



## November 2019 Weekly Meal Ideas

**These are fresh ideas for the month. Always feel free to send ingredient changes, change the protein choice or request it to be in accordance with a special diet. This service is for your family.**

### **Sandwich or Taco Fixins**

- Taco Beef, Shredded Pork or Chicken or Fish (Salsa, Shredded Cheese and Sour Cream included)
- Shredded Chuck Roast in Guinness Gravy
- Spicy and Garlicky Lentil, Broccoli Rabe, and Lemon Ricotta
- Balsamic Grilled Chicken, Zucchini, Eggplant and Red Pepper
- Bratwurst and Sauerkraut
- Bombay Turkey Sloppy Joe
- Thanksgiving with Turkey, Stuffing, & Cranberry Mayo
- Porketta (recommended with Fennel Slaw)
- Bison Burger with Cheddar and Grilled Red Onion

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

- Send Side Preference –

Slaws – Traditional, Asian, Broccoli, Mexican, Vinaigrette, Fennel  
Roasted - Potato Wedges, Fingerlings or Baby Potatoes, Radishes, Sweet Potatoes, Zucchini or Green Bean  
Potato, Cauliflower or Macaroni Salad

### **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. Please include a protein choice if one is not mentioned and you would like some.

- Bolognese Stuffed Shells
- Gnocchi in Butternut Squash Cheese Sauce
- Creamy Cajun Shrimp, Andouille over Pasta Topped with Cheddar and Parmesan
- Chicken, Spinach and Artichoke Stuffed Spaghetti Squash
- Gnocchi in Tomato Vodka Sauce
- Asian Fried Rice Casserole with Carrots, Asian Broccoli, Scallions and Shitake Mushrooms
- Grilled Cheese and Tomato Soup Bake



## **Roasts**

-Pick a meat of choice and two sides

- Roasted Whole Chicken or Bone Free Breasts or Thighs
- Pork Tenderloin or Pork Chops
- Beef Roast
- Lamb Shank, Chops or Leg of Lamb
- Meatloaf – Traditional, Italian, Turkey, Lentil
- Filets of Fish, Shrimp, Clams, Mussels, Scallops
- Fish Cakes – Crab, Shrimp, Salmon, Tuna or Cod
- Breaded Chicken, Pork or Shrimp– General Tso, Parmesan, Cordon Blue, Coconut

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, Vegetable Medley

## **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, quiche, sandwiches or a baking dish. Here are some examples.

- Denver with Ham, Green Pepper and Onion topped with Cheddar
- Lorraine with Bacon, Onion and Gruyere
- Monte Cristo (Will have French toast on bottom and top for the carb)
- Caramelized Onion and Mushroom
- Kielbasa, Peppers and Mushrooms
- Florentine with Spinach, Onion and Gruyere

## **Stews and Sauces– Freezer Friendly**

- **Feel free to ask for what you would like it with it like Rice, Crusty Bread, Pasta, Mashed Potatoes, Naan, or Roasted Rosemary Baby Potatoes**
- Asian Chicken and Shrimp in Miso Broth with Bok Choy, Shitake Mushrooms, Carrots and Peppers
- Cabernet Chuck Roast Stew with Celery, Carrots and Rutabega
- Italian Meatballs in Tomato Sauce
- Lamb Vindaloo with Chickpeas, Carrots, Onions and Peppers
- Italian Vodka Sauce with Shrimp



**Jar Salads – Mains – Each Jar is one portion –** Feel free to adjust ingredients for likes and dislikes

- Vegetarian Lentil, Dried Cranberry, Celery, Carrot, Scallion and Blue Cheese over Baby Greens with Champagne Vinaigrette
- Chicken, Wine Poached Pear, Truffle Cheese, Carrots, Shallot over Romaine and Radicchio with Balsamic Vinaigrette
- Chicken, Pear, Farro and Arugula in Lemon Vinaigrette
- Lemon Pepper Salmon with Tomatoes, Cucumbers, Shallots over Romaine
- Couscous, Quinoa, Dried Berries, Scallion, Carrot and Celery

**Side Salad – Each Jar has two Servings**

- Romaine with Cucumbers, Carrots, Peppers, and Scallions with Red Wine Vinaigrette
- Wine Poached Pear, Truffle Cheese, Carrots, Shallot over Romaine and Radicchio with Balsamic Vinaigrette
- Spinach, Dried Cranberries, Goat Cheese, Orange Segments, Pecans with Orange Champagne Vinaigrette
- Kale, Cucumbers, Carrots and Peppers with Parmesan Ranch
- Creamy Cucumber and Onion Salad over Romaine
- Fresh Fruit with Melon and Grapes
- Shaved Fennel, Orange Segments, Greek Kalamata Olives and Parmesan with Fruity Extra Virgin Olive Oil