

Peter & Paula's KITCHEN

August 2010 Menu

(508) 245-1257

Ready to Cook Entrées

<p>Item No. 1</p> 	<p>Baked Haddock - Haddock fillets with a crunchy coating and mild seasoning ready for baking in your oven. (14oz of haddock filet - Serves 2). Easy Bake. Serve with garlic mashed potatoes, vegetable medley, red and green peppers.</p>	<p>Item No. 8</p>  <p>Herb Crusted Steak - Tender, flank steak encrusted with a parmesan and herb rub served with a dijon-wine sauce. (12oz of beef flank steak - Serves 2). Bake. Broil. Grill. Serve with broiled tomato, roasted baby bakers.</p>
<p>Item No. 2</p> 	<p>Black Diamond Steak Medallions - Steak medallions marinated in a slightly sweet and tangy sauce. (12oz of beef shoulder tender medallions - Serves 2). Easy Bake. Broil. Grill. Serve with baked potatoes, green beans, winter squash, sauted mixed bell peppers, onions and mushrooms.</p>	<p>Item No. 9</p>  <p>Pork Chops with Caramelized Onions - Juicy pork chops sauteed with yellow and red onions and mild seasonings. (15oz of pork loin chops - Serves 2-3). Sauté. Serve with garlic potatoes, corn, carrots, cauliflower.</p>
<p>Item No. 3</p> 	<p>Caramel Chicken - Tender chicken breasts cooked in a flavorful sweet and spicy Asian glaze made with the perfect mix of brown sugar, ginger, garlic and red pepper. Topped with chives. (15oz of boneless, skinless chicken breasts - Serves 2-3). MEDIUM SPICE. Broil. Crockpot. Grill. Sauté. Serve with snow or sugar snap peas, green beans, cauliflower, rice.</p>	<p>Item No. 10</p>  <p>Santa Fe Chicken - Chicken breasts in a smoky marinade of chili powder, cilantro, cumin accompanied by a vegetable black bean salsa and honey cream cheese. (15oz of boneless, skinless chicken breasts - Serves 2-3). MILD SPICE. Bake. Broil. Grill. Sauté. Serve with rice or corn bread, mixed green salad.</p>
<p>Item No. 4</p> 	<p>Chicken Bulgogi - Tender chicken breasts are marinated in an Asian blend of soy, balsamic vinegar and spices. (15oz of boneless, skinless chicken breasts - Serves 2-3). MILD SPICE. Bake. Broil. Grill. Serve with a vegetable medley of snow pea pods, mushrooms and water chestnuts, acorn squash, rice or pasta.</p>	<p>Item No. 11</p>  <p>Teriyaki Salmon - Wild salmon filets marinated in a teriyaki and dill sauce. (12oz of salmon filet - Serves 2). Bake. Broil. Grill. Serve with wild rice, steamed beets, cucumber carrot and raisin salad.</p>
<p>Item No. 5</p> 	<p>Chicken Florentine - Chicken breasts, spinach, ham in a garlic and white wine sauce and topped with mozzarella cheese. (15oz of boneless, skinless chicken breasts - Serves 2-3). Sauté. Serve with pasta, additional spinach, asparagus or green beans.</p>	<p>Item No. 12</p>  <p>Traditional Pulled Pork - Juicy pork cushion smothered in our tangy home-made BBQ sauce ready for the crock pot. (24oz of pork cushion meat - Serves 2-3). MILD SPICE. Bake. Crockpot. Serve with sandwich rolls, coleslaw, potato salad, green beans.</p>
<p>Item No. 6</p> 	<p>Chicken Satay with Peanut Sauce - Skewered chicken strips with a homemade Asian peanut sauce. (15oz of boneless, skinless chicken breasts - Serves 2-3). MEDIUM SPICE. Broil. Grill. Serve with rice, pea pods and julienne carrots sauted with olive oil sea salt and pepper.</p>	<p>August Special (While supplies last)</p>  <p>Grilled Beef Strips - Skewered beef strips, onion and green pepper mildly seasoned and served with a sweet and tangy BBQ dipping sauce. (12oz of beef strips - Serves 2). Broil. Grill. Serve with rice, green beans, grilled corn and mushrooms.</p>
<p>Item No. 7</p> 	<p>Ginger Chicken - Juicy chicken breasts marinated with fresh chopped ginger and Italian herbs and seasonings. (15oz of boneless, skinless chicken breasts - Serves 2-3). Bake. Broil. Grill. Serve with beets, rice, snow peas, or carrots.</p>	<p>Satisfying Sides to Complete Your Meal</p> <ol style="list-style-type: none"> 1. Garlic Roasted Asparagus with Lemon Butter (2lbs) 2. Green Beans with Olive Oil & Garlic Salt Sauce (2lbs) 3. Roasted Baby Bakers with Butter Chive Sauce (2.5lbs) 4. Sweet Potatoes with Brown Sugar and a side of butter (2.5lbs)

For Questions Regarding Allergens, Nutritional Information, and Ingredients, Please Call Paula Linhares At (508) 245-1257

Peter & Paula's KITCHEN

August 2010 Order Form | ph (508) 245-1257 | 45 Maura Drive, Bridgewater, MA 02324

Name: _____ Delivery Day: Friday Saturday Date: _____
 Address: _____ Town: _____ (Delivery Time Is By Town)
 Phone: _____ Email: _____

Freshly Prepared Frozen Entrées

Single Orders Feed 2-3 people, unless otherwise noted on front. Double Orders Feed 4-6 people, unless otherwise noted on front.

Item No. 1 - Baked Haddock	_____ # of Single Orders	_____ # of Double Orders
Item No. 2 - Black Diamond Steak Medallions	_____ # of Single Orders	_____ # of Double Orders
Item No. 3 - Caramel Chicken	_____ # of Single Orders	_____ # of Double Orders
Item No. 4 - Chicken Bulgogi	_____ # of Single Orders	_____ # of Double Orders
Item No. 5 - Chicken Florentine	_____ # of Single Orders	_____ # of Double Orders
Item No. 6 - Chicken Satay with Peanut Sauce	_____ # of Single Orders	_____ # of Double Orders
Item No. 7 - Ginger Chicken	_____ # of Single Orders	_____ # of Double Orders
Item No. 8 - Herb Crusted Steak	_____ # of Single Orders	_____ # of Double Orders
Item No. 9 - Pork Chops with Caramelized Onions	_____ # of Single Orders	_____ # of Double Orders
Item No. 10 - Santa Fe Chicken	_____ # of Single Orders	_____ # of Double Orders
Item No. 11 - Teriyaki Salmon	_____ # of Single Orders	_____ # of Double Orders
Item No. 12 - Traditional Pulled Pork	_____ # of Single Orders	_____ # of Double Orders
August Special: Grilled Beef Strips	_____ # of Single Orders	_____ # of Double Orders

Satisfying Side Dishes:

- | | |
|---|---|
| 1. Garlic Roasted Asparagus - \$15.95 _____ # of 2lbs orders | 2. Green Beans - \$6.95 _____ # of 2lbs orders |
| 3. Roasted Baby Bakers - \$11.95 _____ # of 2.5lbs orders | 4. Sweet Potatoes - \$11.95 _____ # of 2.5lbs orders |
| 5. Uncooked <input type="checkbox"/> Brown Rice or <input type="checkbox"/> Jasmine - \$1.75 per cup _____ #C | 6. Uncooked <input type="checkbox"/> WW Penne Pasta or <input type="checkbox"/> Regular - \$1.75 per half lb _____ # of lbs |

Payment and Delivery Information

Payment Method: Please note payment must be received with your order.

Check VISA MC

Card Number - or - Card Already on File

Exp Date _____ CVV# _____

Name on Credit Card (please print clearly) _____

Signature (required on all orders) _____

Total # of Entrées	# _____
Times \$15.95 =	\$ _____
Less Member Discount	\$ _____
Adjusted Entrée Total:	\$ _____
Satisfying Side Total:	\$ _____
Delivery Charge:	\$ _____
Order Total	\$ _____

Friday and Saturday Delivery Times:

Franklin, Bellingham, Wrentham, Norfolk, Foxboro - **8am to 10am**
 Plainville, North Attleboro, Attleboro, Lincoln RI, Cumberland RI - **10am to 12pm**
 Bridgewater, Taunton - **12pm to 1pm**

Must order a minimum of 6 entrées. Each single entrée is \$15.95

Become a member and receive volume discounts on your entrée purchases plus other discounts and specials. There is no additional charge to become a member just sign-up and start saving!

Member's Discount Prices:

6-11 entrées: 5% Discount - \$15.15 per single entrée (**\$5.00 delivery charge**)

12-17 entrées: 10% Discount - \$14.36 per single entrée plus **FREE DELIVERY**

18+ entrées: 15% Discount - \$13.56 per single entrée plus **FREE DELIVERY**

Delivery Available Fridays and Saturdays. If your town is not listed here, please contact us to schedule your delivery time.