



June 2013 Weekly Meal Ideas

Dinners

Poultry

- Curry Turkey Meatloaf with Israeli Couscous with Carrots, Celery, Peppers and Onion
- Roast Whole Chicken with Tomato Cobbler Topped with Gruyere Drop Biscuits
- Pesto Chicken Burgers with Mozzarella and Tomatoes on Chibatta Rolls and Rosemary Roasted Potato Fries
- Chicken and basil Stir Fry with Sweet and Hot Peppers over Brown Rice
- Pan Seared Chicken with Local Peach Sauce with Green Beans and Mashed Potatoes
- Mexican Shredded Chicken salad with Cabbage, Peppers, Carrots, Red Onion and Cilantro
- Jammed Yam topped with Grilled Chicken Tenders, Green Tomato Salsa, and Black beans
- Tortellini Salad with Pesto and Local Grape Tomatoes and Grilled Chicken

Beef

- Cincinnati chili with Cheddar Cheese and Spaghetti
- Wedding Soup with Beef Meatballs, Shredded Chicken, Spinach, Carrots and Orzo Pasta
- Beef and Orange Stir Fry with Peppers and Scallions over Brown Rice
- Beef Sirloin, Peppers, Onions Kabobs over Quinoa

Pork

- Pork Tenderloin in Peach Marmalade Sauce with Sautéed Green beans and Red Peppers and Mashed Potatoes
- Pork Chops with Zucchini and Potato Pancakes with Apple Sauce
- Baby Back BBQ Ribs with Coleslaw and Baked Beans (or any other 2 favorite bbq sides)
- Southern Breaded Pork Chops with Corn Pudding and Broccoli

Lamb

- Lamb Ragu with Mint over Rigatoni
- Moroccan Lamb with Pine Nut, Date, and Carrot CousCous
- Grilled Lamb Chops with Mint Pesto with Grilled Summer Squash and Peppers Pasta Salad



Seafood

- Shrimp or Fish Tacos with Local Peach Salsa and Avocado with Mexican Rice and Bean Salad
- Grilled Salmon Salad with Peaches, Heirloom Tomatoes, Red Onion over Spinach with Balsamic Dressing
- Tortellini Salad with Pesto and Local Grape Tomatoes and Grilled Shrimp
- Crab and Corn Mac and Cheese
- Pan Seared Scallops over Sweet Corn and Red Pepper Risotto
- Bacon Wrapped Scallops With Grilled Corn on the Cob and Roasted Baby Potatoes with Chive shallot Butter for all components
- Pan Seared Halibut with Peach Basil Balsamic Sauce with Asparagus

Vegetarian

- Jammed Yam with Quinoa, Pineapple, Black Beans and Tomatillo Salsa
- Vegan Cincinnati Chili over Whole Wheat Spaghetti with Almond Shredded Cheese
- Tomato Cobbler Topped with Gruyere Drop Biscuits
- Summer Corn, Pepper and Potato Chowder
- Corn, Avocado, Tomato and Black Bean Salad over Romaine with Whole Grain Tortilla Chips
- Cheese Tortellini Salad with Persian Cucumbers, Grape tomatoes, Grilled Tofu and Pesto
- Vegan Sloppy Joes with Cole slaw with Veganaise and Red Wine Vinegar Dressing
- Roasted Beet and Black Bean Veggie Burgers with Yam Fries
- Summer Vegetable Quinoa Salad
- Garbanzo Tacos with Spanish Rice and Black Beans with Salsa and Guacamole (Vegan Shredded Cheese and Sour Cream if requested)

Side Salads



Seasonal Salads –

- **Most dressings can be made oil free if requested**
- **If you ever want a large batch of a summer salad for a picnic just add \$50 to your order**
- **One Salad is included in all orders. Extra salads at \$50 each**
- **Feel free to add a protein to a salad to make it a full meal choice**

- Baby Mixed greens with Blueberries, Almonds, Goat Cheese and Fat Free Blueberry Vinaigrette
- Raspberry, Candied Pecans, Red Onion and Spinach Salad with Raspberry Lemon Vinaigrette
- Jicama, Mango, and red Pepper salad in Avocado Cilantro Lime Dressing
- Creamy Cucumber salad using avocado instead of dairy
- Kale, Strawberry and Toasted Walnut Salad with Lemon Tahini Dressing
- Spicy Kale Salad with Pecorino, Currants and Pine Nuts
- 40 Shades of Green Salad with Bibb lettuce, Avocado, Parsley, Endive with Lime Honey Vinaigrette(Avocado will be sliced by you at service)
- Blackberry and Goat Cheese Crumbles over Greens with Lemon Vinaigrette
- Summer Tomato Caprese Salad with Basil Lemon Vinaigrette and Reduced Balsamic
- Broccoli slaw
- Cole Slaw
- Three Color Potato salad
- Three Color Pasta Salad
- Macaroni Salad
- Bacon Ranch Potato Salad

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