

## January 2022 Weekly Meal Ideas

### Dinners

#### Poultry

- Chicken Enchiladas with Peppers, Summer Squash and Onions
- Cajun Chicken Fettuccine with Peppers and Grape Tomatoes
- BBQ Chicken with Mac and Cheese topped Sliced Plum tomatoes, Cheddar and Greyere
- Turkey Bombay Sloppy Joes with Roasted Green Beans
- Roasted Garlic and Cumin bone in Chicken over Israeli Cous Cous with Raisins and Pine Nuts
- Rigatoni alla Norma with Chicken and Eggplant topped Ricotta Salada and Parmesan
- Coq Au Vin with Quartered Mushrooms and Pearl Onions over Rice Pilaf
- Chicken, Spinach and Artichoke Stuffed Shells
- Turkey and Spinach Meatloaf with Gouda Sauce with Mashed Sweet Potatoes
- Pan Seared Chicken Breast with Romanesco Sauce with Garlicky Spinach
- Spicy Buffalo Chicken and Cauliflower Bites, Celery and Greek Yogurt Ranch Dip

#### Beef

- Roast Beef Tenderloin with Horseradish Cream over Mashed Potatoes and Carrots
- Vietnamese Style Beef with Garlic, Onion and Green Pepper and Rice
- Ground Beef and Mushroom Bolognese Sauce
- Classic Beef Tacos with Guacamole and Tomato Salsa with Hard Corn Shells
- Shredded Beef and French Onion Stuffed Potatoes Topped with Gruyere

#### Pork

- Garlic and Rosemary Studded Pork Roast with Roasted Potatoes with Pan Gravy and Roasted Root Vegetables
- Cherry Stuffed Pork Tenderloin with Sautéed Vegetables and Mashed Potatoes
- Spaghetti Squash Pancetta Carbonara
- Roast Pork with Sauerkraut with Caraway Seed, Apples and Onions over Mashed Potatoes
- Sausage, Kale and Cannellini Bean Stew
- Breakfast for Dinner – Sausage and Hash Brown Casserole
- Korean Style Pork Chops over Jasmine Rice with Scallion, Red Pepper and Cabbage Slaw

## **Lamb**

- Lamb Merguez with Golden Raisin and Zucchini Cous Cous
- Keema Matar – Indian Ground Lamb and Peas
- Rosemary and Cabernet Leg of Lamb over Polenta
- Mediterrean Lamb Stew with Apricot, Butternut Squash and Potatoes

## **Seafood**

- Oven Roasted Salmon with Tangerine Ginger Relish with Green Beans and Parsley Baby Potatoes
- Salmon Cake Sandwiches with Lemon Dijon Yogurt and Spring Greens Mix and Baked Potato Fries
- Shrimp and Grits Casserole
- Shrimp and Creamy Avocado and Spinach Fettucine(Dairy Free)
- Bang Bang Shrimp Tacos with Slaw and Flour Tortillas
- Pan Seared Halibut with Romanesco Sauce with Garlicky Spinach

## **Vegetarian**

- Spinach Panneer
- Indian Orange Lentil Stew with Beet Greens
- Pasta alla Norma topped Ricotta Salada and Parmesan and Broiled
- Asparagus and Portobello Pasta in Lemon, White Wine and Garlic Sauce
- Butternut Squash and Chick Pea Curry
- Spicy Buffalo Cauliflower Bites, Celery and Greek Yogurt Ranch Dip
- Spaghetti Squash Burrito Bowls

**Side Salad or add a protein to make it a full meal**

## **Seasonal Salads**

- Clementine, Date and Walnut Salad with White Balsamic Dressing
- Green Apple and Goat Cheese Crumbles over Greens with Lemon Vinaigrette
- Radicchio, Endive, and Chick Peas and Champagne Vinaigrette
- Orange, Fennel and Olive Salad with Orange Champagne Vinaigrette
- Pomegranate Seeds, Orange Segment, and Red Onion over Greens with Pomegranate Vinaigrette
- Roasted Beet, Walnut and Goat Cheese salad with Balsamic Vinaigrette
- Apple, Walnut, Cheddar with Romaine Lettuce with Sweet Apple Dressing

- Pomegranate Seeds, Pear Slices, Blue Cheese over Spinach with Pomegranate Vinaigrette
- Waldorf Salad
- Butternut Squash, Cranberry and Walnuts over Greens with Orange Champagne Vinaigrette
- Spinach with Dried Cranberries, Blue Cheese, Candied Walnuts and Balsamic Vinaigrette
- Pear, Stilton Blue Cheese, Candied Pecans over Romaine with Champagne Vinaigrette
- Radicchio, Toasted Hazelnuts, Black Truffle Cheese, and Red Wine Poached Pear dressed with Balsamic Vinaigrette
- Italian Bresola with Arugula, Marinated Shitake, Shaved Parmesan dressed with Orange Champagne Vinaigrette

**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