



October 2019 Weekly Meal Ideas

These are your ideas for the month. Always feel free to send suggestions, change the protein choice or request it to be in accordance with a special diet

Sandwich makers

- Thai Chicken Burger with Peanut Satay Sauce
- Shredded Pork or Chicken BBQ
- Mediterranean Lamb Burger with Cucumber and Tomato topping with Lemon Potatoes(or Radishes) Served with Tzatziki
- Manchego Beef and Pork Cheeseburger with Romesco Sauce (Sauce contains Almonds)
- Caramelized Onion and Mushroom Swiss Beef Burgers
- Lentil and Spinach Burgers with Cranberry Mustard

-Send your preference for buns – White, Multigrain, Gluten Free, Pita, Naan or Lettuce

- Send Side Preference – Cole Slaw, Asian Slaw, Mexican Slaw, Roasted Potato Wedges, Roasted Baby Potatoes, Roasted Sweet Potatoes, Zucchini Fries, Green Bean Fries

Roasts

-Pick a meat of choice and two sides

- Roasted Whole Chicken or Bone Free Breasts or Thighs
- Pork Tenderloin
- Beef Pot Roast
- Lamb Shank
- Leg of Lamb

Choose two Sides:

-Mashed Potatoes, Roasted Broccoli, Steamed Broccoli, Southern Greens, Steamed Green Beans, Brown Rice Pilaf, White Rice, Coconut Rice, Mac and Cheese, Roasted Brussel Sprouts, Cheesy Cauliflower, Cauliflower Mash, CauliRice, Broccoli Rice, Roasted Winter Squash, Parsnip Puree, Marsala Mushrooms

Baked Pastas and Casseroles – Freezer Friendly

-Chef's pick of pasta, Zoodles, Large Shells, Spaghetti Squash, Lasagna Noodles, Vegetable Planks, Macaroni, Penne or your request.

- Fall Favorite: Butternut Squash, Apple and Ricotta Stuffed Shells
- Spinach and Ricotta Stuffed Shells
- Chili Mac and Cheese



- Pizza Lasagna with Pepperoni, Mushrooms and Green Pepper
- Shrimp Alfredo Stuffed Shells
- Chicken, Sweet Potato, Black Bean, Zucchini and Pepper Enchiladas
- Moussaka Lasagna with Ground Lamb, Eggplant and Peppers Topped with Gruyere in Béchamel Sauce

Breakfast Bakes – Freezer Friendly

-Any mix of sausage, bacon, ham, and vegetables with eggs that you like will taste good. It can be with bread or without to be low carb. They can be baked in muffin form or a baking dish. Here are some examples.

- Denver with Ham, Green Pepper and Onion topped with Cheddar
- Greek with Feta, Tomato and Spinach
- Delmarva with Crab, Asparagus and Old Bay Topped Mozzarella
- Spicy Latin with Chorizo, Peppers, Onions and Pepper Jack
- Broccoli, Mushroom and Cheddar

Stews – Freezer Friendly

- **Feel free to make suggestions of what you would like it with it like Rice, Crusty Bread, Pasta, Mashed Orange Scented Sweet Potatoes, Mashed Potatoes or Roasted Potatoes**
- Beef and Kidney Bean Chili
- Chicken, Butternut Squash, and Green Bean Curry
- Guinness Chuck Roast Stew with Celery, Carrots and Potatoes
- Chicken Coq au Vin with Mushrooms and Pearl Onions
- Ancho Shredded Pork and Hominy Stew
- Vegan Winter Lentil Stew with Thyme and Bay

Jar Salads – Mains – Each Jar is one portion

- Vegetarian Quinoa, Blueberries, Dried Apricots, Goat Cheese, and Baby Greens with Orange Champagne Vinaigrette
- Tequila Chicken, Black Beans, Peppers, Scallions, Monterey Jack over Romaine
- Tropical Shrimp, Mango, Peppers, Scallions over Romaine
- Grilled Shrimp Jar Salad with Pecans, Honey Goat Cheese with Smashed Raspberry Vinaigrette over Baby Greens
- Curried Chicken Salad with Celery, Scallions, Grape Tomatoes and Avocado Oil Mayo over Romaine
- Tuscan Kale Salad, Crispy Salami, Cucumbers, Carrots and Peppers with Creamy Italian Parmesan Dressing



Side Salad – Each Jar has two Servings

- Romaine with Cucumbers, Carrots, Peppers, and Scallions with Red Wine Vinaigrette
- Spinach, Dried Cranberries, Orange Segments, Pecans with Orange Champagne Vinaigrette
- Kale, Cucumbers, Carrots and Peppers with Parmesan Ranch
- Fresh Fruit with Melon and Grapes
- Shaved Fennel, Orange Segments, Greek Olives and Parmesan with Fruity Extra Virgin Olive Oil