



October 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

- Chicken Enchilada Stuffed Zucchini boats with Rice and Black Beans
- Turkey Burgers topped with Green Apples and Provolone with Sweet Potato Fries
- Curried Grilled Chicken Breast and Mango Wraps with Chickpea, Carrot, and Assorted Dried Fruit Salad with Fresh Mint
- Pan Seared Chicken with Chestnut Sherry Sauce over Mashed Potatoes with Green Beans
- Turkey Breast with Candied Mandarin Oranges and Cranberries with Dressing
- Turkey Cutlets with Butternut Squash, Cranberry and Walnut Casserole
- Chicken Marsala with Asparagus and Parsley Potatoes
- Moroccan Chicken Thighs with Chickpea, Israeli Cous Cous, Carrot, Cauliflower, and Assorted Dried Fruit Topped with Fresh Mint
- Chicken in Roasted Tomato, Basil and Garlic Sauce over Campanelle Pasta

Beef

- Beef and Broccoli Stir Fry with Brown Rice
- Guinness Beef and Root Vegetable Stew
- Pan Seared Steak with Potato, Celery Root, Leek and Garlic Gratin
- Veal Osso Bucco over Risotto Garnished with Gremolata
- Veal Picatta with Asparagus and Linguini
- Halupki – Beef and rice Stuffed Cabbage in Tomato Broth

Pork

- Pepperoni Zucchini Pizzas
- Pan Seared Pork Chops with Roasted Sweet Potatoes with Cranberries and Walnuts and Bacon Brussel Sprouts
- Wisconsin Beer Cheese Soup with Polish Kielbasa
- Ham and Black Eyed Peas Stew
- Pasta with Bacon and Brussel Sprouts



- VA Brunswick Stew
- Polish Kielbasa with Haluski (Butter Cabbage and Egg Noodles)
- Beer braised Bratwurst and Sauerkraut with Potato Hot Dog buns and German Potato Salad

Lamb

- Grilled Lamb Chops with Roasted Cauliflower and Red Potatoes Topped Fresh Gremolata
- Lamb Meatballs with Yogurt, Cucumber Mint sauce with Pitas with Romaine, Tomatoes, Red Onion and Cucumber Slices

Seafood

- Trout Meuniere with French Green Beans and Parsley Potatoes
- Roasted Monkfish with Sage and Whole Garlic Cream with Mashed Potatoes and Brussel Sprouts
- Langastino Quiche with Family Side salad
- Roasted Salmon with Walnut, Cranberry and Pepper Relish with Puréed Winter Squash
- Butternut Squash Risotto with Shrimp
- Creole Shrimp with Corn and Grits Cakes with Bacon, Green Peppers, Onions and Celery
- Shrimp and Shaved Fennel Scampi over Linguini

Vegetarian

- Butternut Squash Lasagna with Family Side Salad
- Moroccan Chickpea, Carrot, and Assorted Dried Fruit Salad
- Whole Grain Mix, Apricot, and Cranberry Stuffed Acorn Squash with Amaretto Butter Sauce
- Fake Beef Pumpkin Sauce with Rigatoni
- Roasted Butternut Squash Casserole with Cranberries, Walnuts, Carrots, Apples and Celery
- Butternut Squash Ravioli with Sage Butter Sauce
- Butternut Squash salad with Pepitas, Red Onion in Balsamic Cherry Dressing
- Winter Squash Risotto



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 Pears, Almonds, Goat Cheese and Fat Free Pear Vinaigrette
- Pickled Beets
- Roasted Butternut Squash, Candied Pecans, Red Onion and Spinach Salad with Lemon Vinaigrette
- Jicama, Mango, and Red Pepper salad in Avocado Cilantro Lime Dressing
- Creamy Cucumber salad using avocado instead of dairy
- Kale, Apple 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)
- Pear, Candied Pecan and Blue Cheese Crumbles over Greens with Lemon Vinaigrette
- Roasted Plum 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