

At Home Gourmet, LLC

Gourmet and Lower Carbohydrate Menus **

| August 2010 | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|---|---|---|---|-----------------------------------|
| | August 2, 2009 | August 3, 2009 | August 4, 2009 | August 5, 2009 | August 6, 2009 |
| Lunch | Roast beef wrap with artichoke and olive spread | Cheddar soup and egg salad sandwich | Apple salad with walnuts, grapes & chicken | Scallop and spinach salad with bacon dressing | California chicken salad |
| Dinner | Horseradish crusted pork chop | Halibut with dried tomato and basil pesto | Chicken, asparagus and gorgonzola cream sauce | Prime rib with mushroom au jus | Wine poached mahi mahi and shrimp |

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------------------------|--------------------------------------|---|--|--|
| | August 9, 2009 | August 10, 2009 | August 11, 2009 | August 12, 2009 | August 13, 2009 |
| Lunch | Caesar salad with chicken | Tomato dill soup and salad | Pesto pork burger | Chicken Sate lettuce wraps | Broccoli & mushroom soup with assorted cheese and crackers |
| Dinner | Chicken Marsala | Pork tenderloin with raspberry sauce | Salmon with brown sugar & bourbon glaze | Chicken stuffed with spinach and bleu cheese | Beef Tenderloin with savory herb butter |

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---|-----------------------------|--|------------------------------|---------------------------------|
| | August 16, 2009 | August 17, 2009 | August 18, 2009 | August 19, 2009 | August 20, 2009 |
| Lunch | BBQ chicken wrap | Chicken tortilla soup | Spinach, bacon and mushroom quesadilla | Turkey & Swiss Wrap | Shrimp salad with fruit skewers |
| Dinner | Ginger beef stirfry with pasta (barley) | Sage and mushroom pork chop | Grilled shrimp with mango salsa | Hungarian beef and pork stew | Grilled bacon-wrapped chicken |

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|------------------------------------|--------------------------|---|---------------------------------------|--|
| | August 23, 2009 | August 24, 2009 | August 25, 2009 | August 26, 2009 | August 27, 2009 |
| Lunch | Toasted sunflower chicken wraps | Taco salad | Tuscany soup with sausage | Chef's salad | Cream of mushroom |
| Dinner | Beef, chicken and vegetable kabobs | Sesame-teriyaki sea bass | Bourbon pork tenderloin with creamy mustard sauce | Roasted fillet of beef with mushrooms | Tandoori chicken with grilled tomato salsa & herbed yogurt 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!!

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