



### NOVEMBER MEALS



#### B.L.T. BREAKFAST SALAD

Hearty bed of greens, two eggs, roasted sweet potatoes, chopped turkey bacon & grilled chicken.

#### STUFFED PEPPER

Red bell Peppers stuffed with lean ground beef, fresh mozzarella, Served with brown rice

#### BBQ PULLED CHICKEN

Pulled chicken tossed in sugar free BBQ sauce Served with green beans & fresh red potato fries.

#### ORZO BOWL

Orzo Pasta, Feta Cheese, Beans, Arugula, Roasted Pepper's, Lemon Juice, Olive Oil, Salt & Black Pepper.

#### SPINACH STUFFED CHICKEN

Seasoned chicken stuffed with sauteed spinach, melted cheese Served with brown rice.



### DECEMBER MEALS



#### GRILLED CHICKEN AVOCADO

Seasoned Grilled Chicken, Mozzarella, sliced Avocado over Brown rice.

#### CARIBBEAN JERK SHRIMP

Spicy jerk shrimp with a refreshing mango salsa of red onion, lime juice, cilantro & jalapeño. Served with White Rice.

#### TURKEY DELIGHT

Seasoned Ground Turkey, chopped onions, sliced zucchini, sliced mushroom, cherry tomatoes over a bed of brown rice.

#### SIRLOIN STEAK

Steak sirloin seasoned served with jasmine rice and steamed string beans.

#### SPINACH SALAD

Fresh Spinach, Sliced avocado, Plum Tomato, sliced cucumber, sliced onions & grilled chicken. Served with side of Balsamic Vinaigrette.

## Catering For All Occasions

### Fresh Mozzarella

### Full Meat & Deli Dept.

1566 Forest Avenue  
Staten Island, NY 10302

Phone: (718) 273-9711

Fax: (718) 720-4129

[www.ItaloAS.com](http://www.ItaloAS.com)

### Free Delivery

(Excluding Holidays)

Mon.-Fri. 8:30am - 7:00 pm

Sat 8:30am - 6:30 pm

Sun 8:00am - 4:00 pm



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Place your order by Friday night to ensure your order for pick up or delivery on **Monday ONLY**. Call in your order or download our app to order online! Our menu changes monthly, always prepared fresh for YOU!

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1566 Forest Avenue, Staten Island, NY 10302



### JULY MEALS



#### GROUND TURKEY STUFFED PEPPER

Seasoned ground turkey, stuffed in Red Bell Pepper's topped with melted mozzarella and a side of roasted potatoes.

#### COBB SALAD

Fresh mixed greens, chopped cucumber, tomatoes, topped with seasoned Cobb with a lemon zest vinaigrette

#### GRILLED CHICKEN

Grilled Chicken over white rice with a side of asparagus

#### SHRIMP STIR FRY

Shrimp and edamame, over a bed of jasmine rice with diced carrots, peas, onion, red peppers

#### SEASONED CHICKEN BREAST

Seasoned Chicken Breast served with fresh carrots, broccoli and celery with a side of hummus.



### AUGUST MEALS



#### ROSEMARY CHICKEN

Seasoned Rosemary Chicken with Chickpeas Salad tossed red peppers, onions, shredded carrots, red wine vinegar, Olive Oil, Salt & Black Pepper.

#### LEMON PEPPER TILAPIA SALAD

Fresh Spinach, Chopped Onion, Black Olives, Croutons, topped with seasoned Lemon Pepper Tilapia with Balsamic Vinaigrette.

#### GRILLED CHICKEN WHITE RICE

Seasoned Grilled Chicken over White Rice with a side of Asparagus.

#### LEAN BURGER

Seasoned lean ground beef pressed into a patty served with lettuce, tomato & onions Side of Sweet Potato Fries.

#### TURKEY WRAP

Low Sodium sliced Turkey Breast, Low Sodium Swiss Cheese, Lettuce & Tomato. Side of Mayo.



### SEPTEMBER MEALS



#### STEAK FAJITAS

Seasoned steak, green and red peppers, grilled onions, corn tortillas and side of Guacamole.

#### GRILLED CHICKEN CAULIFLOWER

Seasoned Grilled Chicken served with Garlic Parmesan Cauliflower.

#### SWAI SALAD

Seasoned Swai, garlic roasted potatoes, sliced avocado, fresh arugula, sliced tomatoes & sliced onions. Served with Lemon Vinaigrette.

#### TERIYAKI CHICKEN STIR-FRY

Teriyaki Chicken over Broccoli, diced carrots, peas, onion & red pepper's over white rice.

#### SHRIMP CAESAR WRAP

Whole Wheat Wrap stuffed with seasoned shrimp, lettuce, tomato & onions. Side of Caesar dressing.



### OCTOBER MEALS



#### GARLIC CHICKEN

Seasoned garlic chicken, garlic seasoned sliced potatoes topped with light melted cheese and scallions.

#### SALMON SALAD:

Fresh Romaine hearts, sliced carrots, diced cucumber, whole egg, feta cheese topped with Salmon. Served with balsamic vinaigrette.

#### PUMPKIN SOUP

Water, Celery, Pumpkin, Nutmeg, Carrots, Onions, Heavy Cream, Pumpkin Spice.

#### CHIPOTLE-SPICED TILAPIA TACOS

Seasoned Tilapia with shredded lettuce, shredded cheddar cheese, diced tomatoes. Served with warm tortillas, side of Pico de Gallo & Chipotle Mayo.

#### GRILLED CHICKEN WHITE RICE

Grilled Chicken over White rice with Sweet Broccoli, Cauliflower & Carrots