

At Home Gourmet, LLC

Gourmet and Lower Carbohydrate Menus **

June 2012	Monday	Tuesday	Wednesday	Thursday	Friday
	May 28, 2012	May 29, 2012	May 30, 2012	May 31, 2012	June 1, 2012
Lunch	CLOSED	Cheddar soup and egg salad sandwich	Apple salad with walnuts, grapes & chicken	Scallop and spinach salad with bacon dressing	Carrots, cabbage & pork
Dinner	FOR MEMORIAL DAY	Chicken bolognese	Fusilli with sausage, artichokes, sundried tomatoes & mozzarella	Baked flounder with shrimp sauce	Steak au poivre

	Monday	Tuesday	Wednesday	Thursday	Friday
	June 4, 2012	June 5, 2012	June 6, 2012	June 7, 2012	June 8, 2012
Lunch	Shrimp quesadillas	Tomato dill soup and salad	Pesto pork burger	Chicken Sate lettuce wraps	Bayside salad
Dinner	Chicken with tarragon cream sauce	Baked sea bass with black bean sauce	Orange basted pork tenderloin	NY Strip	Chorizo & chicken with roasted vegetables

	Monday	Tuesday	Wednesday	Thursday	Friday
	June 11, 2012	June 12, 2012	June 13, 2012	June 14, 2012	June 15, 2012
Lunch	BBQ chicken wrap	Linguini with sweet peas, spinach, mushrooms, tomatoes and asiago	Thai chicken wrap	Chicken tortilla soup	Shrimp salad with fruit skewers
Dinner	Indian chicken	Beef Tenderloin with roasted shallots and port	Chicken piccata	Burgundy pork tenderloin	Salmon wontons with green curry sauce

** Lower Carbohydrate and Gourmet entrees are the same. Lower carbohydrate side dishes complete the meal for those reducing their carbohydrate intake.

Delivery available!!

Please give us 24 to 48 hours notice on orders, as we purchase the freshest ingredients for our daily changing menus.

We want to have your meals complete and ready when you arrive!!

101 Northwynd Circle, Suite C, Lynchburg, VA 24502 (434)239-8333 FAX:(434)239-2660

Please view pricing and current menus on our website: www.AtHomeGourmet.net

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	Monday	Tuesday	Wednesday	Thursday	Friday
	June 18, 2012	June 19, 2012	June 20, 2012	June 21, 2012	June 22, 2012
Lunch	Spinach salad with chicken, strawberries & pistachios	Taco salad	Cream of mushroom	Chef's salad	Smoked ham, swiss & caramelized onion frittata
Dinner	Pesto stuffed pork chops	Curried chicken with apple and raisin stuffing	London broil bordelaise	Jambalaya kabobs	Ribeye with bourbon glaze

	Monday	Tuesday	Wednesday	Thursday	Friday
	June 25, 2012	June 26, 2012	June 27, 2012	June 28, 2012	June 29, 2012
Lunch	Grilled chicken salad	Chili with beef & beans	Pasta salad with nuts & gorgonzola	Chicken cobb burger	French onion soup
Dinner	Creole roast beef	Pan-roasted chicken with salsa verde	Seared tuna with Pico de Gallo	Teriyaki pork chop	Chicken Hawaii

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