



1930 Power Plant Parkway, Hampton VA 23666

Personal Chef menus  
Free delivery within 10 miles  
\$5 11- 19 miles  
\$10 20 plus miles

**Menu Options – August 9 - 13**  
**\$12 per person per meal**

**Menu 1** Shrimp and veggie stir fry/ fried rice

**Menu 2** Chicken and veggie curry/ jasmine rice/ cucumber and dill salad

**Menu 3** Sweet potato, kale and sausage soup/ grilled cheddar and Swiss sandwich/ romaine salad with tomatoes, cucumbers, peppers and ranch

**Menu 4** Ground turkey burrito bowl with yellow rice, salsa, guacamole, roasted peppers and onions/ tomato and cucumber salad

**Menu 5** Veggie or chicken pot pie with a biscuit crust/ Spinach salad with raisins, almonds, citrus segments, feta and house vinaigrette

**Menu 6** Oven roasted pork chop with pineapple sauce/ sweet potato cakes/ Brussels sprouts

**Menu 7** Herb roasted salmon/ couscous pilaf/ roasted cauliflower

**Menu 8** Corn fried catfish/ succotash/ hush puppies

**Meals are made Fresh to Order! Guaranteed up to 7 days in the refrigerator.**

- Order by Sunday evening
- Multiple orders for the week are highly encouraged
- All menu items are made to order and labeled with heating instructions.
- Dietary restrictions such as vegetarian, gluten free and low sodium free will be honored.
- Place your order by calling 757-240-5854 or email [martha@momoonthego.com](mailto:martha@momoonthego.com)

**Extra menu items a la carte:**

- Double fudge brownies, lemon bars, peanut butter bars \$3 each (large enough to feed 2)
- Granola Bars (homemade) \$15.00 dozen
- Chicken salad/Chicken BBQ/Ahi tuna salad \$10.00 lb
- Fruit salad (pineapple, mango, orange, grape, blueberries) \$6.00 pint
- Angel hair pasta salad (with tomatoes, artichoke hearts and cucumber) \$8.00 pint
- Dual potato salad or Oven roasted potato salad \$8.00 pint
- Hummus \$6.00 pint
- Peanut butter chocolate protein bars \$2.25

*local - homemade - delicious*