



## MENU BUILDER FORM

Client Name: GLUTEN/DAIRY FREE

Date of Prep:

Package:

Special Requests:

### **BEEF**

**Hibachi Steak Bites with Zucchini & Mushrooms:** (UBW) Sirloin steak, salt, pepper, coconut aminos, garlic powder, zucchini & mushrooms

**Citrus Sirloin Steak** (CE856-5) Sirloin steak marinated with orange & lime juice, honey, garlic, balsamic vinegar & ginger. Grill and serve with baked sweet potato or green vegetable of your choice.

### **CHICKEN**

**Slow Cooker Chicken Cacciatore:** (PO879-1) Chicken breasts, onion, bell peppers, fire roasted tomatoes, garlic, & chicken broth slow cooked and serve over your choice of cauliflower rice or gluten free pasta.

**Chicken Burgers** (AS) Ground chicken, red bell pepper, onion, diced tomatoes, mushrooms, carrot, garlic, gluten-free bread crumbs, nutritional yeast.

### **PLANT BASED**

**Peanut Butter Noodle Stir Fry**(VG909-2).Broccoli, bell pepper, onion, ginger, garlic & green onion cook on stovetop in a sauce containing peanut butter, gluten free tamari, rice vinegar & sesame oil then served over a bed of cooked rice noodles.

**Vegetable Soup with Kale (or spinach)** (CK) Onion, carrot, celery, & seasonal vegetables, quinoa, garlic, tomatoes, chickpeas, kale (or spinach) & spices simmer in a vegetable broth-based soup.

### **PORK**

**Orange Chili Glazed Bacon Wrapped Pork Tenderloin:** (POMG) Pork tenderloin seasoned with salt, paprika, chili powder & cinnamon then wrapped in bacon and oven-baked, then topped with an orange juice based glaze made with coconut aminos, honey, chili powder & smoked paprika.

**Maple Dijon Pork Tenderloin:** (LCB867-2) Pork tenderloin in a sauce of Dijon mustard, maple syrup, sage, and salt & pepper

### **SEAFOOD**

**Garlic Pancetta Shrimp** (MED871-1) Wild caught shrimp, pancetta, garlic & parsley cooked on stovetop. Serve with green vegetable of your choice or atop salad greens.

**Sheet Pan Roasted Fish with Asparagus**(30M860-3) Cod fillets in a lemon-ghee sauce with basil and asparagus.