

O'KeefeOrganics Private Chef & Catering



Brunches, Lunches, Birthdays, Dinner Parties, Family Dinners, Special Diets, Vegetarian & Vegan Meals, Cooking for the Grandparents and Elderly, Date Night, Kids Cuisine, Girls Night Out Parties, Showers, Weddings, Gift Certificates, Holidays...Or Just for a Break in the Kitchen!

Contact:

Sarah O'Keefe, for inquiries and orders:

okeefeorganics@me.com or 978.505.8179

Health and time management are on our minds now more than ever! Consider replacing your take out meal or less-than-satisfying restaurant experience at least once per week with fresh, organic based cuisine from O'KeefeOrganics. Delivered meals and in-home services available.

Delivered Meals: *Starting at \$100, plus food costs. 24 hours notice requested please to guarantee order. If a person in your party has a food allergy, please inform me when placing your order.*

In Home Weekly Services: *Customized menus created specifically for the clients palate and dietary needs.*

Please contact me for a complimentary consultation.

Sample Meal Delivery :

Soup

- Pasta e Fagioli, White Beans, Garlic, Tomato

Salads

- Organic Baby Arugula, Roasted Asparagus, Fresh Orange Supremes, Citrus Vinaigrette

Pasta

- Baked Shells with Roasted Organic Squash & Carrots, Creamy Three Cheese Sauce (v)

Entree

- Crispy Pan Fried Sole, Lemon-Parsley Butter
- Veal Meatloaf, Tangy Balsamic Glaze
- Grilled Parmesan Polenta Cakes, Grilled Organic Balsamic Portobellos, Tomato Ragu (v)

Sides

- Steamed Chopped Organic Broccoli with Olive Oil and Garlic
- Organic Mashed Potato

Sweets

Organic Apple Tart

***SAMPLE MENUS FOLLOW ON PAGES BELOW.**

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In Home Weekly Menus

Week 1)

- Soba Noodle Salad, Veggies, Spicy Doy Dressing (vegetarian & gluten free)
- Roasted Norwegian Farm Raised Salmon, Honey-Lime Glaze
- Organic Baby Spinach Salad, Sunflower Seeds, Pomegranate, Rice Wine Vinaigrette
- Provençal Beef Stew
- Bulgur Wheat Salad, Shredded Organic Carrot, Chic Peas, Lemon Dressing

Week 2)

- Butternut Squash Risotto (vegetarian & gluten free)
- New Zealand Lamb Chops, Lemon-Mint Yogurt Sauce
- Organic Romaine, Chopped Greek Salad
- Bell & Evans Chicken Cutlet Piccatta
- Polenta Cakes with Oven Roasted Tomatoes, Olive Oil, Basil
- Organic Shallot Green Bean Salad

Sample Catering Menus:

Brunch

- Freshly Sliced Fruit Platter with Seasonal Berries
- Organic Vanilla Yogurt with Local Honey & Housemade Granola
- Scottish Smoked Salmon Platter with Sliced Tomato, Red Onion, Capers, Chopped Cage Free Egg
- Iggys Brioche French Toast, Toasted Pecans and Vermont Maple Butter
- Organic Potato, Goat Cheese & Fresh Herb Frittata
- Freshly Squeezed Orange Juice & Mimosas

Casual Appetizers

- Ham Biscuits with Vermont Cheddar & Honey Mustard
- Mediterranean Spinach & Feta Phyllo Cups(v)
- Basil Broiled Shrimp
- Bruschetta with Herbed Ricotta & Oven Roasted Tomato(v)
- Baby Baked Potato Bites with Bacon, Chives and Vermont Cheddar
- Veal Meatballs, Balsamic Glaze

Fancy Finger Food

- Classic Shrimp Cocktail, Lemon & Cocktail Sauce
- Gougere (cheese puffs) (v)
- Beef Tenderloin Sliders on Iggys Brioche Roll with Caramelized Shallot-Cognac Cream
- Bite Sized Lobster Cake, Red Pepper Coulis
- Crispy Potato Bites with Ossetra Caviar, Creme Fraiche
- Shredded Duck Quesadilla, Grilled Scallion, Orange Crema
- Purée of Local Asparagus Soup in Demitasse Cups

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Truffle Dinner Party

- D'Artagnan Truffled Pâté & Truffled Cheeses with Local Honey & Fruit
- Poached Baby Artichokes, Organic Baby Greens, Parmesano Reggiano Croutons, Champagne Truffle Vinaigrette
- Homemade Tagliatelle Pasta with Seasonal Wild Mushroom Sauté, Fresh Herbs, White Truffle Butter
- Seared Sea Scallops with Meyer Lemon Creme Fraiche, Truffled Potato Cake, Truffled Vegetables
- Harry's Venetian Meringue Cake

Vegetarian Meals

- Organic Eggplant Parmesan
- Bulgur Wheat Salad with Organic Cherry Tomato, Cucumber, Parsley, Feta & Lemon Vinaigrette
- Soba Noodle Salad with Julienne of Carrot, Red Pepper, Zucchini, Spicy-Soy Dressing
- Organic Beet & Arugula Salad with Fresh Goat Cheese, Orange-Rice Wine Vinaigrette
- Quinoa, Chic Pea and Shredded Carrot Salad, Honey-Herb Vinaigrette
- Parmesan Polenta Cakes, Grilled Organic Portobellos, Tomato Ragu
- Lentil Salad with Roasted Organic Delicata Squash and Pepitas, Curry Orange Vinaigrette

Poolside Barbeque Buffet

- Bite Size Fresh Cod Tacos, Savoy Cabbage Slaw, Avocado, Lime Crema
- Veal Cocktail Meatballs with Balsamic Glaze
- Vegetable Soba Noodle Salad in Bamboo Boats
- Grilled Bell & Evans Chicken Cutlets, Balsamic-Honey Glaze, Cherry-Plum-Peach Salsa
- Organic Bibb Lettuces, Pistachio Crusted Goat Cheese Buttons, Chopped String Bean Salad
- Native McGrath Strawberry Meringue Nests with Creme Chantilly

Christening Luncheon

- Organic Heirloom Tomato Fresh Corn Salad, Organic Olive Oil
- Baked Maine Lobster Mac N Cheese
- Traditional Baked Mac N Cheese for Kids (and adults)
- Sliced John Dewar Beef Tenderloin, Horseradish Cream and Artisan Rolls
- Organic Roasted Golden and Red Beet Arugula Salad
- Frozen Lemons and Oranges Filled with Sorbet

Charitable Cooking Demo & Tasting

- Venetian Style Sautéed Shrimp with Capers, Lemon, & Tomato
- Grilled Bruschetta with Herbed Ricotta, Sliced Portobellos
- Grilled McGrath Farm Asparagus Risotto
- Rustic Apple Tart

Girls Night Out 40th Birthday Celebration

- Gougere Bites
- Shrimp Cocktail, Lemon & Cocktail Sauce
- Purée of Asparagus Soup, Parmesan Croutons, Lemon Creme Fraiche, Served with Iggy's Breads
- Sliced Sirloin Steak, Zesty Scallion-Parsley Relish
- Sautéed Organic Baby Spinach and Organic Potatoes
- Individual Molten Chocolate Cakes, Vanilla Ice Cream