



## February 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.

(P) Paleo - I marked a few menu items as Paleo, but adjustments can be made to most menu items to make them Paleo as well.

### Poultry

- Chicken Fricasse with Black Olives and Anchovie Fillets over Orzo
- Chopped Chicken, Cashew, Mango, Peppers, and Snow Pea salad with Romaine and Ginger Sesame Dressing (P)
- Greek Lemon Shredded Chicken, Roasted Pepper Spread, Whole Wheat Pita Bread with Lettuce, Tomato and Chopped Cucumber with Chickpea Salad
- Moroccan Chicken with Butternut Squash, Dates and Apples topped with Pistachios
- Chicken, Collard and Sweet Potato African Nut Stew
- Chicken and Whole Grain Rice Blend Soup with Carrots, Celery and Onion
- Buffalo Chicken Drummers with Blue Cheese Mashed Potatoes and Caramelized Carrots
- Grilled Chicken with Ratatouille over Fusilli Pasta

### Beef

- Shredded Beef Enchiladas with Monterey Jack Cheese with Refried Black Beans and Mexican Sweet Corn Cake
- Sweet & Sour Meatballs with Bell Peppers, White Onion and Pineapple over Brown Rice
- Pan Seared Beef Tenderloin with Chocolate Merlot Sauce with French Green and Yellow Beans with Mashed Potatoes
- Sirloin Steak Pizzaiola with Crushed Tomatoes, Peppers and Onions over Penne with Focaccia
- Sirloin Steak with Mushroom Marsala Sauce with Mashed Potatoes
- Cabernet Braised Chuck Roast over Parsnip Puree

### Pork

- Ham and Asparagus Lasagna in Béchamel Sauce
- Italian Sausage and Ricotta Stuffed Shells in Tomato Sauce



- Mexican Chicken, Chorizo and Rice Casserole Topped Mexican Cheeses
- Apple, Celery, Onion and Challah Stuffed Pork Chops with Buttered Green Beans and Mashed Potatoes and Gravy
- Pork Schnitzel with Lemon Garlic Sautéed Asparagus, Peppers and Potatoes

### **Lamb**

- Ground Lamb Meatballs Seasoned with Cumin and Cinnamon over Israeli Cous Cous prepared with Peppers, Zucchini, Onions and Garlic
- Rosemary, Lemon and Garlic Roasted Lamb with Sautéed Garlic Spinach
- Cabernet Braised Lamb Shanks over Smashed Rutabaga, Potato and Carrots

### **Seafood**

- Turbot White Fish over Dried Cranberry, Zucchini, Onion and Quinoa Salad
- BBQ Salmon with Snow Pea, Radish and Shallot Slaw (P)
- Shrimp Pad Thai with Tamarind, Almonds, Almond Butter over Spaghetti Squash, Julienned Zucchini and Carrots (P)
- Breaded Fish with Tartar Sauce, Baked Mac & Cheese and Lemon Broccoli
- Coconut Crusted Shrimp with Asian Sweet and Sour Sauce with Sesame Green Beans and Brown Rice

### **Vegetarian**

- Cashew, Mango, Peppers, and Snow Pea Chopped salad with Romaine and Cumin, Lime Cilantro Dressing
- Chickpea, Cucumber, Tomato, Red Onion, Cilantro salad with Whole Wheat Pita
- Moroccan Chickpea Stew Seasoned with Cumin and Cinnamon
- Swiss Chard, Grain Blend, Walnuts and Dried Cranberries
- Lemongrass Tofu Curry over Brown Rice
- Crispy Chickpea Tacos with Tomato Salsa and Slaw with Spanish Brown Rice
- Mac & Cheese with Kale and Mushrooms



## 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