PRIVATE CHEF · CAPE COD

Ashley Carey

SAMPLE MENUS

I. Summer Dinner

II. Fall Dinner

III. Weekly Meal Prep

IV. Cape Vacation Week

I.

Summer Dinner

PLATED · FOUR COURSES

JULY AND AUGUST

STARTER

Oysters on the Half Shell

Wellfleet oysters, mignonette, lemon

SALAD

Tomato & Burrata

local tomatoes, basil, olive oil, grilled bread

MAIN

Butter-Poached Lobster

sweet corn, cherry tomatoes, basil

DESSERT

Blueberry Crumble

vanilla ice cream

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II.

Fall Dinner

PLATED · FOUR COURSES

SEPTEMBER TO NOVEMBER

STARTER

Seared Scallops

brown butter, apple, celery root purée

SALAD

Roasted Squash Salad

arugula, goat cheese, pecans, maple dressing

MAIN

Roast Duck Breast

cherry sauce, roasted potatoes, radishes

DESSERT

Cranberry Tart

whipped cream, orange

III.

Weekly Meal Prep

THREE DINNERS · SERVES FOUR

A FALL WEEK

DINNER ONE

Lemon Roast Chicken

roasted potatoes, green beans

DINNER TWO

Honey Garlic Salmon

rice, roasted broccoli

DINNER THREE

Beef Bolognese

rigatoni, Caesar salad

ADD-ONS

Banana Bread & Granola

for breakfasts

IV.

Cape Vacation Week

FAMILY-STYLE · FIVE MEALS

SUMMER

SATURDAY · DINNER

Lobster Rolls

warm butter, chips, coleslaw

SUNDAY · BRUNCH

Blueberry Pancakes

bacon, fresh fruit

MONDAY · LUNCH

Beach Picnic

turkey sandwiches, pasta salad, fruit, cookies

WEDNESDAY · DINNER

Clambake

steamers, lobster, corn, potatoes, sausage

FRIDAY · DINNER

Grilled Swordfish

tomato salad, herbed rice, strawberry shortcake

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