

This month, I have been busy working on the roll-out of several new vegetarian menu items. The process begins with recipe development by our Executive Chef and his staff. When devising new recipes, our Chefs think about creating balanced meals that appeal to a variety of tastes. With this round of menu changes, we created six new diverse entrees – items like red lentils with millet and tex-mex lasagna – for the vegetarian menu.

Recipe development involves production testing, tasting (my favorite part) and fine-tuning as needed. Then, in order to make sure that all items meet our nutrition standards, each is analyzed by our team of Registered Dietitians. And finally, after any adjustments are made, the new items are placed into our production cycle, ready for delivery to our clients!

Look for these delicious new entrees: tofu eggplant caponata, red lentil with millet, mixed vegetables with tofu, tex-mex lasagna, lentil dal with brown rice and vegetable korma.

