

## **SAMPLE MENU ITEMS**

The typical menu consists of three entrees, an appropriate carbohydrate, a vegetable, one large or two smaller salads (or 12-item salad bar), and desserts. You may select the entrees for your crew with certain seasonal availability and budgetary considerations.

### **Seafood and Fish Entrees**

Grilled Perch with Lime and Tequila Sauce  
San Francisco Stir-Fried Scallops  
Paella Valenciana  
Tortilla Crusted Talapia  
Coconut Crusted Talapia  
Mediterranean Style Crusted Salmon  
Potato-Crusted Filet of Cod  
Grilled Tuna with Roasted Peppers and Balsamic Vinegar  
Barbecued Salmon  
Fried Catfish with Spicy Red Pepper Sauce  
Fresh Tuna Salad Nicoise  
Blue Snapper with Watercress Sauce  
Grilled Swordfish  
Mostaccioli with Shrimp and Arugula  
Rotelle with Lobster Sauce  
Pasta Shells with White Clam Sauce  
Blackened Mahi-Mahi  
Penne with Shrimp, Fennel, and Basil  
Cajun Crab Cakes  
Steamed Sea Bass with Ginger and Scallions  
Shrimp Creole  
Orzo with Seafood  
Sautéed Snapper with Tomato Coulis  
Mariscada Verde (Shrimp and Scallops with Green Sauce)  
Cioppino  
Poached Salmon with Sauce Verte  
Fried Filet of Sole with Tartar Sauce  
Rigatoni with Salmon and Sun-Dried Tomatoes  
Scallops with Escarole and White Beans  
Steamed Mussels

### **Poultry Entrees**

Roast Chicken with Garlic and Rosemary  
Grilled Chicken Cheryl (Asparagus, Red Pepper, Shiitakes)  
Chicken Marsala  
Chicken Breast with Ginger and Hoisin Sauce  
Grilled Chicken with Fennel  
Cornish Game Hens with Apricot Sauce  
Turkey Shepherds Pie  
Chicken Bianchi (Grilled Breast with Arugula and Tomato)  
Duck Breast with Plum Sauce  
Pan Roasted Chicken with Eggplant and Zucchini  
Chicken and Shrimp Gumbo  
Grilled Turkey with Tomato and Artichokes  
BBQ Chicken Breast with Black Bean Sauce  
Ballottine of Chicken stuffed with Spinach and Ricotta  
Chicken Francese (sauteed with Lemon Sauce)

*(Poultry Continued)*

Grilled Herbed Chicken Breast  
Roast Turkey Breast  
Chicken Breast with Assorted Wild Mushrooms  
Fried Chicken  
Galantine of Capon stuffed with Peas and Wild Mushrooms  
Chicken Veracruz (Red Peppers, Onions and Tomatoes)  
Chicken Pot Pie  
Grilled Paillard of Chicken with Tarragon Butter  
Chicken Breast with Olives and Capers  
Arroz Con Pollo  
Pan Roasted Game Hens with Escarole and New Potatoes  
Chicken Cordon Bleu  
Chicken Breast Stefado (Greek Chicken and Vegetable Stew)

**Meat Entrees**

Roast Loin of Pork with Apple Chutney  
London Broil  
Prime Rib  
Blackened Roast Beef with Corn and Pepper Sauce  
Tortellini Bolognese  
Baked Virginia Ham  
Grilled Flank Steak Oriental  
Shepherd's Pie  
Roast Tenderloin of Pork with Honey and Thyme  
Grilled Leg of Lamb with Mint Jelly  
Meat Lasagna  
Lamb Cous-Cous  
Pork Medallions with Red Onion Confit  
Sirloin Steak with Argentinian Chimichurri Sauce  
Stuffed Breast of Veal  
Cajun Meat Loaf  
Fresh Ham  
Pork Cutlets with Shiitake Mushrooms  
BBQ Baby-Back Spare Ribs  
Ziti with Country Sausage and Sun-Dried Tomatoes  
Grilled Loin of Pork with Cabbage and Apple Confit

**Pasta and Vegetarian Entrees**

Cavatappi with Goat Cheese, Sun-Dried Tomatoes, Basil  
Linguini with Fresh Tomatoes, Olives, Capers  
Pasta with Broccoli Rabe, Pignolis, and Currants  
Vegetable Lasagna  
Penne with Shiitake Mushrooms  
Mostaccioli Putanesca  
Pumpkin Agnelotti  
Radiator with Fresh Mozzarella, Tomatoes, and Basil  
Cheese Ravioli Marinara  
Rigatoni with Zucchini Siciliano  
Bowties with Pesto Sauce  
Grilled Tofu w/ Black Bean Salsa  
Rotelle with White Beans and Tomato  
Wild Mushroom Tortellini

*(Pasta and Vegetarian Entrees Continued)*

Baked Ziti  
Stuffed Shells with Spinach, Ricotta, and Tomato Sauce  
Pasta with Artichokes and Olives  
Macaroni and Cheese  
Rigatoni with Roasted Red Peppers  
Vegetarian Chili  
Pasta with Cilantro, Peas and Smoked Salmon  
Vegetable Shepherd's Pie  
Curried Bean Stew  
Vegetarian Pecan Curry  
Vegetable Cous-Cous  
Stefado (Greek Vegetable Stew)  
Chinese Sautéed Vegetables with Tofu  
Vegetarian Stuffed Peppers  
Vegetable Casserole  
Bean Burritos  
Vegetable Frittata  
Pasta with Asparagus and Smoked Salmon

**Special Theme Meals**

(weather and budget permitting)  
New England Shore Dinner  
Mexican Buffet Dinner  
Greek Taverna Table  
Lobster and Filet Mignon  
The John J. Gaspie Clambake  
Southern Barbecue Picnic  
Box Lunches

**Carbohydrate Side Dishes**

Mashed Potatoes and Gravy  
Roasted New Potatoes  
Brown Rice  
Scalloped Potatoes  
Wild Rice with Apples, Raisins, Walnuts  
Quinoa  
Potatoes Lyonnaise  
Potatoes Gaspar (Sautéed with Scallions and Garlic)  
Confetti Rice  
Baked Potatoes  
Spanish Rice with Peas  
Roasted Sweet Potatoes with Rosemary  
Baked Beans  
Cous-Cous with Raisins  
Corn on the Cob (in season)  
Refried Beans  
New Potato Salad  
Rice Pilaf  
Orzo with Asparagus  
Pasta with Artichoke Hearts and Olives  
...plus many of the vegetarian pasta dishes.

## Vegetable Side Dishes

Steamed Seasonal Vegetables  
String Beans Almondine  
Snow Peas and Carrots  
Steamed Broccoli, Cauliflower and Carrots  
Sautéed Spinach  
Julienned Zucchini, Squash, and Carrots with Dill  
Escarole  
Roasted Beets  
Roasted Brussel Sprouts  
Creamed Spinach (Peter Luger style)  
Grilled Eggplant, Zucchini, Carrots and Red Pepper  
Succotash (Baby Lima Beans with Corn)  
Ratatouille  
Steamed Asparagus (in season)  
Acorn Squash  
Sautéed Zucchini and Onions in Marinara Sauce  
Peas, Mushrooms and Onions  
Brussels Sprouts  
Sugar Snap Peas (in season)  
...plus many of the vegetarian dishes.

## Salads

Tri-Color Salad with Arugula, Radicchio, and Watercress  
Avocado and Grapefruit  
Salad Bar (Greens with an assortment of toppings)  
Tri-Color Salad with Orange and Red Onion  
Waldorf Salad with Apples, Raisins, Celery, Walnuts  
Greek Salad with Feta Cheese  
Cole Slaw  
Cucumber with Yogurt and Dill  
Black Bean Salad with Red and Green Peppers  
Tomato, Onion, and Watercress  
Spinach and Bacon  
Caesar Salad  
Three Bean Salad with String Beans, Cannellini, and Garbanzos  
Grilled Eggplant and Tomato  
White Beans and Fresh Tomatoes  
Herbed Green Salad with Asparagus Bits  
String Beans with Dill in Vinaigrette  
Carrot Salad Dijonnaise  
Orange and Red Onion Salad  
Red and White Kidney Beans with Arugula  
Salad Bar

## Desserts

Devil's Food Cake  
Carrot Cake with Cream Cheese Frosting  
Tiramisu  
Honey-Semolina Cake  
Blondies  
Double Chocolate Brownies  
Pina Colada Bars  
White Chocolate Chunk Cookies with Macadamia Nuts  
Fresh Apples in Puff Pastry  
Oatmeal Raisin Cookies  
Southern Pecan Bars  
Chocolate Decadence Cake  
Lemon Henry  
Apple Jalousie  
Chocolate Chip Cookies with Pecans  
Butter Pecan Cookies  
Strawberry Shortcake with Whipped Cream  
Chocolate Mud Cake  
Petit Fours  
Cream Puffs  
Ice Cream Sundae Bar (Weather Permitting)  
Banana Cake  
Pound Cake with Fresh Berries and Cream  
Assorted Fresh Fruit Tarts  
Napoleons  
Brownies  
Lemon Bars  
Apricot Tarts  
Carrot Cake  
Chocolate Mousse Cake