

# Vanderbrooke Bakers and Caterers

65 Main Street, Old Saybrook, CT 06475

phone (860)388-9700 fax (860)388-1186

*"One Cannot think well, workout well, love well, sleep well, if one has not eaten well"*

## Heart Healthy Menu

### Breakfast:

2 whole wheat pancakes

(with real maple syrup, banana, granola)

4 hard boiled eggs

(with apple and granola)

3 scrambled eggs over black bean salad

Granola with dried fruit

(with yogurt and banana)

3 egg wrap with black bean salsa

(on whole wheat, with banana and granola)

4 egg omelet with reduced fat cheddar cheese

(with apple and granola)

Power Bars

*Lunch and Dinner:*

**Whole Wheat Pasta with fresh shellfish**

(mussels and clams tossed w/ roasted vegetables, garlic and olive oil)

**Turkey Meatloaf with cream free, garlicky mashed potatoes**

(with sautéed carrots)

**Roasted Wild Salmon with sun-dried tomato pesto**

(with wild rice and fresh herb green beans)

**Baked stuffed salmon with spinach and shiitake mushrooms**

(with roasted sweet potato)

**Grilled Wild Salmon**

With homemade black bean salsa or Seasoned Brown Rice

**Poached wild Salmon**

(with wild rice and steamed spinach)

**Portabella Mushroom with tomato, basil and shrimp**

(with whole wheat roll, Three jumbo shrimp )

**Stuffed portabella Mushroom with pork, rice and vegetables**

(with whole wheat roll, Three jumbo shrimp )

**Marinated Grilled Oriental Beef**

(with roasted herb red potatoes and vegetables)

**Roasted pork tenderloin with rosemary and garlic**

(with roasted sweet potato and vegetable)

**Oven Baked Blackened Chicken Breast**

(With baked sweet potato and roasted sweet corn)

**Grilled Chicken Salad**

Over mesclin salad with dried cranberries, walnuts and balsamic vinaigrette