



October 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

It's Squash Season! – Just let me know if you would like spaghetti Squash in place of noodles! It's a delicious alternative to pasta

Poultry

- Asian Chicken Drummers in Plum Sauce with Rice Salad with Peppers and Snow Peas
- Roasted Spaghetti Squash Casserole With Ground Turkey in Tomato, Pepper and Mushroom Sauce Topped with Mozzarella
- Buffalo Chicken Fries – Sweet Potatoes Topped Buffalo Chicken and Greek Yogurt Chive Dressing with Celery and Carrot Sticks
- Chicken Meatball Wedding Soup with Carrots, Celery, Spinach and Orzo Pasta
- Coconut Curry Chicken with Cauliflower, Apple and Green Bell Pepper
- Roast Turkey Breast with Cranberry Sauce with Green Bean Casserole and Pumpkin Cornbread
- Grilled Chicken, Mulled Wine Poached Pears, Gorgonzola and Walnuts over Salad Greens

Beef

- Tomato Sauce, Basil and Mozzarella Burgers on Chibatta Rolls with Crispy Parmesan Green Bean Fries
- Argentinean Beef Stew with Dried Apricots, Raisins and Sweet Potatoes
- Ground Beef in Pumpkin Sauce Lasagna
- Grilled Ribeye with Onion Marmalade and Cauliflower Popcorn
- Braised Beef Enchiladas with Cumin Spiced Sautéed Zucchini, Red Pepper and Onions
- BBQ Meatloaf with Pecan Topped Orange Sweet Potato Mash and Green Bean and Shallot Sauté
- Beef and Beet Burger with Avocado and Goat Cheese Topping with Sesame Buns and Garlic Roasted Potato Wedges
- Stir Fried Steak, Broccoli, Carrots and Mushrooms over Rice



Pork

- Pork Chops with Fall Spiced Sweet Potatoes and Apple Wedges
- Pan Seared Pork Tenderloin with Apricot Pinot Grigio sauce with Rice Pilaf, Dried Fruit and Chopped Pecan Stuffed Acorn Squash
- Cubed Pork Tenderloin and Butternut Squash Baked Ziti topped Gruyere
- Pan Seared Pork Chops with Bacon and Garlic Roasted Brussel Sprouts and Roasted Garlic Smashed Red Potatoes

Lamb

- Lamb Chops with Pomegranate Agave Sauce with Barley, Tomato and Zucchini
- Cabernet Braised Lamb Shanks and Root Vegetables over Polenta
- :Lamb and Butternut Squash Stew

Seafood

- Snapper VeraCruz Tacos with Cherry Tomato, Pepper, Green Olive and Red Onion Salsa with Soft Shells and Yellow Rice
- Shrimp Pad Thai (with rice noodles, spaghetti Squash or tofu noodles)
- Halibut Cakes with Green Bean and Parmesan Fries
- Marmalade Broiled Salmon with Orange Scented Lentils with Asparagus
- Prosciutto Wrapped Monkfish Over Garlicky Spinach and Baby Potatoes (Will sub scallops if monkfish is unavailable that day)

Vegetarian

- Roasted Spaghetti Squash Casserole in Tomato, Pepper and Mushroom Sauce Topped with Mozzarella
- Sweet Potato Lasagna with Spinach and Mushrooms (Mashed Sweet Potato Replaces ricotta)
- Cucumber and Shirataki Noodle Salad Topped with Sliced Roasted Almonds
- Rice Pilaf, Dried Fruit and Chopped Pecan Stuffed Acorn Squash
- Marinated and Baked Tofu Bites over Greens with Cucumber, Peppers and Carrots with Rice Wine Vinegar and Sesame Dressing
- Butternut Squash Lasagna
- Beet and Lentil Burger with Avocado and Goat Cheese Topping with Sesame Buns and Garlic Roasted Potato Wedges
- Black Eyed Pea Curry with Potatoes, Carrots and Collards



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**
- Pear, Candied Pecan and Blue Cheese Crumbles over Greens with Lemon Vinaigrette
- Apple, Arugula, Shallots and Candied Pecans with Apple Cider Vinaigrette

- Spinach Salad with Hard Boiled Eggs, Mushrooms and Hot Bacon Dressing

- Cucumber, Pepper and Red Onion Italian Salad

- Apple, Craisins, and Sun Flower Seeds with Romaine Lettuce with Pomegranate Vinaigrette

- Roasted beet, Goat Cheese and Candied Walnut Salad over Baby Greens

- Fennel, Orange and Pomegranate 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