



January 2020 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

- All American Bacon Cheddar Beef Burgers with Lettuce and Tomato
- Lemon Almond Chicken Salad
- Shredded Lamb, Feta and Tomato Cucumber Salad
- Ruben – Corned Beef, Sauerkraut and Russian Dressing
- Beef or Lentil Sloppy Joe
- Italian Meatball with Provolone

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, Fajita Steak, or Fish
- Fresh with Tortillas, Sour Cream, Cheese, Guacamole and Salsa
- Freezable layered as a lasagna, enchiladas, Spanish rice, chili or soup with Sauces like Ancho Chili, Tomatillo Lime, California Red Chili, Mole and Chipotle Pepper

Meals Best Fresh the Week of the Cook Date

- Thai Red Shrimp Curry over Rice
- Bouillabaisse French Style Seafood Stew
- Snapper Vera Cruz over Saffron Rice
- Stir Fry with a Protein and any mix of Veggies you like
- Gumbo
- Jambalaya



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.

- Italian Sausage Stuffed Shells with Ricotta, Mozzarella and Parmesan in Tomato Sauce
- Beef and Mushroom Stroganoff over Egg Noodles
- Chicken Pot Pie Topped with Puff Pastry
- Buffalo Chicken Casserole with Fresh Celery and Carrot Sticks
- Sausage and Lentil Stew with Carrots, Celery and Kale
- Pork and Sauerkraut with Fresh Apple Sauce
- Broccoli, Cheddar and Green Onion Twice Baked Potatoes
- Wedding Soup with Meatballs, Shredded Chicken, Spinach and Orzo
- Beef and Rice 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:

-Red Skin Smashed Potatoes, Steamed Broccoli, Mashed Orange Sweet Potatoes, Marsala and Thyme Mushrooms, Garlicky Broccolini, Leek and Garlic Scalloped Potatoes, Cracker Barrel Hash Brown Casserole, Green Bean Almandine, French Style Lentils, Black Eyed Peas, Quinoa Pilaf, Parmesan Risotto, Mac and Cheese, Roasted Cauliflower with Lemon Zest, Parsnip and Rutabaga Puree, Celery Root Puree, Cheesy Broccoli, Cauliflower Mash, CauliRice, Roasted Winter Squash with Apples and Celery, Glazed Carrots, French Ratatouille(No Olives), Italian Caponata (Like Ratatouille, but with Olives), Plantains



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
- Bacon, Egg, Sausage, Cheddar and Green Onion Tater Tot Casserole
- Turkey Bacon, Broccoli and Cheddar
- Corned Beef Hash
- Vegetarian Sweet Potato Hash
- Florentine with Spinach, Onion and Gruyere

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

- Tropical Shrimp, Black Bean, Pineapple, Mango, Bell Peppers and Scallion over Greens
- Chicken, Wine Poached Pear, Truffle Cheese, Carrots, Shallot over Romaine and Radicchio with Balsamic Vinaigrette
- Chinese Chicken Salad with Mandarin Segments, Cashews, Bell Peppers and Scallions over Romaine
- Chicken Satay, Soba Noodles, Scallions, Shredded Cabbage, Carrots and Red Bell Pepper in Thai Peanut Dressing
- 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
- Kale Salad with Celery, Dried Apricot, Sunflower Seeds and Goat Cheese
- Kale, Cucumbers, Carrots and Peppers with Parmesan Ranch
- Roasted Beet, Orange Segments, Goat Cheese and Candied Walnut Salad over Greens
- Fresh Fruit with Grapes, Cantaloupe and Kiwi