



July 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.
Paleo and Low Carb Substitutions available

Poultry

- Roast Chicken Ratatouille Whole Wheat Pasta Salad
- Chicken Thighs in Black Bean Sauce with Carrots and green Peppers over Brown Rice
- Tequila Lime Chicken Tacos with Rice and Beans with Pineapple Salsa
- Breaded Chicken Drumsticks over Corn, Tomatoes and Peppers
- Chicken, Broccoli and Cheddar Casserole
- White Chili with Turkey and White Beans with Corn Bread
- Turkey Sloppy Joes with Green Bean Fries and Whole Wheat Buns
- Grilled Chicken Caesar Salad with Cherry Tomatoes

Beef

- Steak Teriyaki with Shitake Mushrooms, Carrots and Broccoli
- Cowboy Lasagna with Beef, Sausage and Pepperoni
- Classic Ground Beef Tacos with Hard Shells with Shredded Lettuce, Chopped Tomatoes and Taco Sauce
- Shredded Beef Enchiladas with Mexican Slaw
- Bison Burger with Mushrooms, Caramelized Onions and Swiss Cheese with Roasted Asparagus and Whole Wheat Buns
- Grilled Steaks, Corn on the Cob with Bacon and Red Onion Potato Salad

Pork

- Loaded Baked Potato with Bacon, Sour Cream, Green Onions and Shredded Cheddar
- Hoisin Pork Burgers with Pineapple Relish and Cucumber Salad and Whole Wheat Buns
- Sautéed Kielbasa, Perogies and Onions
- Bacon, Broccoli and Cheddar Salad with Fresh Bread
- Goat Cheese Stuffed and Prosciutto Wrapped Grilled Peaches over Arugula with White Balsamic Dressing (May do figs too if available)
- Italian Salad with Salami, Garbanzo Beans, Pickled Vegetables Cucumbers, Peppers, Mozzarella in Basil Red Wine Vinaigrette



Lamb

- Mint Julep Lamb Chops with Mint Bourbon Sauce over Brown Rice and Broccoli and Pepper Saute
- Indian Lamb and Lentil Stew with Yogurt Sauce

Seafood

- Grilled Shrimp Tacos with Peach Salsa and Rice and Bean Salad
- Boiled Shrimp, Clams, Corn and Red Potatoes with Old Bay
- Crab Stuffed Portabellas with Lemony Broccoli
- Turbot Picatta with Linguini and Asparagus
- Salmon Burgers with Blueberry, Lemon, and Parsley Mayo on Potato Rolls with Broccoli and Peppers
- Balsamic glazed Salmon with Strawberry, Goat Cheese, Sliced Almonds and Spinach Salad with Balsamic Dressing

Vegetarian

- Tomato Basil Bread Soup with Parmesan Crisps
- Cold Sesame Noodles with Summer Vegetables
- Mushroom, Leek and Fontina Potato Crusted Quiche
- Indian Lentil Burgers with Roasted Cauliflower and Pitas and Yogurt Sauce

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)
- Berry, 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