



April 2013 Weekly Meal Ideas

Dinners

Poultry

- Garlic and Panko Breaded Chicken Breast Tenders with Ratatouille with Vegetable Pasta
- Grilled Lemon Chicken with Jalapeño, Mint, Parsley, Lime, Toasted Pistachio, Parmesan, and Garlic Pesto with Penne Pasta and Sautéed Zucchini
- Soft Grilled Chicken Tacos with Fresh Green Tomatillo Salsa with Short Grain Brown Rice and Black Beans
- Chicken and Oat Groat Soup with carrots, Zucchini and Green Beans
- Grilled Chicken with Broccoli, Pineapple and Raisin Slaw
- Chicken Mexican Soup with Tortilla Chips and Cheese

Beef

- French Onion Burgers with Greyere Horseradish Sauce with Caramelized Onions, Banana Pepper and Mustard ShaSha Sauce with Buns, and Roasted Potato Wedges.
- Pan Seared Rosemary Beef Tenderloin with Parmesan Roasted Potatoes and Asparagus
- Beef Bourguignon Stew with Steamed Carrots, Celery, Baby Potatoes and Pearl Onions to stir in when heating
- Beef and Italian Sausage Stuffed Shells with Garlic Bread

Pork

- Pork Chops with Roasted Sweet Potatoes, Roasted Brussel Sprouts with Shallots and Grapes
- Swedish Beef and Pork Meatballs with Lingonberries, Braised Green Cabbage, Dill Potatoes
- German Kielbasa with Egg Noodles, Cabbage and Carrots
- Pork Carnitas Stew with Chickpeas and Sweet Potatoes
- Pork Carnitas Enchiladas with Green Tomatillo sauce
- Pork Tenderloin with Rum Pineapple Caramel Sauce with White Basmati Rice Salad

Lamb



- Ground Lamb Bunny Chow with Indian Spices over a Sesame Bun with Sweet Potato Fries and Roasted Parsnips
- Mustard and Tarragon Spring Lamb with Baby Potatoes in a Sweet Vin Santo Wine Sauce with Spring Onions
- Lamb Burgers with Chimichuri mayo with Sautéed Zucchini and Yellow Squash and Baked Sweet Potato
- Lamb Chops with Blood Orange and Cherry Chimichuri sauce with Mashed Potatoes and Parsnips

Seafood

- Blackened Catfish with Grits with Peppers, Onions and Celery
- Shrimp with Penne ala Vodka Sauce with Broccoli
- Sofrito Fish Cakes with Creamy Chipotle Tartar Sauce with Sesame Spinach and Baked Sweet Potato Fries
- Shrimp and Pea Mac and Cheese
- Sausage Stuffed Squid in Tomato Sauce over Linguini
- Snapper Vera Cruz in Tomato Sauce with Peppers, Summer Squash and Capers over Rice

Vegetarian

- Mac and Greens with Southern Greens and 3 cheese
- Jalapeño, Mint, Parsley, Lime, Toasted Pistachio, Parmesan, and Garlic Pesto with Penne Pasta and Sautéed Zucchini
- Vegan Fettuccine Alfredo with Asparagus and Mushrooms (Cashew Based Sauce)
- Edamame and Barley Salad with Peppers and Fresh Herbs
- Black Bean Burgers on Whole Wheat Buns with Baked Sweet Potato Fries
- Penne ala Vodka Sauce with Peas, Mushrooms and Peppers
- Steel-Cut Oat Risotto with Butternut Squash and Mushrooms
- Cheese and Rice Stuffed Pablano Peppers in Tomato Sauce
- Tex Mex Soup

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
- 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