

# Simply Good Weekly Menu: May 5 – May 7

## (248) 203-2450/[www.simplygoodkitchen.com](http://www.simplygoodkitchen.com)

### Breakfast Item (Individual serving)

Quiche w/Herb Curst \$7.95

Swiss cheese, Asparagus and Caramelized Onions.

### Soups (Refrigerated, one-quart containers)

Mexican Tortilla Soup w/Pinto Beans, Rice, Green Chilies and Corn (GF/DF) \$9.95

Vegan Mulligatawny Soup w/Lentils, Sweet Potatoes, Almonds, Raisins & Indian Spices (GF/DF) \$9.95

Chicken Bone Broth (GF/DF/no sodium) \$6.95  
Slow simmered 16 hours.

### Frozen Soups (One-quart containers)

Lentil Lemon Soup (Vegan/GF/DF) \$9.95

Split Pea Soup with Ham (GF/DF) \$9.95

Lentil Soup w/Chicken Stock (GF) \$9.95

Spicy Gumbo w/Chicken, Shrimp and Sausage \$10.95

Spicy Thai Butternut Squash Soup (GF) \$9.95

Mushroom Barley Soup \$9.95

Amish Chicken Noodle Soup \$9.95

Potato Leek Soup \$9.95

Indian Curried Sweet Potato w/Chick Peas & Cauliflower (GF) \$9.95

Italian Minestrone Soup with Pasta \$9.95

Broccoli & Cheddar Cheese Soup \$9.95

### Sandwiches

Amish Chicken Caesar Roll-up \$6.95

Whole Wheat wrap, Sautéed Chicken breast, Romaine lettuce, Parmesan cheese & Caesar dressing.

Tuna Melts: White Albacore Tuna & Cheddar Cheese \$6.95

Set of Honey white rolls topped w/White Albacore tuna salad and Cheddar cheese.

Reuben Sandwiches w/1000 Island Dressing \$10.95

Rye Bread, Sauerkraut, Swiss cheese and Wrigley's Corned Beef.

### Salads

Chef Salad with Creamy Dressing (GF) \$10.95

Mixed Greens with Chicken, Ham, Cheddar Cheese, Hard Cooked Eggs and Vegetables.

Chicken Protein Bowl (GF) \$8.95

Red Quinoa, Cottage cheese, Hummus, Vegetables, Almonds, and Soy-Sesame dressing.

Couscous Salad \$4.95

Couscous Pasta, Cucumbers, Tomatoes, Feta Cheese and Celery.

Pickled Beets (Vegan/DF/GF) One quart \$5.95

Michigan Salad (GF) \$7.95

Baby Arugula, Dried Cherries, Goat Cheese-Pistachio Fritter served with Fig Vinaigrette.

Asian Crunch Salad (V/GF/DF) \$6.95

Asian Slaw with the crunch of Almonds, Peanuts & Sesame Seeds, served with "Simply Good" Soy Sesame Dressing & Sweet Chili Sauce.

Ham Salad (GF) \$5.95

Tuna Salad (GF) \$5.95

White Albacore tuna, Celery, Carrots, Mayonnaise, Cottage cheese, Lemon juice, and a hint of Sweet jalapenos.

Amish Chicken Salad (GF) \$6.95

Roasted chicken with Celery, Grapes, Golden Raisins & Almonds.

### Salad Additions:

Croutons: Honey White dough, Roasted Garlic Oil & Parmesan. \$5.95

Individual Portion Sautéed Faroe Island Salmon (GF/DF) \$7.95

Individual Portion Sautéed Amish Chicken Breast (GF/DF) \$4.95

## Sides/Appetizers/Snacks

Green Beans (GF) \$5.95

A side of green beans.

Roasted Vegetables (GF/DF) \$7.95

A side of roasted vegetables.

Meze Platter with Side of Pita Chips (GF) \$9.95

Served with Pita Chips or request the gluten-free crackers.

Hummus, Babaganoush, Tabouli, Feta Spread and Harissa Olives.

Bulgarian Feta Spread (GF) \$7.95

This Bulgarian feta (pasteurized) spread is great with pita chips or on a roast beef. Once you taste it, you will want more.

Streusel topped French Brie w/Cranberry Chutney

Serves 10-12, bake from freezer. Gluten Free available **\$26.95**

Marcona Almonds (8 oz.) \$9.95

Cashew Nuts (8 oz.) \$6.95

Hummus (Vegan/GF/DF) \$5.95

Spicy Hummus (Vegan/GF/DF) \$5.95

Spicy Harissa Greek Olives (GF/DF) \$5.95

Orange Rosemary Olives (GF/DF) \$5.95

## Vegetarian Entrées (Individual serving)

Vegan Lentil Enchiladas w/Spicy Harissa Sauce (Frozen)

\$10.95 Served with Mexican Rice.

Black Bean & Pinto Bean Burritos \$10.95

Flour Tortilla Filled with Beans, Rice and Cheddar Cheese, Topped with Red Sauce and Side of Cabbage.

Greek Bowl Topped w/Feta Cheese Fondue (GF) \$10.95

Quinoa cooked with Greek Spices and Sautéed Vegetables served over roasted Sweet Potatoes.

## Poultry Entrées (Individual serving)

### Made with Miller's Amish Chicken

Sautéed Amish Chicken Breast with Mustard-

Tarragon Sauce (GF) \$12.95

Rice Pilaf with Chives and Asparagus.

Asian Pad Thai with Stir-fried Chicken (GF/DF)

\$12.95

Stir-fried Rice Noodles with Garlic, Chilies, Eggs, Peanuts and Side of Sweet Chili Sauce.

Chicken Bolognese with Spaghetti \$12.95

Ground Amish Chicken Stewed with Tomatoes and Red Wine. Mushroom Parmesan Sauce.

Chicken Chili with Side of Sour Cream (GF) \$8.95

Ground Chicken Stewed with Beans, Spices and Sweet Potatoes, Topped with Cheddar Cheese.

Chicken Marsala (GF) \$12.95

Mushroom Marsala Sauce, Mashed Potatoes and Roasted Vegetables.

## Meat Entrées (Individual serving)

Shepherd's Pie topped w/Mashed Potatoes (GF)

\$11.95

Ground Lamb Stewed with Vegetables, Tomatoes, Red Wine and Rosemary.

Sliders on Homemade Honey White Buns \$9.95

In House Ground Angus Beef Topped with Caramelized Onions and Side of Potato Salad.

Pork Tenderloin with Apricot Glaze (GF) \$14.95

Mashed Sweet Potatoes, Sauerkraut and Green Beans.

## Fish Entrées (Individual serving)

Shrimp Scampi with Rice Pilaf (GF) \$14.95

Lemon-Garlic-White Wine Sauce, Jasmine Rice Pilaf and Green Beans.

Sautéed Faroe Island Salmon with Chimichurri sauce (Herb Vinaigrette) (GF/DF) \$14.95

Rice Pilaf and Roasted Vegetables.

## Dessert

Tiramisù: Sponge Cake Layered with Coffee, Chocolate and Mascarpone Cheese \$8.95

Crumble Topped Sour Cream Coffee Cake \$8.95

Chocolate "Speed Bump" Cake \$7.95

**U-Bake** Chocolate Chip Cookies, 6/package

\$10.95 Regular or Gluten Free dough is available. Baking instructions on the label.

**U-Bake** Lemon Drop Cookies, 6/package

\$10.95 Regular dough; baking instructions on the label.

Dark Chocolate Moon Pie (GF/DF) \$2.95

Milk Chocolate Moon Pie (GF) \$2.95

Energy Bars:

Pedal Bar/Dark Chocolate (DF) \$4.95

Paddle Bar/Peanut Butter (DF) \$4.95

## Frozen Desserts:

Chocolate Speed Bump Cake \$7.95

GF Chocolate Speed Bump Cake \$7.95

Cinnamon Rolls w/Cream Cheese Frosting \$7.95

Carrot Cake w/Cream Cheese Frosting \$7.95

## Freezer Section

### Frozen Items

"Old Fashion" Chicken Pot Pie \$10.95

Gluten Free Chicken Pot Pie \$10.95

Honey White Rolls, 6 per pack \$3.00

BBQ Chicken Wings (you bake) (GF/DF) \$11.95

Frank's Red Hot Chicken Wings (you bake) (GF/DF) \$11.95

House Smoked Salmon (GF/DF) \$7.95 per piece, fully cooked, just thaw and serve.

Marinara Sauce (V/GF/DF) \$9.95 one quart

Streusel topped French Brie w/Cranberry Chutney

Serves 10-12, bake from freezer. Gluten Free available \$26.95

## Freezer Section

### One Pound packages of:

**NEW** Shredded Chicken & Green Chili Taco Filling (GF/DF) \$8.95 (For Tacos, Burritos or Nachos)

Amish Chicken Pasta Bolognese Sauce (GF/DF) \$8.95

Vegan/Veg. Pasta Bolognese Sauce (GF/DF) \$8.95

Marinara Sauce (V/GF/DF) \$9.95 \*One Quart\* Sloppy Joe (GF/DF) \$8.95

BBQ Pulled Pork (GF/DF) \$9.95

Beef & Green Chili Taco Filling (GF/DF) \$8.95

Mexican Chorizo & Potato Taco Filling (GF/DF) \$8.95

## Freezer Section

### "Simply Good" Sausage - 4 links per package

(No Nitrate/Nitrites and without Gluten)

Chicken & Green Chiles Sausage \$7.95

Chicken Parmesan & Parsley Sausage (GF) \$7.95

Chicken Marsala Sausage (GF/DF) \$7.95

Smoked Chicken Apple Sausage (GF/DF) \$7.95

Chicken Buffalo Blue (GF) \$7.95

Bratwurst (GF/DF) \$7.95

Fresh Polish Sausage (GF/DF) 7.95

Sweet Italian Sausage (GF/DF) \$7.95

Spicy Italian Sausage (GF/DF) \$7.95

Pork, Parmesan, and Parsley Sausage (GF) \$7.95

Greek Gyro Sausage (GF/DF) \$7.95

Smoked Andouille (GF/DF) \$7.95

Smoked Bacon Maple Sausage (GF/DF) \$7.95

Mexican Chorizo Sausage (GF/DF) \$7.95

French Garlic "Toulouse" (Black pepper & Garlic) (GF/DF) \$7.95

Corned Beef and Swiss Sausage \$8.95

Swedish Potato Sausage (beef, potatoes & onions) \$7.95

## **(Freezer Section Continued)**

### **Frozen Poultry Entrées (Individual serving)**

- Chicken Lasagna \$9.95
- Chicken Meatballs & Polenta (GF) \$12.95
- Chicken Stir Fry w/Indian Curry Sauce (GF/DF) \$12.95
- Chicken Paprikash \$12.95
- Green Chili Chicken Enchiladas \$12.95
- Sautéed Chicken Breast w/Five Cheese Tortellini \$12.95
- Chicken Meatloaf w/Mashed Potatoes & Roasted Carrots \$9.95
- Amish Chicken Bolognese with Spaghetti \$12.95
- Chicken Stir Fry w/Noodles, Oyster Sauce, Broccoli, Cashews \$12.95
- Chicken Stroganoff \$12.95
- Amish Chicken Piccata with Rice Pilaf \$12.95
- Chili Lime Chicken w/Thai-Coconut Curry (GF/DF) \$12.95

### **Frozen Vegetarian Entrées (Individual serving)**

- Vegan Chili (V/GF/DF) \$8.95
- Vegetarian Chili w/ Cheddar (GF) \$8.95
- Falafel Bowl (V/DF/GF) \$10.95
- Irish style Vegetable Stew (V/DF) \$10.95
- Stuffed Green Peppers (V/GF/DF) \$10.95
- Macaroni & Cheese \$5.95
- Spinach Cheese Pie \$5.95
- Green Bean Casserole w/Crunchy Topping \$5.95
- Kumar Beans w/Roasted Sweet Potatoes (V/GF/DF) \$10.95
- Majadra Lentils (V/GF/DF) \$10.95
- Roasted Vegetables Over Lentils Topped with Goat Cheese (GF) \$10.95
- Spicy Aloo Gobi with Jeera Rice (V/GF/DF) \$10.95

### **Frozen Fish Entrées (Individual serving)**

- Tuna and Noodle Casserole \$8.95
- Sautéed Faroe Island Salmon w/Miso Butter (GF) \$14.95
- Chili Lime Shrimp w/Thai-Coconut Curry Sauce (GF/DF) \$14.95
- Wild Caught Halibut with Panko Crust Includes Fresh Remoulade Sauce and Coleslaw \$19.95
- Sautéed Faroe Island Salmon w/ Majadra Lentils (GF/DF) \$14.95
- Wild Caught Halibut Almondine (GF) \$19.95
- Faroe Island Salmon with Chimichurri Sauce (GF/DF) \$14.95

### **Frozen Meat Entrées (Individual serving)**

- Lamb Shank w/Creamy Risotto & Lemon-Almond- Pesto (GF) \$18.95
- Smoked Pork Chop w/Bourbon-Apricot Sauce (GF) \$14.95
- Meatloaf and Gravy w/Mashed Potatoes, Roasted Carrots \$9.95
- Meatballs and Mushroom Gravy \$12.95
- Cowboy Beef Chili w/Cornbread Crust (GF) \$9.95
- Smoked Pork Tenderloin w/Honey Jalapeno Glaze (GF) \$14.95

### **From Our Pantry**

- Stacy's Pita Chips \$7.95 (Small bag \$1.25)
- Multigrain Gluten Free Crackers \$7.95
- Diamond Crystal Kosher Salt (3 lb. box) \$8.00
  
- Callebaut Belgian Chocolate Chips:
  - Dark chips (54% cocoa) \$7.95/lb
  - Milk chocolate chips (33% cocoa) \$8.95/lb
  - White chocolate chips \$7.95/lb(Five-pound bags are also available for \$30, \$35 and \$30 respectively)
  
- Nielsen-Massey Vanilla Bean Paste 4oz. \$24.00
  
- Star Thistle Honey, Beulah, MI 3lbs.. \$17.95
- Star Thistle Raw Honey, 24oz. \$12.95

