

## **Sample Menu 1**

### **Sesame Crested Tuna with Wasabi Mayonnaise**

-Sesame crusted Tuna baked and topped with a Wasabi Mayonnaise

### **Asparagus Bundles**

- Baked asparagus with a toast wrap filled with cream and bleu cheeses.

### **Marinated Flank Steak**

-Flank steak marinated in a soy ginger sauce, broiled and sliced thin.

### **Bulgar with Mushrooms**

- Bulgar made with beef stock, diced mushrooms, shallots, and thyme.

### **Moroccan Lemon Chicken**

-Pan seared chicken cutlets with a zesty Moroccan sauce.

### **Cumin Couscous with Sautéed Vegetables**

- Moroccan spiced couscous with sautéed green and red bell pepper, red onion, and green peas.

### **Stuffed Shells with Sun-Dried Tomato and Basil Cream Sauce**

-Large shell pasta filled with ricotta, mozzarella and Parmesan cheeses topped with a sun-dried tomato basil cream sauce.

### **Italian Garlic Bread**

### **Chicken Marbella**

-Sautéed Chicken in a Mediterranean-style sauce with capers, prunes, and Spanish olives.

### **Mixed Vegetable Curry**

-Fresh vegetables cooked in a curried tomato sauce.