



November 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

- Maple and Tangerine Glazed Chicken Drummers with Mashed Sweet Potatoes and Broccoli
- Honey Roasted Turkey Breast with Chestnut and Mushroom Stuffing and Green Beans
- Turkey Breast Cutlets with Pomegranate, Brussel Sprout and Toasted Hazelnut Salad
- Pomegranate Glazed Chicken with Roasted Fennel, Peppers and Mushrooms over Linguini
- Turkey Tenderloin with Mashed Sweet Potatoes and Cranberry, Apple and Walnut Jello
- Tumeric and Lime Chicken with Israeli Cous Cous with Carrots and Cauliflower
- Cumin and Hungarian Paprika Spiced BBQ Turkey Burgers on a Sesame Bun with Roasted Broccoli
- Chicken Cacciatore with Peppers and Mushrooms in Tomato Sauce over Penne

Beef

- Large Beef, Pork, Proscuitto and Ricotta Baked Meatballs in Tomato Sauce over Polenta
- Strip Steaks with Rosemary-Garlic Butter, Taleggio Mashed Potatoes and Roasted Broccoli Rabe
- Bloody Mary Burgers with Cheddar and Tabasco Ketchup sauce with Roasted Potatoes
- Meatloaf with Chestnut Gravy with Celery Root and Potato Puree
- Steak Salad with Romaine, Tomatoes, Peppers, Cucumbers and Shallots with Greek yogurt and Parsley Dressing
- Ground Beef and Kidney Bean Chili with Pumpkin Cornbread
- Steak and Cheese Hoagies with Peppers, Onions and Tomato sauce with Roasted Potato Wedges



Pork

- Ham, Pea and Gruyere Mac & Cheese
- Pan Seared Pork Tenderloin with Leeks and Prunes with Cabernet Sauvignon over Mashed Potatoes
- Grilled Sliced Boneless Pork Chops over Shaved Brussel Sprout Salad with Walnuts, Goat Cheese and Poached Pears with Apple Cider Vinaigrette
- Carnitas Tacos with Tomato and Pepper Salsa with Cilantro Brown Rice and Black Beans
- Italian Sausage, Kale and Cannellini Bean Soup

Lamb

- Boneless Leg of Lamb with Oregano Roasted Potatoes, Zucchini and Cherry Tomatoes
- Lamb Shepherd's Pie with Carrots and Peas

Seafood

- Monkfish with Lemon Butter over Linguini with tomatoes and Broccolini
- Shrimp Pesto with Farfalle Pasta with Zucchini, Peppers and Shallots
- Salmon Nicoise Salad
- Seafood Enchiladas with Zucchini, Peppers and Mushrooms
- Crab Cakes with Old Bay Aioli with Green Bean and Pepper Sauté
- Salmon and Scalloped Potato Casserole with Broccoli

Vegetarian

- Ricotta Stuffed Portabellos in Tomato Basil Sauce
- Mushroom and Quinoa Stuffed Acorn Squash
- Shaved Brussel Sprout Salad with Walnuts, Goat Cheese and Poached Pears with Apple Cider Vinaigrette
- Curried Butternut Squash and Silken Tofu Soup
- Spinach and Cauliflower Tofu Quiche
- Vegan Tofu and Cashew Fried Rice with Peas and Carrots
- Potato, Leek and Silken Tofu 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**
- 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