



Keitha Fisher, Your Personal Chef  
'for people with more taste than time'

October 2007 Menu

Soup

- Butternut Squash
- Great Northern Bean Soup
- Wild Mushroom Potage
- White Fish Chowder
- Curried Apple and Squash\*

Poultry

- Chicken Stuffed with Prosciutto and Goat Cheese
- Papparedelle with Chicken Ragout
- Slow Roasted Spiced Chicken
- Curried Turkey Meatloaf\*
- Thai Green Curry with Chicken, Peppers and Mushrooms\*\*
- Chicken and Fall Vegetable Pot Pie
- Turkey Chili with Green Chiles
- Chicken and Dumplings
- Chicken Parmesan
- Rosemary Garlic Baked Chicken
- Citrus Baked Chicken
- Chicken with Balsamic Vinegar and Figs

Beef

- Hunter-style Beef Medallions
- Sweet and Sour Meatballs
- Bacon Swiss Mushroom Meatloaf
- Hoisin Beef with Mushrooms\*
- Beef Bourguignon
- Chili Con Carne
- Pot Roast with Fall Vegetables
- Belgian Beef Stew
- Blue Cheese and Walnut Stuffed Beef Tenderloin

Pork

- Roasted Pork Loin with Caramelized Onions
- Pork Chops with Lemon, Thyme and Pesto
- Balsamic Glaze Pork Medallions
- Pork Tenderloin with Port and Dried Cranberries
- Herb Crusted Pork Tenderloin
- Pork Chops with Roasted Apples
- Curried Pork
- Rosemary and Pepper Crusted Pork Tenderloin

Vegetarian

- Gnocchi with Creamy Pesto Sauce
- Baked Lentils and Vegetables with Brown Rice
- Black Bean and Sweet Potato Burrito
- Stuffed Peppers
- Pasta with Tuscan Beans, Sage and Garlic
- Rice Gratin with Spinach and Leeks

Fish

(Certain fish may not be available on chef day; a substitute may be used instead)

- Curried Shrimp in Coconut Milk
- Honey Dijon Salmon
- Mediterranean Baked Halibut
- Curry-Crusted Fish Filets
- Sesame-Crusted Salmon
- Seafood Casserole
- Tilapia Braised in White Wine
- Feta-Spinach Salmon

\* & \*\* denote spicy dishes