



December 2012 Weekly Meal Ideas

Dinners

Poultry

- Jerk Chicken with Jerk Spiced Brussel Sprouts, Cauliflower, and Chickpeas
- Coconut Crusted Boneless Chicken Breast with Mango Salsa, Coconut Rice, and Steamed Broccoli
- Chicken, Black Bean and Pineapple Enchiladas with Spanish Rice
- Roasted Turkey Breast with Chestnut Stuffing and Green Beans
- Spaghetti with Turkey Meatballs
- Peruvian Roasted Chicken with Roasted Yucca and Sautéed Peppers

Beef

- Pan Seared Flank Steak with Salsa Verde with Red Pepper, Black Bean and Rice Salad
- Ground Beef, Spinach and Mozzarella Cheese Stromboli with a Family Side salad
- Sweet Hawaiian Beef sliders with Grilled Pineapple Slices on Potato Wheat Rolls with Hawaiian Macaroni Salad
- Garlic and Rosemary Crusted Sirloin Roast with Roasted Potatoes and Carrots
- Ground Beef Spanish Rice Casserole with Cheddar and Sour Cream
- Sirloin Beef Stroganoff with Egg Noodles and Mushrooms
- Pan Seared Beef Tenderloin with Asparagus and Mushroom Sautee and Mashed Potatoes

Pork

- Sweet and Salty Korean BBQ Short Ribs with White Jasmine Rice and Garlicky Broccoli
- Creamy Prosciutto & Porcini Penne
- Bacon, Tomato and White Bean Soup with Ciabatta Rolls
- Ham, Pea and Gruyere Mac & Cheese
- Pan Seared Pork Chops with Chipotle Orange Glaze with Mashed Sweet Potatoes and Green Beans

Lamb

- Greek Lamb Burgers in Pita with Tomato, Cucumber, Feta and Onion salad with Tzatziki Sauce and Roasted Potato Wedges



- Lamb Meatball, Spinach and Orzo Soup in Tomato Broth
- Pan Seared Lamb Chops with Celery Root Puree and Carrot and Green Bean Sautee

Seafood

- Seafood Pasta with Linguini with Grape Tomatoes and Fennel
- Cod in Orange Sauce with Parsley Potatoes and Green Beans
- Seafood Stuffed Shells with Family Side Salad
- Pan Seared salmon with Cucumber Dill Sauce with Parsley Potatoes and Asparagus
- Broiled butter and White Wine Langostinos with Broccoli and Rice Pilaf

Vegetarian

- Farro Salad with Turnips and Swiss Chard
- Farro Tomato Sauce and Rigatoni
- Cheese Calzone with Ricotta, Mozzarella and Parmesan with family Side Salad
- Three Mushroom Stuffed Shells with Family Side Salad
- Apple and Sweet Potato Soup with Family Side salad
- Black Bean Chili with Orange and Cumin

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

Seasonal Salads

- Clementine, Date and Walnut Salad with White Balsamic Dressing
- Green Apple and Goat Cheese Crumbles over Greens with Lemon Vinaigrette
- Radicchio, Endive, and Chick Peas and Champagne 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
- Apple, Walnut, Cheddar with Romaine Lettuce with Sweet Apple Dressing
- 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