

PRIVATE CHEF · DARIEN, CONNECTICUT

Menu • *Week Four*

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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 FOUR

Monday

BREAKFAST

- Soft scrambled eggs with smoked gouda
 - Multigrain toast
 - Fruit cup
-

LUNCH

- Chicken bacon avocado wrap with creamy ranch dressing
 - Creamy mushroom soup
 - Melon
-

DINNER

- Beef tips in mushroom gravy
- Buttered rice
- Creamed spinach

Tuesday

BREAKFAST

- Rice pudding breakfast bowl with cinnamon, raisins & warm milk
 - Toast with butter
-

LUNCH

- Turkey Reuben wrap with Swiss & mild Russian dressing
 - Creamy cabbage soup
 - Fruit cup
-

DINNER

- Skinless sole or flounder with lemon caper cream sauce
- Rice pilaf
- Buttered asparagus tips

Wednesday

BREAKFAST

- Ham, egg & Comté breakfast strata
 - Fresh berries
-

LUNCH

- Bison meatball wrap with mozzarella & mild tomato cream sauce
 - Creamy tomato soup
 - Soft fruit
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DINNER

- Chicken & wild mushroom casserole
- Cream sauce, rice, peas & tender chicken
- Buttered carrots

Thursday

BREAKFAST

- Buttermilk pancakes with warm maple butter
 - Turkey sausage
 - Fruit
-

LUNCH

- Roast beef, Havarti & caramelized onion wrap
 - Creamy Dijon spread
 - Potato chowder
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DINNER

- Pork tenderloin medallions with apple cream sauce
- Mashed sweet potatoes or Yukon potatoes
- Green beans

Friday

BREAKFAST

- Cheese omelet with Gruyère & chives
- Multigrain toast
- Melon

LUNCH

- Chicken Caesar club wrap with bacon, Parmesan & creamy Caesar
- Creamy vegetable soup
- Fruit cup

DINNER

- Bison Bolognese over rigatoni
- Whipped ricotta
- Tender broccolini

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