



## August 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

- Cashew Chicken Over Brown Rice with Peppers and Broccoli
- Chopped Italian Chicken Salad with Tomatoes, Chickpeas, Cucumbers, Red Onion, and Romaine
- Chicken and Spinach Pie with Filo and Feta
- Chicken Piccata with Angel Hair Pasta and Lemon Broccoli
- Asian BBQ Chicken with Mango-Cucumber Rice Salad
- Thai Chicken Burgers with Peanut Sauce

#### Beef

- Coffee Rubbed Grilled Ribeyes with Baked Sweet Potatoes with Cinnamon Butter and Green Beans
- Chipotle Chili and Beans salad over greens with Fresh Chopped Tomatoes, Corn and Peppers
- Mexican Lasagna with Beef, Summer Squash, Peppers and Onions
- Ricotta Stuffed Portabellas in Bolognese Sauce
- Beef Bourguignon with Caramelized Pearl Onions, Bacon and Sautéed Mushrooms and Bordelaise Sauce
- Ancho-Chocolate Citrus Rubbed Sirloin Steak Salad with Blue Cheese, Romaine, Chopped Peppers, Shallots, Corn and Grape tomatoes with Greek Yogurt and Herb Dressing

#### Pork

- Bacon, Broccoli and Cheddar Cavatelli Mac and Cheese
- Italian Sausage Baked Ziti with Peppers, Carrots and Zucchini
- Pork and Pineapple Tacos with Fresh Pico de Gallo over Rice and Black Bean Salad
- Shredded Bacon, Egg, Potato and Cheddar Casserole with Jalapeño and Fresno Peppers
- BBQ Baby Back Ribs with Quick Pickled Vegetables and Chipotle Ranch Potato Salad



## **Lamb**

- Smoked Paprika Rubbed Lamb Chops with Cucumber, Raisin, Pine Nut and Mint Relish over Orzo
- Balsamic-Mustard Marinated Lamb Chops with Grilled Panzanella Salad

## **Seafood**

- Grilled Shrimp Pesto Pasta Salad with Zucchini, Tomatoes and Fresh Mozzarella
- Pan Seared Rockfish over with Corn, Tomato and Green Beans with Mashed Potatoes
- Sole with Grape and Shallot Pinot Grigio Sauce over Orzo
- Baked and Breaded Shrimp Scampi with Orzo Pasta Salad
- Coconut and Macadamia Nut Crusted Mahi Mahi with Coconut Rice with Broccoli, Pepper and Shallot sauté
- Pan Seared Snapper with Asparagus, Lemon, Garlic and Pine Nut Salad
- Crab and Sausage Paella with Summer Squash, Peppers and Corn
- Jerk Swordfish with Mint glaze over Quinoa, Zucchini and Peppers
- Tuna Nicoise Red Potato Salad with Oil Packed Italian Tuna, Green Beans and Olives
- Shrimp Avocado Green goddess Potato Salad with Basil, Tarragon and Parsley
- Bouillabaisse – French Seafood Soup
- Catfish w/roasted pepper in cream cheese sauce and minted smashed potatoes

## **Vegetarian**

- Grilled Cauliflower Steaks with Salsa Verde over Lentils
- Spinach and Pepper Lasagna
- Grilled Portabello, Zucchini and Pepper Balsamic Pasta Salad with Chick Peas
- Heirloom Tomato Pie with Mozzarella and Basil
- Grilled Panzanella Salad
- Summer Vegetable Farfelle Pasta in Pesto
- Baked Beans with Swiss Chard with Tomatoes, Parsley and Fresh Thyme
- Greek Potato Salad with Greek Yogurt, Olives, Cucumber, Feta, Mint and Red Onion
- Watermelon, Beet, Red Onion, Pistachio and Feta over Arugula Salad



## 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