



## 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

<b>OMNIVORE OFFERINGS</b>	<b>Meal Service Pricing</b>
Two meals per week	\$105
Three meals per week	\$150
<b>VEGETARIAN OFFERINGS</b>	
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

<b>OMNIVORE OFFERINGS</b>	<b>A la Carte Pricing</b>
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



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
<b>VEGETARIAN OFFERINGS</b>	
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](http://www.ColMonisCatering.com)**