

# Another Choice Personal Chef Service

Mitch Greene

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Menu for  
**Sample**

Service Date  
**6/22/2005**

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- **Fish in Parmesan Herb Breading** Servings: 2

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*Baked Fish coated with Parmesan and Italian Herb Bread Crumbs topped with a Lemon Caper Butter* *Fresh Serve*

**Marinated Tomato Salad**

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*Fresh sliced Tomatoes in a Sun-dried Tomato Basil Vinaigrette with Feta Cheese*
  
  - **Chef's Choice Hamburgers** Servings: 4

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*Traditional 1/4-pound Hamburgers Made With a special blend of herbs and spices.* *Freezer*

**Seasoned Black Beans**

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*Black Beans seasoned with a light Mexican flavor*
  
  - **Chicken in Orange Raspberry Sauce** Servings: 4

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*Sautéed Chicken Breasts finish with an Orange Liqueur Sauce and topped with Raspberries* *Freezer*

**Cinnamon Glazed Carrots**

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*A Julienne of carrots glazed with a cinnamon, cider, maple sauce*
  
  - **Mild Beef Curry** Servings: 4

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*Beef Sirloin in a Ginger Curry Tomato Sauce* *Freezer*

**Roasted Asparagus**

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*Fresh asparagus roasted and lightly seasoned.*
  
  - **Turkey Picatta** Servings: 4

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*Turkey Scallops in a Lemon, Wine, and Caper Sauce* *Freezer*

**Vegetables Melange**

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*Italian season carrots, broccoli, peppers, zucchini and mushrooms topped with parmesan cheese*

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Nutrition for

**Sample**

Service Date

**6/22/2005**

## • Fish in Parmesan Herb Breading

### Nutrition Facts

per serving

|                                |              |
|--------------------------------|--------------|
| <b>Calories</b>                | <b>362</b>   |
| <b>Total Fat (g)</b>           | <b>18.37</b> |
| Saturated Fat (g)              | 10.76        |
| <b>Cholesterol (mg)</b>        | <b>115</b>   |
| <b>Sodium (mg)</b>             | <b>950</b>   |
| <b>Total Carbohydrates (g)</b> | <b>8.88</b>  |
| Sugars (g)                     | 0            |
| Fiber (g)                      | 0.4          |
| <b>Protein (g)</b>             | <b>40.2</b>  |
| <b>Alcohol (g)</b>             | <b>0</b>     |
| Calcium (mg)                   | 0            |
| Iron (mg)                      | 2            |
| Vitamin A (IU)                 | 650          |
| Vitamin C (mg)                 | 18           |

### Nutritional Percentages

|                          |             |
|--------------------------|-------------|
| Percentage Fat           | <b>45.7</b> |
| Percentage Carbohydrates | <b>9.8</b>  |
| Percentage Protein       | <b>44.4</b> |
| Percentage Alcohol       | <b>0</b>    |

## Marinated Tomato Salad

### Nutrition Facts

per serving

|                                |              |
|--------------------------------|--------------|
| <b>Calories</b>                | <b>156</b>   |
| <b>Total Fat (g)</b>           | <b>11.22</b> |
| Saturated Fat (g)              | 3.26         |
| <b>Cholesterol (mg)</b>        | <b>13</b>    |
| <b>Sodium (mg)</b>             | <b>316</b>   |
| <b>Total Carbohydrates (g)</b> | <b>10.02</b> |
| Sugars (g)                     | 0.48         |
| Fiber (g)                      | 1.32         |
| <b>Protein (g)</b>             | <b>3.62</b>  |
| <b>Alcohol (g)</b>             | <b>0</b>     |
| Calcium (mg)                   | 0            |
| Iron (mg)                      | 1            |
| Vitamin A (IU)                 | 1158         |
| Vitamin C (mg)                 | 44           |

### Nutritional Percentages

|                          |             |
|--------------------------|-------------|
| Percentage Fat           | <b>64.7</b> |
| Percentage Carbohydrates | <b>25.7</b> |
| Percentage Protein       | <b>9.3</b>  |
| Percentage Alcohol       | <b>0</b>    |

• **Chef's Choice Hamburgers**

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**Nutrition Facts**

per serving

|                                |                   |
|--------------------------------|-------------------|
| <b>Calories</b>                | <b>520</b>        |
| <b>Total Fat (g)</b>           | <b>28.82</b>      |
| Saturated Fat (g)              | 13.16             |
| <b>Cholesterol (mg)</b>        | <b>111</b>        |
| <b>Sodium (mg)</b>             | <b>465</b>        |
| <b>Total Carbohydrates (g)</b> | <b>30.12</b>      |
| Sugars (g)                     | 0                 |
| Fiber (g)                      | 1.29              |
| <b>Protein (g)</b>             | <b>34.97</b>      |
| <b>Alcohol (g)</b>             | <b>0</b>          |
| Calcium (mg) 0                 | Iron (mg) 4       |
| Vitamin A (IU) 936             | Vitamin C (mg) 16 |

**Nutritional Percentages**

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|                          |             |
|--------------------------|-------------|
| Percentage Fat           | <b>49.9</b> |
| Percentage Carbohydrates | <b>23.2</b> |
| Percentage Protein       | <b>26.9</b> |
| Percentage Alcohol       | <b>0</b>    |

**Seasoned Black Beans**

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**Nutrition Facts**

per serving

|                                |                   |
|--------------------------------|-------------------|
| <b>Calories</b>                | <b>320</b>        |
| <b>Total Fat (g)</b>           | <b>1.44</b>       |
| Saturated Fat (g)              | 0.34              |
| <b>Cholesterol (mg)</b>        | <b>0</b>          |
| <b>Sodium (mg)</b>             | <b>542</b>        |
| <b>Total Carbohydrates (g)</b> | <b>56.19</b>      |
| Sugars (g)                     | 0                 |
| Fiber (g)                      | 4.95              |
| <b>Protein (g)</b>             | <b>20.58</b>      |
| <b>Alcohol (g)</b>             | <b>0</b>          |
| Calcium (mg) 0                 | Iron (mg) 5       |
| Vitamin A (IU) 293             | Vitamin C (mg) 11 |

**Nutritional Percentages**

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|                          |             |
|--------------------------|-------------|
| Percentage Fat           | <b>4</b>    |
| Percentage Carbohydrates | <b>70.2</b> |
| Percentage Protein       | <b>25.7</b> |
| Percentage Alcohol       | <b>0</b>    |

• **Chicken in Orange Raspberry Sauce**

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**Nutrition Facts**

per serving

|                                |                   |
|--------------------------------|-------------------|
| <b>Calories</b>                | <b>444</b>        |
| <b>Total Fat (g)</b>           | <b>17.34</b>      |
| Saturated Fat (g)              | 6.55              |
| <b>Cholesterol (mg)</b>        | <b>128</b>        |
| <b>Sodium (mg)</b>             | <b>154</b>        |
| <b>Total Carbohydrates (g)</b> | <b>30.83</b>      |
| Sugars (g)                     | 0.97              |
| Fiber (g)                      | 1.47              |
| <b>Protein (g)</b>             | <b>41.22</b>      |
| <b>Alcohol (g)</b>             | <b>1.52</b>       |
| Calcium (mg) 0                 | Iron (mg) 2       |
| Vitamin A (IU) 709             | Vitamin C (mg) 56 |

**Nutritional Percentages**

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|                          |             |
|--------------------------|-------------|
| Percentage Fat           | <b>35.1</b> |
| Percentage Carbohydrates | <b>27.8</b> |
| Percentage Protein       | <b>37.1</b> |
| Percentage Alcohol       | <b>2.4</b>  |

***Cinnamon Glazed Carrots***

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**Nutrition Facts**

per serving

|                                |                   |
|--------------------------------|-------------------|
| <b>Calories</b>                | <b>231</b>        |
| <b>Total Fat (g)</b>           | <b>0.67</b>       |
| Saturated Fat (g)              | 0.22              |
| <b>Cholesterol (mg)</b>        | <b>0</b>          |
| <b>Sodium (mg)</b>             | <b>358</b>        |
| <b>Total Carbohydrates (g)</b> | <b>53.92</b>      |
| Sugars (g)                     | 0                 |
| Fiber (g)                      | 2.7               |
| <b>Protein (g)</b>             | <b>2.39</b>       |
| <b>Alcohol (g)</b>             | <b>0</b>          |
| Calcium (mg) 0                 | Iron (mg) 2       |
| Vitamin A (IU) 60848           | Vitamin C (mg) 21 |

**Nutritional Percentages**

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|                          |             |
|--------------------------|-------------|
| Percentage Fat           | <b>2.6</b>  |
| Percentage Carbohydrates | <b>93.4</b> |
| Percentage Protein       | <b>4.1</b>  |
| Percentage Alcohol       | <b>0</b>    |

• **Mild Beef Curry**

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**Nutrition Facts**

per serving

|                                |                   |
|--------------------------------|-------------------|
| <b>Calories</b>                | <b>529</b>        |
| <b>Total Fat (g)</b>           | <b>23.39</b>      |
| Saturated Fat (g)              | 6.6               |
| <b>Cholesterol (mg)</b>        | <b>129</b>        |
| <b>Sodium (mg)</b>             | <b>230</b>        |
| <b>Total Carbohydrates (g)</b> | <b>26.59</b>      |
| Sugars (g)                     | 0                 |
| Fiber (g)                      | 2.27              |
| <b>Protein (g)</b>             | <b>53</b>         |
| <b>Alcohol (g)</b>             | <b>0</b>          |
| Calcium (mg) 0                 | Iron (mg) 7       |
| Vitamin A (IU) 517             | Vitamin C (mg) 44 |

**Nutritional Percentages**

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|                          |             |
|--------------------------|-------------|
| Percentage Fat           | <b>39.8</b> |
| Percentage Carbohydrates | <b>20.1</b> |
| Percentage Protein       | <b>40.1</b> |
| Percentage Alcohol       | <b>0</b>    |

***Roasted Asparagus***

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**Nutrition Facts**

per serving

|                                |                   |
|--------------------------------|-------------------|
| <b>Calories</b>                | <b>94</b>         |
| <b>Total Fat (g)</b>           | <b>2.99</b>       |
| Saturated Fat (g)              | 0.45              |
| <b>Cholesterol (mg)</b>        | <b>0</b>          |
| <b>Sodium (mg)</b>             | <b>5</b>          |
| <b>Total Carbohydrates (g)</b> | <b>9.71</b>       |
| Sugars (g)                     | 0                 |
| Fiber (g)                      | 1.93              |
| <b>Protein (g)</b>             | <b>7.11</b>       |
| <b>Alcohol (g)</b>             | <b>0</b>          |
| Calcium (mg) 0                 | Iron (mg) 2       |
| Vitamin A (IU) 2062            | Vitamin C (mg) 79 |

**Nutritional Percentages**

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|                          |             |
|--------------------------|-------------|
| Percentage Fat           | <b>28.6</b> |
| Percentage Carbohydrates | <b>41.3</b> |
| Percentage Protein       | <b>30.3</b> |
| Percentage Alcohol       | <b>0</b>    |

• **Turkey Picatta**

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**Nutrition Facts**

per serving

|                                |                   |
|--------------------------------|-------------------|
| <b>Calories</b>                | <b>443</b>        |
| <b>Total Fat (g)</b>           | <b>14.91</b>      |
| Saturated Fat (g)              | 3.21              |
| <b>Cholesterol (mg)</b>        | <b>125</b>        |
| <b>Sodium (mg)</b>             | <b>2166</b>       |
| <b>Total Carbohydrates (g)</b> | <b>19.1</b>       |
| Sugars (g)                     | 0                 |
| Fiber (g)                      | 0.46              |
| <b>Protein (g)</b>             | <b>58.05</b>      |
| <b>Alcohol (g)</b>             | <b>8.09</b>       |
| Calcium (mg) 0                 | Iron (mg) 4       |
| Vitamin A (IU) 463             | Vitamin C (mg) 23 |

**Nutritional Percentages**

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|                          |             |
|--------------------------|-------------|
| Percentage Fat           | <b>30.3</b> |
| Percentage Carbohydrates | <b>17.2</b> |
| Percentage Protein       | <b>52.4</b> |
| Percentage Alcohol       | <b>12.8</b> |

**Vegetables Melange**

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**Nutrition Facts**

per serving

|                                |                   |
|--------------------------------|-------------------|
| <b>Calories</b>                | <b>110</b>        |
| <b>Total Fat (g)</b>           | <b>4.93</b>       |
| Saturated Fat (g)              | 1.62              |
| <b>Cholesterol (mg)</b>        | <b>5</b>          |
| <b>Sodium (mg)</b>             | <b>280</b>        |
| <b>Total Carbohydrates (g)</b> | <b>10.96</b>      |
| Sugars (g)                     | 0                 |
| Fiber (g)                      | 1.41              |
| <b>Protein (g)</b>             | <b>5.52</b>       |
| <b>Alcohol (g)</b>             | <b>0</b>          |
| Calcium (mg) 0                 | Iron (mg) 2       |
| Vitamin A (IU) 6423            | Vitamin C (mg) 54 |

**Nutritional Percentages**

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|                          |             |
|--------------------------|-------------|
| Percentage Fat           | <b>40.3</b> |
| Percentage Carbohydrates | <b>39.9</b> |
| Percentage Protein       | <b>20.1</b> |
| Percentage Alcohol       | <b>0</b>    |

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Cooking/Reheating Instructions for

**Sample**

Service Date

**6/22/2005**

- **Fish in Parmesan Herb Breading**

*Cooking instructions: Bake, uncovered, in preheated 425-degree oven approximately 12 mins per inch of thickness at the thickest part of the fish. If less than 1" thick, adjust time accordingly. Do not overcook fish. Fish is done when just a hint of translucence is seen when cut into thickest part of the fish. Fish will continue to cook after being removed from heat source and will lose that hint of translucence. Overcooked fish will be dry and tough. Place butter on top of fish after removing from oven and after placing on dinner plates.*

**Marinated Tomato Salad**

*Ready to Eat*

- **Chef's Choice Hamburgers**

*Thaw overnight.*

*Grill, broil, or pan fry till cooked throughout, turning only once. Serve on hamburger buns with lettuce tomato or other favorite toppings.*

**Seasoned Black Beans**

*Heating instructions.*

*Thaw in the refrigerator the day before consumption. Heat on the stovetop or microwave at 60% power for 4 minutes, or until hot throughout.*

- **Chicken in Orange Raspberry Sauce**

*Reheating instructions:*

*Thaw in the refrigerator overnight. Heat chicken in microwave or on stove top on a medium-low setting, just until chicken is heated through. Note: overheating chicken in the microwave can make the chicken tough.*

**Cinnamon Glazed Carrots**

*Thaw overnight. reheat in microwave at 80% power for 2 minutes or until hot.*

- **Mild Beef Curry**

*Reheating instructions:*

*Thaw in refrigerator the night before day of consumption. Heat in microwave or on stovetop, covered, stirring often to distribute heat evenly.*

**Roasted Asparagus**

*Thaw in the refrigerator overnight. Transfer to a broiling pan and broil the asparagus 3-4 minutes checking frequently to prevent browning. Serve immediately.*

*Alternately, reheat in microwave on low power at 30 second intervals till hot. Be careful not to over heat or asparagus will be mushy.*

- **Turkey Picatta**

*Reheating instructions:*

*Thaw overnight in the refrigerator the day before consumption. Heat in a skillet or in a microwave on medium heat until hot throughout.*

**Vegetables Melange**

*Thaw overnight. Reheat in microwave on 70% power for 2-3 minutes or until hot. Sprinkle with Parmesan Cheese*

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