The Helm – 158 Ridge Road
Fine cuisine for only $5.00!
Pick up only between 11:30 a.m. - Noon
You must make your reservation by 10:00 a.m. the day you’ll be eating lunch. Call 313-882-9600.

Lunch Menu Week of May 4, 2020

MONDAY
**SHRIMP ALFREDO**
Tender poached shrimp tossed in Alfredo sauce with a hint of roasted garlic and a splash of white wine. Served over imported fettuccine with fresh steamed broccoli and a tossed salad.

TUESDAY
**BRAISED PORK TAMALES**
Flavorful pork gently simmered with peppers, garlic and onions (not spicy), shredded then ensconced in tender masa (corn flour) dough, wrapped in a corn husk and steamed. Accompanied by a corn, black bean and house pickled red onion salad; Mexican rice; red chile sauce (not spicy); and a tossed salad.

WEDNESDAY
**GARLIC AND ROSEMARY CHICKEN (with potato croquettes)**
Boneless skinless chicken breast marinated in garlic, rosemary and olive oil, flash seared and finished low and slow in the oven. Starring panko breaded bacon and cheddar potato croquettes; white wine gravy; buttery green beans; and a tossed salad.

THURSDAY
**BEEF KOFTA**
Flavorful ground beef mixed with minced onion, garlic parsley and Middle Eastern spices (not spicy), then formed into cylinders and chargrilled. Accompanied by steamed couscous pilaf with tomato, herbs and green onion; grilled vegetable medley; tahini-yogurt sauce; and a tossed salad.

FRIDAY
**Tortellini Bolognese**
Three cheese tortellini tossed in a creamy tomato meat sauce; green vegetable medley; house baked roll; and a tossed salad.