



July 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 Tacos with Nectarine Salsa, Whole Wheat Soft Taco Shells and Guacamole with Rice and Black Beans
- Roast Chicken with Ratatouille and Roasted Potatoes
- Grilled Lemon Tarragon Chicken over Cherry Israeli Cous Cous Salad
- Thai Chicken & Wheatberry Salad in Butter Lettuce Cups with Carrot, Scallion and Thai Basil Slaw
- Chicken and Broccoli Lo Mein
- Maple Citrus Glazed Chicken and Bacon Salad with Summer Tomatoes, Cucumber, Shredded Carrots over Greens with Greek Yogurt and Herb Dressing
- Turkey and Spinach Meatballs in Tomato Sauce with Spaghetti
- Chicken Bruschetta Pasta with Mozzarella and Basil

Beef

- Lemongrass – Coconut Marinated Steaks with Coconut Cilantro Rice and Chinese Broccoli and Mushrooms
- Bison Burgers with Cabernet Onions and Cheddar with Rolls and Broccoli Slaw
- Korean Beef Bolgolggi over Rice with Sesame Green Beans
- Beef Tenderloin Steaks with Summer Plum Sauce with Smashed Red Potatoes and Assorted Bean and Shallot Sauté
- Beef Stuffed Peppers in Tomato Soup with Mashed Potatoes

Pork

- Pan Seared Pork Chops with Green Tomato Casserole Topped with Ritz Crackers and Cheddar
- Cherry-Pork Meat Loaf with Cherry Liquor Glaze with Mashed Potatoes and Sautéed Rainbow Swiss Chard
- Breaded Pork Chops with Sweet Potato, Cherry and Pepita Salad and Okra



- Italian Sausage and Lentil Soup
- Sausage and Shrimp Jambalaya

Lamb

- Garlicky Pimenton – Oregano Marinated Lamb Chops with Tomato, Cucumber and Feta Orzo Pasta Salad
- Lamb Meatballs, Pita Bread, Tzatziki, Lettuce and Tomato And Lemon Oregano Potato Wedges
- Lamb and Lentil Moroccan Stew

Seafood

- Crab Stuffed Shells in Béchamel Sauce with Broccoli
- Turbot with Italian Caponata with Roasted Potatoes
- Chesapeake Bay Quiche – Crabmeat, Swiss Cheese and Old Bay
- Grilled Garlicky Shrimp and Gazpacho with Italian Bread
- Shrimp Tacos with Peach Salsa with Rice, Corn, Pepper and Black Bean Salad
- Salmon Burgers with Blueberry, Lemon, and Parsley Mayo on Potato Rolls with Broccoli and Peppers
- Clams, Asparagus, Arugula, Toasted Pine Nuts and Shaved Parmesan with Lemon Vinaigrette

Vegetarian

- Ratatouille Pasta with Torn Fresh Basil
- Fennel, Orange and Raspberry salad with Caramelized Walnuts
- Summer Gazpacho with Italian Bread
- Garbanzo Bean Salad with Tomato, Cucumber and Red Onion
- Roasted Tofu Satay with Peanut Sauce with Sautéed Assorted Asian Vegetables (Can be made with Almonds)
- Black Bean Veggie Burgers with Sweet Potato Salad with Pepitas and Cherries
- Summer Peach, Arugula, Shallots and Candied Pecans with Orange Champagne Vinaigrette
- Southwestern Chopped Salad with Romaine, Corn, Black Beans, Peppers, Jicama and Local Grape Tomatoes in Creamy Cilantro Dressing



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**

- Jicama, Mango, and Red Pepper salad in Avocado Cilantro Lime Dressing
- 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
- Caprese - Local Tomatoes, Sliced Fresh Mozzarella, Basil and Reduced Balsamic

- Summer Peach, Arugula, Shallots and Candied Pecans with Orange Champagne Vinaigrette

- Black Bean, Mango, Peppers, Shallots and Avocado in Cumin Honey Lime Vinaigrette

- Italian Garbanzo Bean Salad with Peppers, Shallots, and Cucumbers in red Wine Vinaigrette
- Southwestern Chopped Salad with Romaine, Corn, Peppers, Jicama and Local Grape Tomatoes in Creamy Cilantro Dressing

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