



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](mailto: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](http://www.alamaisonchef.com)