

# Kitchen Comforts Prepared Meals Sample Menu

## Contact

E-mail: [info@kitchencomforts.ca](mailto:info@kitchencomforts.ca)

Phone: (613) 203-6037

Website: [www.kitchencomforts.ca](http://www.kitchencomforts.ca)

This menu is by no means a complete listing of what we offer because that list would be infinite. It is here however to give you some ideas and a place to start. We custom create menus for every client based on your needs whether they be type of food, taste, nutritional, restrictive diets, etc.

## Soups

- **Italian Wedding** - Homemade chicken broth with meatballs, greens and a parmesan egg swirl.
- **Minestrone** – The classic Italian vegetable and pasta soup, perfect for the cold winters – a meal in itself.
- **Cream of Mushroom** - Fresh mushrooms infused into a light creamy broth.
- **Creamy Leek and Vegetable** – A blended puree of leeks and seasonal vegetables thickened by a creamy roux.

## Sides

- **Creamy Mushroom Risotto** - Italian arborio rice slowly cooked in chicken broth and topped with fresh mushrooms and parmesan.
- **Parsnip Mashed Potatoes** - Traditional creamy smooth mashed potatoes with a sweet twist of parsnips.
- **American Style Potato Salad** – Potatoes, egg, celery, dill pickle and herbs in a fresh lemony homemade mayonnaise dressing.

## Entrées – Home and Comfort

- **Braised Beef Pot Roast** - Perfectly browned portions of AAA pot roast oven braised and topped with a buttery rich pan sauce.
- **Pork Chops with a Mushroom Marsala Sauce** - Pan seared pork chops topped with a slightly sweet mushroom marsala red wine sauce.
- **Chicken Pot Pie** - A creamy chicken breast and vegetable filling in a homemade flakey pie crust.
- **Traditional Shepherd's Pie** – Hearty meat and vegetable filling topped with a perfectly browned creamy and cheesy potato topping.

- ***Chili Con Carne*** – A spiced-as-you-like it combination of ground beef, kidney beans and vegetables simmered to build a full body of flavour.
- ***Cabbage Rolls*** – A mixture of ground beef and rice filling wrapped in cabbage leaves, smothered and baked with a fresh Eastern European spiced tomato sauce.
- ***Zucchini and Ham Quiche*** – Homemade flaky pie crust filled with sautéed onions, ham and zucchini.
- ***Meatloaf*** – A take on the classic meatloaf, basted with a cumin tomato ketchup sauce.

### Entrées – Italian

- ***Bolognese Lasagne*** - The traditional Italian meat sauce between layers of lasagne pasta and béchamel white sauce.
- ***Chicken Parmigiana*** - Baked breaded chicken smothered with fresh marinara sauce and a combination of mozzarella and parmesan cheeses.
- ***Chicken Penne in a Tomato Cream Sauce*** - Pan roasted chicken breast served over a bed of tube pasta and topped with a fresh tomato cream sauce.

### Entrées – Asian

- ***Thai Red Curry Shrimp*** - A medium spicy coconut milk red curry with shelled shrimp and bamboo shoots.
- ***Classic Sweet and Sour Pork*** – Morsels of battered pork tenderloin covered in tangy sweet and sour sauce.
- ***Chinese Lemon Chicken*** – The Cantonese restaurant favourite: the tart flavour of lemon combined with crispy battered chicken breast.
- ***Spicy Chinese Eggplant*** – Chinese eggplant and ground pork stir-fried with a spicy chilli and garlic sauce.

### Desserts

- ***Pecan Pie*** - A perfect combination of flaky pastry with a not too sweet custard filling
- ***Portuguese Egg Tarts*** - A yummiest take on the traditional dim sum favourite.
- ***Fruit Pies*** – The freshest fruits of the season.....take your pick.
- ***Homemade Ice Creams and Gelatos*** – All natural ingredients, many flavours to choose from.
- ***Blueberry Cheesecake*** – A New-York style cheesecake topped with a not-too-sweet blueberry topping.