



## November 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

Feel free to request Cranberry Apple Orange Sauce this month

- Thanksgiving Turkey Meatloaf with Sage and Cornbread and Gravy with Green Bean and Pepper sauté with Mashed Potatoes
- Herb Roasted Turkey Breast, Sweet Potato and Marshmallow Casserole and Green Bean and Mushroom Casserole
- Honey Brined Turkey Breast with Scalloped Potatoes and Caramelized Baby Carrots
- Roasted Turkey with Cornbread, mushroom and Celery Stuffing with Bacon Brussels Sprouts or Green Beans
- Miso Maple Chicken Drummers with Baked Sweet Potato Fries and Sautéed Chinese Broccoli
- Honey Garlic Chicken Thighs with Carrot, Broccoli and Pepper Sautee and Brown Rice
- Braised French Onion Chicken Soup with Gruyere and Bread
- Dijon Chicken with Pomegranate Glaze with Rice Blend and Green Beans

#### Beef

- Rosemary Meatloaf with Gorgonzola Filling and Dijon Sauce with Mashed Potatoes and Green Bean and Pepper Sautee
- Beef and Bell Pepper Coconut Curry with Brown Rice
- Meatball and Barley Soup
- Beef Stroganoff with Egg Noodles and Mushrooms
- Veal Saltimbocca with Asparagus over Linguini
- Braciola – Italian Beef Rolls in tomato Sauce over Polenta with Garlic Bread

#### Pork

- Pork Tenderloin with Fall Spiced Red Wine and Pear Sauce with Roasted Sweet Potatoes, Carrot and Parsnips
- Pumpkin Polenta With Sausage, Fennel, & Roasted Pumpkin Ragu



- Spinach, Garlic and Prosciutto Stuffed Pork Tenderloin with Mushroom Sauce over Mashed Potatoes
- Italian Sausage and Peppers in Tomato Sauce on Hoagie Buns and Italian Cucumber, Tomato and Red Onion Salad
- Pork Carnitas Tacos or Enchiladas with Black Bean, Tomato, Pepper and Onion Salad and Sour Cream

### **Lamb**

- Grill Lamb Chops with Farro, Celery, Carrot and Onion Stuffed Tomatoes
- Lamb Burgers with Lettuce, Tomato, Red Onions and Sun Dried Tomato, Cucumber, Lemon and Parsley Yogurt Sauce on Whole Wheat Buns with Roasted Lemon Potato Wedges

### **Seafood**

- Seafood Shepherd Pie with Scallops and Cod
- Cranberry Glazed Salmon with Rice Pilaf Blend and Green bean and Pepper Sauté
- Shrimp, Andouille and Chicken Jambalaya
- Blackened Shrimp Salad with Pomegranate Seeds, Orange Segments, Shaved fennel over Fresh Spinach
- Seared Sea Scallops with Toasted Hazelnut Pomegranate Brown Butter Sauce with Asparagus and Parsley Potatoes
- Salmon Burgers with Lettuce, Tomato, Red Onion, and Cilantro mayo on Potato Rolls with Sweet Potato Wedges

### **Vegetarian**

- Gingered Sweet Potato and Carrot Soup Topped with Cinnamon Sour Cream and Sweet and Spicy Pecans
- Pumpkin Polenta With Beef-less Ground Beef, Fennel, & Roasted Pumpkin Ragu
- Butternut Squash and Black Bean Chili with Corn Bread
- Pumpkin, Cheese and Potato Casserole, with Green Bean. Mushroom and Pepper Saute
- Vegan Pumpkin Curry Risotto Topped with Roasted Brussel Sprouts and Apples
- Vegan Beef Stew with Guinness



## 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