

:::: Healthy Edible Pleasures ::::  
Summer Menu

Mediterranean Selections

Starters & Salads

Greek Salad

Spinach, tomatoes, peppers, onions,  
olives, feta with olive oil and vinegar

Israeli Salad

Tomatoes, cucumbers, lettuce,  
onions, peppers, with oil and vinegar

Green Salad

Tomatoes, cucumbers, lettuce,  
onions, peppers, with oil and vinegar

Walnut-Gorgonzola Salad

Greens, tomatoes, cucumbers, with  
oil-Gorgonzola vinaigrette & walnuts

Grand Starter Salad

Greens, tomatoes, cucumbers, with  
hard-boiled eggs, tofu or tuna, feta  
with vinaigrette

Humus & Olives

Humus, olives, pickles, tomatoes,  
cucumbers and pita bread.

Green Bean Salad

Steamed green beans, carrots, with  
hard-boiled eggs, tofu, tuna, feta

Lemon-Rice Soup

Cold or warm vegetable soup with rice  
seasoned with lemon-parsley.

Mediterranean Appetizer

Humus, chick peas, olives, pickles, with  
tomato-cucumber-olive salad

Main Dishes

Chicken Kebabs

Skewered chicken, tomatoes, peppers,  
onions, with couscous or rice

Lamb Kebabs

Skewered chicken, tomatoes, peppers,  
onions, with couscous or rice

Roasted Fish

Trout, tuna or salmon roasted in  
tomato-garlic-rosemary spicing

Sirloin Tips & Couscous

Braised sirloin, onions, carrots,  
tomatoes in garlic-parsley sauce

Vegetarian Kebabs

Skewered tofu, tomatoes, peppers,  
onions with rice or couscous

Side Dishes

Lentils & Couscous

Lentils spiced with garlic-parsley with  
rice or couscous

Raisin Rice

Rice spiced with cumin-cinnamon with  
raisins and walnuts

Roasted Eggplant

Oven roasted eggplant with potatoes  
and carrots.

Fava Beans & Couscous

Fava beans spiced with garlic-parsley  
with rice or couscous

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Summer Menu

Latin-Mexican-Italian Selections

Starters & Salads

Italian Salad

Lettuce, tomatoes, onions, olives,  
mozzarella with olive oil vinaigrette

Panzanella Salad

Greens, tomatoes, bread pieces, olives  
& wine-olive oil vinaigrette

Walnut-Gorgonzola Salad

Greens, tomatoes, cucumbers, with  
oil-Gorgonzola vinaigrette & walnuts

Grand Starter Salad

Greens, tomatoes, chicken breast,  
Parmigiano & balsamic vinaigrette

Tomatoes & Mozzarella

Tomatoes topped with fresh  
Mozzarella & toasted bread

Fennel Green Bean Potato Salad

Steamed potatoes, green beans,  
carrots in fennel vinaigrette

Corn & Bean Salad

Corn, red/white/green beans,  
seasoned with parsley & lemon

Tortilla / Nacho Appetizer

Corn chips, salsa, beans, jack cheese,  
avocados & spicy sauce

Avocado-Papaya Salad

Avocado and papaya slices with  
onion-garlic-cilantro salsa

Main Dishes

Roasted Sole

Sole or Trout roasted in tomato-garlic-  
basil spicing (+ foil)

Chicken Marsala

Chicken breast in tomato sauce with  
onions, carrots and basil-cilantro

Garlic Chicken

Chicken breast in garlic-tomato sauce

Meat –or– Vegetarian Lasagna

Layers of ground beef, chicken or  
vegetables in garlic-basil sauce

Tomato-Meat Ball Pasta

Ground beef in pepper-onion-  
mushroom tomato sauce over pasta

Chicken-Mushroom Risotto

Chicken, mushrooms and vegetables  
in Italian rice (+ bake)

Three Pizzas

Three small pizzas with chicken,  
sausage, mushroom, onion and herb  
toppings (+ to bake)

Aros con Pollo (Chicken & Rice)

Chicken, rice and vegetables oven  
baked (+ paella + to bake)

Vegetable Polenta

Corn meal with light vegetable  
seasoning (+ to go)

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Summer Menu

General Selections

Side Dishes

Green Vegetables

Steamed, sautéed or baked root and greens: zucchini, carrots, broccoli, onions, string beans ... (+ to go)

Warm –or– cold potato salad

Potatoes, sweet potatoes, carrots, string beans and onions in herbs

Pasta with Herbs

Pasta with light herb sauce or tomato-oil vinaigrette (+ to go)

Rice –or– Grains

Steamed rice, cracked wheat, couscous, oats (+ spices, herbs)

Fish and Chicken Dishes

Plain Baked Chicken

Whole or quartered chicken baked in herbs: thyme, fennel and rosemary (+ serve)

Baked Paella –or– Etufe

Oven baked rice with chicken, sausage, seafood and spicy (+ bake)

Whole Fish in Foil

Whole fish oven baked in foil with spicy tomato, onion and dill sauce (+ bake)

Soups and Stews

Pumpkin–Squash Soup

Creamy pumpkin, squash and sweet potato soup without the cream

Potato–Leak Soup

Skewered chicken, tomatoes, peppers, onions, with couscous or rice

Lemon–Rice Soup

Vegetable or chicken broth spiced with lemon and herbs (+ cold)

Split Pea Soup

Creamy yellow or green split peas with onions, carrots and potatoes

Onion Soup

Sautéed onions with garlic, a French cuisine favorite (+toppings)

Vegetarian Stew

Greens, root vegetables seasoned with garlic, onions and herbs

Deserts

Bakes Pears –or– Apples

Poached pears or apples in red wine and honey sauce (+ toppings)

Fruit Salad

Seasonal fruit salad with raisins and walnuts (+toppings)

Fruit Pie

Seasonal fruit with raisins and walnuts (+toppings)