

**In Home**  
G O U R M E T

**Monday November 3, 2008**

**954-384-6227**

**al la cart  
price**

**quantity -  
240 calories  
for women**

**quantity - 300  
calories for  
men**

|  |        |  |  |
|--|--------|--|--|
| Blueberry French Toast with breakfast sausage  | \$7.00 |  |  |
| <i>Serve warm</i>  |        |  |  |
| Broccoli cheddar & chicken quiche  | \$7.00 |  |  |
| <i>Serve warm</i>  |        |  |  |
| Southwest Romaine Salad with turkey, sundried tomato, cilantro, tortilla crisps and pinto beans          | \$9.00 |  |  |
| <i>Serve Cold</i>  |        |  |  |
| Tuna Canteloupe with Toasts  | \$9.00 |  |  |
| <i>Serve cold</i>  |        |  |  |
| Tilapia & Shrimp Ceviche with Avocado, cucumber tomato & corn tortilla chips                             | \$9.00 |  |  |
| <i>Serve Cold</i>  |        |  |  |
| Tomato Basil Soup with turkey  | \$8.00 |  |  |
| <i>Serve Warm</i>  |        |  |  |
| <b>Chef's selections for daily diet clients</b>  |        |  |  |
|  |        |  |  |
| <b>Thursday November 6, 2008</b>   |        |  |  |
| Chicken & spinach sausage egg wrap with cheddar cheese   | \$7.00 |  |  |
| <i>Bake in the oven at 375 until crispy and brown</i>  |        |  |  |
| Berry & Cream Cheese egg white tart with cinnamon toast & sausage  | \$7.00 |  |  |
| <i>Serve warm</i>  |        |  |  |
| Italian Turkey whole wheat wrap with spinach, basil and sun dried tomato with Italian herb dipping sauce | \$9.00 |  |  |
| <i>Serve cold</i>  |        |  |  |
| Orange Asian Chicken Romaine Salad with black beans, hearts of palm, carrots and ginger vinaigrette      | \$9.00 |  |  |
| <i>Serve cold</i>  |        |  |  |
| Broccoli Chicken Salad with whole wheat crisps   | \$9.00 |  |  |
| <i>Serve Cold</i>  |        |  |  |
| Turkey Pasta E fagiolo Soup with pasta shells and tomato   | \$8.00 |  |  |
| <i>Serve Warm</i>  |        |  |  |
| <b>Chef's selections for daily diet clients</b>  |        |  |  |

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| <b>Monday November 10, 2008</b>   | <b>al la cart price</b> | <b>quantity - 240 calories for women</b> | <b>quantity - 300 calories for men</b> |
|---|-------------------------|--|--|
| Peach Egg White layered tart with vanilla oatmeal and turkey breakfast sausage            |                         |  |  |
| <i>Serve Warm</i>   | \$7.00                  |  |  |
| Italian turkey sausage and egg wrap with marinara   |                         |  |  |
| <i>Serve warm</i>   | \$9.00                  |  |  |
| Chicken Caesar Salad with hearts of palm, garbanzo beans and shaved parm                  |                         |  |  |
| <i>Serve cold</i>   | \$9.00                  |  |  |
| Chicken Burger with Toast and cucumber & potato salad                                     |                         |  |  |
| <i>warm burger and serve salad cold</i>   | \$9.00                  |  |  |
| Tuna Cheddar Broccoli Salad with pasta shells   |                         |  |  |
| <i>Serve warm or cold</i>   | \$8.00                  |  |  |
| Asian Turkey Dumpling Soup with snow peas and boc choy                                    |                         |  |  |
| <i>Serve warm</i>   |                         |  |  |
| <b>Chef's selections for daily diet clients</b>   |                         |  |  |
|   |                         |  |  |
| <b>Thursday November 13, 2008</b>   |                         |  |  |
| Apple Cinnamon Oatmeal Egg Bake with fresh strawberries and turkey breakfast link sausage |                         |  |  |
| <i>Serve warm</i>   | \$7.00                  |  |  |
| Spanish egg frittata with potato and chorizo  |                         |  |  |
| <i>Bake in the oven</i>   | \$7.00                  |  |  |
| Tilapia & Shrimp Ceviche with Avocado, cucumber tomato & corn tortilla chips              |                         |  |  |
| <i>Serve cold</i>   | \$9.00                  |  |  |
| Basil Pesto Chicken Salad with Toasts   |                         |  |  |
| <i>Serve cold</i>   | \$9.00                  |  |  |
| Thai Chicken Lettuce Cups with noodles and bean sprouts                                   |                         |  |  |
| <i>Warm chicken and serve with lettuce cups</i>   | \$9.00                  |  |  |
| Creamy Greek with Turkey Meatballs and feta   |                         |  |  |
| <i>Serve warm</i>   | \$8.00                  |  |  |
| <b>Chef's selections for daily diet clients</b>   |                         |  |  |

**In Home**  
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| <b>Monday November 17, 2008</b>  | <b>al la cart price</b> | <b>quantity - 240 calories for women</b> | <b>quantity - 300 calories for men</b> |
|--|-------------------------|--|--|
| Spinach, onion, swiss and turkey Quiche  | \$7.00                  |  |  |
| <i>Serve warm</i>  |                         |  |  |
| Berry & Cream Cheese egg white tart with cinnamon toast & sausage  | \$7.00                  |  |  |
| <i>Serve warm</i>  |                         |  |  |
| Tuna Veggie Salad with toasts  | \$9.00                  |  |  |
| <i>Serve cold</i>  |                         |  |  |
| South West Turkey Burrito Salad with pico de gallo and salsa dressing                                      | \$9.00                  |  |  |
| <i>Bake wrap in the oven until golden brown, serve over salad</i>  |                         |  |  |
| Chicken Rosemary Salad wrap with cherry tomatoes & cucumber  | \$9.00                  |  |  |
| <i>Serve Cold</i>  |                         |  |  |
| Thai tom yum soup with sweet potato, chicken & shrimp  | \$8.00                  |  |  |
| <i>Serve warm</i>  |                         |  |  |
| <b>Chef's selections for daily diet clients</b>  |                         |  |  |
|  |                         |  |  |
| <b>Thursday November 20, 2008</b>  |                         |  |  |
| Savory Egg bake with sausage, onions & tomatoes with whole wheat toasts                                    | \$7.00                  |  |  |
| <i>Serve warm</i>  |                         |  |  |
| Raspberry Apple Egg crepe with vanilla cream cheese and breakfast sausage                                  | \$7.00                  |  |  |
| <i>Serve Warm</i>  |                         |  |  |
| Diced Turkey Romaine Salad with Honey Mustard Vinaigrette, cucumber tomato, whole wheat croutons and beans | \$9.00                  |  |  |
| <i>Serve Cold</i>  |                         |  |  |
| Shrimp Gazpacho Salad with Whole Wheat Toasts  | \$9.00                  |  |  |
| <i>Serve warm</i>  |                         |  |  |
| Chicken Tabouleh with tomato & cucumber  | \$9.00                  |  |  |
| <i>Serve cold</i>  |                         |  |  |
| Chicken Tortilla Soup with avocado, spinach, pinto beans & torilla crisps                                  | \$8.00                  |  |  |
| <i>Serve Warm</i>  |                         |  |  |
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**In Home**  
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| <b>Monday November 24, 2008</b>   | <b>al la cart price</b> | <b>quantity - 240 calories for women</b> | <b>quantity - 300 calories for men</b> |
|---|-------------------------|--|--|
| Banana Maple French Toast with turkey breakfast sausage   | \$7.00                  |  |  |
| <i>Serve warm</i>   |                         |  |  |
| Egg spinach, onion swiss cheese wrap  | \$7.00                  |  |  |
| <i>Bake until toasty and golden brown</i>   |                         |  |  |
| Chicken Caesar Salad with hearts of palm, garbanzo beans and shaved parm  | \$9.00                  |  |  |
| <i>Serve Cold</i>   |                         |  |  |
| Tuna Apple Salad with toasts  | \$9.00                  |  |  |
| <i>Serve cold</i>   |                         |  |  |
| Shrimp & Chicken Wakame Lettuce wrap with rice noodles  | \$9.00                  |  |  |
| <i>Serve Cold</i>   |                         |  |  |
| Southwest White Bean Chili w/chicken Soup   | \$8.00                  |  |  |
| <i>Serve Warm</i>   |                         |  |  |
| <b>Chef's selections for daily diet clients</b>   |                         |  |  |
| <b>Thursday November 27, 2008 -Thanksgiving</b>   |                         |  |  |
| Oven Ready Thanksgiving Feasts Available for \$269.00 Complete  |                         |  |  |
| See our menu at <a href="http://inhomegourmet.com/pdf/thanksgiving.pdf">www.http://inhomegourmet.com/pdf/thanksgiving.pdf</a> |                         |  |  |
| or go to <a href="http://www.inhomegourmet.com">www.inhomegourmet.com</a> and click on holiday feasts                         |                         |  |  |