



September 2013 Weekly Meal Ideas

Dinners

*Vegans and Vegetarians – There is a section for you, but look at all sections. There is most likely a substitute I can use to make you a similar meal.

Poultry

- Broccoli Chicken and Orzo Casserole with Cheddar
- Chicken, Orange, Snow Peas and Peppers Stir Fry over Brown Rice
- Pesto Turkey Meatballs in tomato sauce over Pasta or Spaghetti Squash
- Grilled Chicken Breast topped Red Onion Marmalade with Sautéed Squash and Roasted Herbed Potatoes
- Grilled Lemon Chicken With Greek Pasta Salad with Tomatoes, Olives, Cucumbers, and Feta
- Grilled Chicken with Balsamic Bruschetta and Fresh Mozzarella with Sautéed Garlicky Spinach and Garlic Bread
- Chicken Parmesan Burgers and Pasta Salad
- Individual Chicken Pot Pie Muffins with Peas and Carrots with a Salad

Beef

- Beef Tenderloin with Lemon Horseradish Sour Cream with Roasted Baby Yukon Potatoes, Green Bean, Carrot and Onion Saute
- Salisbury Steak with Mushroom Onion Gravy with Mac & Cheese and Green beans
- Grilled Flank Steak with Cilantro Lime Yogurt Sauce With Mushrooms and Goat Cheese Orzo
- Wedding Soup with Mini Meatballs, Orzo and Spinach
- Meatball Lasagna

Pork

- Ham and Pea Pasta Alfredo
- Pan Seared Pork Chops with Garlicky Spinach and Perogies with Caramelized Onions
- Ham Steak with Sweet Potato and Marshmallow Casserole and Green Beans
- Cannellini Bean, Spinach and Ham Soup
- Italian Sausage and Mushroom Risotto
- Prosciutto, Mushroom and Red Pepper Stromboli with Tomato Sauce



- Pork Tenderloin with Apricot Mango Brandy Sauce with Mashed Potatoes and Green bean and red Pepper Saute
- Sticky Asian Pork Ribs with Sesame Green Bean Sauté and Brown Basmati Rice
- Croque Monsieur Casserole

Lamb

- Grilled Lamb Chops topped Red Onion Marmalade with Asparagus and Roasted Herbed Potatoes
- Lamb Curry with Potatoes, Carrots and Green Beans and Cucumber Salad

Seafood

- Shrimp Tacos with Pineapple Salsa with Rice Salad with Peppers and Black Beans
- Bang Bang Shrimp with Sautéed Asian Vegetables and Brown Rice
- Pecan Parmesan Crusted Halibut with Broccoli and Parmesan Risotto
- Thai Coconut Crusted Mahi Mahi with Coconut Rice and Sautéed Asian Vegetables
- Salmon, Cranberry and Goat Cheese Cakes with Potato Rolls With Butternut Squash Fries
- Twice Baked Salmon Potatoes with Broccoli
- Turbo Fillet with Apricot Mango Sauce with Asparagus and Parsley Rice
- Shrimp and Broccolini Scampi with Angel Hair Pasta
- Saffron Rice Stuffed Tomatoes with Extra Large Shrimp
- Seafood Enchiladas with Tomatillo Salsa and Mexican Sour Cream

Vegetarian

- Meatless Chicken, Broccoli and Cheddar casserole
- Lentil and Meatless Sausage Bolognese over Spaghetti Squash
- Creamy Carrot and Coconut Soup with Silken Tofu
- Cabbage, Tomato, Bean and Carrot Soup
- Thai Coconut Potato and Vegetable Rice Noodle Soup
- Cranberry, Orange Lentil and Quinoa Loaf or Burgers and Butternut Squash Fries
- Twice Baked Potatoes with Broccoli
- Spinach, Mushroom and Feta Quiche



- Spinach, Carrot, Red Pepper and Ricotta Stuffed Portobellos

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