

PRIVATE CHEF · DARIEN, CONNECTICUT

## Menu · *Week Three*

Chef Robert    [www.PrivateChefDarien.com](http://www.PrivateChefDarien.com)    [Robert@RobertLGorman.com](mailto: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 THREE

## Monday

### BREAKFAST

- Poached eggs on multigrain toast with light hollandaise
  - Turkey sausage
  - Berries
- 

### LUNCH

- Turkey, Comté & roasted red pepper wrap, creamy herb spread
  - Creamy cauliflower soup
  - Melon
- 

### DINNER

- Classic beef Bolognese lasagna with ricotta & mozzarella
- Caesar salad, lightly dressed
- Garlic toast

# Tuesday

## BREAKFAST

- Banana walnut oatmeal with cream & brown sugar
  - Toast with butter
- 

## LUNCH

- Chicken pot pie filling over rice
  - Small side salad
  - Fruit cup
- 

## DINNER

- Skinless haddock with sherry cream sauce
- Buttered rice
- Creamed peas

# Wednesday

## BREAKFAST

- Cheddar scrambled eggs with ham
  - Multigrain toast
  - Fresh orange slices or melon
- 

## LUNCH

- Philly-style beef wrap with provolone & mild cheese sauce
  - Creamy potato leek soup
  - Soft fruit
- 

## DINNER

- Bison Salisbury steak with onion mushroom gravy
- Mashed potatoes
- Buttered corn

# Thursday

## BREAKFAST

- Cottage cheese bowl with peaches, honey & soft granola
  - Multigrain toast
- 

## LUNCH

- Tuna, Swiss & tomato wrap with creamy dill dressing
  - Cream of chicken soup
  - Rice pudding
- 

## DINNER

- Chicken Marsala cream sauce
- Butter noodles
- Roasted zucchini

# Friday

## BREAKFAST

- Belgian waffle with maple cream
- Turkey bacon
- Berries

---

## LUNCH

- Ham & Gruyère wrap with creamy Dijon sauce
- Tomato rice soup
- Creamy cucumber salad

---

## DINNER

- Prime rib-style roast beef with au jus & horseradish cream
- Potato gratin
- Glazed carrots

# Chef Robert

PRIVATE CHEF · DARIEN, CONNECTICUT

[www.PrivateChefDarien.com](http://www.PrivateChefDarien.com)   [Robert@RobertLGorman.com](mailto:Robert@RobertLGorman.com)   602-370-5255

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