

The
PERENNIAL CHEF
FINE PREPARED FOODS & CATERING

Weekly Summer Menu

Monday

Fish & Seafood Entrées:

Pan Seared Salmon w/Artichoke Relish (17.95/lb.)-Shrimp du Jour (24.75/lb.)-Salmon Cakes (6.95 ea.)

Other Entrées:

*Asian Sliced Steak (19.95/lb.)- Beef Empanada (3.95 ea.)-Bombay Chicken Curry (12.25/lb.)
Brick Chicken (14.95/lb.)-Chicken & Eggplant Parmiggiana (15.95/lb.)-Sweet & Spicy Pork (\$12.95/lb.)
Tofu Cakes (\$3.95 ea.)-Vegetable Manicotti (13.95/lb.)*

Salads:

*Chicken Asparagus Salad (14.95/lb.)-Waldorf Chicken Salad (11.95/lb.)
Chicken Caesar Salad (11.95/lb.)-Cole Slaw du Jour (9.95/lb.)
Greek Tomato & Cucumber Salad (9.75/lb.)-Corn & Black Bean Salad (10.75/lb.)-Macaroni Salad (8.95/lb.)
Japanese Potato Salad (8.95/lb.)*

Vegetables & Sides:

*Basmati Rice w/Saffron & Cumin (11.25/lb.)-Himalayan Red Rice (11.25/lb.)
Quinoa w/Kabocha Squash (11.95/lb.)-Macaroni & Cheese (8.95/lb.)-Mashed Potatoes (8.75/lb.)
Roasted Beets (12.95/lb.)-Bok Choy (11.95/lb.)-Roasted Mushroom Medley (15.95/lb.)
Roasted Brussels Sprouts(12.95/lb.)-Ratatouille (10.75/lb.)*

Tuesday

Fish & Seafood Entrées:

Pan Seared Salmon du Jour (17.95/lb.)-Seafood Cakes (7.50 ea.)-Shrimp Shu Mai (8.00/pk)

Other Entrées:

*Mojo Chicken (12.95/lb.)-Jerk Chicken (12.95/lb.)-Chicken Fingers (14.95/lb.)
Brick Chicken du Jour (14.95/lb.)-Smoked Steak Salad (19.95/lb.)-Brazilian Steak (19.95/lb.)
Smoked Cuban Pork w/Mojo Sauce (16.95/lb.)-Pasta Bolognese (10.95/lb.)*

Salads:

*Waldorf Chicken Salad (11.95/lb.)- Chicken Avocado Salad (14.25/lb.)
Tuna Vegetable Salad (9.95/lb.)-Tomato & Fresh Mozzarella Salad (11.25/lb.)
Greek Tomato & Cucumber Salad w/Feta (9.75/lb.)-Corn & Avocado Salad (12.25/lb.)
Cole Slaw du Jour (9.95/lb.)-Macaroni Salad (8.95/lb.)*

Vegetables & Sides:

*Asian Noodle Salad (10.95/lb.)- Broccoli & Cauliflower (10.75/lb.)-Rice & Beans (9.25/lb.)
Brown Rice w/Vegetables (11.25/lb.)-Green Beans (12.95/lb.)-Curried Cauliflower & Peas (12.95/lb.)*

Wednesday

Fish & Seafood Entrées:

*Poached Shrimp w/Sweet & Sour Sauce (24.75/lb.)-Salmon Cakes (7.50 ea.)
Pan Seared Salmon w/Mustard Crust (17.95/lb.)*

Other Entrées:

*Chicken Schnitzel (14.95/lb.)-Brick Chicken (14.95/lb.)-Chicken Picatta (14.95 ea.)
Tuscan Pork Chops (12.95/lb.)-Beef Empanadas (3.95 ea.)-Ancho Steak (19.95/lb.)
Vegetable Gratin (12.95/lb.)-Tofu Cakes (3.95 ea.)-Quiche du Jour (3.95/slice)*

Salads:

*Waldorf Chicken Salad (11.95/lb.)-Chicken Avocado Salad (14.25/lb.)
Curried Chicken Salad w/Julienned Celery & Onions (11.95/lb.)- Tuna Vegetable Salad (9.95/lb.)
Greek Tomato & Cucumber Salad (9.75/lb.)- French Lentil Salad (11.95/lb.)-Island Potato Salad (8.95/lb.)*

Vegetables & Sides:

*Brown Rice w/Vegetables (11.25/lb.)-Potato Latkas (1.10 ea.)-Roasted Mushroom Medley (15.95/lb.)
Quinoa (11.95/lb.)- Orzo w/Feta (11.25/lb.)- Mac & Cheese (8.95/lb.)-Green Beans (12.95/lb.)
Ratatouille (10.75/lb.)-Curried Chick Peas w/Eggplant (12.95/lb.)*

Thursday

Fish & Seafood Entrées:

Pan Seared Salmon Miso Infused (17.95/lb.)-Seafood Cakes (7.50 ea.)

Other Entrées:

Chicken Fingers (14.95/lb.)- Chicken Empanadas (3.95 ea.)-Brick Chicken du Jour (14.95/lb.)

Beef Lasagna (12.75/lb.)- Meatballs in Marinara Sauce (12/lb.)-Tofu Cakes (3.95ea.)

Quiche du Jour (3.95/slice)

Salads:

Waldorf Chicken Salad (11.95/lb.)- Chicken Avocado Salad (14.25/lb.)-Chicken Caesar Salad (11.95/lb.)

Smoked Chicken Salad (14.25/lb.)-Japanese Steak Salad (19.95/lb.)-Tuna Vegetable Salad (9.95/lb.)

Greek Cucumber & Tomato Salad (9.75/lb.)-Island Black Bean Salad (9.75/lb.)

Asian Noodle Salad (10.95/lb.)-Japanese Potato Salad (8.75/lb.)

Vegetables & Sides:

Roasted Beets (12.95/lb.)-Classic Mashed Potatoes (8.75/lb.)-Himalayan Red Rice (11.25/lb.)

Brown Rice w/Vegetables (11.25/lb.)-Sauteed Chinese Broccoli (11.75/lb.)-Ratatouille (10.75/lb.)

Pasta w/Spring Vegetables (11.25/lb.)

Friday

Fish & Seafood Entrées:

Shrimp du Jour (24.75/lb.)-Seafood Paella (17.95/lb.)-Crab Cakes (7.95 ea.)

Pan Seared Salmon (17.95/lb.)

Other Entrées:

Chicken Fingers (14.95/lb.)-Brick Chicken (14.95/lb.)-Chicken Empanadas (3.95 ea.)

Chicken Piccata (14.95/lb.)-Classic-Stir Fried Beef w/Shitake Mushrooms (19.95/lb.)

Beef Lasagna (12.75/lb.)-Tofu Cakes (3.95 ea.)

Salads:

Smoked Chicken Salad (14.25/lb.)-Chicken Avocado Salad (14.25/lb.)-Greek Cucumber Salad (9.75/lb.)

Coleslaw (9.75/lb.)-Fresh Corn Salad (12.25/lb.)-Heart of Palm & Artichoke Salad (12.25/lb.)-Watermelon & Avocado Salad

(11.75/lb.)-Macaroni Salad (8.75/lb.)-Tuna Vegetable Salad (9.95/lb.)-Asian Noodle Salad (10.95/lb.)

Vegetables & Sides:

Vegetable Gratin (12.95/lb.)-Orzo w/Pesto (11.25/lb.)-Ratatouille (10.75/lb.)

Herb Roasted Potatoes (8.75/lb.)-Vegetable Antipasto (12.95/lb.)-Jasmine Rice (11.25/lb.)

Quinoa (11.95/lb.)

Saturday

Fish & Seafood Entrées:

Poached Shrimp (24.75/lb.)-Pan Seared Salmon du Jour (17.95/lb.)

Crab Cakes (7.95 ea.)

Other Entrées:

BBQ Chicken Wings (10.25/lb.)-Boneless Jerk Chicken (12.95/lb.)-Brick Chicken du Jour (14.95/lb.)

Yakitori Beef w/Onions (19.95/lb.)-Smoked Cuban Fresh Ham w/Mojo Sauce (16.95/lb.)

Meatballs w/Marinara Sauce (12/lb.)

Salads:

Chicken Avocado Salad (14.25/lb.)-Waldorf Chicken Salad (11.95/lb.)-Cole Slaw (9.95/lb.)

Macaroni Salad (8.95/lb.)-French Lentil Salad (11.95/lb.)-Island Black Bean Salad (9.75/lb.)

Watermelon & Avocado Salad (11.75/lb.)-Greek Cucumber Salad (9.75/lb.)

Tuna Vegetable Salad (9.95/lb.)-Asian Noodle Salad (10.95/lb.)

Vegetables & Sides

Pasta w/Garlic & Olive Oil (8.95/lb.)-Rice & Beans (10.25/lb.)- Ratatouille (10.75/lb.)

Vegetable Brown Rice (11.25/lb.)-Green Beans (12.95/lb.)-Vegetable Gratin (12.95/lb.)

Curried Chick Peas w/Eggplant (9.95/lb.)-Quinoa (11.95/lb.)-Basmati Rice w/Saffron (11.25/lb.)

Exciting new Specials added everyday, call the store to inquire!-Prices & menu subject to change.

Warning: if you have a food allergy, please speak to the owner, manager, chef or your server.

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