

PERSONAL CHEF — SAMPLE MENUS —



COMFORT FOOD CLASSICS

Juicy Roast Chicken with Fresh Herbs and Root Vegetables

> Pork Tenderloin with Bacon Onion Jam

Ground Beef or Turkey Chili with diced Avocado, Sour Cream and Cheddar Cheese

Chicken Pot Pie with Shredded Chicken in Béchamel, Fresh Vegetables, and Biscuit Crumb Topping

> Perfect Pot Roast with Carrots and Potatoes

Classic Macaroni & Cheese topped with Buttered Breadcrumbs





ASIAN FAVORITES

Stir-Fried Beef and Broccoli with Oyster Sauce

Teriyaki Salmon or Chicken

Stir-Fried Chicken and Zucchini in Ginger Sauce

Mongolian Beef

Cold Sesame Noodles with Shredded Chicken

Kung Pao Shrimp Sichuan stir-fried with large, tender shrimp, topped with crunchy peanuts

Lo Mein Noodles with Pork , Chicken, Shrimp, Beef or Veggies

Fried Rice with Peas and Bean Sprouts

Orange Chicken

Miso Glazed Salmon

Beef Satay with Spicy Peanut Dipping Sauce





ITALIAN CLASSICS

Classic Three Cheese Lasagna with Meaty Tomato Sauce

Baked Ziti Pasta with Tomato Sauce and Gooey Mozzarella Cheese

Chicken Fettuccini Alfredo

Chicken Marsala with Mushrooms and Sweet Marsala Wine Sauce

Wild Mushroom Risotto with Parmesan

Osso Bucco Veal Shanks Braised in an Incredibly Rich Sauce

Chicken Saltimbocca: Prosciutto Wrapped Chicken Topped with Crispy Sage

Lemon Chicken Piccata: Thin Chicken Breasts in a Fresh Lemon Caper Sauce

Chicken Parmesan in Tomato Sauce, topped with Fresh Mozzarella and Basil

Beef Braised in Borolo with Panchetta and Fresh Herbs

Shrimp Scampi in a Light Garlic-Lemon Sauce





THAI CUISINES

Pad Thai Noodles with Tofu, Chicken or Prawns

Thai Coconut Chicken Soup (Tom Kha Gai)

Thai Green Curry Vegetables

Thai-style vermicelli noodle (Authentic Pad Mee)

Thai Turkey Meatballs

Thai Sweet Potato Soup

Pan-seared Thai Red Curry Chicken





FLARE OF THE FRENCH

Classic French Onion Soup

Coq au Vin

Fish Meuniere with Browned Butter and Lemon

Steak Diane

Chicken Provencal

Cassoulet with Pork and Kielbasa

Summer Vegetable Gratin

Beef Burgundy

Potato Galette

Chicken with 40 Cloves of Garlic





MEXICAN

Chicken Enchiladas

Beef Barbacoa

Baja Cod Fish Tacos

Chicken Chimichanga

Fajitas Steak, Chicken or Shrimp

Mexican Stuffed Peppers

Carne Asada

Shredded Pork Carnitas

Crispy Beef, Bean & Cheese Burritos

Chicken Black Bean & Sweet Pepper Quesadillas



DELICIOUS SOUPS

Asparagus Soup Black Bean Soup Broccoli Cheese Soup Butternut Squash Soup Cauliflower Soup Chicken Noodle Chicken & Dumpling Soup Chicken Pot Pie Soup Chicken Tortilla Soup Cream of Mushroom Soup Lentil Soup Potato Leek Split Pea Soup Taco Soup Tomato Soup Tortellini Soup Vegetable Soup





START A SERVICE

(303)-902-0450 JANICE@TRUECULINARY.COM

WWW.TRUECULINARY.COM