



August 2013 Weekly Meal Ideas

Dinners

Poultry

- Indian Spiced Roasted Chicken over Israeli Cous Cous with Spinach, Raisins, Almond Slivers and Cauliflower Florets
- Cilantro and Panko Crusted Chicken Breast over Spicy Carrot Puree with Corn Salsa
- Chicken, Andouille, and Shrimp Jambalaya with Fresh Summer Okra and Peppers
- Orange and Cumin Turkey and Lentil Chili over Sautéed Garlicky Kale
- 40 Clove Chicken Stew with Swiss Chard and Potatoes
- Shredded BBQ Chicken, Potato Rolls and Coleslaw
- Pecan Crusted Chicken Breast with Raspberry and Peach sauce with Saffron Rice and Green Bean Almondine
- Cuban Chicken Thighs, Peppers and Yellow Rice with Plantains and Mexican Sour Cream
- Italian Grilled Chicken with Italian Chickpea Salad with Tomatoes, Red Onion, Cucumber and Peppers
- Ground Chicken, Spinach and Sweet Potato Baked Stuffed Shells in Tomato Sauce topped with Mozzarella
- Jerk Chicken Legs over Roasted Vegetables and Wild Rice Salad with Topped with Pineapple Salsa
- Lemony Chicken and Orzo Soup with Carrots, Celery and Onion

Beef

- Orange Bison Meatballs over Brown Jasmine rice with Green Bean and Pepper sauté
- Beef, Carrot, Turnip and Curry Pot Pie
- Philly Cheese Steak Burgers topped with Green and Red Peppers with Provolone Cheese in Marinara Sauce with Rolls and Roasted Zucchini Fries
- Italian Grilled Steak with Italian Chickpea Salad with Tomatoes, Red Onion, Cucumber and Peppers
- Grilled Flank Steak Tacos with Mexican Slaw with Cabbage, Carrots, Peppers, Jicama and Cilantro
- Pan Seared Beef Tenderloin With Cabernet Sauce with Parmesan Swiss Chard and Cauliflower Mash



Pork

- Proscuitto and Fontina Stuffed Pork Chops in Cherry sauce over Polenta and Swiss Chard
- Hawaiian Pork Tenderloin BBQ Bowl with Mango, Corn and Jicama over Brown Rice
- Roasted Rosemary and Raspberry Pork Tenderloin with Potatoes, Yellow Squash and Zucchini Parmesan Gratin
- Sausage Stuffed Portabellas with Parmesan Cheese in Tomato Sauce with Sautéed Broccolini with Garlic and Chili Flake
- Italian sausage, Broccoli Rabe and Orecchiette
- Pepperoni Pasta Sauce over Penne with Garlic Bread

Lamb

- Ground Lamb Stuffed Zucchini Boats in tomato Sauce over Orzo mixed with Feta
- Grilled Lamb Chops with Cherry and Mint Glaze with Mashed Potatoes and Assorted Summer Beans

Seafood

- Grilled Tuna with Watermelon Salsa over Citrus Quinoa Salad
- Sea Bass with Summer Tomato Bruschetta over Brown Rice with Asparagus
- Grilled Fish with Cantaloupe Basil Salsa with Avocado over Brown Rice
- Salmon Cobb Salad with Creamy Dill Dressing with Romaine, Gorgonzola, Bacon and Peppers
- Mediterranean Pasta with Shrimp, Arugula, Tomatoes, Olives, and Capers in Lemon White Wine Sauce
- Scallop Risotto with Summer Squash, Zucchini, Red Pepper, and Artichokes
- Crab, Fennel, Pea and Goat Cheese Mac and Cheese
- Cuban Shrimp. Pea, Onion and Peppers in Yellow Rice with Pan Seared Plantains and Mexican Sour Cream

Vegetarian

- Orzo Pasta with Cubed Tofu, Fresh Cherries, Pine Nuts and Arugula with Ricotta Salata



- Vegetable Stromboli with Peppers, Mushroom, Zucchini, Provolone and Mozzarella with Tomato sauce
- Vegan Lentil Sloppy Joes with Rolls or over a Baked Potato Topped Almond Cheddar Cheese with Broccoli Slaw
- Indian Spiced Tofu Cubes and Wheat Berries with Raisins, Almonds, Spinach and Cauliflower Florets
- Grilled Tofu with Cantaloupe and Basil Salsa and Citrus and Edamame Quinoa with Avocado to cut at service
- Aztec Corn, Pepper, Cilantro, Quinoa and Black Bean Salad with Nectarine salsa
- Hawaiian Chickpea BBQ over Brown Rice with Mangos, Jicama and Corn
- Watermelon, Basil and Feta Salad over Greens
- Italian Chickpea Salad with Tomatoes, Red Onion, Cucumber and Peppers
- Spinach, Silken Tofu and Sweet Potatoes Stuffed Shells in Tomato sauce Topped with Parmesan or Crushed Cashews
- Corn, Pepper and Silken Tofu Enchiladas in Soy Based Tomatillo Cream sauce topped with Almond Cheddar Cheese or regular Mexican cheese

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
- Pickled Beets
- 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
- Mexican Slaw in Lime Cumin Vinaigrette with Peppers and Cilantro
- 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