



March 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.
Paleo and Low Carb Substitutions available

Poultry

- Peach Glazed Turkey Meatloaf with Mashed Sweet Potatoes with Green Beans
- Roast Turkey Breast with Pecan Topped Bourbon Mashed Sweet Potatoes and Green Beans
- Curried Coconut Chicken, Butternut Squash, Apple and Celery Stew
- Thai BBQ Chicken with Sautéed Baby Bok Choy and Mushrooms over Brown Jasmine Rice
- Pistachio Crusted Chicken Breast with Raspberry Dijon sauce over Mashed Potatoes and Parsnips with Green Beans
- Turkey and Spinach Meatloaf with Gouda Sauce over Mashed Potatoes
- Coq au Vin with Mushrooms, Bacon and Onions over Rice Pilaf
- Chicken, Broccoli and Stuffing Casserole Topped with Cheddar

Beef

- Blackberry Balsamic Glazed Meatloaf over Mashed Potatoes and Green Beans
- Ground Beef, Pea, Carrot and Onion Shepherds Pie (Can be topped Mashed Potatoes or cauliflower)
- Ginger, Garlic Beef & Broccoli over Brown Rice
- Mexican Lasagna with Beef, Sweet Potato, Black Beans, Peppers and Corn topped with Assorted cheeses
- Taco Salad with Seasoned Ground Beef, Chopped Tomatoes, Yellow Peppers, Red Onion and Cumin Lime Vinaigrette
- Sirloin tips, Mushrooms, Onions and Garlic over Egg Noodles
- Corned beef, Cabbage, Carrots and Potatoes

Pork

- Pan Seared Pork Cops with Calvados Cider Sauce with Shredded Sweet Potato and Parsnip Casserole and Sautéed Brussel sprouts
- Asian Meatballs in Lettuce Cups with Cucumber, Carrot and Pepper Salad
- Apricot Glazed Pork and Vegetable Stir Fry over Brown rice
- Grilled Pork Tenderloin over Broccolini with Raisins and Pine Nuts with Whole Grain Blend



Lamb

- Lamb Shepherds Pie with Turnips, Onion and Green beans (Can be topped Mashed Potatoes or cauliflower)
- Lamb Meatballs in Tomato Sauce over Penne
- Lamb Chops with Blackberry Balsamic Glaze with Crushed Garlic Potatoes and Green Beans and Peppers
- Lamb Chops with Cherry Brandy Sauce over Mashed Potatoes with Asparagus

Seafood

- Lemon Sole with Almonds and Thyme over Orzo with Asparagus
- Salmon, Sweet Potato and Cilantro cakes with Pineapple and Mango Relish with Whole Wheat Buns and Sautéed Green Beans
- Honey, Turmeric and Cayenne Glazed Salmon over Garlicky Broccoli Rabe with Quinoa
- Brazilian Shrimp Stew over Brown Rice
- Snapper Topped with Red Pepper Coulis over Bacon Cheddar Grits
- Roasted Fish with Lemon Pistachio Pesto over Vegetable and Cranberry Israeli Couscous

Vegetarian

- Curried Great Northern Bean and Carrot Soup
- Asian Vegetable and Soba Noodle Salad in Peanut Dressing
- Grilled eggplant, Zucchini and Yellow squash with Pasta in Balsamic Sauce
- Farfalle with Creamy wild Mushroom sauce
- Dilled chickpea Burger with Yogurt Sauce in Pita with Lettuce and Tomato
- Vegan Shepherd's Pie
- Vegan Lasagna with Spinach and Mushrooms in Béchamel Sauce

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