

# Over 70 Homemade Salad Dressing Recipes Healthy Most Delicious And Super Easy Salad And Vinaigrette Recipes

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### Over 70 Homemade Salad Dressing

#### frankiefeds.com

CAESAR SALAD 6000 ADD GRILLED CHICKEN \$8000 Romaine Lettuce, Croutons & Grated Cheese Tossed in Our Homemade Caesar Dressing  
 FRESH MOZZARELLA SALAD 7000 Fresh Mozzarella, Prosciutto, Marinated Roasted Peppers & Tomatoes, Sewed over a bed of Lettuce, Served with a Pint of Our Homemade Vinaigrette Dressing  
 CHOPPED ANTIPASTO SALAD Half 5000 (1

#### **Chef's Recipes For Seafood Base**

2/3 Cup Shrimp 70/90 Count 1/2 Cup Bay Scallops Dash Ground Nutmeg Dash Ground White Pepper Dash Hot Red Pepper Sauce In sauce pot over med-high heat, saute salt pork or bacon until evenly browned DO NOT drain fat Add onions, carrots and peppers Saute 2-3 minutes Add flour; stir until well

#### **\*\*Entrée Salads**

Tender Salad Sliced chicken tenders on a large YT house salad 1150 Teri Toss Fire grilled teriyaki chicken breast, tomato, cucumber, mushroom and our homemade honey mustard dressing 1150 Cobb Salad Fire grilled chicken breast, bacon, Gorgonzola, chopped egg, tomato and choice of dressing

1200

**CAESAR'S SALAD Italia**

Bella's Salad Garden CAESAR'S SALAD \$699 BELLA'S BABY GREEN BALSAMICO SALAD \$799 w/Bruschetta &amp; Grilled

**4.99 Pita Bread/Pita Chips 1.70 (4oz)**

This special salad is served with lettuce, tomatoes, bell peppers, onions, roast beef, ham, turkey, mozzarella and cheddar cheese Grilled Chicken Salad 780 920 A tasty new salad with lots of grilled chicken on top of lettuce, slices of onions,

**Lunch Specials - Gondolier**

onions, mayo and house dressing 719 Substitutions for French Fries Spaghetti: 175 or Salad:175 Eggplant Parmesan Vegetarian Freshly prepared eggplant on a hoagie roll with marinara sauce and melted provolone cheese 770 Tuna Sub Tuna salad with provolone cheese, lettuce, tomatoes and onions, served on a hoagie bun with mayo & house dressing 719

**Nutrients: Fatty acids, total polyunsaturated**

Salad dressing, sesame seed dressing, regular 10 tablespoon 3765 Pie Crust, Cookie-type, Chocolate, Ready Crust 10 crust 3704 Soup, cream of mushroom, canned, condensed 05 cups 3655 Chicken, broilers or fryers, back, meat and skin, raw 10 unit (yield from 1 lb ready-to-cook 3623 Corn grain, white 10 cups 3591

**MCL Catering**

CAFÉ SALAD: Baby greens, radish & carrots with Balsamic Vinaigrette SCRATCH COOKING FOR PERFECT GATHERINGS We understand how it feels to plan a perfect meal With over 70 years and 30 million meals served, you can breathe easy with our next-level hospitality We guarantee your catering will be on budget, on time and on point MCL Catering

**OPTAVIA Healthy Exchange Sheet**

Salad dressing Butter or margarine Avocado Olives Tahini Seeds (sesame, sunflower, flax) Chia seeds Bacon Light coconut milk Cream cheese Guacamole Pesto Baba ghanouj Ghee 2 tsp 1 Tbsp 12 12 20 32 2- 1 Tbsp 2 tsp 4 Tbsp (2 oz) 61 - 20 large 1 Tbsp 2 Tbsp 1 Tbsp 2 slices, cooked ½ cup 2 Tbsp ¼ cup 1½ Tbsp 2 Tbsp 2 tsp Tips:

**Local Peaches Local Seedless Watermelon Homemade Salad ...**

You Save 70¢ With Rewards! for Kellogg's Special K Cereal Assorted Varieties, 105-133oz MUST BUY 2 Lesser Quant \$299 each LOOK FOR THE BLUE SIGNS! You Save Up to \$109 each With Rewards! 2 for \$5 Ken's Salad Dressing Assorted Varieties, 16oz LIMIT 6 Addt'l Quant \$249 each LOOK FOR THE BLUE SIGNS! You Save Up to \$120 each With

**Nutrients: Vitamin E (alpha-tocopherol) (mg)**

Salad dressing, sesame seed dressing, regular 10 tablespoon 075 Oat flour, partially debranned 10 cups 073 Cereals, MALT-O-MEAL, chocolate, dry 30 tbsp (1 NLEA serving) 072 Bread, cheese 10 slice 072 Cheese food, pasteurized process, American, vitamin D 10 cups 071 Fish, cod, Atlantic, canned, solids and liquid 30 oz 07

**Salads**

70 135 Sausage & Peppers 70 135 Homemade Meatballs 70 135 Garden Salad 25 49 Caesar Salad 25 49 Lunch Specials 2 Slices of Cheese Pizza 499 1 Slice of Cheese Pizza 599 Served With a Side of Soup or a Side Salad Soup, Salad & Rolls 599 A Side of Soup, a Side Salad & (2) Garlic Rolls 5 Chicken Wings (Bleu Cheese & Celery) 599 Any Cold Sub 7

**Beef Or Chicken I Z Z E R I A**

Caprese Salad 999 Fresh mozzarella cheese, fresh tomato over A bed of crisp romaine lettuce served with Balsamic vinegar Tuna Salad P

**Catering Menu - goodwoodbbq.com**

Party Salad Pans Garden Salad Small Pan \$2799 Large Pan \$6499 our garden Salad combines Fresh greens with tomatoes, Sliced red onions, homemade Croutons, egg, Bacon & choice of 2 made from Scratch dressings (Small Pan Serves 8-10 — Large Pan Serves 20-25) Caesar Salad Small Pan \$1899 Large Pan \$4999

**Inspired from the breathtaking sunset view over the beach ...**

PAPAYA SALAD 65 Served with long bean, dried shrimp, cashew nut, cherry tomato and grilled chicken POMELO SALAD WITH SOFT SHELL CRAB 75 Served on the bed of pomelo salad with fried onion, crushed peanuts, coriander, dried coconut and homemade tamarind dressing SOUPS ...

**Add Granola, Chocolate Chips, Nuts or Fruit for 1.50 ...**

seasoned and spread over whole grain panella bread Topped with an over easy egg and a sprinkle of chives and pepper flakes 799 • Healthy Habits & Famous Omelets • ® and an English muffin or toast Greek Goddess 999 623 c Eat like a goddess - egg whites, fresh spinach, tomatoes, artichokes, Kalamata olives and feta cheese 899

**Turkey & Bacon Spinach Visit our other locations**

All pasta is homemade fresh, never the dry boxed stuff SPECIALTY DISHES Meatballs Bucatini Over tomato basil sauce 1375 Bolognese Homemade over ziti 1199 Cajun Chicken and Shrimp Chicken and shrimp mixed in a cajun alfredo cream sauce over ziti 1899 Chicken Broccoli Alfredo Choice of ziti or bucatini 1399 Chicken Parmesan Over bucatini

**BREAKFAST**

SOUP, SALAD a SANDWICHES Our homemade salad dressings are honey mustard (add 260 cal), chunky blue cheese (add 340 cal), ranch (add 300 cal), Thousand Island (add 320 cal), balsamic vinaigrette (add 380 cal) (280/560 cal) Cup 609 / Bowl 949 GRILLED CHICKEN SALAD (770 cal) 1599 Garden greens, tortilla strips, bacon, eggs, croutons, tomatoes