



March 2013 Weekly Meal Ideas

Dinners

Poultry

- Chicken and Green Bean Casserole with Fried Onions
- Buffalo BBQ Pulled Chicken Casserole with Blue Cheese Corn Bread Topping
- Chicken and Broccoli Shepherds Pie with Garlic Rosemary Mashed Potatoes
- Garlic and Rosemary Roasted Chicken, Root Vegetables and Baby Potatoes
- Thai Chicken Burgers with Peanut Sauce with Cucumber, Pepper, Green Apple, Carrot and Napa Cabbage Slaw
- Roast Chicken with Healthy Hash with Potatoes, Corn, Kale and Chickpeas
- Chicken Legs in Black Pepper Caramel Sauce with Butternut Squash, Raisins and Apples
- Greek Seasoned Roast Chicken with Green Bean Andalusian and Orzo
- Pan Seared Chicken Tenders, Broccoli Rabe, and Whole Wheat Penne in Sherry Sauce
- Tomatillo Green Chicken Chili with Honey Cornbread
- Roasted Turkey with Cornbread, Black Bean, Onion Cake with Green Beans

Beef

- Traditional Ground Beef Taco Night with all the fixins and refried beans and rice
- Pan Seared Ribeye with Black Pepper Caramel Sauce with Sautéed Apples, Sweet Potatoes and Southern Greens
- Ground Beef Shepherds Pie
- Corned Beef and Cabbage, Carrots and Potatoes (Must be ordered 24 hours in advance)
- Pan Seared Beef Tenderloin with Goat Cheese and Chive Stuffed Tomatoes
- Grilled Steak with Cauliflower Steaks with Garlic and Chili Flake

Pork



- Sesame-Hoisin Pork Burgers with Grilled Pineapple with Asian Purple Yam Baked Fries
- Pork Chops with Green Beans, Peppers, Corn and Lima Beans
- Virginia Style Brunswick Stew with Ham, Chicken, Corn, Lima Beans in a Tomato based Broth
- Pan Seared Pork Chops with Brussels Sprout Salad with Pecans and Parmesan
- Pan Seared Pork Chops with Cauliflower Rice with Carrots, Peppers and Shallots
- Pan Seared Pork Chops with Winter Greens and Walnut Pesto Farro Risotto
- Pan Seared Pork Tenderloin with Warm Winter Fruit Salad and Roasted Sweet Potatoes

Lamb

- Ground Lamb Shepherds Pie
- Lamb Chops with Minted Pea Sauce and Mint, Butter and Sugar Potatoes with Steamed Baby Carrots
- Ground Lamb Stuffed Tomatoes with Sautéed Spinach and Orzo
- Grand Lamb Meatballs with Julienned Zucchini Pesto
- Lamb Chops with Quinoa, Red Beet and Shallot Cakes with Tzatziki Sauce

Seafood

- Manhattan or New England Clam Chowder
- Oyster Chowder
- Macadamia Coconut Crusted Mahi Mahi with Papaya, Mango and Pineapple salsa with Brown Rice and Broccoli
- Flounder with Mint Beurre Blanc with Peas and Rice Pilaf
- Seafood Shepherds Pie
- Broiled Shrimp with Kale, Edamame, Mango and Quinoa Salad

Vegetarian

- African Spicy Peanut Soup with Brown Rice
- Lentil and Swiss Chard Stew
- Chana Masala (Spicy Chickpeas) with Spinach
- Vegan Artichoke and Tomato Soup and Salad
- Wild Mushroom and Mascarpone Soup with Croutons
- Twice Baked Sweet Potatoes with Ginger Lime Peanut Sauce and Salad



- Winter Vegetable Shepherds Pie
- Lentil Cumin Chili
- Goat Cheese and Chive Stuffed Tomatoes
- Kale, Edamame and Quinoa salad with Mango
- Vegetarian Italian Sausage Lasagna
- Julienned Zucchini Pesto and Whole Wheat Spaghetti
- Grilled Cauliflower Steaks Topped With Hummus, Rosemary, Garlic and Chili Flake
- Winter Greens and Walnut Pesto Farro Risotto
- Roasted Butternut Squash and Chickpeas with Tahini Dressing
- Winter Roasted Vegetable Gazpacho and Rolls
- Asian Peanut Noodle Salad with Carrots, Scallions, and Peppers and Cilantro

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

Seasonal Salads

- Baby Mixed greens with Blueberries, Almonds, Goat Cheese and Fat Free Blueberry Vinaigrette
- 40 Shades of Green Salad with Bibb lettuce, Avocado, Parsley, Endive with Lime Honey Vinaigrette(Avocado will be sliced by you at service)
- 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