

Pasta Polo Salad:

A combination of Spaghetti pasta, green, and red bell, peppers, Swiss cheese, olives, walnuts. Seasoned with herbs and spices and fresh parsley dressing. Defiantly Italian pasta treats.

Lite lemon basil salad

Pasta , fresh tomatoes, fresh basil, all tossed with a light Italian dressing and fresh squeezed lemon juice, and herbs to make a simple but fresh pasta salad.

Lite Summer Spaghetti Salad:

A Traditional style pasta salad, made with fresh herbs, spicy Paprika, yellow onions, Stuffed Green olives, Tomatoes, Garnished with olives and fresh parsley. The intense flavors of Italy

Lite Pacific Rim Pasta:

Fresh lime Juice Ginger, Grapes, Celery, Green onions, Pasta noodles all dressed with light Mayonnaise and Apricot dressing make this Salad a Fresh east coast specialty. This Recipe can make a special main entree salad by adding light Turkey Breast.

Lite Sweet & Spicy Pasta Salad with Chicken:

A salad with an Asian Side, Cooked Chicken, Red Bell peppers, Green Onions, Soy Sauce, Honey, Ginger, with a touch of red Crushed peppers for a little kick.

Wild rice and Turkey Salad:

Wild rice and Smoked Turkey, Dried Cranberries, carrots, Green onions, make a savory rice salad. The Dressing is a combination of maple syrup, Grey Poupon Mustard, Shallots, Cider Vinegar and Garlic. This recipe is created to have a Nutty and sweet flavor adding cranberries for a chewy delete.

Artichoke Rice Salad:

A combination of rice, Turkey, green peppers, onions, artichokes, olives. The dressing is a creamy curry dressing delight with a hint of India.

Chicken Salad by Vinnie:

Sweet, tart, and Tangy describe this recipe, Napa Cabbage, Radicchio, Oven roasted Chicken, Parsley ,Kalamata Olives, roasted Garlic, all blended with lemon juice, Whole Grained Mustard and Mayonnaise. The combination of this recipe makes it all have a twist to old world taste.

Greek Feta Salad:

Medium shell noodles, Feta cheese, Shredded Parmesan cheese, tomatoes, all blended with a creamy Dressing make this salad a take off of a Greek salad.

Creamy Cole Slaw:

An all American Favorite, Shredded Cabbage, Carrots, and creamy slaw dressing.

Asian Slaw:

This chunky tangy, sweet, but tart crisp salad uses Napa Cabbage, red and yellow peppers, carrots, green onions, celery, Raisins, and topped with dry roasted peanuts makes this salad a Cole slaw lovers a healthy delete.

Ham & Pepper Pasta Salad:

Tri colored Rotini Pasta, Green, and Red bell Peppers, Ripe olives, Ham, Tomatoes. Combined with a sweet Raspberry dressing makes this salad have a sweet but tangy taste.

Maurice Pasta Salad:

The Famous Detroit treat , The J.L. Hudson pasta salad, Fusilli noodles, Ham, Turkey, Swiss Cheese Sweet Pickles, olives , all covered with Maurice Dressing.

Tuna Pasta Pea:

The traditional tuna salad with the freshness of White Albacore Tuna, Celery, red onions, Peas, mixed with a creamy sweet dressing.

Fresh Cucumber Salad:

Seedless Cucumbers, red onions, Dry Roasted Peanuts, Spiced up with fresh lime, cilantro, and rice wine dressing give this salad a different taste.

Country Fresh Broccoli Salad:

Broccoli, Cheddar Cheese, Bacon, Yellow onion, raisons all blended to make this salad an all time favorite.

Seafood Louie:

Salad Shrimp, Imitation Crabmeat, celery, yellow onions all blended with a Cajun Flair; make this salad a sea food eaters dream come true. Eat as a side or on a roll for a nice sandwich twist.

Chopped Salad with White Balsamic Dressing:

A take of to the all time favorite antipasti, Salami, Turkey ,Provolone Cheese, Grape Tomatoes, Garbanzo Beans, Shaved parm. Cheese, Served with the Best White Balsamic vinegar dressing you have ever had. (This Dressing does contain Eggs)

Maple Fruit Salad:

The sweetness of Citrus flavored with a touch of nutmeg overtones, give this creamy fruit salad a new taste. Green and red Apples, Pineapples, Green Grapes, Dried Cranberries, and a sweet maple syrup and nutmeg dressing topped with trail mix.

Pistachio Pesto Chicken Salad:

Crisp apples, moist chicken, and refreshing mayo dressing. Give this chicken salad a new demotion. Granny Smith Apples, red onions, celery, oven roasted chicken, all mixed with a delightful pesto Pistachio dressing. This Salad can be served as a side salad or served as a wonderful sandwich. (Great as an appetizer salad)

Apricot Pistachio Chicken Salad:

A Salad like you have never had, Domestic Goat Cheese, Cooked Chicken, Dried Apricots, celery, Toasted Pistachio Nuts, all mixed with a dressing of whole grained mustard, orange juice mint, and cilantro. Slightly cirtusy, tart, with tender chicken crisp celery, and the crunchy nuts make this taste of the South of France.

Turkey Almond Salad:

Turkey, Celery, almonds, mixed with a special Mayonnaise dressing and tossed with Slivered Almonds. (This salad makes a wonderful sandwich)

Asparagus Salad:

Fresh Asparagus slightly cooked, served with a Soy Sauce Sesame Seed Oil Dressing and topped with Toasted Sesame Seeds.

Summer Water melon Salad:

Do not let this combination deceive you (refreshing, and delightful)

Seedless Watermelon, Fresh Fennel, Kalamata olives, green and red onions, fresh Basil and Feta Cheese. All dressed with Extra Virgin olive, Balsamic vinegar and Fresh Squeezed Lemon juice.

Oriental Chicken pasta Salad:

Fusilli Pasta , oven roasted Chicken, green onions, sliced mushrooms, mandarin oranges, pea pods, all tossed with a home made oriental dress (soy sauce, vinegar, sesame seed oil, and sugar). A touch of the orient makes this salad a refreshing change.

Mediterranean roasted bread salad:

Roma tomatoes, red peppers, capers, cucumbers, pine nuts, fresh parsley and basil, toasted French baguettes, all topped with a light home made dressing and covered with shaved parm cheese. (This is not a salad that holds well and must be mixed on sight) but is a great Italian treat.