



August 2012 Weekly Meal Ideas

Dinners

Poultry

- Roast Chicken over Cous Cous with Spinach and Pine Nuts
- Grilled Chicken Breast with Local Peach Salsa over Brown Rice with Broccoli
- Turkey Pot Pie with Peas and Carrots with Family Side Salad
- Mexican Chicken Stew with Corn and Barley Baked in Peppers
- Turkey and Spinach Meatloaf with Caramelized Carrots and Smashed Sweet Potatoes with Orange Butter
- Agave Lime Glazed Grilled Chicken Breast with Grilled Eggplant, Zucchini and Yellow Squash and Brown Rice

Beef

- Orange Bison Meatballs over jasmine rice with green bean and pepper sauté
- Veal Osso Bucco Burgers on a soft Vienna Roll with Zucchini Gratin
- Pan Seared Beef Tenderloin with Sautéed Mushrooms and Peppers with Smashed red Potatoes
- Beef and Curry Pot Pie with Family Side Salad
- Hosin Glazed Meatloaf with Asian Carrots, Cucumber and Radish Salad with Roasted Yams

Pork

- Prosciutto and Fontina Stuffed Pork Chops over Polenta with Cherry Sauce with Roasted Assorted Vegetables
- Roasted Rosemary Pork Tenderloin with Potatoes, Yellow Squash and Zucchini
- Sausage Stuffed Portabellas with Parmesan Cheese in Tomato Sauce with Sautéed Broccolini with Garlic and Chili Flake
- Italian sausage, Broccoli Rabe and Orecchiette
- Pepperoni Pasta Sauce over Penne with Garlic Bread
- Stromboli with Pepperoni, Mushrooms, Peppers, Provolone and Mozzarella with Tomato Sauce
- Pork Chops with Warm Baby Collard Salad with French Green Lentils and Sliced Carrots



Lamb

- Ground Lamb Stuffed Zucchini Boats | tomato Sauce over Orzo mixed with Feta
- Lamb chops with Curried Cauliflower and Cous Cous

Seafood

- Bacon Wrapped Shrimp with Pineapple and Red Pepper Rice
- Sole with Leeks and Tomatoes over Brown Rice
- Sea Bass with Brucshetta over Brown Rice with Asparagus
- Whole Wheat Panko Crusted Hake with Lemon Broccoli and Parsley Potatoes
- Grilled Fish or Chicken with Cantaloupe Basil Salsa with Avacado over Brown Rice
- Salmon Cobb salad with Creamy Dill Dressing with Romaine, Gorgonzola, Turkey Bacon and Peppers
- Mediterranean Pasta with Shrimp, Arugula, Tomatoes, Olives, and Capers in Lemon White Wine Sauce
- Fish Tacos with Napa Cabbage Slaw Chipotle Aioli and Browns rice and black Beans with Lime and Cilantro
- Crab, Fennel and Goat Cheese Enchiladas

Vegetarian

- Summer Pea Pesto with Farfella Pasta
- Italian Green Bean, Cannellini and Garbonzo Bean Salad with Baby Potatoes
- Vegetarian Bean Enchiladas with Rice
- Eggplant Parmesan Casserole over Penne and Family Side Salad
- Orzo Pasta with Dried Cherries, Pine Nuts and Arugula with Ricotta Salata
- Summer Vegetable Gratin
- Vegetable Stromboli with Peppers, Mushroom, Zucchini, Provolone and Mozzarella with Tomato sauce
- Baby Collards with French Green Lentils and Carrots

Family Side Salad

- Fig, Prosciutto and Mozzarella over Baby Greens with reduced balsamic and Olive Oil
- Cantaloupe and Prosciutto over Mache with Lemon Basil Vinaigrette
- Mixed Greens with Grapes, Persian Cucumbers and Cranberry Walnut Gorgonzola Dressing



- Baby Collard Green Salad with Bacon, Hard Boiled Egg, Cherry Tomatoes, Cucumbers and Red Wine Vinaigrette
- Romaine with shredded Carrots, Sliced Peppers, Mandarin Oranges, Slivered Almonds and Asian Peanut Dressing
- Tomato, Watermelon and Feta over Arugula with Lemon Curd Dressing
- Raw Kale Salad with Walnuts, Pecorino and Lemon Juice
- Greek Salad with Tomatoes, Olives, and Feta over Romaine with Red Wine Vinaigrette
- Strawberry, Kiwi, Walnut and Goat Cheese salad with Raspberry Vinaigrette
- Cold Cucumber Dill Salad with Creamy Dressing
- Roasted baby Beets and Arugula with Lemon Gorgonzola Vinaigrette
- Spring Baby Greens with Heirloom Baby Tomatoes with Basil Infused Oil Vinaigrette and Mozzarella Pearls
- Cesar salad
- Raw Beet Slaw with Walnuts
- Zucchini Carpaccio
- Green Fruit Salad with Honeydew, kiwi, and green grapes
- Berry Fruit Salad with Blueberries, Blackberries and Raspberries

Summer Salads

If you ever need side dishes for a summer party just let me know. I can do a large batch of pasta salad, potato salad, macaroni salad, fruit salad, coleslaw, etc.