



News from
A la Maison
Personal Chef Service

Did You Know?...

We are debuting our homemade protein bar this week.

Be sure to check it out!

Heard the Latest Café Buzz?

Tell us what you think of the cafe. If we use your quote, you'll receive a free protein smoothie!

email us at:
cheftheo@alamaisonchef.com

Café Specials

Week of March 29, 2010

(starting at 5pm Monday)



Entrée

Spinach-Stuffed Salmon

Baked filet of Salmon filled with spinach, sun-dried tomato and pine nut stuffing. Served with potato gratin.



Sandwich

Black Bean Goat Cheese Enchiladas (Vegetarian)

Oven-baked flour tortilla stuffed with black beans, corn, brown rice, goat cheese, tomato, and onion, topped with jack cheese, enchilada sauce and salsa, then baked.



Soup du Jour

Italian Vegetable (Vegan)

Chicken Noodle



Quiche

Ham and Swiss

Tired of Wondering What's for Dinner?

A la Maison Personal Chef Service provides healthy, customized meals *delivered* to your home or office.

Click here to find out more
www.alamaisonchef.com