



November 2012 Weekly Meal Ideas

Dinners

Poultry

- Spinach and Artichoke Chicken Casserole with Whole Wheat Rotini
- Herb Roasted Turkey Breast, Sweet Potato and Marshmallow Casserole and Green Bean and Mushroom Casserole
- Honey Brined Turkey Breast with Scalloped Potato with Baby Carrots
- Roasted Turkey with Cornbread Stuffing with Bacon Brussel Sprouts or Green Beans
- Roasted Chicken with Roasted Cranberry, Walnut and Butternut Squash casserole
- Grilled Rosemary Chicken Breast with Orzo and Spinach with Goat Cheese
- Thai Chicken and Rice Casserole with Green Beans, Carrots and Bell Peppers
- Chicken, Kale and Pasta Shells Casserole
- Grilled Chicken with Grilled Kale, Radicchio, and Almonds with Balsamic Orange Glaze over Quinoa (radicchio is bitter, so if you dislike, please tell me to omit it)
- Grilled Chicken Pomegranate and Balsamic Glaze with Carrots and Whole Grain Rice Blend
- BBQ Chicken Pineapple Sausage, Zucchini, Yellow Peppers and Red Onion Paella

Beef

- Chili and Corn Bread Pot Pie with Family Side Salad
- Beef and Pumpkin Lasagna with Family Side Salad
- Pan Seared Beef Tenderloin with Rosemary, Chocolate and Merlot Sauce with Mashed Potatoes and Steakhouse Mushrooms
- Beer Braised Beef Meatballs with Horseradish Sauce with Toasted Pumpnickel Bread garnished with Arugula
- Beef Minestrone with Family Side Salad
- Rigatoni and Meatballs with Garlic Bread
- Beef Brisket, Peppers, Mushrooms, Green Onions, Carrots with Korean Japchae Noodles

Pork

- Sausage and Shrimp Paella with peas, carrots, peppers



- Caramel Apple Pork Chops over Mashed Potatoes with Green Beans
- Brown Sugar, Cumin and Chili Coated Pork Chops with Sweet Potato Mash and Assorted Vegetables
- Kielbasa and Sauerkraut and Apples with Hoagie Rolls
- Pork Goulash with Apple and Onions with White Cheddar Cheese with Family Side Salad
- Italian Sausage Lasagna with Family Side Salad
- Pork tenderloin Medallions with Pomegranate Cherry Sauce over Mashed Potatoes and Brocolini

Lamb

- Tuscan Lamb and Artichoke Stew
- Ground Lamb Chili with Black Beans and Kidney Beans
- Lamb Chops with Blueberry Sauce with Warm Asparagus and Orzo Pasta Salad

Seafood

- Tuna and Pea Casserole with Cavatappi Pasta
- Seafood Paella
- Shrimp, Mushrooms and Spinach in Green Spinach Pasta with a Light Parmesan Cream Sauce
- Monkfish with Snow Peas, Asparagus, Mushrooms with Rice
- Chilean Sea Bass with Lemon Broccoli and Brown Rice
- Turbot with Red Potatoes, Zucchini and Yellow Squash
- Orange Scented Cod with Broccoli and Rice
- Mahi Mahi Fish Tacos with Jicama, Pineapple and Cilantro Salad
- Halibut with Papaya Salsa with Jasmine Rice

Vegetarian

- Grilled Kale, Radicchio, Quinoa and Almonds with Balsamic Orange Glaze
- Vegetarian Pumpkin Lasagna
- Mushroom Risotto
- Sweet Potato Veggie Burgers with Whole Grain Buns and Zucchini Fries
- Santa Fe Pasta Shells with Black Beans, Corn, and Fire Roasted Tomatoes

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

Seasonal Salads



- Green Apple and Goat Cheese Crumbles over Greens with Lemon Vinaigrette
- Orange, Fennel and Olive Salad with Orange Champagne Vinaigrette
- Pomegranate Seeds, Orange Segment, and Red Onion over Greens with Pomegranate Vinaigrette
- Roasted Beet, Walnut and Goat Cheese salad with Balsamic Vinaigrette
- Pomegranate Seeds, Pear Slices, Blue Cheese over Spinach with Pomegranate Vinaigrette
- Waldorf Salad
- Butternut Squash, Cranberry and Walnuts over Greens with Orange Champagne Vinaigrette
- Spinach with Dried Cranberries, Blue Cheese, Candied Walnuts and Balsamic Vinaigrette
- Pear, Stilton Blue Cheese, Candied Pecans over Romaine with Champagne Vinaigrette
- Radicchio, Toasted Hazelnuts, Black Truffle Cheese, and Red Wine Poached Pear dressed with Balsamic Vinaigrette
- Italian Bresola with Arugula, Marinated Shitake, Shaved Parmesan dressed with Orange Champagne Vinaigrette

Always Available Salads

- Greek Salad with Tomatoes, Olives, and Feta over Romaine with Red Wine Vinaigrette
- Cesar salad
- Grape Tomatoes, Shredded Carrots, Cucumber Slices over Romaine with your favorite dressing