



January 2013 Weekly Meal Ideas

Dinners

Poultry

- Chicken Enchiladas and Bean and Pepper Salad
- Cajun Chicken Fettuccine with Peppers and Grape Tomatoes
- BBQ Chicken with Mac and Cheese topped Sliced Plum tomatoes, Cheddar and Greyere
- Turkey Bombay Sloppy Joes with Spinach Paneer
- Roasted Garlic and Cumin bone in Chicken over Israeli Cous Cous and Zucchini
- Rigatoni alla Norma with Chicken and Eggplant topped Ricotta Salada and Parmesan– Eggplant Pasta

Beef

- Roast Beef Tenderloin with Horseradish Cream over Mashed Potatoes and Carrots
- Vietnamese Style Beef with garlic, onion and Green Pepper and Rice
- Beef and Mushroom Stew in Tomato Sauce

Pork

- Garlic and Rosemary Studded Pork Roast with Roasted Potatoes with Pan Gravy and Roasted Root Vegetables
- Cherry Stuffed Pork Tenderloin with Sautéed Vegetables and Mashed Potatoes

Lamb

- Lamb Merguez with Golden Raisin and Zucchini Cous Cous
- Keema Matar – Indian Ground Lamb and Peas

Seafood

[Oven Roasted Salmon with Tangerine Ginger Relish](#)

- Oven Roasted salmon with Tangerine Ginger Relish with Green Beans and Parsley Baby Potatoes
- Salmon Cake Sandwiches with Lemon Dijon Yogurt and Spring Greens Mix and Baked Potato Fries
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Vegetarian

- Spinach Panneer
- Indian Orange Lentil Stew with Beet Greens
- Green Papaya, Pickled Carrot, Celery and Cucumber and Peanut salad
- Pasta alla Norma topped Ricotta Salada and Parmesan and Broiled
- Asparagus and Portobello Pasta in Lemon, White Wine and Garlic Sauce

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