



**TOP CHEF
MEALS**

"Feeding Your Needs"

Home Delivered Gourmet Meals

Chef-Designed • Chef-Prepared

Your Choice of Entrée and 2 Sides

Healthy and Nutritious

**Made to Order then
Flash Frozen**

**Next Day Delivery
throughout Westchester**



Sean P. Kerins,
Executive Chef

**All meals priced at \$6.85
20% Senior Discount makes every meal less than \$5.50**



Home Delivered Gourmet Prepared Meals

914-372-7080 * www.topchefmeals.com

OUR ENTREES

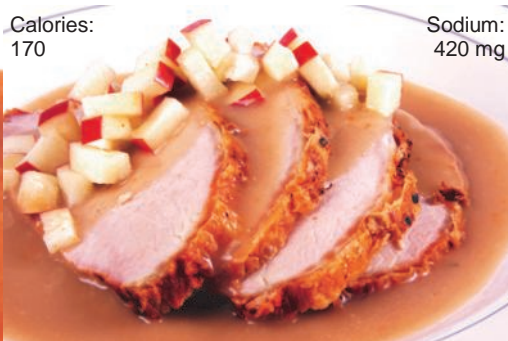


Calories:
270

Sodium:
200 mg

American Meatloaf (4oz) with Glazed Ketchup Crust and Beef Gravy

Lean ground beef, fresh vegetables, spices in a deep brown gravy.



Calories:
170

Sodium:
420 mg

Sliced Roast Loin of Pork (4oz) with Warm Apple Gravy

Center cut loin of pork slow roasted with a warm fresh apple natural pan gravy.



Calories:
270

Sodium:
550 mg

Chicken Parmesan (4oz)

Tender breast of chicken, gently seasoned, breaded and lightly fried, then topped with house-made zesty marinara sauce,



Calories:
220

Sodium:
320 mg

Sliced Roast Turkey Breast (4oz) with Natural Gravy

Hand carved house-roasted breast of turkey with a natural sage gravy.



Calories:
240

Sodium:
390 mg

Breast of Chicken Francaise (4oz) with White Wine Lemon Sauce

Sautéed breast of chicken dipped in flour and egg, with a white wine lemon sauce.



Calories:
330

Sodium:
1150 mg

Oriental Breast of Chicken (4oz)

Premium breast of chicken sautéed and topped with a sweet and tangy oriental sauce.



Calories:
408

Sodium:
485 mg

Roasted Vegetable Cheese Lasagna

Cheese lasagna and oven roasted vegetables, makes pure comfort. 6 oz. portion



Calories:
230

Sodium:
450 mg

Baked Tilapia (4oz) - Seafood Stuffing

Tender fresh fillet covered with our seafood stuffing and roasted red pepper seafood sauce.



Calories:
350

Sodium:
460 mg

Tender Meatballs (4oz) with House Marinara Sauce and Shaved Parmesan

House-made meatballs simmered in marinara and basil sauce.



Calories:
180

Sodium:
390 mg

Grilled Breast of Chicken (4oz) with Portobello Mushroom Sauce

Breast of chicken with sautéed Portobello mushrooms, burgundy wine, and thyme.



Calories:
200

Sodium:
450 mg

Eggplant Rollatini with Marinara Sauce and Shaved Parmesan

Sliced breaded eggplant is rolled around ricotta cheese with house-made marinara. 5.5 oz. portion



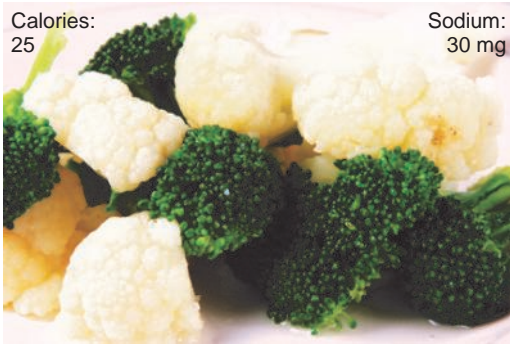
Calories:
140

Sodium:
200 mg

Herb Grilled Chicken (4oz) with Natural Au Jus

Tender breast of chicken is grilled with fresh herbs and a sauce of natural juice and lemon.

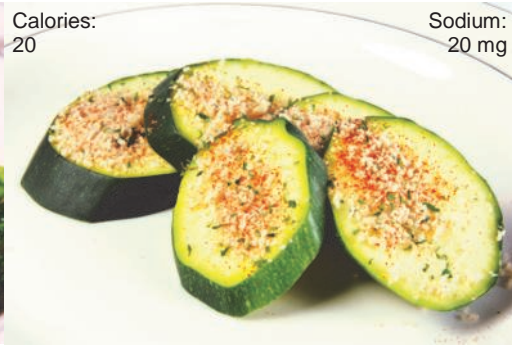
OUR SIDES/VEGETABLES



Calories:
25

Sodium:
30 mg

Steamed Broccoli and Cauliflower Florets
4 oz. portion



Calories:
20

Sodium:
20 mg

Steamed Zucchini - with Breadcrumbs
4 oz. portion



Calories:
40

Sodium:
21 mg

Corn Medley with red bell peppers, diced squash, red onions, and cilantro - 4 oz. portion



Calories:
130

Sodium:
55 mg

Mashed Sweet Potatoes with Butter, Cinnamon and Brown Sugar - 4 oz. portion



Calories:
30

Sodium:
10 mg

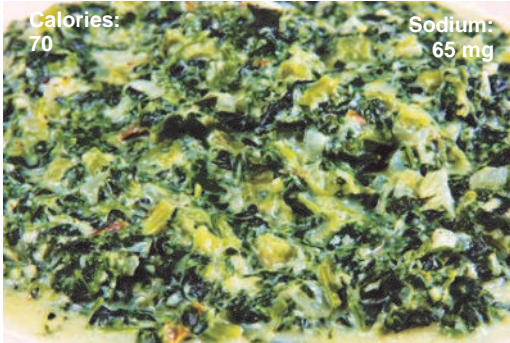
Ratatouille - Eggplant, Zucchini, Bell Pepper, and Tomatoes in a light herb broth - 4 oz. portion



Calories:
120

Sodium:
290 mg

Rotini Pasta - in our house made marinara
4 oz. portion



Calories:
70

Sodium:
65 mg

Creamed Spinach
4 oz. portion



Calories:
100

Sodium:
0 mg

Herb Roasted Red Potatoes
4 oz. portion



Calories:
70

Sodium:
70 mg

Glazed Carrots
4 oz. portion



Calories:
70

Sodium:
60 mg

Traditional Mixed Vegetable Blend with Butter - 4 oz. portion



Calories:
140

Sodium:
0 mg

Herb Lentil Rice - Blend of white rice, green lentils and tarragon. 4 oz. portion



Calories:
110

Sodium:
45 mg

Smashed Red Skin Potatoes with Butter
4 oz. portion

Ask us about our newest Breakfasts and Desserts.

We are testing new creations each week. We welcome your ideas for new entrees, sides, breakfasts and desserts.

Our menu is subject without notice.

Food Allergies?
If you have a food allergy, please speak to the owner, manager, chef or your server.

OUR BREAKFASTS



Thick-cut Cinnamon French Toast
\$1.95



Oatmeal with Mixed Berries
\$1.85



Oatmeal with Cinnamon & Raisins
\$1.85



5 oz. Scrambled Eggs
\$1.95



Ham, Egg and Cheese Scramble
\$2.50



Sausage, Egg and Cheese Scramble
\$2.50



6 oz. Egg White Soufflé
\$2.25



Full American Breakfast
Scrambled Eggs, Sausage, Potatoes
\$2.50



Pancakes and Sausage
\$1.95

OUR DESSERTS



House-Made Apple Cobbler
Drizzled with red raspberry coulis sauce. Enjoy warmed or room temperature.
\$2.25



Double Chocolate Brownies Bites
Drizzled with rich chocolate syrup, it is a chocolate lovers dream.
\$2.25



Rich's House-Made Cheesecake
Rich and velvety with a vanilla wafer crust. Drizzled with a rich red raspberry sauce.
\$2.25



Neal's Outrageous Bread Pudding
House-made bread pudding laced with banana & chocolate and drizzled with rich caramel syrup. Topped with mini morsels.
\$2.25

Three Ways To Order - Minimum order \$35.00

Call in: (914) 372-7080

Fax to: (914) 372-7083

On-line at: www.topchefmeals.com



We take orders up until 12:00 pm for the next day delivery. Delivery takes place Monday - Friday between the hours of 1:00 pm - 6:00 pm. Your order will be packed in carry out bags and delivered to your door still frozen. All of our meals are specially packed in biodegradable oven and microwavable safe trays.

Each order will have a copy of your sales receipt attached to your bag. If for some reason you cannot accept the order on the day of delivery simply call our offices before 11:00 am and we will hold your order for another day of your choosing.

NEW TO TOP CHEF MEALS?

TRY OUR Specially Priced Seven Meal Sampler Package (ONLY \$35.00)

ENTRÉE AND SIDES	QTY
Grilled Breast of Chicken with Mushroom Sauce with Steamed Zucchini and Mashed Sweet Potatoes	1
Baked Tilapia with Seafood Stuffing & Sauce with Ratatouille and Herb Lentil Rice	2
Sliced Roast Turkey Breast with Herb Roasted Red Potatoes and Steamed Broccoli & Cauliflower Florets	2
Eggplant Rollatini with Marinara Sauce and Shaved Parmesan with Rotini Pasta and Corn Medley	1
American Meatloaf with Rich Beef Gravy with Smashed Red Potatoes with Butter and Creamed Spinach	1

YOUR FIRST ORDER IS FREE OF OUR DELIVERY CHARGE

Ask us about our Low Sodium and Diabetic meal packages.

Our GENEROUS DISCOUNT Policy

All meals for senior citizens, disabled and homebound are discounted 20% bringing the per meal price below \$5.50/meal.

In Addition

We offer both a volume-based discount as well as a duplicate meal discount. Please call or go to www.topchefmeals.com for more information.

We will deliver your meals to any location in Westchester County for a low flat rate of \$15.00 per order.



a Division of The Crystal Spoon Corp.

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