



September 2019 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

- Chicken with a Brick with Lemon, Rosemary and Garlic with Roasted Fingerling Potatoes, Carrots and Shallots
- Prosciutto and Sage Wrapped Chicken Breast in Pinot Grigio Sauce over Mashed Potatoes
- Chicken, Mushrooms, Peppers and Swiss Chard with Farfalle in Marsala Sauce
- Turkey meatloaf with Gravy with Glazed Root Vegetables and Sour Cream and Chive mashed Potatoes
- Lemon Rosemary Roasted Chicken with Lemony Potatoes, Shallots and Carrots
- Honey Soy Glazed Chicken Legs with Rice Salad with Peppers, Edamame and Red Onion
- New Orleans Red Beans and Rice with Chicken Andouille Sausage
- Grilled Chicken, Apple and Brie Salad over Butter Lettuce Greens with Champagne Vinaigrette
- Chicken and Dumplings with Carrots, Celery and Peas or Green Beans
- Shredded Chicken Spanish Rice with Zucchini, Corn, Peppers and Black Beans
- Greek Lemon Oregano Chicken with Spanakopita (or Spinach Stuffed Peppers to keep it low carb)
- Curry Chicken over Israeli Cous Cous with Carrots, Peppers and Onions
- Air Fried Chicken Legs with Creamed Corn Casserole and Southern Green Beans

Beef

- Beef Tenderloin with Lemon Horseradish with Potato, Pepper and Asparagus Sauté
- Cherry and Brie Burgers with Rosemary and Caramelized Onions with Roasted Potato Wedges
- Meatball, Zucchini, Peppers, Carrots Pasta e Fagioli
- Citrus and Cumin Marinated Flank Steak with Broccoli, Carrot, Pepper and Rice Salad with Orange Dressing



- Sliced Sirloin Steak, Cucumber, Tomato, Pepper and Crouton Italian Salad over Romaine with Oregano Red Wine Vinaigrette
- Strip Steak with Ponzu Dipping sauce with Sesame Green Beans and Rice
- Honey Garlic Meatballs over Mashed Potatoes with Summer Squash and Peppers
- Chili Mac and Cheese
- Meatloaf with Marsala Mushroom Gravy with Mashed Potatoes and Green Beans

Pork

- Pork Tenderloin with Prune and Ancho Chili Sauce with Roasted New Potatoes with Poblanos and Green Onions
- Italian Sausage, Broccolini, Garlic and Chili Flake with Orecchiette Pasta
- Pork Chops with Goat Cheese, Raisin and Walnut Stuffed Cinnamon Apples
- Ham, Cannellini Bean, Carrot, Celery and Onion Soup with Sage and Thyme
- Pork Tenderloin Medallions with Apple and Cabbage Slaw and Mashed Sweet Potatoes
- Breakfast for dinner – Sausage, Egg, Pepper and Mushroom Bake
- Pizza Lasagna with Pepperoni, Mushrooms and Green Pepper

Lamb

- Lamb Chop with Rosemary, Lemon and Garlic with Fingerling Potatoes and Ratatouille
- Moussaka Lasagna with Ground Lamb, Eggplant and Peppers Topped with Gruyere in Béchamel Sauce
- Mediterranean Burger with Cucumber and Tomato topping with Lemon Potatoes Served with Pita and Tzatziki

Seafood

- Halibut with Marsala Mushrooms with Rice
- Scallops with Cannellini, Spinach and Caper Ragout
- Spicy Italian Tuna, Olive, Garlic and Rapini over Spaghetti
- Soy and Agave Glazed Salmon with Broccoli, Carrot and Red Onion Sauté over Brown Rice
- Shrimp in Vodka Sauce with Penne with Zucchini
- Salmon Cakes with Cranberry Greek Yogurt with Julienned carrots and Summer Squash



- Fish Tacos with Kiwi Jalapeno Salsa and Red Cabbage Slaw with Rice and Beans
- NOLA BBQ Shrimp with Rice, Celery, Peppers and Onions over Grits
- Grilled Shrimp Jar Salad with Pecans, Honey Goat Cheese with Smashed Raspberry Vinaigrette over Baby Greens

Vegetarian

- Roasted Tofu with Brussel Sprouts, Garlic and Chili Flakes
- Butternut Squash and Apple Lasagna Topped with Gruyere and Cheddar
- Lentil and Spinach Burgers with Cranberry Mustard with Roasted Sweet Potato Cubes
- Loaded Sweet Potatoes with Black Bean Chili
- Creamy Pumpkin and Cashew Curry over Basmati Rice
- Spaghetti with Braised Kale and Parmesan, Garlic and Lemon
- Pan Seared Mushrooms, Peppers and Swiss Chard with Farfalle in Marsala sauce
- Spanakopita or Spinach Stuffed Peppers or Mushrooms in Cream Sauce
- Cannellini Bean, Tomato and Cabbage Soup
- Spinach Pasta Alfredo with Mushrooms

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