

PRIVATE CHEF · DARIEN, CONNECTICUT

Menu • *Week One*

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An upscale rotation of American comfort cooking — moist, tender, and easy to enjoy. Rich creamy sauces, mild seasoning, and familiar proteins, served Monday through Friday.

Client Style Notes

Food is kept moist, tender, and easy to enjoy. We avoid dry grilled proteins, hard crusts, aggressive garlic, overly spicy sauces, and very lean preparations without sauce.

PREFERRED METHODS

Braising, poaching, roasting with pan sauce, sous vide, slow simmering, creamy casseroles, stews, risotto, baked pastas, gravies, and gentle searing finished with sauce.

FLAVOR WITHOUT HEAT

Spice level stays mild; depth comes from herbs, cheeses, butter, cream, mushrooms, onions, and wine reductions rather than heat.

SIGNATURE SAUCES

Mushroom cream, Dijon cream, sherry cream, beef gravy, bordelaise-style reduction, Bolognese, Alfredo, mornay, Comté cheese sauce, Marsala cream, and lemon butter cream.

WEEK ONE

Monday

BREAKFAST

- Multigrain toast with soft scrambled eggs, Comté & chive cream
 - Fresh berries
 - Coffee or tea
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LUNCH

- Turkey, Swiss & avocado wrap, creamy herb dressing
 - Soft fruit cup
 - Potato leek soup
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DINNER

- Beef meatloaf with mushroom gravy
- Creamy mashed potatoes
- Buttered green beans

Tuesday

BREAKFAST

- Creamy oatmeal with brown sugar, banana, walnuts & warm milk
 - Multigrain toast with butter
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LUNCH

- Chicken Caesar wrap, mild dressing, shaved Parmesan, soft romaine
 - Creamy tomato basil soup
 - Melon
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DINNER

- Skinless baked cod with lemon butter cream sauce
- Rice pilaf
- Creamed spinach

Wednesday

BREAKFAST

- French toast on brioche or multigrain bread
 - Warm maple butter
 - Turkey sausage
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LUNCH

- Roast beef & Comté wrap, very mild horseradish cream
 - Creamy potato salad
 - Mixed fruit
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DINNER

- Bison Bolognese over pappardelle
- Garlic bread, light garlic
- Tender zucchini with olive oil & Parmesan

Thursday

BREAKFAST

- Egg, cheddar & ham sandwich on multigrain toast
 - Roasted breakfast potatoes
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LUNCH

- Tuna salad melt on multigrain toast with Havarti
 - Cream of mushroom soup
 - Pickle spear, optional
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DINNER

- Chicken à la King over buttered rice
- Peas & carrots
- Buttermilk biscuit

Friday

BREAKFAST

- Greek yogurt parfait with honey, berries & soft granola
 - Multigrain toast with jam
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LUNCH

- Ham, turkey & Swiss club wrap, creamy Dijon dressing
 - Creamy coleslaw
 - Chicken noodle soup
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DINNER

- Braised short ribs with red wine gravy
- Creamy polenta
- Roasted carrots

Chef Robert

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Four-Week Menu Rotation · American Comfort Foundations · Crafted for Moist, Tender, Mildly Seasoned Dining