

**Elmwood Kitchen** specializes in delivering fresh, appealing food to seniors who may find it difficult to cook for themselves.

**With only 24 hours notice**, meals can be delivered in East Hartford, Hartford, West Hartford, Bloomfield, Bristol, New Britain, Newington, Plainville, Rocky Hill, Southington, Wethersfield, and parts of Berlin, Connecticut.

**Your delivery will include** an appetizing lunch and dinner, beverages, fresh fruit and desserts. When you are ready, you can heat up your dinner in a microwave or conventional/toaster oven.

**Prepared in our modern, fully equipped kitchen**, our experienced chef adheres to the highest quality control standards. We comply with local, state and federal food safety codes.

**Our Registered Dietician** ensures that your nutritional needs are met. We can accommodate special dietary restrictions (diabetic, low-salt, low-fat). We also offer Kosher-style meals.

**Good taste and versatility** are our hallmarks. With 28 entrees each month and excellent customer service, you will be thrilled with the difference *Elmwood Kitchen* makes in your life.



## Q & A

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**Q: Can I sign up for a few deliveries per week?**

**A:** Yes. You can receive meals as often or as infrequently as you wish. Many of our customers want our services for the long term; others prefer it for a short period when they are recovering from an illness, etc. We can adapt to your schedule and needs.

**Q: Is Elmwood Kitchen a “fast-food” restaurant?**

**A:** No, we’re different. Our goal is to meet the unique needs of seniors at an affordable price. Our priority is to offer a variety of nutritious meals that customers will enjoy. We are able to accommodate your individual health or religious considerations.

**Q: Can I receive only one meal a day instead of two?**

**A:** Yes. Many of our clients prefer to receive our dinner only complete with an entrée, vegetables, and bread and fruit which costs only \$7.75 a day.

**Q: Depending on their income, can customers receive meals at a reduced price?**

**A:** Yes. Many of our customers qualify for assistance through the Connecticut Home Care Program for Elders.



## Elmwood Kitchen

HOME DELIVERED HIGH-QUALITY GOURMET MEALS FOR SENIORS

*Lunch and Dinner  
Delivered Personally  
To Your Door*

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Only \$10.00 per day  
To order or for more information,  
please contact:

Elmwood Kitchen, LLC  
1086 New Britain Avenue, West Hartford, CT 06110  
860.640.0072

**hablamos espanol**

860.893.1970

ElmwoodKitchen.com | info@elmwoodkitchen.com



# Elmwood Kitchen Menu

HOME DELIVERED HIGH-QUALITY GOURMET MEALS FOR SENIORS

*Items listed here are strictly a SAMPLE of the items we serve weekly.*

## Menu de Comida

ARROZ BLANCO, HABICHUELAS CON CORN BEEF,  
CON PLATANOS O PAPA FRITAS  
SOPA DE POLLO CON ARROZ BLANCO Y EXTRA POLLO  
ARROZ AMARILLO CON VEGETALES CON POLLO GUISADO  
ARROZ BLANCO CON TOCINO Y CARNE GUISADA  
ENSALADA DE PAPAS CON POLLO AL BBQ  
ARROZ BLANCO CON MONDONGO Y AGUACATE  
ARROZ CON HABICHUELAS, BIFTEC ENEBOLLADO  
CON CEBOLLA Y PIMIENTO. Y ENSALADA.  
ARROZ CON GANDULES, PERNIL Y ENSALADA  
SOPA DE RES CON ARROZ BLANCO  
LASAGNA Y VEGETALES  
BARBECUE COSTILLAS CON ARROZ Y HABICHUELAS  
MESCLADO Y ENSALADA

## Ensaladas

ENSALADA FRIA CON LECHUGA, TOMATES Y MAIZ  
ENSALADA DE VEGETALES  
ENSALADA DE TUNA  
ENSALADA DE MACARONES  
ENSALADA DE PAPAS

## Salads

CORN SALAD WITH CELERY AND HERBS  
RED KIDNEY BEAN SALAD WITH OIL AND VINEGAR  
CUCUMBERS, RED PEPPERS AND SCALLIONS  
FRESH CHERRY AND GRAPE TOMATOES  
CUCUMBER SALAD WITH DILL AND RED ONION  
BEET SALAD WITH VINAIGRETTE SAUCE  
FRESH CABBAGE SALAD WITH DILL  
TUNA SALAD, EGG SALAD, PEACHES IN LIGHT SYRUP,  
TUNA MACARONI SALAD, CHICKEN SALAD,  
FRESH GARDEN SALAD, FRUIT SALAD, FRESH CUCUMBERS,  
GRILLED VEGETABLE SALAD, PEACHES IN LIGHT SYRUP,  
COLESLAW SALAD, POTATO SALAD,

## Traditional American Entrees

OVEN ROASTED HERBED CHICKEN QUARTERS  
GRILLED CHICKEN BREAST WITH BARBECUE SAUCE  
MARINATED BAKED CHICKEN  
CHICKEN PARMESAN  
GRILLED CHICKEN PATTIES  
MEATLOAF WITH HOMEMADE GRAVY  
SALISBURY STEAK  
SWEDISH MEATBALLS WITH BARBECUE SAUCE  
MEATBALLS WITH MUSHROOM SAUCE  
PORK POTATO STEW  
BAKED PORK CHOPS WITH SAUTÉED SPANISH ONION  
LIGHTLY BAKED TURKEY SAUSAGE  
GRILLED GERMAN KNOCKWURST  
GROUND TURKEY CUTLETS STUFFED WITH VEGETABLES  
CARIBBEAN STYLE BAKED TILAPIA  
BAKED POLLOCK FILLET MEXICAN STYLE  
BAKED POLLOCK FILLET WITH CHEESE SQUARE  
ALASKAN POLLOCK MARINATED WITH LEMON & GARLIC SAUCE  
MEAT OR CHEESE RAVIOLI WITH MARINARA SAUCE  
N.Y. STYLE STUFFED CABBAGE WITH SAUTÉED VEGETABLES  
BAKED EGGPLANT

## Potatoes, Rice, Pasta, Etc.

BAKED HERBED RED SKIN POTATO  
SWEET POTATO  
MASHED POTATO, RICE PILAF  
SPAGHETTI WITH BASIL AND OLIVE OIL  
RICOTTONI  
BARLEY PILAF  
PESTO PENNE RIGATTI  
POTATO PUFFS  
PENNE RIGATTI PASTA WITH HOMEMADE TOMATO SAUCE  
PENNE PASTA WITH CREAMY SAUCE

## Side Vegetables

STEAMED BROCCOLI GREEN PEAS CARROTS AND PEAS  
CAPRI-STYLE MIXED VEGETABLE SALAD  
GREEN BEANS CAULIFLOWER  
STEAMED/SAUTÉED CARROTS  
STEAMED MIXED VEGETABLES  
SAUTÉED SPINACH  
SAUTÉED CABBAGE WITH MUSHROOMS  
SAUTÉED MUSHROOMS  
STEAMED CORN

*It's your health, we will work with you to create your diet!*

*We offer three differernt cuisines.  
American, Spanish, Eastern European.*

*We also offer dietary restrictions such as:  
Lactose intolerant, Kosher, Diabetic, No salt, Etc.*

*These items as well as others are also available for catering events.*



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*\* Menu is subject to change*

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For more information, please call

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