



## April 2022 Weekly Meal Ideas

### Dinners

\*Vegans and Vegetarians – There is a section for you, but look at all sections. There is most likely a substitute I can use to make you a similar meal.

#### Poultry

- Grilled Lemon Chicken over Arugula, Grilled Asparagus and Shaved Parmesan with Pine Nuts
- Honey Mustard Chicken Thighs with Sautéed Green Beans and Mushrooms with Mashed Potatoes
- Persian Grilled Chicken with Basmati Rice with Peppers, Carrots and Onion Saffron Rice
- Grilled Chicken Breast with Greens, Strawberries, Toasted Almonds, Goat Cheese with Creamy Poppy Seed Dressing
- Turkey and Spinach Meatloaf with Gouda Sauce with Mashed Sweet Potatoes
- Lemon Piccata Chicken over Asparagus and Pea Risotto
- Chinese Five Spice Turkey Lettuce Cups with Asian Broccoli, Carrots and Mushrooms
- Buffalo Chicken Lettuce Wraps with Avocado Ranch Dressing with Green Onions, Celery and Grape Tomatoes
- Chicken Italian Sausage Lasagna
- Chicken Bruschetta Pasta Salad

#### Beef

- Meatball Subs with Provolone with Hoagie Rolls and Roasted Asparagus
- Strip Steak Tacos with Corn, Avocado and Tomato Salsa with Tortillas
- Bistro Beef Tenders au Poivre with Red Wine and Roasted Garlic Mashed Potatoes with Asparagus
- Beef and Brown Rice(or Cauliflower for low carb/paleo) Stuffed Cabbage Rolls in Tomato Sauce
- Steak Stir Fry with Peppers, Carrots and Snow Peas
- Orange Braised Beef Shanks over Butternut Squash Puree and Broccoli
- Beef Lasagna
- Steak Cut of choice with any two of your favorite steak house sides
- Burgers – Bacon Cheddar or Mushroom Swiss or any way you like it with a side like Idaho or Sweet potato wedges, roasted green beans or Zucchini Fries



## **Pork**

- Pork Shoulder Ragu over Rigatoni
- Chinese Spaghetti and Pork Meatballs with Bok Choy, Shitake Mushrooms and Peppers
- Pan Seared Pork Chops in Honey Mustard Sauce with Roasted Fennel and Sweet Potatoes
- Pecan Crusted Pork Tenderloin Medallions with Rice Pilaf with Dried Cherries and Goat Cheese and Broccoli
- Caritas Tacos with Tomatillo Salsa and Black Beans and Rice
- Pork Sausage and Spinach Stuffed Portobello in Tomato Sauce

## **Lamb**

- Moroccan Meatloaf with Lemon Honey Gravy with Zucchini Israeli CousCous
- Lamb Burgers with Feta and Tzatziki Sauce, Pita and Tomato, Cucumber and Red Onion Salad
- Ground Lamb and Rice Stuffed Peppers in Tomato Sauce with Mashed Potatoes
- Grilled Lamb over Greek Salad with Pita Bread

## **Fish and Seafood**

- Ritz Cracker and Parmesan Crusted Cod with Lemon Broccoli Orzo Salad
- Grilled Chili Lime Shrimp Bowl over Brown Rice, Corn, Black Beans, Red Onion and Grape Tomatoes
- Chesapeake Crab Quiche with Lemony Asparagus Salad
- Snapper Vera Cruz with Zucchini, Peppers and Olives in Tomato Sauce with Yellow Rice
- Coconut, Lime, Panko and Macadamia Nut Crusted Shrimp with Pineapple, Red Onion and Cilantro Rice

## **Vegetarian**

- Grain Salad Bowls
  - Faro with Asparagus, Feta, Hazelnuts and Spinach
  - Roasted Vegetable Barley with Yogurt-Tahini Dressing
  - Curry Roasted Vegetable with Cauliflower and Chickpeas
  - Quinoa Italian Bowl with Mozzarella, Pesto and Grape Tomatoes
- Stuffed Shells with Mushrooms and Spinach
- Baked Ziti and Breaded Eggplant Parmesan or Vegan Italian Sausage



- Quinoa and Summer Squash Stuffed Peppers in Tomato Sauce
- Roasted Vegetable Barley in Pitas with Yogurt-Tahini Dressing

### **Side Salads**

#### **Seasonal Salads –**

- **Most dressings can be made oil free if requested**
- **If you ever want a large batch of a summer salad for a picnic just add \$50 to your order**
- **One Salad is included in all orders. Extra salads at \$50 each**
- **Feel free to add a protein to a salad to make it a full meal choice**
  
- Baby Mixed greens with Pears, Almonds, Goat Cheese and Fat Free Pear Vinaigrette
- Roasted Butternut Squash, Candied Pecans, Red Onion and Spinach Salad with Lemon Vinaigrette
- Jicama, Mango, and Red Pepper salad in Avocado Cilantro Lime Dressing
- Creamy Cucumber salad using avocado instead of dairy
- Kale, Apple and Toasted Walnut Salad with Lemon Tahini Dressing
- Spicy Kale Salad with Pecorino, Currants and Pine Nuts
- 40 Shades of Green Salad with Bibb lettuce, Avocado, Parsley, Endive with Lime Honey Vinaigrette(Avocado will be sliced by you at service)
- Pear, Candied Pecan and Blue Cheese Crumbles over Greens with Lemon Vinaigrette
- 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

#### **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