



## January 2014 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

- Fennel, Lemon Zest and Rosemary Rubbed Roast Chicken with Piri Piri Sauce and Roasted Yucca, Peppers and Onions
- Chicken, Bacon Ranch Farfalle Pasta with Steamed Broccoli
- Turkey and Spinach Stuffed Portobello in Tomato Sauce With Garlic Bread
- Chicken, Peppers, Pineapple, and Onions Island Teriyaki with Brown Rice
- Sesame Asian Chicken and Green Beans over Brown Rice
- Chicken Piccata with Asparagus and Linguini
- Shredded Chicken Tacos with Tropical salsa with Rice and Black Beans
- Chicken Stew with Apricots and Prunes over Short Grain Brown Rice
- Grilled Chicken Breast with Mango and Avocado salad over Spinach with Candies Pecans
- Roast Chicken with Corn Pudding and Sautéed Baby Collard Greens

#### Beef

- Spaghetti and Meatballs with Mushrooms, Peppers, Carrots and Onions in the sauce
- Meatloaf with Cauliflower Gratin
- Pan Seared Beef Tenderloin with Rosemary and Cabernet Sauce with Roasted Rosemary Potatoes and Mushroom, Pepper and Shallot Sauté
- Hard Boiled Egg and Spinach Stuffed Meatloaf with Mashed Potatoes
- Tex Mex Chili with Kidney Beans and Corn Bread
- Rodeo Burger with BBQ Sauce, Jack Cheese, Onions and Pablano Peppers with Roasted Potatoes and Rolls

#### Pork

- Root Beer Pulled Pork Sandwiches, Coleslaw, and Roasted Potato Wedges
- Asian Sloppy Joe Sliders with Asian Slaw
- Italian Sausage Stuffed Squid in Tomato Sauce with Pasta
- Southern Pork Chops with Corn, Onion and Red Pepper Pudding
- Pork Roast with Apples and Sauerkraut and Mashed Potatoes
- Ham, Potato and Green Bean Casserole



- Baked Potato Soup with Bacon and Cheddar
- Cuban Pork Tenderloin with Yellow Rice and Black Beans, Corn and Peppers

### **Lamb**

- Lamb Stew with Red Wine, Potatoes, Carrots, Celery and Onion.
- Lamb Meatballs with Zucchini and Orzo in Tomato Sauce

### **Seafood**

- Farro Risotto With Cauliflower, Baby Kale and Scallops
- Smoky Oyster Chowder with Bacon, Rosemary and Fennel
- Paella with Shrimp and Clams with Peas, Carrots, and Peppers
- Seafood Lasagna in Cream Sauce Topped with Parmesan and Asagio
- Maple Salmon with Green Beans, Carrots and Peppers over Lentils

### **Vegetarian**

- Spanakopita – Greek Style Casserole with Spinach, Leeks and Feta in Filo.
- Sweet Potato and Lentil Veggie Burgers with Whole Grain Buns and Zucchini Fries
- Pasta alla Norma with Eggplant topped Ricotta Salada and Parmesan
- Split Pea Soup
- Lasagna Puttanesca with Peppers, Mushrooms, Carrots, Onion, Capers and Black Olives
- Southwestern Vegetable Soup with Corn Dumplings
- Roasted Chickpea Tacos with Roasted Tomato Salsa
- Tofu and Broccoli Stir Fry with Brown Jasmine Rice with Cashews

### **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