



May 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

- Grilled Chicken with Balsamic Strawberry Salsa with Green Bean, Pepper and Shallot Salad over Brown Rice
- Roasted Fresh Turkey Breast with a Succotash including Edamame, Corn and Peppers and Thyme Roasted Cubed Sweet Potatoes
- Grilled Chicken with Strawberry Balsamic salsa with Cilantro Rice and Asparagus
- Garlic, Lemon and Marash Pepper Roasted Chicken over Rosemary Mashed Potatoes with Asparagus. Featuring Marash Pepper from Bazaar Spices (www.bazaarspices.com)
- Chicken and Red Lentil Dal featuring Panch Puran from Bazaar Spices (www.bazaarspices.com) over Brown Basmati Rice
- Spring Chicken Pot Pie with Peas, Carrots, Onions and Celery

Beef

- Prosciutto, Current, Breadcrumbs, Hard Boiled Egg, Baby Kale, Pine nut, Provolone and Parmesan Stuffed Braciolo in Tomato Sauce over Spaghetti with Garlic Bread
- Beef and Blueberry Hunter Stew
- All American Cheeseburgers with Cheddar, Lettuce, Tomato and Onion Marmalade with Rolls and Potato Wedges
- Grilled Skirt Steak with Chimichurri sauce with Charred Zucchini, Tomato and Onion and Smashed Baby Potatoes
- Thai Steak salad with Thin sliced Carrots, Cucumber, Peppers and Peanuts over Romaine (Request spice level)

Pork

- Bacon and Tomato Quiche with Zucchini Hash as Crust with or w/o cheese
- Southern Breaded Pork Chops, Green Beans and Peppers with Mashed Potatoes and White Wine Gravy
- Fennel and Apple Crusted Pork Loin with Wild Rice and Vegetables
- Gemelli Pasta with Sliced Pork Tenderloin, Peas, Asparagus, Tarragon and Ricotta
- Grilled Pork Tenderloin with Watermelon, Cucumber and Feta Salad



Lamb

- Spring Lamb Chops over Tabbouleh salad with Cherry Tomato, Feta and Cucumbers
- Ground Lamb, Parsley, and Garlic Stuffed Portabellas in Tomato Sauce Topped with Mozzarella and Parmesan with Italian Bread

Seafood

- Creole Caprese Pasta Salad with Shrimp, Basil, Bacon, Celery, Green Peppers, Rotini and Mini mozzarella with Creole Remoulade Salad Dressing
- Asian Crab cakes garnished with Pickled ginger, Cucumber and Japanese Mayo with Steamed Broccoli, Carrots and Peppers
- Pan Seared Scallops over Farro Risotto
- Salad Nicoise with Salmon or Tuna with Green Beans, Peppers, Tomatoes and Hard Boiled Egg over Romaine
- Salmon with Cucumber Radish Relish with Red Potatoes and Green Beans
- French Seafood Stew with Seasoning from Bazaar Spices (French Seafood Seasoning)
- Saffron Rice Stuffed Tomatoes with Steamed Shrimp
- Fish Tacos with Salsa Verde in a Flour Tortilla with Cilantro Rice

Vegetarian

- Roasted Portabella Topped Brown Rice, Asparagus, Carrot, Red Pepper Salad with Ginger Sesame Dressing
- Pan roasted Cauliflower with Pine Nuts and Raisins. Featuring Marash Pepper from Bazaar Spices (www.bazaarspices.com)
- Farro and Black Bean Chili Featuring Marash Pepper from Bazaar Spices (www.bazaarspices.com)
- 5 Bean Salad
- Red Lentil dal featuring Panch Puran from Bazaar Spices (www.bazaarspices.com) over Brown Basmati Rice
- Pan Seared Tofu with Cilantro Pesto with Sautéed Zucchini, Yellow Peppers and Cherry Tomatoes
- Cauliflower Lentil Tacos with Guacamole and Spanish Rice
- Buffalo Style Cauliflower with Cashew Parsley Dipping Sauce with Carrots and Celery
- Creamy Coconut Chickpeas over Baked Sweet Potato



- Coconut Split Pea Soup

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