



April 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

- Fenugreek Chicken Meatballs with Cubed Potatoes and Green beans in Tomato Sauce
- Turkey Meatballs over Kale and Cabbage Slaw Topped with Sesame Seeds
- Yogurt, Saffron, Garlic and onion Marinated and Grilled Chicken Thighs with Assorted Grilled Vegetables and Saffron Rice
- Chicken and Black Bean Wrapped in Steamed Collard Greens with Guacamole and Salsa
- Chicken and Spinach Rice Pilaf
- Spring Thanksgiving with Roasted Turkey breast over Edamame Succotash with Cherry Sauce
- Chicken Tetrazzini Casserole with Cauliflower and Mushrooms and Egg Noodles Topped with Parmesan

Beef

- Beef, Bok Choy, Carrot and Shitake mushroom Stir Fry with Brown Rice
- No Noodle Lasagna with Beef Sauce with Layers of Zucchini and Eggplant
- Philly Steak and Cheese with Peppers, Onions and Marinara sauce in Hoagie Rolls with Baked Eggplant Chips
- Curry Beef Lettuce Cups with Red Cabbage Slaw

Pork

- Kielbasa with Sauerkraut, Onions and Green Apples with Rolls
- Pork and Apricot Stir Fry with Broccoli, Mushrooms and Scallions
- Corned Beef Hash Casserole Topped with Cheddar
- Bone in Pan Seared Pork Chops over Root Vegetable Hash including multi Colored Carrots and Parsnips

Lamb

- Spring Lamb Chops with Mint Pesto with Sautéed Zucchini and Grape Tomatoes and Spaghetti and Rice Pilaf
- Lamb and Chorizo Chili with Guacamole



Seafood

- Pan Seared Rockfish with Tomato Lemon Jam with Clove, Cinnamon and Nutmeg with Sautéed Spinach and Mushrooms over Orzo
- Baked Cod with Olive and Caper Pesto with Sautéed Broccoli Rabe with Garlic and Cherry Tomatoes with Brown Rice
- Grilled Salmon with Onion Marmalade over Escarole and Cannellini Beans
- Steamed Snapper with Ginger and Scallions with Zucchini and Red Peppers over Brown Rice
- Cod in Coconut Curry over Brown Rice with Carrots and Green Beans
- Scallop, Pancetta and Spinach Risotto
- Grilled Salmon Panzanella with Feta, Dill and Grapes

Vegetarian

- Grilled Eggplant, Portobello Mushrooms, and Zucchini Farro Risotto with Balsamic Reduction

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