

# *The Art of Cuisine*

## *Personal Chef Service*



### **Kid Friendly Menu**

Adults can eat from this menu too.  
(HV = Hidden Vegetables)



#### **Main Course:**

Crispy Chicken Nuggets Honey Mustard or BBQ Sauce  
Spaghetti & Meatballs (HV)  
BBQ Chicken Calzone  
Chili Beef, Tomato, Mac & Cheese  
Chicken or beef Enchiladas (HV)  
Beef and Broccoli Lo Mein  
Chicken or Beef and Veggie Stir Fry with White or Brown Rice  
Chicken in Apricot Sauce with White Rice  
Brown Rice Pasta with Marinara Sauce (HV)  
Cheesy Tortellini (HV)  
Baked Chicken Parmesan (HV)  
Chicken or turkey Lasagna (HV)  
Chicken and Veggie Stir Fry with White or Brown Rice  
Chicken Kabobs with Peanut Dipping Sauce  
Chicken Pot Pie (HV)  
Sweet & Sour Chicken with White or Brown Rice  
Turkey Sloppy Joes (HV)  
Lean Beef or Turkey Meatloaf with sweet tomato topping (HV)  
Turkey Burgers made to order  
Taco Buddies (Beef or Turkey)

#### **Side Dishes:**

Oven Baked Potato Fries  
Oven Baked Sweet Potato Fries  
Smashed Potatoes  
Baked Potatoes  
Mac and Cheese  
Sweet Sugar Snap Peas  
Honey Glazed Carrots  
Sesame Broccoli  
Broccoli & Cauliflower with cheese sauce  
Mixed Greens Salad  
Antipasto Plate (Slices of Turkey and Ham with Cubed Jack Cheese, Halved Cherry Tomatoes, Baby Carrots, Cucumber Slices, and Crackers)

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### **Desserts:**

Rice Crispy Treats

Chocolate Chip Cookies

Fruit Kabobs

The Best Chocolate Brownies (with or without Walnuts)

Fruit Smoothies (Yogurt based)

Please be sure to discuss any food allergies or foods that your kids have not been introduced to. Dairy, nuts, and other common/uncommon allergies will always be taken very seriously! Creative and delicious substitutions will be discussed for your kid's meals.

These recipes pass a panel of picky eaters and offer nutritious meals. Many of the entrees include "Hidden Vegetables" – they won't even know, but parents can rest assured that vegetable requirements are being met.

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