

At Home Gourmet, LLC

Gourmet and Lower Carbohydrate Menus **

January	Monday	Tuesday	Wednesday	Thursday	Friday
	January 3, 2011	January 4, 2011	January 5, 2011	January 6, 2011	January 7, 2011
Lunch	Peanut chicken stirfry salad	Spinach salad with salmon	Bacon linguini & tomato toss	Beef noodle soup	Apple chicken quesadilla
Dinner	Indian chicken	Ribeye with bourbon glaze	Coconut shrimp with curried apricot sauce	Champagne mustard chicken with mushrooms	Burgundy pork tenderloin

	Monday	Tuesday	Wednesday	Thursday	Friday
	January 10, 2011	January 11, 2011	January 12, 2011	January 13, 2011	January 14, 2011
Lunch	Smoked turkey & provolone	Creamy chicken salad	Shrimp sevicehe	Asparagus & ham quiche	Barley chicken cheese soup
Dinner	Teriyaki pork chop	Jambalaya kabobs	Seared tuna with Pico de Gallo	Creole roast beef	Grilled mojito chicken

	Monday	Tuesday	Wednesday	Thursday	Friday
	January 17, 2011	January 18, 2011	January 19, 2011	January 20, 2011	January 21, 2011
Lunch	Sweet onion bisque	Lentil salad with spinach, chicken, pecans & cheddar	California club sandwich	Caesar salad with chicken	Grilled cheeseburger
Dinner	Pan-roasted chicken with salsa verde	Halibut with tomato caper butter sauce	Roasted fillet of beef with mushrooms	Grilled pork skewers with couscous	Chicken saltimbocca

	Monday	Tuesday	Wednesday	Thursday	Friday
	January 24, 2011	January 25, 2011	January 26, 2011	January 27, 2011	January 28, 2011
Lunch	Rosemary & thyme BLT	Grilled Tuna salad (pasta)	Hearty chicken and wild rice soup	Spinach salad	Beef & chicken chili
Dinner	Chicken with creamy mushroom sauce	Italian stuffed pork tenderloin	Salmon stuffed crab cakes	Herbed chicken with balsamic vinegar reduction	Beef tenderloin with red and yellow pepper relish

* 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