



a borrowed chef

kim@aborrowedchef.com

www.aborrowedchef.com

617-634-2493

## **12 WEEK SEASONAL MENU ROTATION**

Using the freshest locally sourced ingredients.  
Well-balanced menus to suit all needs and tastes.

### **Week 1**

Baked cod, broccoli, Mac & Cheese  
Chicken Stir Fry with sweet & sour sauce, jasmine rice / cauliflower rice  
Meatloaf, Carrot & Parsnip Mash, Mushroom Gravy, Green Beans

### **Week 2**

Seared Salmon, Sweet Potato Puree, Asparagus  
Italian Meatballs, Spaghetti Squash or regular Spaghetti, Broccolini  
Lemon & Garlic Roasted Chicken, Roasted Root Vegetables

### **Week 3**

Baked Haddock with Ratatouille / With Potato for some  
Beef Bourguignon, Pearl Onion & Mushroom, Brussels Sprouts  
Turkey Meatloaf, Butternut Squash Puree, Braised Collard Greens

### **Week 4**

Flounder with Spinach, Roasted Potatoes  
Chicken Pot Pie  
Braised Pork, Kale, Apple Salad & Dried Cranberries

### **Week 5**

Shrimp Quesadilla, Pineapple Salsa, Seasonal Greens with Cilantro Vinaigrette  
Moroccan Spiced Braised Chicken, Vegetable Couscous  
Pot Roast, Celery Root and Honey Glazed Carrots

### **Week 6**

Ramen Bowl with Chicken or Vegetarian with Tofu  
Vegetable & Lamb Bolognese Lasagna with Feta Cheese  
Chicken Curry, Broccoli Rice, Naan Bread / Kids gets Grilled Chicken

### **Week 7**

Crab cake with Tartare Sauce, Spinach and Crunchy Vegetables Salad, Lemon Vinaigrette  
Home Made Chicken tenders, wedge potato, Broccoli  
Shepherd's pie

### **Week 8**

Caramelized Sea Scallops, Puree of Root Vegetables, Sautéed Kale with Smoked Bacon  
Turkey Chili with Vegetable Rice, Jack Cheese  
Petite Steak, Herb Salad, Parsnip Fries.

### **Week 9**

Fish Taco, Salsa Verde, Pico de Gallo, Roasted Corn and Avocado  
Beef Stir Fry with Hoisin Sauce, Jasmine Rice & Crunchy Vegetables  
Coq au Vin (Braised Chicken with Red wine, Pearl Onion & Mushroom), Grilled Broccolini, Parsnip Puree

### **Week 10**

Cod Cakes, Roasted Red Pepper Aioli, Grilled Seasonal Vegetable Salad, Apple Cider Vinaigrette  
BBQ Pulled Chicken Enchiladas, Green Rice, Tex Mex Vegetables  
Belgian Style Braised Beef Short Rib, Whipped Potato & Brussels Sprouts

### **Week 11**

Lobster Pot Pie  
Swedish Turkey Meatballs, Broccoli & Cauliflower Gratin  
Cubano, Trio of Pickles, House Made Potato Chips, Celery Root Slaw

### **Week 12**

Grilled Salmon, Toasted Quinoa, Wilted Garlicky Greens,  
Traditional Beef Bolognese (choice of Zucchini Spaghetti or Regular Spaghetti) Shaved Parmesan  
Roasted Chicken with Mozzarella & Prosciutto, Grilled Lemon Asparagus, Turnip Puree