



October 2012 Weekly Meal Ideas

Dinners

Poultry

- Chicken Cacciatore with Penne
- Lemon Thyme Chicken Tenders, Broccoli, and Mashed Potatoes
- Coq au Riesling with Mushrooms and Onions over Rice Pilaf
- Roasted bone in Chicken Pieces with Artichokes and Mushrooms
- Sun Dried Tomato and Goat Cheese Stuffed Chicken Breast or Boneless Thighs with New Potatoes and Broccoli
- Roasted Chicken with Sautéed Kale with Lemon and Parmesan and Mashed Potatoes
- Thai Chicken with Rice Noodles with Shredded carrots, green onions and bean sprouts
- Grilled Chicken with Roasted Pepper Sauce with New Potatoes and Asparagus

Beef

- Flank Steak Chili and Cornbread
- Cheeseburger Mac and Cheese
- Pan Seared Beef Tenderloin with Mashed Celeriac and Green Beans
- Guinness Beer Prime Rib, Mashed Potatoes and Roasted Root Vegetables
- Orange beef with red peppers and mushrooms and onions over rice

Pork

- Savory Italian fall Stew with Sausage, Butternut Squash Soup, Parsnips and Fennel
- Pork Tenderloin with Apricot Fennel Ragu with Wild Rice
- German Sausages with Apples, Sauerkraut and Onions with Hoagie Rolls and Parsley and Dill Potatoes
- Shells with Bacon and Brussel Sprouts
- Pork Chops with Butternut Squash Puree and

Lamb

- Lamb Chops with Prune Chutney, Roasted Baby Potatoes,
- Roast Leg of Lamb with Dark beer, Honey and Thyme over Rutabaga Puree
- Lamb Chops with Butternut Squash, Dates, red onion and chives



Seafood

- Cioppino Stew with Clams, Mussels, Shrimp and Fish and Italian Bread
- Cilantro Ginger Halibut or Sea Bass with Sesame Udon Noodles with Broccoli and Peppers
- Provençal trout with Parsley Potatoes and Green Beans and Carrots
- Trout with Mushrooms and Mussels with rice
- Mahi mahi with Braised Brussel Sprouts and Feta Butter
- Wasabi Grilled Tuna with Asian Vegetables and Short Grain Brown Rice
- Bacon Wrapped Halibut with horseradish cream and glazed beets
- Scallops with bacon, leeks and apples with whole wheat pasta
- Pan seared scallops or Shrimp with Mango Salsa with Brown Rice and Broccoli

Vegetarian

- Frangelico Butternut Squash Soup with Rolls
- Chickpea and Tomato Soup with French Baguette
- Curried Mac and Cheese topped with Asparagus and Broiled Provolone
- Celeriac Soup
- Butternut Squash Ravoli with Butter Sage Sauce
- Acorn Squash and Polenta stacks in Tomato Sauce topped with Mozzarella

Side Salad or add a protein to make it a full meal

- 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