

# Popular meal prep

## Dishes - 23/24

*Chef Cam Rowley*

### Soups/Stews

Thailandaise Green curry,  
Homemade Naan  
Potato Leek  
Roasted squash  
Roasted Cauliflower  
Mushroom Soup  
Asparagus Soup  
French Onion Soup

### Noodles

Pad thai  
Ravioli  
Lemon Pasta  
Lasagna  
Swedish Meatballs  
Pasta Bolognese  
Wild mushroom Pasta  
Vodka Sauce  
Gnocchi

### Seafood

Soy glazed Crispy Salmon  
Sesame crusted Tuna  
Burre Blanc Sole

### Beef/Lamb

Rack of Lamb/Loin  
Slow braised beef  
Burger  
Barria Tacos

### Salads

Singapore Slaw  
Roasted Beet and goat cheese salad  
Kale Ceasar  
Avocado/Beet Lime Tartar  
Mango Salad  
Apple Fennel  
Pear, Gorgonzola, Walnut and arugula

### Vegetables

Buddha Lettuce Cups  
Spicy Peanut Broccoli  
Sauteed rapini  
Ratatouille  
Broccoli sautéed with garlic  
Asparagus sautéed with parmigiano  
Sautéed mushrooms with garlic  
Roasted red potatoes with rosemary  
Fire roasted peppers  
Sweet potato puree  
Parsnip puree  
Whipped potato  
BBQ corn

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Mango Salad  
Apple Fennel  
Pear, Gorgonzola, Walnut and arugula

### Starters/Snacks

Thai Summer rolls  
Charcuterie  
Cheeseburger spring rolls  
Asian BBQ chicken Bao  
Asian Dumplings  
Spinach Artichoke Dip  
Garlic Knots  
Moohamara dip  
Hummus  
Warm olives  
Garlic Bread  
Grilled peach and Burrata  
Baked brie, fruit jam  
Guacamole

### Chicken

Chicken pot pie  
Butter Chicken  
Greek chicken (grilled) with Tzatsiki  
Chicken Wings  
Duck with Orange Sauce  
Chicken Parm

### Lunch/Sandwiches

Grilled Cheese  
Burrito  
Falafel Wrap  
Lox and cream cheese  
Avo Toast  
chicken ceasar wrap  
BBQ sando with coleslaw  
Fish sandwich

