

## ***Blue Plate Meal Delivery Menu for 6/15—6/19/20***

### **Entrees 4 Servings**

**Salisbury Steak**—Ground beef steaks simmered in mushroom and onion gravy, served with mashed potatoes. \$25.00

**Chicken Pot Pie**—Diced chicken breast, carrots, celery and potatoes in a creamy sauce topped with a puff pastry crust. \$24.00

### **Entrees Single Serving**

**Smoked & Grilled Pork Chop or Tofu with Mango Chutney**—Smoked and grilled pork chop or tofu served with roasted vegetables and mango chutney. *Gluten Free/Vegan w/ Tofu* \$11.00

**SW Clambake**—Half pound of clams, Jumbo prawns, corn on the cob, potatoes and a lime chipotle butter. *Vacuum Packed*, ready to heat in a saucepan on the stove. \$14.00

**Blackened Salmon Tacos**— Blackened sockeye salmon, corn or flour tortillas, grilled pineapple salsa, shredded romaine and sweet pepper sour cream. Served with simmered black beans. \$12.00

**Chicken Tortilla Soup**—Chicken, corn, black beans and tomato in a rich chicken broth. Served with limes and crispy corn tortilla strips.  
1 Quart \$10.00/ 2 servings

**Breakfast Burrito**—Eggs and cheddar cheese wrapped in a 10 inch flour tortilla served with salsa and sour cream. *Vegetarian* \$3.75 with **Bacon** \$4.25

**Breakfast Bagel Sandwich** —Toasted bagel with scrambled egg and cheddar cheese. \$3.50 with **Bacon** \$4.00

### **Frozen single serving Chicken Pot Pie**

Frozen pot pies ready to pop into the oven, great for smaller appetites or pair with a salad for a complete dinner. \$6.00

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**Kids Entrees** *(makes a great snack or lunch for adults too!)*

**Chicken Strips with Fruit cup**—Chicken breast breaded with panko bread crumbs and fried golden brown, ready to re-heat. Served with BBQ dipping sauce and fresh fruit cup. \$6.50

**Crispy Quesadilla-Cheese**, large 10 inch flour tortilla filled with a mix of mozzarella and cheddar cheeses, pan fried crispy and served with salsa and sour cream on the side. *Vegetarian* \$5.50

**Crispy Quesadilla-Chicken**, same as cheese quesadilla but with diced chicken breast \$6.00

**Pizza Kit**—7 inch flatbread, mozzarella cheese, pepperoni and tomato sauce, all on the side ready to build your own pizza. \$5.00

**Beef Taco Kit**—2 crispy corn taco shells, taco meat, cheddar cheese, salsa and shredded romaine lettuce all on the side and ready to build your own tacos. \$5.00

**Sides/Snacks**

**Caesar Salad**—Romaine lettuce, cherry tomatoes, croutons, parmesan cheese and Caesar dressing. *Serves 2* \$6.00

**Hummus & Pita Snack**—Our homemade hummus, pita triangles, carrots and cucumber slices. *Vegan* \$6.00

**Grilled Vegetables**—A variety of vegetables grilled and served with balsamic Dijon Vinaigrette. *Vegan* \$6.00