

**Chef Roar**

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617-957-0087

**Sample Lite Menu**

**What are you craving?**

Affordable Personal Chef Services

Quality Comfort Food and Baking

## LITE BITES

Spicy Asian Beef and Noodles

Penne with Asparagus, Lemon and Ricotta Cheese

Spicy Red Beans & Rice

Chicken and Broccoli with Lemon Sauce

Baked Cheddar Jack Chicken Quesadilla Triangles

Baked Cod with Garden Risotto and Sweet Mole Sauce

Balsamic Glazed Salmon Steak with Lemon Spinach Orzo

Turkey Sliders with Mango Chutney and Baked Sweet Potato Fries

Kielbasa Skewers with Baked Beans and Basmati Rice

### **Cheddar Cheese Fondue**

Emmental Cheddar and Gruyere Cheeses melted with Guinness and garlic, with chunks of lean ham, French bread, and assorted fresh vegetables for dipping

### **Fresh Crudité Plate**

Fresh in-season vegetables prepared with 3 light dipping sauces

### **Gourmet Fruit and Cheese Plate**

Sliced fresh fruit, gourmet cheeses, breads and crackers

### **Antipasto Plate**

Gourmet meats and cheeses artistically arranged with in-season vegetables and specialty breads

Custom Lite Bites can be personalized to your tastes.

Contact me today to help satisfy your comfort cravings!

**See more at [www.ChefRoar.com](http://www.ChefRoar.com)**