



February 2013 Weekly Meal Ideas

Dinners

Poultry

- BBQ Chicken Salad over Romaine, Cheddar, Grape Tomatoes, Sliced Persian Cucumbers and Greek Yogurt Ranch Dressing
- Mediterranean Grilled Lemon Chicken over Quinoa with Olives, Capers, Zucchini, Grape Tomatoes and Feta
- Hungarian Paprika Chicken Stew with Carrots, Parsnips, Celery and Dumplings
- Cashew Chicken with Broccoli and Brown Rice
- Peruvian Roasted Chicken with Roasted Yucca and Sautéed Greens

Beef

- Sliced Beef Sirloin Tacos with Roasted Plum Tomato and Red Pepper Salsa with Rice and Beans
- Asian Noodle Bowl with Beef, Snow Peas and Red Peppers
- Beef Tortilla Pie
- Beef, Pork, Veal Rice Stuffed Peppers over Mashed Potatoes
- Bolognese with Tagliatelle Pasta
- Italian Beef, Veal, and Pork Pot Pie
- Beef and Scallion Rolls with Asian Sautéed Vegetables with Brown Rice
- Sirloin Steak with Green Peppercorn Sauce with Potato, Asparagus and mushroom Sautee

Pork

- Sausage, Kale and White Bean Stew
- Moo Shu Pork with Shredded Cabbage and Carrots and Pancakes
- Beer Braised Bratwurst with Sautéed Cabbage and Onions with Rolls and Perogies
- Stuffed Pork Chops with Mashed Potatoes and Green Beans with Gravy

Lamb

- Pistachio Crusted Lamb Racks with Chorizo Grits with Charred Eggplant with Currant Juice
- Lamb Meatball and Orzo Soup with Spinach, Carrots and Celery
- Lamb Mousaka

Seafood



- 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
- Pan Seared Scallops Provencal over Angel Hair Pasta with Grape Tomatoes, Garlic and Broccolini
- Flounder en papillote with Corn, Leeks and Sundried Tomatoes with Quinoa
- Olive Oil Stripped Bass, Zucchini, Yellow Squash and Baby Potatoes

Vegetarian

- Almond and Vegetable Stir Fry
- Perogie Lasagna with Mashed Potato, Cabbage, and topped with Cheddar
- Lentil Meatloaf over Rutabaga mash
- Risotto with Winter Squash with Apples and Sage

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