



CHEFS FOR SENIORS®

*Bon Appetit*

# FEATURED MENU IDEAS

These are just some of the delicious meals we can prepare. You can make adjustments to dishes with your chef based on your food preferences and dietary concerns.

90+  
ideas



**Our mission is to improve seniors' lives through food!**

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Some menu ideas for your next service day are below

## BREAKFAST

### Breakfast Bars

Toasted oatmeal, almonds, and quinoa mixed with peanut butter, honey, vanilla, cinnamon, and fruit.

Servings: 4



### Spinach Mushroom Quiche

Spinach and mushrooms baked in an egg custard with a flak piecrust.

Servings: 4



### Oatmeal Bake

Fresh fruit baked with old-fashioned oats and slightly sweetened custard flavored with cinnamon.

Servings: 2



### Smoked Salmon & Leek Quiche

Smoked salmon, dill, Gruyere, and leek baked with eggs in a flaky piecrust.

Servings: 4

### Breakfast Stuffed Peppers

Eggs, cheese, spinach, quinoa, and black beans baked inside a bell pepper.

Servings: 2



### Breakfast Burritos

Eggs scrambled with bacon, tomato, peppers, and cheese wrapped in a whole-wheat tortilla.

Servings: 2



### Baked Apple French Toast Casserole

Sautéed apples baked with cinnamon French toast until golden-brown.

Servings: 4



### Veggie Frittata

Red potato, tomato, green onion, spinach, and cheese egg bake.

Servings: 4



### Tropical Rice Pudding

Creamy vanilla rice pudding topped with fresh mango and kiwi (can substitute other fruits).

Servings: 4



### Chia Pudding

Lightly sweetened chia seed and coconut milk pudding with fresh fruit and granola.

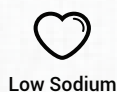
Servings: 3



### Country Breakfast Bowl

Potatoes, bell pepper, onion, and bacon topped with scrambled eggs and cheddar cheese.

Servings: 4



Low Sodium



Gluten-Free



Vegetarian



Dairy-Free



Low Carb



Diabetic Friendly



Low Cholesterol

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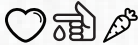
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# LUNCH

## Roasted Veggie Couscous

Roasted red peppers, zucchini, and garlic with couscous, fresh tomato, dill, lemon, and olive oil. Optional: add feta cheese.

Servings: 3



## Curry Egg Salad Lettuce Wraps

Egg salad spiced with mild curry and served with a side of lettuce wraps you can assemble at your convenience.

Servings: 3



## Fall Pasta Salad

Sweet potato, broccoli, red onion, dried cranberries, pine nuts, goat cheese, and rainbow pasta tossed in a poppy seed dressing.

Servings: 3



## Gazpacho

Healthy summertime soup with fresh tomatoes, cucumber, onion, garlic, and cider vinegar. Served chilled.

Servings: 4



## Waldorf Chicken Salad

Tender white meat chicken, apples, grapes, celery, and walnuts tossed in a light dressing with honey mustard. Served with rolls.

Servings: 3



## Autumn Sweet Potato & Spinach Salad

Sweet potatoes, apple, pepitas, cranberries, pecans. Served with a tahini dressing.

Servings: 4



## Gnocchi Caprese Salad

Potato gnocchi tossed with fresh basil, cherry tomatoes, fresh mozzarella, olive oil, and a balsamic glaze.

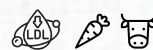
Servings: 3



## Minestrone Soup

Traditional Italian soup with green beans, carrots, celery, tomatoes, kidney beans, and elbow pasta.

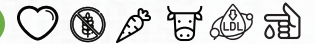
Servings: 4



## Roasted Veggie Salad

Roasted tomato, onion, broccoli, and zucchini. Served with a lemon dill dressing, quinoa, spinach, and hummus.

Servings: 2



## Curry Chicken Salad

Chicken salad with apple, celery, cashews, and mild curry powder. Served over mixed greens.

Servings: 4



## Cream Of Mushroom Soup

Onions, carrots, garlic, thyme, and button mushrooms in a creamy broth.

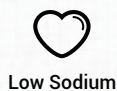
Servings: 4



## Shrimp Pasta Salad

Shell pasta with tender shrimp, celery, bell pepper, and a creamy dill sauce.

Servings: 4



Low Sodium



Gluten-Free



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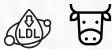
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## LUNCH

### Pesto Chicken & Potato Salad

Red potatoes and chicken tossed in a lemony basil-pesto sauce, topped with pine nuts.

Servings: 4



### Navy Bean Soup

A hearty soup with carrots, onion, celery, garlic, thyme, ham, and navy beans.

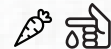
Servings: 4



### Potato Corn Chowder

Savory potato chowder with corn, onions, garlic, cheddar cheese, thyme, chicken stock, and a touch of cream.

Servings: 4



### Southwest Quinoa Salad

Black beans, bell pepper, red onion, lime juice, corn, cumin, and olive oil mixed with quinoa.

Servings: 4



### Garden Vegetable Soup

Fresh vegetable soup with leeks, potatoes, carrots, green beans, corn, tomatoes, and Italian herbs.

Servings: 4



### Tuscan Tuna Salad

Albacore tuna tossed with cannellini beans, Roma tomatoes, Italian seasoning, fresh parsley, lemon juice, and olive oil.

Servings: 4



### Salmon Chowder

Heart chowder with fresh salmon, potatoes, leeks, carrots, celery, and dill.

Servings: 4



### Greek Chicken Salad

Chicken tossed with cucumber, red onion, dill, tomatoes, lemon, feta cheese, and a light dressing. Served with rolls.

Servings: 3



### Prosciutto & Cheese Pocket

Prosciutto ham, sharp cheddar, and Dijon mustard baked inside a puff pastry crust until golden brown. Can be reheated in the oven.

Servings: 3

### Sweet Potato Chili

Vegetarian chili with sweet potatoes, black beans, tomatoes, onions, and mild chili seasonings.

Servings: 4



### Roasted Eggplant Dip

Roasted eggplant, shallots, and garlic mixed with fresh parsley, olive oil, balsamic vinegar, and paprika. Served cold with pita.

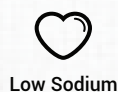
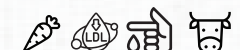
Servings: 4



### Veggie Barley Stew

Hearty soup with potatoes, green beans, corn, tomatoes, and pearled barley.

Servings: 4



Low Sodium



Gluten-Free



Vegetarian



Dairy-Free



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## LUNCH

### Potato Knish

Mashed potatoes, onions, and parsley stuffed inside of a puff pastry crust and baked until golden brown.

Servings: 3



### Lemony Cauliflower & Bean Dip

Roasted cauliflower pureed with northern beans, fresh thyme, lemon, garlic, and olive oil. Served with pita for dipping.

Servings: 4



### Moroccan Lentil Stew

Healthy vegetarian stew with lentils, cauliflower, tomatoes, and mild spices.

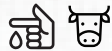
Servings: 4



### Turkey Veggie Sloppy Joes

Ground turkey sautéed with onion, carrots, garlic, zucchini, and homemade BBQ sauce. Served on a roll with a side of roasted sweet potatoes.

Servings: 3



## DINNER

### Pistachio Crusted Salmon

Salmon fillet topped with crushed pistachios and breadcrumbs. Served with balsamic roasted brussel sprouts.

Servings: 2



### Chicken & Dumplings

Classic comfort dish with tender chicken, carrots, celery, onion, and homemade dumplings.

Servings: 3



### Stuffed Shells

Large shell noodles filled with ricotta cheese and spinach, topped with marinara and mozzarella cheese then baked.

Servings: 4



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## DINNER

### Pork Loin With Cranberry Sauce

Pork tenderloin with a savory red-wine cranberry sauce. Served with wild rice and green beans.

Servings: 2



### Salsa Chicken Bowls

Chicken breasts simmered with salsa and chicken stock, then shredded. Served with brown rice, roasted bell peppers, green onions, and Greek yogurt.

Servings: 2



### Pineapple BBQ Chicken

Chicken thighs glazed with a pineapple BBQ sauce. Served with mashed sweet potatoes and broccoli.

Servings: 3

### Beef Stroganoff

Classic comfort dish with cube steak, mushrooms, onions, served over egg noodles.

Servings: 2

### Crab Cakes

Maryland-style crab cakes served with rice pilaf and sautéed green beans.

Servings: 2

### Mexican Meatloaf

Ground beef, mild Mexican spices, cheddar cheese, and picante sauce. Served with mashed sweet potatoes and broccoli.

Servings: 3

### Chicken Almondine

Chicken breasts with sliced almonds and rosemary sauce, served with roasted potatoes and green beans.

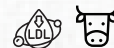
Servings: 2



### Sweet Potato Pork Stir Fry

Pork tenderloin sautéed with sweet potatoes, ginger, scallions, and a light Asian sauce. Served over brown rice.

Servings: 2



### Thai Coconut Shrimp

Tender shrimp and seasonal veggies in a savory coconut broth. Served with brown rice.

Servings: 2



### Cheeseburger Meatloaf

Classic meatloaf with sharp cheddar cheese and a tangy glaze. Served with mashed potatoes and green beans.

Servings: 3

### Citrus Glazed Salmon

Salmon fillet with a citrus-soy glaze. Served with quinoa and sautéed green beans.

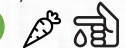
Servings: 2



### Veggie Enchilada Casserole

Tortillas filled with black beans, corn, green onions, zucchini, and green chilies. Topped with enchilada sauce and cheese, then baked.

Servings: 3



Low Sodium



Gluten-Free



Vegetarian



Dairy-Free



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## DINNER

### Cauliflower Taco Bowl

Roasted cauliflower with corn, tomato, green onion, black beans, and cilantro lime ranch sauce. Served over rice.

Servings: 2



### Cajun Red Beans & Rice

Sausage cooked with garlic, onions, red beans, tomatoes, and Cajun seasoning. Served with rice.

Servings: 2



### Beef Stew

Beef tenderloin simmered with carrots, onion, potatoes, thyme, red wine, and beef stock.

Servings: 3



### Chicken Tetrazzini

Chicken, mushrooms, and peas tossed with spaghetti and a Parmesan-cream sauce.

Servings: 3

### Pork Fried Rice

Rice sautéed with mixed vegetables, egg, and pork, seasoned with soy sauce and sesame.

Servings: 3

### Classic Meatloaf

Traditional meatloaf made with lean ground beef. Served with mashed potatoes and green beans.

Servings: 3

### Chickpea Curry

Chickpeas with snow peas, bell pepper, onion, garlic, coconut milk, and milk curry powder. Served over brown rice.

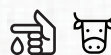
Servings: 3



### Pepper Steak

Strips of tender steak sautéed with bell pepper, onion, tomato, soy sauce, and brown sugar. Served with herb-roasted potatoes.

Servings: 2



### Balsamic Salmon

Balsamic glazed salmon fillet, served sautéed fresh spinach and yellow squash.

Servings: 2



### Turkey Sweet Potato Shepherd's Pie

Ground turkey sautéed with mixed vegetables and rosemary. Topped with mashed sweet potatoes and baked.

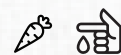
Servings: 4



### Butternut Squash Mac N' Cheese

Macaroni pasta tossed with a butternut squash cheese sauce. Topped with breadcrumbs.

Servings: 4



### Salmon Cakes

Salmon patties made with fresh salmon, dill, lemon, onion, and breadcrumbs. Served with roasted potatoes and green beans.

Servings: 2



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## DINNER

### Maple Dijon Pork Loin

Pork loin with a maple, Dijon, and sage sauce. Served with mashed sweet potatoes and broccoli.

Servings: 2



### Jerk Chicken

Mild Jamaican jerk seasoned chicken served with a pineapple black bean salsa and rice.

Servings: 3



### Spaghetti & Meatballs

Beef meatballs baked and simmered in a San Marzano tomato sauce. Served over spaghetti pasta.

Servings: 2

### Salmon With Honey Garlic Sauce

Salmon fillet glazed with honey and soy sauce. Served with sautéed yellow squash and spinach.

Servings: 2



### Apple Sage Pork Tenderloin

Pork sautéed with apples, onions, sage, and Dijon mustard. Served with roasted sweet potatoes.

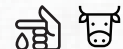
Servings: 2



### Asian Peanut Noodles

Chicken, carrots, broccoli, and linguine pasta tossed with a zesty Asian peanut sauce. Can be eaten warm or cold.

Servings: 2



### Veggie Stir Fry

Seasonal veggies stir-fried with an Asian-inspired sauce and served with brown rice.

Servings: 2



### Lemon Chicken

Chicken breast served with a summery lemon sauce and fresh parsley. Served with sautéed zucchini.

Servings: 2



### Swedish Meatballs

Tender beef meatballs seasoned with allspice. Served with savory gravy, mashed potato, and sautéed carrots.

Servings: 2

### Balsamic Roasted Mushrooms

Roasted mushrooms with a balsamic glaze served over creamy kale mashed potatoes.

Servings: 2



### Tamale Pie

Mexican casserole with ground beef, corn, bell pepper, and onion topped with cornbread and cheddar cheese.

Servings: 4



### Chicken Pesto Pasta

Sautéed chicken tossed with broccoli, garlic, onion, and a creamy pesto sauce with penne pasta.

Servings: 2



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## DINNER

### Asian Lettuce Wraps

Ground beef (or turkey) sautéed with, water chestnuts, ginger, shallots, and hoisin sauce. Served with a side of lettuce wraps you can assemble.

Servings: 2



### Pork Tenderloin with Fennel & Artichokes

Seared pork tenderloin with roasted fennel, tomatoes, artichoke, and lemon. Served with cous cous.

Servings: 2



### Classic Shepherd's Pie

Classic comfort dish of beef and mixed vegetables topped with sour cream mashed potatoes and baked.

Servings: 4



### Roasted Brussel Sprout Bowl

Roasted brussel sprouts served on top of creamy mashed potatoes with a Dijon dressing.

Servings: 2



### Beef & Broccoli Stir Fry

Beef tenderloin sautéed with broccoli, onion, ginger, garlic, and a light sauce. Served over rice.

Servings: 2



### Pesto & Goat Cheese Chicken Roll Up

Chicken breast stuffed with pesto and goat cheese. Served with sautéed garlic zucchini.

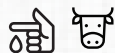
Servings: 2



### Apricot Glazed Chicken

Boneless chicken thighs glazed with apricot preserves. Served with mashed sweet potatoes and broccoli.

Servings: 2



### Mediterranean Shrimp Saute

Tender shrimp sautéed with bell pepper, shallots, garlic, tomato, and lemon. Served with rice pilaf.

Servings: 2



### Roast Beef Dinner

Herb-crusted beef cooked medium and sliced thin. Served with herb-roasted potatoes, carrots, and gravy.

Servings: 2



### Chicken Parmesan Meatballs

Ground chicken meatballs topped with marinara and mozzarella then baked until golden brown. Served with mashed potatoes and green beans.

Servings: 2

### Pineapple Shrimp Stir Fry

Tender shrimp sautéed with onion, ginger, bell pepper, pineapple and snow peas. Served with rice.

Servings: 2



### Ratatouille with Quinoa

Eggplant stew with bell pepper, zucchini, onion, garlic, tomatoes, and fresh basil. Served with quinoa.

Servings: 3



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## DINNER

### Sausage & Sweet Potato Soup

Hearty soup with Italian sausage with sweet potatoes, red bell pepper, greens, onion, and garlic.

Servings: 4



### Chicken Florentine

Chicken breast with a creamy creamy Parmesan and spinach sauce. Served with roasted potatoes.

Servings: 2



### Sweet Potato & Kale Pasta

Pasta tossed with roasted sweet potatoes, kale, garlic, and onion.

Servings: 2



### Stuffed Acorn Squash

Acorn squash stuffed with sausage, apples, onion, garlic, herbs, and breadcrumbs. Topped with Parmesan cheese and baked.

Servings: 2



### Smoked Salmon Hash

Smoked salmon sautéed with potatoes, bell pepper, spinach, and dill. Optional: served with poached eggs.

Servings: 2

### Shrimp with Orzo & Broccoli

Tender shrimp sautéed with garlic, broccoli, and lemon. Served over Parmesan orzo pasta.

Servings: 2



### Chicken with Tomato Brown Butter Sauce

Chicken breasts with a garlic, tomato, and brown butter sauce. Served with roasted broccoli.

Servings: 2



### Spaghetti Squash Bolognese

Classic meat sauce made with ground beef, served over low-carb spaghetti squash.

Servings: 2



### Mushroom Farro Risotto

Mushroom risotto made with shallots, garlic, peas, and farro, a healthy ancient grain.

Servings: 2



### Beef Tenderloin with Chimichurri Sauce

Beef tenderloin steaks topped with freshly parsley, shallot, and lemon sauce. Served with sweet potatoes.

Servings: 2



### Roast Beef Dinner

Herb-crusted beef cooked medium and sliced thin. Served with herb-roasted potatoes, carrots, and gravy.

Servings: 2



### Chickpea Pot Pie

A vegetarian twist on a classic comfort dish with chickpeas, veggies and a buttery puff-pastry crust.

Servings: 4



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## DINNER

### Ravioli with Snap Peas & Mushrooms

Mushrooms, snap peas and cheese ravioli tossed in a sage, lemon zest and parmesan cheese sauce.

Servings: 3



### Beef Tenderloin with Cherry Sauce

Beef tenderloin served with a balsamic, cherry and black pepper reduction. Side of sautéed broccolini.

Servings: 2



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