



## MEALS TO GO

Meals To Go are designed to help with busy lives by providing a home cooked meal during the work week. Below are meals that I currently serve. I am always adding to this list as I search for new and different dishes to prepare, so check my Facebook page to find out what's cookin' for the week. (You don't have to subscribe to Facebook to view my page. Just Google my business name and my facebook page will come up) Typically I cook on Mondays or Fridays, but will serve up meals to any group of 6 or more of the same order on Tuesday – Thursday with a three day notice. As always, let me know if there are any food issues, allergies and/or special dietary concerns and I will address those to my best ability. All meals are \$10 + tax and a small delivery charge of \$1.50 to one location. The cost may be slightly more for dietary alternatives. Sides and bread substitutions may be made upon request if available.

*Baked Chicken Tenders – three tenderloins coated with seasoned breadcrumbs and served with scalloped potatoes, side salad and dinner rolls.*

*Baked Bar-B-Q Chicken – three pieces of slowly baked chicken in a flavorful bar-b-q sauce, hash browned potatoes, side salad and Hawaiian roll*

*Chicken and Gravy Over Biscuits – tender bites of white meat chicken served over two flaky biscuits topped with a generous amount of creamy rich chicken gravy and a side of green beans almandine and homemade cranberry sauce. (Extra gravy available upon request)*

*Chicken A La King – chicken, peppers and mushrooms in a savory white cream sauce, served with butter basil peas, a side salad and two slices of toasted French bread*

*Apricot Almond Chicken – tender baked chicken breasts coated with an apricot sauce topped with almonds, served with wasabi smashed red-skinned potatoes (a VERY mild addition of wasabi but can be adjusted), asparagus rods and crescent rolls*

*Chicken Cordon Bleu – thin slices of ham, swiss cheese and bits of chive rolled inside a chicken breast and drizzled with Mornay sauce (white sauce with swiss cheese and Dijon mustard), served with rice pilaf, broccoli and dinner roll*

*Cheese and Prosciutto Stuffed Chicken – herbed cream cheese, prosciutto, sun-dried tomatoes rolled inside a pecan encrusted chicken breast, drizzled with a creamy tomato basil wine sauce, served with vegetable medley and two thick slices of Italian bread*

*Chicken A La Orange – tenderized floured baked chicken breasts, drizzled with a seasoned orange sauce, served with asparagus, rice pilaf and a dinner roll*

*Sweet and Sour Chicken – bite sized pieces of flour-coated fried chicken, chopped green bell peppers and onions, and pineapple tidbits in a sweet-sour sauce, served with white rice, snap peas and bread sticks*

*Chicken Parmesan – tenderized floured chicken breasts, pan fried then baked in a homemade marinara sauce, served with homemade noodles, butter basil zucchini and red pepper and a cloverleaf roll*

*Chicken Cacciatore – chicken legs and thighs, chunks of peppers, celery, onions and carrots simmered in a tomato sauce and served over homemade noodles with a side salad and cloverleaf roll*

*Chicken Picatta – tenderized floured chicken, pan fried and drizzled with a white wine butter sauce and sprinkled with basil and capers, served with a tomato, black bean and seasoned rice pilaf with a sprinkle of cilantro, snow peas/celery/carrot medley and a dinner roll*

*Chicken Marsala – tenderized floured pan-fried chicken breasts covered with a marsala wine mushroom sauce, served with homemade noodles, broccoli and Italian bread*

*Balsamic Chicken Scaloppini – tenderized floured pan-fried chicken breasts in a balsamic vinegar wine sauce with tri-colored parmesan noodles, a garden salad and dinner roll*

*Pizza Casserole – spiral pasta, ground beef and sausage, chunks of pepperoni, large diced tomatoes, peppers, onions, mushrooms, and black olives in a homemade marinara sauce, served with a side salad and bread stick*

*Manicotti – choice of four cheese (cottage, ricotta, mozzarella and parmesan), beef and onions or sausage and mushrooms wrapped in homemade crepes and baked in my own rich marinara sauce, served with buttered zucchini and red peppers and breadstick*

*Lasagna – layers of cheeses, meat, my own marinara sauce and homemade sheets of pasta, served with a side salad and garlic toast*

*Pasta Bolognese – a flavorful blend of sausage and ground meat with carrots, onions and celery in a homemade tomato sauce over penne pasta. Served with a garden salad and garlic toast.*

Braised Beef Tips – *tender bite sized beef in a rich onion gravy over choice of rice or mashed potatoes, vegetable de jour and a cloverleaf roll*

Pot Roast – *a classic comfort food! tender chuck roast, potatoes, carrots and onions in a rich brown gravy served with a mixed greens salad and soft dinner roll*

Lebanese Seasoned Meat Stuffed Zucchini – *zucchini boats stuffed with a blend of meat flavored with sweet and savory seasonings, onions, cilantro, parsley, mint and rice, served with whited rice , corn/tomato/celery medley and Naan (Indian bread)*

Stuffed Peppers – *baked red, yellow and/or green bell peppers stuffed with a seasoned mix of ground beef, onions and rice, served with fluffy mashed potatoes, honeyed carrots and cheesy toast (homemade French bread topped with a seasoned blend of sharp cheddar, mozzarella and cream cheeses)*

Stuffed Cabbage Rolls – *seasoned ground beef, rice and onions rolled in cabbage leaves and baked in tomato sauce, served with white rice or fluffy mashed potatoes, honeyed carrots and Hawaiian roll*

Mission Meatloaf Meal – *(made this on every mission trip I served) baked with homemade bar-b-q sauce, served with creamy scalloped potatoes, butter basil peas and two thick slices of Italian bread*

Swedish Meatballs – *homemade meatballs in a creamy mushroom sauce, served with white rice, green beans almandine and dinner roll*

Country Fried Steak – *tender floured cube steak cooked in a rich savory chicken and thyme gravy, fluffy mashed potatoes, steamed broccoli and two thick slices of Italian bread*

Bar-B-Q Ribs – *Beef or Pork baby back ribs, seasoned with a spiced rub overnight, then slow-roasted with my own bar-b-q sauce, served with potato salad, three bean salad and a large square of sweetened corn bread*

Sandy's Super Burger – *a popular, one of a kind, party in your mouth burger! Open-faced sandwich of half pound of Indian-inspired seasoned ground beef (including garam masala, onions and orange zest), topped with cheese, caramelized onions, mushrooms, tomato, avocado and also my own special sauce that includes Sriracha and Thai sweet chili sauce all on a homemade 5 inch Hawaiian bun. Served with seasoned fries and a seasonal fruit*

Oriental Fried Pork Chops – *tenderized, cornstarch coated chops marinated in oriental flavors then pan-fried, served with scalloped potatoes, broccoli/cauliflower/carrot medley and dinner roll*

Stuffed Pork Chops – *thick, tender pork chop with homemade cornbread stuffing, twice baked sweet potatoes, vegetable medley and dinner roll*

Fried Cod – *pan-fried lightly breaded fillet, cheesy twice baked potatoes, carrots and peas, and two thick slices of French bread*

Shrimp Fried Rice – *mix of stir-fried rice, peas, corn, celery, fried egg strips and shrimp, served with a salad of fresh greens and two seasonal fruits topped with Oriental dressing, and a Hawaiian roll*

Crab Cakes – *lightly seasoned flaked crab meat baked then quickly pan-fried, served with bacon rice pilaf (blend of rice, bacon, chopped tomato, celery, onion and parsley), corn/pea blend and crescent roll*

Flounder with Crab Stuffing – *flaked crab stuffing wrapped in two flounder fillets covered with a tomato butter wine sauce, served with wild rice, tangy green beans and a Hawaiian roll*

Bruschetta Tilapia – *baked tilapia covered with a mix of tomatoes, peppers, onions and breadcrumbs and topped with a balsamic reduction sauce, served with a vegetable medley and dinner roll*

Shrimp and Noodles – *shrimp and asparagus or broccoli mixed with homemade noodles topped with choice of a creamy white wine tomato butter sauce or savory white wine butter tomato sauce, served with a side fresh greens salad and two thick slices of French bread*

Tuna Noodle Casserole – *tuna with homemade noodles, mushrooms, peas, celery and onions in a creamy savory white sauce topped with homemade buttered bread crumbs, served with a fresh greens salad and bread stick*

Oriental Cod – *marinated in oriental seasonings and oven-baked till flake tender, served with wild rice, peas and pearl onions and crescent roll*

Enchiladas – *choice of seasoned beef or chicken wrapped in a corn tortilla and baked in my own enchilada sauce. Served with freshly made refried beans and Mexican corn (a blend of white and yellow corn, black beans, red and green peppers and red onions seasoned with my own mix of Mexican flavors) and corn bread*