

February 2022 Weekly Meal Ideas

Poultry

- Chicken Satay over Thai Fried Rice
- Lemon Almond Chicken Salad with Fresh Tarragon over Romaine
- Chicken Meatballs over Zoodles in Tomato Sauce
- Chicken in Black Bean Sauce with Bell Peppers, Scallions and Cashews
- Chicken Korma in Almond Curry Sauce over Brown Basmati Rice
- Chicken Fajitas over Spanish Rice with Peppers, Onions and Garlic
- Double Crusted Chicken Pot Pie with Carrots, Onions, Celery and Peas
- Chicken Sausage and Perogies with Cabbage and Onions
- Chicken and Dumpling Soup with Green Beans, Carrots and Corn
- Chicken Crust Keto Pizza with desired Toppings of choice

Beef

- Swerve Brown Sugar and Bourbon Steak Bites, Mashed Potatoes and Green Beans
- Baked Spaghetti Squash with Meat Sauce and Ricotta Topped with Mozzarella and Parmesan
- Bacon and Cheddar Burgers with Roasted Lemon Garlic Potato Wedges
- Ginger and Garlic Steak and Peppers with Shitake Mushrooms and Scallions
- Baked Ziti with Meat Sauce

Pork

- Italian Sausage Stuffed Portabellas in Tomato Sauce Topped with Mozzarella and Parmesan
- Pan Seared Pork Tenderloin Medallions with Apricot Sauce and Roasted Potatoes, Brussel Sprouts and Carrots
- Kielbasa and Pierogis with Cabbage and Onions

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
- Lamb (or Beef) Shepherd Pie with Peas, Onions and Carrots
- Greek Lamb Burgers Topped Feta with Lemon Garlic Roasted Baby 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)
- Pan Seared Halibut with Romanesco Sauce with Garlicky Spinach

Vegetarian

- Roasted Beets and Goat Cheese Napoleon with Arugula in Lemon Dressing
- Roasted Beet Hummus and Crudit  Snack Plates
- Indian Dal with Spinach
- Breakfast Challah Bread Bake with Beyond Sausage, Mushrooms, Peppers and Spinach
- Ricotta Stuffed Portabellas in Tomato Sauce Topped with Mozzarella, Provolone and Parmesan

Breakfast Prep

- Egg Bites or Quiche with any desired sausage, bacon, veggies and/or cheese
- Banana Oat Pancakes
- Blueberry Muffins
- Sliced Steak Skillet with Potatoes, Peppers and Onions – Top with Fried Egg day of Service
- Over Night Oats, Chia and/or Flax Seeds with 3 Fruits of Choice
- Pork, Chicken or Vegan Breakfast Sausage Challah Bread Breakfast Bake with Peppers, Mushrooms and Onions

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