

The menu provides a sampling of the Confident Cook's available meals.

A LITTLE BIT OF ITALY

Three Cheese Lasagna

With Roasted Vegetables

With Roasted Vegetables and Italian Sausage

With Roasted Vegetables and Italian Meatballs

Baked Manicotti stuffed with Spinach and Ricotta

Baked Cannelloni

Mixed Seafood Cannelloni in a Béchamel Sauce

Pasta with Tomato Sauce

Italian Sausage and Peppers

Meatballs

Chicken Cacciatore

Mushroom, Eggplant, Zucchini and Peppers

Spicy Eggplant, Olives and Peppers

Pasta with Cream Sauce

Primavera

Chicken and Asparagus

Chicken Pesto

Mushroom

Tomato Cream with Mushrooms and Italian Sausage

Chicken Parmigiano

Frittata with Fennel, Mushroom and Oregano

Frittata with Mushroom, Asparagus and Basil

Beef Braised with Red Wine Vinegar, Garlic and Rosemary

SPICE IT UP

Fajitas with Homemade Tortillas

Chicken

Beef

Vegetarian

Shrimp

Tacos or Burritos

Beef

Chicken or Turkey

Vegetarian

Chicken Creole

Chicken and Sausage Jambalaya

With shrimp

Island Jerk

Chicken

Pork

Seafood

Black Bean and Sweet Potato Stew

With Pork

With Chicken

Spiced Pork Chops with Mint Mango Sauce

Chicken

Lamb

Moroccan Chicken Tagine with Chickpeas

EXOTIC INDIA

Rogan Josh (Red Lamb, Pork or Beef Stew)

Tandoori Chicken

Shrimp

Fish

Mughlai Lamb with Turnips

Chicken with Red Lentils

Chicken in a Sweet Red Pepper Sauce

Prawns or Chicken with Spinach

Classic Red Curry

Chicken

Beef

Lamb

Shrimp

Chick Pea and Vegetable

Dhansak (Lentil Base)

Chicken
Pork
Lamb
Beef

ASIAN DELIGHTS

Teriyaki Noodle and Vegetable Stir Fry

With Tofu
With Pork
With Chicken
With Beef

Stir Fry Dishes

Black Bean
MuShu (with homemade wraps)
Sweet and Sour
Ginger Beef
Orange Beef or Chicken

Sushi

Vegetarian (variety)
Chicken Tempura

Sates with a Peanut Sauce

With Chicken
With Beef
With Shrimp

Korean BBQ Beef with Lettuce Wraps

HOMESTYLE COOKING

Glazed Ham

Shepherd's Pie

Beef Stew

Chicken Pot Pie

Macaroni and Cheese

Chicken Paprikash

Hungarian Goulash

Roasted Vegetable Pie

Chicken Piccata

Pancetta wrapped Chicken in a Balsamic Glaze

Grilled Marinated Flank Steak

Pork Tenderloin with Port and Cranberry Sauce

Pan Roasted Pork Chops with Ginger Pear Sauce

Chicken in a Mushroom Thyme Sauce

Chicken Tagine with Chickpeas

Roasted Vegetable Pie

COMFORTING SOUPS

Spiced Mulligatawny

Ham and Lentil with Fresh Thyme

Cabbage and Potato with Fresh Dill

Seasonal Vegetable Soup

Minestrone

Vegetarian

With Sausage

Mexican Black Bean and Corn

Scotch Broth

Japanese Noodle

Hot and Sour

Chicken Noodle

Tomato

Carrot and Ginger

Croatian Beef and Dumpling