

PRIVATE CHEF · DARIEN, CONNECTICUT

Menu · *Week Two*

Chef Robert www.PrivateChefDarien.com Robert@RobertLGorman.com

602-370-5255

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 TWO

Monday

BREAKFAST

- Soft scrambled eggs with Fontina cheese
 - Multigrain toast
 - Sliced melon
-

LUNCH

- Bison burger wrap with cheddar, lettuce, tomato & mild burger sauce
 - Creamy potato soup
 - Fruit salad
-

DINNER

- Chicken breast stuffed with spinach & Comté
- Mushroom cream sauce
- Rice pilaf & tender asparagus tips

Tuesday

BREAKFAST

- Cream of wheat with maple syrup, cinnamon & cream
 - Toast with butter
-

LUNCH

- Turkey cranberry cream cheese wrap
 - Butternut squash soup
 - Soft grapes or melon
-

DINNER

- Beef stroganoff with egg noodles
- Sour cream mushroom sauce
- Buttered peas

Wednesday

BREAKFAST

- Ham & cheese omelet with Gruyère
 - Multigrain toast
 - Fresh berries
-

LUNCH

- Chicken salad wrap with grapes, celery & mild tarragon dressing
 - Creamy vegetable soup
 - Rice pudding cup
-

DINNER

- Skinless salmon filet with dill cream sauce
- Herbed rice
- Creamed leeks

Thursday

BREAKFAST

- Pancakes with warm berry compote
 - Turkey bacon
 - Coffee or tea
-

LUNCH

- Roast beef, cheddar & caramelized onion wrap
 - Creamy horseradish sauce, very mild
 - Tomato bisque
-

DINNER

- Turkey pot pie with creamy gravy
- Soft biscuit crust
- Green beans almondine

Friday

BREAKFAST

- Breakfast rice bowl with soft egg, cheddar, ham & scallions
 - Multigrain toast, optional
-

LUNCH

- Grilled chicken, bacon & ranch wrap
 - Creamy corn chowder
 - Fruit cup
-

DINNER

- Filet tips with bordelaise-style gravy
- Mashed Yukon potatoes
- Buttered carrots

Chef Robert

PRIVATE CHEF · DARIEN, CONNECTICUT

www.PrivateChefDarien.com Robert@RobertLGorman.com 602-370-5255

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