



FAMILY MEALS MENU

ColMoni's makes it easy to provide your family with fresh, healthy, and delicious meals. All of our meals are prepared family style to feed four people. Simply choose either to:

1. Join our **weekly family meal service program**, or
2. Order family meals on an **à la carte** basis

Read on for detailed descriptions of our meals, how it works, and pricing information.

OMNIVORE OFFERINGS

Chicken and Shrimp Pasta Alfredo

Tender chicken and shrimp, al dente pasta, and chopped asparagus in a creamy sauce with hints of garlic and lemon

Coconut Curry Lentils & Chicken

Red lentils and diced chicken in a thick soup with onions, tomatoes, and wilted spinach. Served with a spinach salad

Glazed Teriyaki Salmon

Salmon fillets marinated with garlic, soy sauce, and ginger, then broiled and glazed with sweet teriyaki sauce. Served with steamed broccoli and Jasmine rice

Italian Stuffed Shells

Seasoned turkey sausage, spinach, and mozzarella cheese in jumbo pasta shells, topped with zesty marinara sauce. Served with a spinach salad

Meaty Enchiladas

Ground turkey, onion, and cheese enchiladas seasoned with a Mexican spice blend, garnished with cilantro and scallions

Savory Chicken Marsala

Thin cutlets in a sage, shallot, and portobello mushroom wine sauce, served with buttered wavy noodles and crisp broccoli

Sazon Seasoned BBQ Chicken

The combination of a Spanish seasoning blend and sweet & tangy BBQ sauce give these grilled boneless thighs a beautiful color and wonderful taste. Served with roasted sweet potato hash and spring mix salad

Shrimp Scampi

Plump shrimp simmered in a lemon butter garlic sauce, poured over thin linguini, topped with fresh parsley, and served with a spring mix salad

Spiced Salmon

Seasoned with Old Bay and garlic, paired with red potatoes and roasted vegetables

Spiced Teriyaki Chicken

Seasoned, grilled, and sliced chicken breast basted with teriyaki sauce, accompanied by stir-fried onions, peppers, and carrots. Served with sesame Jasmine rice



Mongolian Hoisin Beef

Marinated in a soy, garlic, and ginger sauce, stir fried with scallions and carrots, mixed with Hoisin sauce, and served with Jasmine rice

Pineapple Curry Shrimp

Delicate shrimp with coconut milk, curry, onions, red peppers, basil leaves, and pineapple chunks. Served with Jasmine rice

Salmon in Tuscan Sauce

Delicate salmon in a cream sauce with sundried tomatoes, garlic, onions, and wilted spinach. Served with brown rice and a spring mix salad

VEGETARIAN OFFERINGS

Cajun Rice

Spiced with a Cajun-seasoning blend, brown rice is mixed with diced onions, bell peppers, tomatoes, chilies, and cheese. Served with a spring mix salad

Coconut Curry Lentils

Red lentils in a thick soup made with vegetable broth, coconut milk, curry powder, onions, tomatoes and wilted spinach. Served with a spinach salad

Linguini Marsala

Al dente pasta in a savory marsala wine sauce with sage, shallots and portobello mushrooms. Served with spring mix salad

Pasta Alfredo

Bowtie pasta, wilted spinach and chopped asparagus in a creamy sauce with hints of garlic and lemon. Served with spring mix salad

Split Cornish Hens

Rosemary-infused hens presented with garlic-creamed potatoes and roasted Brussels sprouts with balsamic reduction

Ultimate Steak Dinner

Marinated, grilled, and sliced flank steak with sautéed onions, accompanied with roasted parmesan potatoes and lemon pepper asparagus spears

Spinach Stuffed Shells

Jumbo pasta shells filled with fresh spinach, ricotta and mozzarella cheese, topped with zesty marinara sauce. Served with a spinach salad

Teriyaki Stir Fry

Stir-fried onions, peppers, and carrots, seasoned with garlic and 5-spice, and served with sesame Jasmine rice

Tuscan Pasta

Al dente pasta in a cream sauce with sundried tomatoes, garlic, onions, and wilted spinach. Served with a spring mix salad



ABOUT THE WEEKLY FAMILY MEAL SERVICE PROGRAM

- Select either two or three family-sized meals per week
- Menu rotates amongst the options listed above
- Delivery (within a 12-mile radius) is included in the rate and can occur Saturday through Monday. Pickups can be scheduled
- Meals are auto-billed on a weekly basis. Cancellations will be processed with a one-week notice after a minimum of four-weeks of billing and service

| OMNIVORE OFFERINGS | Meal Service Pricing |
|-----------------------------|-----------------------------|
| Two meals per week | \$105 |
| Three meals per week | \$150 |
| VEGETARIAN OFFERINGS | |
| Two meals per week | \$78 |
| Three meals per week | \$117 |

ABOUT À LA CARTE ORDERING

- Minimum à la carte order is \$150
- Delivery fees apply

| OMNIVORE OFFERINGS | A la Carte Pricing |
|-----------------------------------|---------------------------|
| Spiced Teriyaki Chicken | \$40 |
| Sazon Seasoned BBQ Chicken | \$40 |
| Meaty Enchiladas | \$43 |
| Italian Stuffed Shells | \$45 |
| Coconut Curry Lentils and Chicken | \$45 |
| Split Cornish Hens | \$46 |
| Chicken and Shrimp Pasta Alfredo | \$48 |



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| Savory Chicken Marsala | \$48 |
| Mongolian Hoisin Beef | \$52 |
| Shrimp Scampi | \$54 |
| Ultimate Steak Dinner | \$55 |
| Pineapple Curry Shrimp | \$56 |
| Spiced Salmon | \$58 |
| Glazed Teriyaki Salmon | \$60 |
| Salmon in Tuscan Sauce | \$64 |
| VEGETARIAN OFFERINGS | |
| Teriyaki Stir Fry | \$35 |
| Cajun Rice | \$38 |
| Spinach Stuffed Shells | \$38 |
| Pasta Alfredo | \$40 |
| Linguini Marsala | \$40 |
| Coconut Curry Lentils | \$40 |
| Tuscan Pasta | \$42 |

THE FINE PRINT:

Payments may be made in cash, debit/credit card, or checks made payable to **ColMoni's Catering**. Payment is due upon delivery/pickup of meals. A \$25 fee is assessed on all returned checks.

For more information and to order, please contact:

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www.ColMonisCatering.com