

# Red Room Café

141 N Dorset Ave  
Ventnor, NJ 08406  
609-822-1067

## 5 Day Individual Meal Plans

**Plans are specially priced at \$60 per plan, that's \$12 per meal!**

In order to insure the freshness of our meal plans all meals will be made to order. They will be packaged in individual air tight plastic microwavable containers. They can be kept in the refrigerator for up to 6 days or they can be frozen.

Since these meals are made to order they must be ordered in the morning for late afternoon or evening pick up or delivery, it would however, be preferable if you order one day ahead.

As always, we make all our pasta in house and only use fresh and Locally sourced ingredients whenever possible

## Please choose one of our current Meal Plans

To serve, remove lid from container and microwave for 3 to 4 minutes Or  
Remove items from container place in an oven proof container and heat at 350 for 15-20 minutes

### The Power Plan

#### Roasted Chicken

Half herb roasted chicken mixed  
Vegetables & Roasted Potatoes

#### Grilled Salmon

Grilled Salmon fillet, Sautéed  
Spinach & Roasted Sweet Potatoes

#### Sirloin

Grilled sirloin steak, broccoli,  
mashed red bliss potatoes

#### The Breast

Grilled chicken breast, roasted  
sweet potatoes, Brussels' sprouts

#### Shrimp

Shrimp stir fry with mixed  
vegetables and brown rice

### Italian Comfort Plan

#### Chicken Parm

Chicken parm served with  
spaghetti or rigatoni

#### Sunday Gravy

Rigatoni or spaghetti with  
Sausage and meatball

#### Eggplant Parm

Our popular eggplant parm  
With choice of pasta

#### Chicken Alfredo

Chicken breast Alfredo with  
Choice of pasta

#### Sausage

Sausage, peppers and onions  
With roasted potatoes

### The Vegan

#### Veggie

Mixed, marinated grilled  
vegetables and roasted potatoes

#### Risotto

Italian Arborio rice with  
Mixed mushrooms

#### Primavera

Choice of pasta with  
mixed vegetables

#### Stir Fry

Mixed vegetable stir fry  
With brown rice

#### Chilli

Vincent's special vegetable chilli