

# Chef Valerie Personal Chef Menu

## Roasted Vegetables            \$ 20.00

Grilled seasonal assortment of fresh vegetables.  
With Meal - 4 servings –As a Side Dish - 6 servings

## Vegetables                        \$ 16.00

Vegetables can be simply steamed with lemon pepper, sautéed with fresh herbs, garlic, and olive oil or lightly blanched and marinated in a savory balsamic vinaigrette.  
With Meal -4 servings – As a Side Dish - 6 servings

Choice of:      Broccoli/ broccoli / carrots  
                    Fresh string beans  
                    Vegetable stir-fry – assorted seasonal vegetables  
                    Stewed vegetables in a light marinara sauce  
                    Steamed spinach

## Chicken Dishes                    \$ 20.00 per 4 servings

Choice of:      Chicken Dijon – breaded in fresh bread crumbs in Dijon mustard cream sauce  
                    Chicken parmesan- breaded chicken breast with a marinara sauce and mozzarella cheese  
                    Jerk- marinated and grilled in a light jerk rub  
                    Curry- chicken sautéed with peppers and onions in a light jerk rub with a curry pineapple sauce  
                    Simply grilled chicken breast with herbs  
                    Grilled chicken with a light sun dried tomato mushroom wine sauce  
                    Marsala- sautéed chicken served with a light mushroom onion marsala wine sauce  
                    Mandarin Chicken lightly breaded and garnished with a light orange chicken stock gravy  
                    Teriyaki Chicken glazed with peppers  
                    Fajitas- chicken with peppers and onions and spices

## Fish Dishes                         \$ 16.00 per 2 servings

Simply grilled or poached with herbs and wine. Choice of flavorings: Lemon Pepper, Jerk Seasoning, Mrs. Dash or Tempura. Served with of BBQ sauce, lemon, teriyaki sauce or wine sauce.

Choice of:      Flounder  
                    Tilapia  
                    Orange Roughy,  
                    Cod  
                    Salmon or Shrimp      (\$ 18.00 per 2 servings)

## Starches                                \$14.00 per 4 servings

Choice of:      Bulgar Pilaf  
                    Wild Rice  
                    Rice Pilaf  
                    Lo Mien Noodles  
                    Penne Pasta Italiano- fresh diced tomato, fresh basil, garlic, olive oil  
                    Orzo Italiano  
                    Cous Cous  
                    Mashed Sweet Potatoes  
                    Mashed Potatoes  
                    Roasted Red Bliss Potatoes  
                    Macaroni & Cheese      (\$ 18.00 per 4 servings)