

March 2022 Menu

Poultry

Chicken Cacciatore – Tomato, Peppers, Onions and Mushroom Sauce over Pasta or Zoodles – Best with bone in Chicken, but you can request boneless

Thai Grilled Chicken over Mango, Cucumber, and Cabbage Slaw

Green Curry Chicken with Nappa Cabbage, Peppers and Zucchini

Chicken Crostata over Cannellini Beans, Potatoes and Escarole

Chicken, Tomatillo, White Bean and Zucchini Chili

Snow Pea, Carrot, Pepper and Scallion Soba Noodle Salad with Peanut Dressing

Beef

Beef and Kimchi Stew

Cheesesteak Stuffed Peppers in Tomato Sauce – Let me know your favorite toppings for this low carb dish

Cowboy Pie – Chili Topped with Cornbread and Cheddar

Beef and Rice Stuffed Cabbage in Tomato Sauce with Mashed Potatoes

Mushroom and Swiss Burgers and Green Bean Fries

Ruben in a Bowl – Low Carb take on a Ruben

Any Steak Cut with Chimichurri Sauce and Roasted Potatoes

Any Steak Cut in a Red Wine Sauce and Creamed Spinach

Pork

Pork Hominy Stew

Pork Enchiladas with Sweet Potatoes, Corn and Red Peppers

Pan Seared Bone in Pork Chops with Butternut Squash, Dried Cranberries and Spinach

Asian Pork Meatballs over Glass Noodle Stir Fry with Shitake Mushrooms, Peppers, and Snow Peas

Ham, Garlic and Leek Potato Gratin

Bacon Mac and Cheese

Fish

Lemon Sole Oreganata with Asparagus and Rice

Shrimp Fried Rice with Rice, Cauliflower or Shredded Cabbage

Thai Green Fish Curry with Asian Broccoli, Peppers and Yellow Squash

Grilled Swordfish, Haloumi, Asparagus, and Peppers with Chimichurri

Shrimp, Tarragon, Celery, and Lemon Salad over Romaine with Lobster Rolls

Macadamia Nut Crusted Fish over Coconut, Mango, Scallion and Red Pepper Rice

Shrimp and Andouille Sausage Jambalaya

Vegetarian

Mediterranean Cannellini Bean Salad with Cucumbers, Tomatoes and Red Onions

Tuscan Cannellini Bean Stew with Escarole and Potatoes

Veggie Fried Rice

Portabella Burgers with Roasted Peppers, Pesto and Fresh Mozzarella with Buns and Lemon Garlic Roasted Potato Wedges

Broccoli Mac and Cheese

Snow Pea, Carrot, Pepper and Scallion Soba Noodle Salad with Peanut Dressing

Breakfast Prep

- Egg Bites or Quiche with any desired sausage, bacon, veggies and/or cheese
- Blueberry Pancakes
- Lemon Poppyseed 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 any mix of vegetables and cheese you like.

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

Seasonal Salads

- Roasted Plum Tomato Caprese Salad with Basil Lemon Vinaigrette and Reduced Balsamic
- Broccoli slaw
- Cole Slaw
- Mexican Slaw in Lime Cumin Vinaigrette with Peppers and Cilantro
- 40 Shades of Green Salad with Bibb lettuce, Avocado, Parsley, Endive with Lime Honey Vinaigrette(Avocado will be sliced by you at service)
- Jicama, Mango, and Red Pepper salad in Avocado Cilantro Lime Dressing
- Asian Soba Noodle Salad with Snow Peas, Carrots, Peppers and Scallions with Peanut Dressing
- Asian Sesame Salad with Edamame, Napa Cabbage, Red Cabbage, Carrot, Red Peppers and Scallions
- Chop Salad with Bacon and Blue Cheese