

NOBLE SPOON MEALS

\$9.00 Daily Menu Options

Chicken Burrito

Grilled chicken breast with cilantro, cheese, salsa, spicy enchilada sauce – stuffed with Spanish rice and black beans

Chicken Piccata

Tender chicken breast with lemon caper sauce – served with rice pilaf

Chicken Carbonara

Grilled chicken with creamy bacon cheese sauce – served with rigatoni

Chicken Enchilada

Spicy shredded chicken with fresh enchilada sauce – served with traditional Spanish rice

Mexican Pot Roast

Chili marinated brisket, sautéed sweet onion sauce – served with roasted corn and peppers

Meatloaf with Mashed Potatoes

Tender meatloaf served with cheddar bacon mashed potatoes

Spinach Cannelloni

Two large spinach cheese- and pesto-stuffed cannelloni

Spanish Cassoulet

Slow cooked pork in spicy tomato broth – served with cannellini beans and roasted butternut squash

Campanelle Pasta Bolognese

Classic spaghetti and meat sauce

Szechuan Beef

Spicy beef strips served in Szechuan glaze with vegetable fried rice

Each day we also offer four \$6.00 freshly prepared meals. The menu is posted online at www.concilonaging.com and sent out monthly to existing participants.