

Omnivore/Paleo-style Master Menu, with some dairy and vegetarian options

Protein Main	Side Starch & Veg
Italian Herb Oven-roasted Chicken Thighs	1) Honey-mustard Carrots, Snow Peas; OR 2) Green Beans; both come with Wild Rice Pilaf
Butter Chicken Thighs (free-range)	1) Jasmine Rice & Green Beans; OR 2) Brown Basmati Pilaf with Sweet Peas
Sweet & Sour Chicken (FR thigh or breast)	1) Steamed Broccoli, and Saffron Rice Pilaf; OR 2) Asian Veggies & Rice Noodles
Turkey Chili with Kidney Beans (unmedicated ground turkey)	1) Corn or Millet Polenta with Roasted Bell Pepper; OR 2) Apple & Buckwheat Kasha with Yam Whip; OR 3) Corn Bread
Herb & Almond crusted Halibut with light herb & lemon sauce	1) Corn or Millet Polenta with Roasted Bell Pepper; OR 2) Apple & Buckwheat Kasha with Yam Whip
Lemon-baked Halibut with light sauce	1) Sweet & Sour Seasonal Veggies and Brown Rice; OR 2) Shitake Mushroom & Wild Rice Salad
Poached Basa with Parsley Sauce	1) Corn or Millet Polenta, OR 2) Millet & Sweet Potato Patties, both with Grilled Zucchini
Wild Salmon Fillet with Maple Balsamic Glaze	1) Carrot & Turnip Mash; 2) Roasted Root Veggies; both with Green Beans, OR 3) Apple & Buckwheat Kasha with Yam Whip
Wild Salmon & Roasted Bell Pepper Stew	1) White OR Brown Rice, with Green Beans; OR 2) Quinoa, Mushroom & Celery Pilaf
Blackened Cajun Salmon	1) Green Beans & Roasted Sweet Potato; OR 2) Apple & Buckwheat Kasha with Yam Whip
Apple & Buckwheat Kasha with Yam Whip	1) Asian Greens Saute with Garlic Chili Lime, Rice; OR 2) Shitake Mushroom & Wild Rice Salad
Black Bean Tofu with Sauce	1) Rice Noodles; OR 2) Millet & Sweet Potato Patties, both with Asian Greens Saute
Sweet & Sour Tofu	1) Brown Basmati Rice, OR 2) Quinoa & Celery Pilaf, both with Asian Greens Saute
Ginger & Tomato Lamb Ragout	1) Sesame Brown Basmati Rice, OR 2) Quinoa Patties; both served with steamed Snow Peas

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Ginger Lamb Stew	1) Sesame Yam Fries, OR Quinoa & Celery Pilaf; both served with steamed Snow Peas OR Seasonal Greens
Bison Stew	1) Cornbread OR 2) Corn Polenta
Ground Bison Tomato Chili with Black Beans	1) Corn or Millet Polenta with Roasted Root Veg; OR 2) Apple & Buckwheat Kasha with Yam Whip
Bison Steak & Onion Bake with light gravy	1) Roasted Root Veggies; OR 2) Apple & Buckwheat Kasha with Yam Whip; OR 3) Home Fries & Steamed Seasonal Greens

Entree *GFYG makes entree, most loaded w/veggies	Side Starch OR Veg *client cooks the starch
Stroganoff: choose 1) dairy, OR 2) cashew butter sauce, w/bell peppers, greens & onions, choice of <u>Meat:</u> 6) Free-range Chicken & Mushroom; 7) Free-range/Organic Beef/Bison & Mushroom.	<u>Choice of starch:</u> 1) wild rice blend; 2) brown basmati; 3) organic kamut, emmer or whole wheat penne; 5) organic linguini or spaghetti *client cooks rice/pasta as desired
Winter Squash Alfredo: winter squash, sweet peas, sweet bell peppers, spinach, carrots & celery in choice of 1) organic dairy, OR, 2) dairy-free cashew butter Alfredo Sauce	<u>Choice of side starch:</u> 1) wild rice blend; 2) brown basmati; 3) organic kamut or whole wheat penne/linguini or spaghetti; 4) high protein soy or lentil pasta. *client cooks rice/pasta if desired
Coconut Curried Chicken, Chickpea, Spinach & Broccoli.	<u>Choice of side starch:</u> 1) wild rice blend; 2) brown basmati; 3) rice noodles. *Client cooks pasta or rice side as desired
Spaghetti w/Meatballs <u>Choose:</u> 1) ground bison, 2) organic ground beef; or 3) free-range ground turkey	<u>Choice of side starch:</u> 1) organic egg noodles; 2) organic kamut, emmer or whole wheat spaghetti pasta; 3) polenta; *client cooks pasta <u>Comes w/Side Veg:</u> choose one - steamed greens/green beans/broccoli/zucchini
Butter Chicken well simmered, medium spiced, loaded with green beans, Indian spices and FR chicken breast or thigh meat.	<u>Choice of side starch:</u> 1) wild rice blend; 2) brown basmati; 3) white basmati; 4) Jasmine rice. *client cooks starch side
Mussamen Sugar Snap Pea Curry sweet potatoes & sugar snap peas in medium red curry coconut sauce, with choice of: <u>Meat:</u> 1) Free-range Beef; 2) Lamb	<u>Choice of side starch:</u> 1) Wild Rice Blend; 2) Brown Basmati; 3) Jasmine Rice; 4) blanched broccoli. *client cooks side

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Entree *GFYG makes entree, most loaded w/veggies	Side Starch OR Veg *client cooks the starch
<p>Asian Veggie Saute snap peas, sweet bell peppers, broccoli, Asian greens & mushrooms in orange ginger sauce Meat: 1) FR Chicken; 2) Free-range Beef; 3) Heritage Pork</p>	<p><u>Choice of starch:</u> 1) Chow Mien noodles; 2) Rice Noodles, OR 3) Shanghai Noodles, 4) Brown Basmati; or 5) White Basmati Rice *client cooks starch</p>
<p>Free-range Chicken, Pork, or Bison, & Mushroom in Asian Brown Sauce, with onions, bell peppers, celery and bok choy.</p>	<p><u>Choice of starch:</u> 1) Chow Mien noodles; 2) white or brown Rice Noodles, OR 3) Shanghai Noodles, 4) Brown Basmati; or 5) White Basmati Rice. *client cooks starch</p>

Soups, Stews, Chillies & Chowders
Beef Vegetable Barley Soup, with free-range beef, stewed tomatoes, celery, carrots
Chicken Noodle, choose traditional Italian, or Asian style w/ginger and Asian veggies
Cock-A-Leekie Soup free-range chicken thigh meat, tender red potatoes and leeks
Manhattan Wild Salmon Chowder: roasted bell peppers, zucchini in a tomato herb broth
New England Clam Chowder w/dairy or cashew butter base, with or w/o organic bacon
Mussamen Coconut Red Beef & Sugar Pea Curry stew, mild medium or spicy?
Meaty Minestrone Italian many bean soup with orzo or wild rice, garlic, herbs, lots of veggies: ask for this with meat: 1) FR Chicken, thigh/breast; 2) FR Beef; 3) Bison; 4) local org. Heritage Pork Loin;
Borcht with green peas, loaded with kholbassa sausage
Curried Split Red Lentil & Free-range Chicken Dahl tender red lentils, roasted free-range chicken thigh meat with curried stewed tomatoes, chard, celery, carrots/yams
Coconut Curried Chicken, Chickpea, Spinach & Broccoli, with lentil pappadums
Kichadi: Ayurvedic mung bean & chicken stew, seasonal veggies, greens and Indian spices.
Beef/Bison & Mushroom Stew: traditional broth w/sweet potatoes, carrots, green peas & onions.
Cajun Potato Corn Chowder, loaded with natural chicken OR lamb sausage
Smoked Split Pea & Lamb Chowder w/onions, carrots, sweet potato
Ginger Bl. Bean & Beef/Bison Chili w/onions, yams, celery, gr. FR beef OR bison, tomato based
Bison/Beef & Pinto Bean Chili w/stewed tomatoes, FR beef/bison cubes, onions, celery, sw. pot

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Casseroles
Roasted Garlic Polenta with Beef OR Lamb in Tomato & White Bean Ragout
Shepherds Pie w/peas & carrots, onions, garlic & herbs, topped mashed potatoes & yams, oyster mushroom gravy - dairy-free <u>Meat</u> : 1) organic gr. beef, or 2) gr. bison, or 3) lamb;
Roasted Yam & Black Bean Quesadillas OR Enchiladas in whole grain tortillas, choice of organic white cheddar, dairy-free Veganrella or Daiya cheddar, served with mild or medium salsa. <u>Choice of Meat</u> : 1) FR Chicken, thigh or breast; 2) FR Beef; 3) Bison; 4) FR Ground Turkey; 5) local organic Heritage Pork Loin; 6) Wild Salmon; or 7) Halibut
Organic Spelt Pot Pie , loaded w/carrots, peas, onions and celery, w/choice of 1) organic cream sauce or 2) dairy-free cashew butter sauce, w/spelt flour crust (crust on top only) <u>Meat</u> : 3) FR Chicken Breast and/or Thigh meat;
Spelt Crust Pizzas x 8 (each one two servings) w/choice of goat or cow mozzarella. <u>Meat</u> : 1) <u>Bison Sausage Lovers</u> w/orange bell peppers, braised greens & mushrooms; 2) <u>Meat Lovers</u> w/Ground Bison, & organic Turkey Peeperoni, w/mushrooms, red bell peppers, olives, capers; 3) <u>Hawaiian</u> w/nitrate-free/organic Ham, organic Pineapple, and bell peppers.
Traditional Lasagna with kamut or spinach lasagna pasta, cottage cheese & spinach OR chickpeas & spinach; roasted seasonal veggies, and organic ground beef; topped with organic mozzarella or goat mozzarella cheese.
Moussaka , several choices: <u>Meat</u> : 1) ground bison, 2) ground lamb, 3) organic beef, or 4) free-range turkey. All topped w/potato yam whip. GF
Mexican White Fish, Black Eye Pea & Polenta Quiche cornmeal polenta crust filled with beans, white fish, onions, corn, tomatoes and free-range eggs, topped with organic aged white cheddar