





# GROUND TURKEY EGG WHITE SCRAMBLE

Red peppers, spinach, side of sweet potatoes fries.

#### SHRIMP STIR FRY

Shrimp and edamame, over a bed of jasmine rice with diced carrots, peas, onion, red peppers

# **CASHEW CHICKEN**

Diced chicken, cashews, broccoli, snap peas, thin sliced carrots, red peppers

# **LEMON PARSLEY TILAPIA**

Served with a side of steamed broccoli

# **GREEN APPLE SALAD**

Mixed Greens, tossed with sliced Apples, Onions, Tomato, Cucumber, Olives, Oil & Vinegar topped with Grilled Chicken

# **CHICKEN SPINACH QUESADILLA**

Melted cheese, spinach, tomato, seasoned chicken pressed in a quesadilla. Side of Guacamole

#### **PESTO CORN SALAD WITH SHRIMP**

Shrimp, avocado, tomato, corn, and light pesto sauce. Side of Guacamole

# STEAK FAJITAS

Seasoned steak, green and red peppers, grilled onions, corn tortillas and side of Guacamole

# **KALE SALAD**

Fresh Kale, Onions, Cranberries, Feta Cheese, Oil & Lemon Vinaigrette. Served with Tuna Salad

# **SPICY CHICKEN STIR-FRY**

Spicy Teriyaki Chicken with Broccoli, diced Carrots, Peas, Onions, Red Pepper's over White Rice.

# Catering For All Occasions

# Fresh Mozzarella

Full Meat & Deli Dept.

1566 Forest Avenue Staten Island, NY 10302

Phone: (718) 273-9711 Fax: (718) 720-4129 www.ItaloAS.com

# Free Delivery

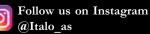
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# AS ITALO FINE FOODS



# AS TALO FINE FOODS

**MARCH** 

**MEALS** 





### **TERIYAKI CHICKEN STIR-FRY**

Teriyaki Chicken over Broccoli, diced carrots, peas, onion, and red peppers over white rice

# **LEMON PEPPER SWAII**

Swaii filet fish seasoned in lemon pepper served with jasmine rice and steamed broccoli

# **SHREDDED CHICKEN TACOS**

Shredded Seasoned Chicken with shredded lettuce, shredded cheddar cheese, diced tomatoes, wrapped inside a corn tortilla. Served with side of guac and fresh Pico de Gallo.

# **TURKEY BURGER**

Seasoned lean ground turkey, feta cheese, and spinach pressed into a patty served with sweet potato fries.

# **STUFFED PEPPERS**

Green and Red Peppers stuffed with lean ground beef, fresh mozzarella, served with brown rice

# **SEASONED CHICKEN BREAST**

Served with fresh carrots, broccoli and brown rice

# **GROUND TURKEY BALLS**

4 Lean ground turkey balls seasoned and stuffed with feta and spinach served with a carrot, zucchini and squash medially.

# **SALMON**

Smoked Salmon over jasmine rice and side of steamed broccoli

# **SHRIMP LINGUINI**

Seasoned shrimp over whole wheat noodles served with a light tomato sauce

# **GRILLED CHICKEN SALAD**

Fresh mixed greens, chopped cucumber, tomatoes, topped with Grilled Chicken with a lemon zest vinaigrette

# **MIXED GREEN SALAD**

Fresh Mixed Greens, sliced carrots, diced cucumbers, whole egg, feta cheese, topped with grilled chicken.

Served with balsamic vinaigrette

# **LEAN BURGER**

Seasoned lean ground beef pressed into a patty served with lettuce, tomato and onion a side of sweet potato fries.

# **SHRIMP CAESAR WRAP**

whole wheat wrap stuffed with seasoned shrimp, lettuce, Caesar cheese and side of Caesar dressing.

# **SPINACH STUFFED CHICKEN**

Seasoned chicken stuffed with sautéed spinach, melted cheese served with brown rice.

# **GRILLED CHICKEN QUINOA SALAD**

Grilled Chicken over Fresh Quinoa with Mixed Grilled Vegetables.

## **SIRLOIN STEAK**

Steak Sirloin seasoned served with jasmine rice and steamed string beans.

#### **GOAT CHEESE SALAD**

Mixed Greens, candied walnuts, dried cranberry, goat cheese topped with grilled chicken served with raspberry vinaigrette

#### **GRILLED CHICKEN WHITE RICE**

Grilled Chicken over white rice with a side of roasted butternut squash

# **BBQ PULLED CHICKEN**

Pulled chicken tossed in sugar free BBQ sauce served with green beans and fresh red potato fries.

# **LEMON PEPPER TILAPIA**

Lemon Pepper Tilapia served over white rice and steamed broccoli