



June 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

- Chicken Taco Salad with Chipotle Lime Dressing with Black Beans, Fire Roasted Corn, Tomatoes with Rice
- Chicken, Pesto and Grape Tomato Pasta
- Shredded BBQ Chicken, Corn, Black Bean and Tomato Salad over Romaine
- Pan Seared Chicken Breast with Thai Green Bean, Mango, Pepper and Quinoa Salad
- Grilled Sliced Chicken over Asparagus, Beet and Walnut Salad with Goat Cheese Crumbles

Beef

- Flank Steak Tacos with Pineapple Salsa and Cilantro Rice
- Seared Beef Tenderloin Topped with Blueberry Sauce with Green Beans, Peppers, Onion and Potato Sauté
- Grilled Strip Steaks with Grilled Asparagus and Potato Salad
- Seared Ribeyes with Sautéed Kale, Shallots, Cranberries with Mashed Potatoes
- Spanish Rice with Ground Beef, Kidney Beans, Peppers and Onions

Pork

- Cumin Coated Pork Tenderloin Medallions with Tequila Sunrise Salsa with Rice
- Bacon, Basil, Avocado, and Tomato Sandwiches with Baked Sweet Potato wedges
- Mustard and lemon glazed Pork Roast with Tri Colored Carrots and Potatoes in White wine and Thyme
- Pepperoni, Peppers and Mushroom Stromboli with Green Salad
- Lemon and Fennel Roasted Pork over Marscapone Polenta and Broccoli Rabe
- Italian Sausage, Broccolini, Grape Tomatoes with Orecchietti Pasta



Lamb

- Grilled Lamb Chops with Summer Squash Garlic Cheese Gratin
- Lamb Shawarma with Greek Salad, Pita and Tzatziki Sauce

Seafood

- Grilled Shrimp, Strawberries, Pineapple and Red Onions over Spinach with Pomegranate Blueberry Vinaigrette
- Clams in Lemon Chive Butter with Linguini and Cherry Tomatoes
- Scallops over Corn, Tomato and Pepper Relish over Mashed Potatoes
- Catfish with Roasted pepper and Cream Cheese Sauce with Minted Smashed Potatoes
- Branzino with Ratatouille with Roasted Potatoes
- Turbot with Cherry Tarragon Salsa with Mashed Potatoes
- Grilled BBQ Salmon with Corn on the Cob and Dilled Potato Salad

Vegetarian

- Rainbow Crunch salad with Broccoli, Red Cabbage, Carrots, red Peppers, Beets, Pumpkin Seeds and Cranberry Seeds with Pomegranate Blueberry Vinaigrette
- Roasted Beet Salad with Wheat berries, Arugula and Pumpkin Seeds
- Summer Squash Gratin
- Mushroom, Bread and Red Onion Stuffed Eggplant
- Caraway Spiced Chickpea Stew with Minted Yogurt

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