



December 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 Makers

- Bombay Turkey Sloppy Joe
- Carolina Shredded Pork
- Pesto Chicken, Mozzarella and Roasted Red Peppers
- Cod Cakes
- Italian Meatballs with Provolone
- Cheesesteak with Mushrooms, Peppers and/or Onions in Tomato Sauce
- Burgers with Onions and Bacon Jam
- Buffalo Chicken with Blue Cheese
- Buttermilk Ranch Burgers with Colby-Jack Cheese

Send your preference for buns – 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

Mexican Fixins however you like it

- Taco Beef, Shredded Pork, Chicken, Shrimp or Fish
- Fresh with Tortillas, Sour Cream, Cheese, Guacamole and Salsa
- Freezable layered as a lasagna, enchiladas, chili or soup
- Spanish Rice with Ground Beef or Turkey

Meals Best Fresh the Week of the Cook Date

- Shrimp Scampi with Asparagus over Linguini or Zoodles
- Fish with Orange Butter Sauce with Parsley Potatoes and Green Beans
- Thai Fish with Sweet Chili Glaze over Rice with Asian Mixed Vegetables
- Fish Picatta with Lemon Butter Caper Sauce over Linguini with Asparagus
- Crab Stuffed Mushrooms



Stews 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.

- Chicken, Spinach and Artichoke Stuffed Shells
- Chicken Cacciatore with Mushrooms, Peppers and Onions over Pasta
- Spinach Palak Paneer
- Lamb Vindaloo with Chickpeas, Carrots, Onions and Peppers
- Guinness Roast Beef with Carrots, Potatoes and Peas
- Escarole and Beans
- Sausage and Lentil Stew with Carrots, Celery and Kale
- Ham and Split Pea
- Indian Butter Chicken
- Clam Chowder (White or Red)
- Bacon, Cheddar and Green Onion Stuffed Potatoes
- Wedding Soup with Meatballs, Shredded Chicken, Spinach and Orzo
- Stuffed Peppers in Tomato Soup
- Guinness Shepherd's Pie (Lamb, Beef or Turkey)

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– Parmesan, Cordon Blue, Coconut

Choose a Sauce – Marsala Mushroom, Chimichurri, Stir Fry, Teriyaki, Apple Whiskey, Pinot Grigio, Cabernet Sauvignon, Gravy, 40 Clove Garlic, Italian Tomato, and Peanut Satay

Choose two Sides:

-Mashed Potatoes, Mashed Sweet Potatoes topped with Pecans or Mushrooms, Steamed Broccoli, Orange Broccoli, Green Bean and Mushroom Casserole, Quinoa Pilaf, Rice of choice, Risotto, Mac and Cheese, Roasted Bacon and Garlic Brussel Sprouts, Cheesy Cauliflower, Cauliflower Mash, CauliRice, Purred Winter Squash, Glazed Carrots, Sherry 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.

- Chesapeake with Crab and Spinach with Gruyere
- Chicken Apple Sausage, Peppers, Onion and Gruyere
- Monte Cristo (Will have French toast on bottom and top for the carb)
- Turkey Bacon, Broccoli and Cheddar
- Ham, Peppers and Mushrooms with Cheddar
- Florentine with Spinach, Onion and Gruyere

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
- Greek with Feta, Olives, Cucumber, Red Onion, Tomato over Romaine with Red Wine Vinaigrette
- Shaved Brussels Sprouts Salad with Cranberries, Celery, Apples, Pumpkin Seeds and Parmesan
- Kale, Cucumbers, Carrots and Peppers with Parmesan Ranch
- Mexican Slaw, Jicama, Peppers and Red Onions with Lime Cumin Avocado Dressing
- Tropical Fresh Fruit with Mango, Pineapple & Papaya