



## April 2015 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.

#### Poultry

- Grilled Lemon Chicken over Arugula, Grilled Asparagus and Shaved Parmesan with Pine Nuts
- Turkey and Mushroom Pasta Bake in Rose Cream Sauce with Buttered Cornbread Topping
- Grilled Chicken with Greens, Strawberries, Toasted Almonds, Goat Cheese with Creamy Poppy Seed Dressing
- Turkey and Spinach Meatloaf with Gouda Sauce with Mashed Sweet Potatoes
- Coconut Lime Chicken Soup

#### Beef

- Meatball Subs with Provolone with Hoagie Rolls and Roasted Asparagus
- Strip Steak Tacos with Corn, Avocado and Tomato Salsa with Flour Tortillas
- Bistro Beef Tenders au Poivre with Red Wine and Roasted garlic Mashed Potatoes with Asparagus

#### Pork

- Pork Shoulder Ragu over Rigatoni
- Chinese Spaghetti and Pork Meatballs with Bok Choy, Shitake Mushrooms and Peppers
- Pan Seared Pork Chops in Honey Mustard Sauce with Roasted Fennel and Sweet Potatoes
- Pecan Crusted Pork Tenderloin Medallions with Rice Pilaf with Dried Cherries and Goat Cheese and Broccoli

#### Lamb

- Moroccan Meatloaf with Lemon Honey Gravy with Zucchini Israeli CousCous
- Ground Lamb and Rice Stuffed Peppers in Tomato Sauce with Mashed Potatoes
- Lamb Chops with Minted Red Baby Potatoes and Baked Summer Squash and Cherry Tomatoes



### Seafood

- Teriyaki Salmon Burgers with Sesame Green Beans and Whole Wheat Buns
- Scallops and Pea Risotto
- Chesapeake Crab Quiche with Lemony Asparagus Salad
- Snapper Vera Cruz with Zucchini, Peppers and Olives in Tomato Sauce with Yellow Rice
- Coconut Crusted Mahi Mahi with Coconut Rice and Broccoli

### Vegetarian

- Faro with Asparagus, Hazelnuts and Kale
- Stuffed Shells with Mushrooms and Asparagus
- Baked Ziti and Breaded Eggplant Parmesan
- Quinoa and Summer Squash Stuffed Peppers in Tomato Sauce
- Roasted Vegetable Tabbouleh in Pitas with Yogurt-Tahini 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**
- Baby Mixed greens with Pears, Almonds, Goat Cheese and Fat Free Pear Vinaigrette
- 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

**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