peach Bourbon Chutney, Roasted Root Vegetables, Smashed Fingerlings

Basil Marinated Seared Mahi

-Mediterranean Cous Cous, Haricot Verts, Sundried Tomato Tapenade.

Braised Short Ribs

-Jasmine Rice, Glazed Carrots, Korean BBQ Glaze

### **Dessert:**

Banana Cupcake with Nutella

Walnut Brownies

## Day Six

### **Salad:**

Wedge Salad

-Bacon, Tomato, Blue Cheese, Red Onion, Blue Cheese Dressing

Pomegranate Mixed Green Salad

-Mixed greens, Sliced Almonds, Pomegranate Seeds, Avocados, Toasted Coconut

### **Cold Sandwich:**

Turkey Brie Wrap

-Sliced Deli Turkey, Brie, Cranberry aioli, Arugula, Whole Wheat Wrap

### **Hot Protein:**

Seared Swordfish

-Citrus Relish with a mint gastrique

### **Hot Entrée:**

Grilled Chicken Kabobs

-Marinated Chicken Skewers, Saffron Rice Pilaf, Grilled Summer Squashes

Red Wine and Rosemary Braised Teres Major

-Cauliflower Rice, Glazed Baby Carrots, Au Poivre Sauce

Grilled Shrimp Skewers

-Stir Fry Vegetables, Jasmine Rice, Pineapple Salsa

### **Dessert:**

Choc Marshmallow Whoopie Pie

Coconut Pecan Oat Cookies

## Day Seven

### **Salads:**

Kale Salad

-Kale, Julienne Apple, Carrot and Rutabaga, Scallion, Apple Cider Vinaigrette

Blueberry Romaine Salad

-Blueberry, Ricotta, Pine Nuts, Shaved Shallot, Blueberry Balsamic Dressing

### **Sandwich:**

Hawaiian Shrimp Salad

-Cold Shrimp salad with Mango, Pineapple, Sweet slaw dressing, Lettuce, Tomato

### **Hot Protein:**

Coffee Crusted Flank Steak

-Honey BBQ Sauce, Coffee Crust

### **Hot Entrée:**

Roasted Chicken Legs

-Honey Glazed Roasted Chicken Legs, Grilled Asparagus, Roasted Red Potato Wedges

Seared Salmon

-Lentils, Asparagus and Corn Salad, Roasted Red Pepper Sauce

### **Dessert:**

Lemon Cheesecake Bars

Apple Crisp Shortbread Bar