



September 2012 Weekly Meal Ideas

Dinners

Poultry

- Chicken Piccata with Linguine and Asparagus
- Chicken Francese in Pinot Gris Sauce with Broccolini and Pasta
- Chicken and Butternut Squash Mac and Cheese
- Madras Yellow Chicken Curry with Potatoes, Carrots and Green Beans
- Baked Chicken Thigh Teriyaki with Broccoli and Red Peppers over Rice
- Pan Seared Duck Breast in Port Cherry Sauce over Celeriac Puree with Green Beans
- Roasted Chicken or Duck with Duck Fat Roasted Potatoes and Root Vegetables
- Ground Chicken Burger Club Sandwiches with Bacon, Tomato, Mayo on Whole Wheat Buns with Macaroni Salad
- Open Faced Ground Chicken Parmesan Burgers in Portabellas over Pasta
- Roast Chicken with Tequila Apricot Lime Glaze with Pablano Rice Gratin
- Jerk Chicken Kabobs with Roasted Pineapple Mango Sauce over Rice and Beans
- Roasted Chicken with Cauliflower and Low Fat Cheese Gratin

Beef

- Gemilli Pasta in Pumpkin Beef Sauce with Family Side Salad*
- Ground Beef Taco Salad with Tomatoes, Black Beans, Corn and Romaine Lettuce with Lime Agave Vinaigrette
- Open Faced Beef Burgers in Portabellas with Tomato Sauce over Pasta with Fresh Mozzarella
- Roasted Ribeye Roast with Rosemary and Red Wine with Mashed Potatoes and Roasted Carrot Coins, Green Beans and Red Peppers
- Filet Mignon with Blue Cheese Mashed Potatoes and Steakhouse Mushrooms
- Sloppy Joes on Kaiser Rolls with Southern Mac and Cheese and Green Beans
- Asian Filet Mignon Salad with Ginger Lime Dressing
- Filet Mignon with Goat Cheese and Pancetta with Creamed Spinach

Pork

- Breaded Pork Chops with Pimiento Cheese Potato Gratin and Green Beans



- Smothered Pork Chops over Louisiana Red Beans and Rice with Peppers and Onions
- Ham and Split Pea Stew
- Ham, Green Bean and Potato in Coconut Milk
- Chorizo Quiche with Family Side Salad
- Quiche Lorraine with Bacon and Leeks with Family Side Salad
- Sage Roasted Pork Tenderloin with Sage and Sweet Potato Mash with Roasted cauliflower

Lamb

- Roasted Leg of lamb with Rosemary Potatoes, Carrots, Rutabaga, and Celeriac– must order 48 hours in advance
- Balsamic Lamb chops with Roasted Herbed Baby Potatoes and Broccoli and Pepper Sauté
- Ground Moroccan Lamb and Chickpea Stew

Seafood

- Mustard and Maple Glazed Salmon with Asparagus and Rice Salad
- Chilled Seafood Dinner with Old Bay Shrimp and Scallops with Corn and Red Potato Salad
- Scallops with Lemon Tarragon Sauce with Zucchini and Yellow Squash Sauté and Brown Rice
- Asian Sticky Scallops or Shrimp with Sautéed Bok Choy, Peppers and Rice
- Chilean Sea Bass with Orange Grand Marnier sauce with Broccoli and Rice
- Garlicky Sautéed Fish, Bok Choy, Peppers, Carrots and Onions over Rice
- Fish Vera Cruz with Rice
- Mango and Habanera Salmon with Broccoli and Red Peppers over Rice
- Cornmeal Crusted Catfish with Tartar Sauce, Sautéed Greens, Southern Style Mac & Cheese

Vegetarian

- Spanakopita – Greek Style Casserole with Spinach, Leeks and Feta in Filo.
- Minestrone Soup
- Madras Vegetarian Curry with Potatoes, Green Beans and Carrots
- Creamy Cashew Kale and Chickpeas
- Potato and Mushroom Pie with Side Salad
- Butternut Squash Mac & Cheese



Side Salad

- Roasted Peppers, Prosciutto and Mozzarella over Baby Greens with reduced balsamic and Olive Oil
- Raw Kale Salad with Walnuts, Pecorino and Lemon Juice
- Greek Salad with Tomatoes, Olives, and Feta over Romaine with Red Wine Vinaigrette
- Roasted Beet, Walnut and Goat Cheese salad with balsamic Vinaigrette
- Waldorf Salad
- Butternut Squash, Cranberry and Walnut over Greens
- Roasted baby Beets and Arugula with Lemon Gorgonzola Vinaigrette
- Cesar salad