

## May 2022 Weekly Meal Ideas

### Dinners

#### Poultry

- Mexican Chicken Tortilla Soup with Corn, Zucchini and Peppers with Tortillas, Limes and Sour Cream
- Italian Chicken BBQ with Pancetta and Balsamic BBQ Sauce over Polenta
- Chicken Tacos with Mango Salsa with Cilantro rice
- Turkey Meatballs with Spaghetti Squash in Tomato Sauce
- Turkey and Rice Stuffed Peppers in Roasted Tomato and Pepper Soup
- Mediterranean Chicken Burgers with Shredded Zucchini, Carrots and Onions inside with Italian Pasta Salad
- Chicken, Spinach and Artichoke Pasta Bake topped Gruyere and Parmesan
- Grilled Chicken with Broccoli, Pecan, Raisin and Bacon Salad
- Chicken Udon Noodle Salad with Shitake Mushrooms, Peppers, Carrots and Scallions with Orange Ginger Sesame Dressing
- Chicken Florentine with Sautéed Carrots, Yellow Squash and Peppers and Orzo Pasta
- Asian Chicken Broccoli Slaw with Mandarin Oranges and Toasted Almond Slivers

#### Beef

- Pot Roast with Carrots, Parsnips, Celery, Red Potatoes (order at least 24 hours in advance)
- Grilled Steak with Strawberry Balsamic Mint Bruschetta over Goat Cheese Risotto and Asparagus
- Tecate Marinated Ancho Chili Rubbed Skirt Steak with Mexican Grilled Corn with topped with Cotija Cheese and Peppers
- Grilled Ribeye with Bloody Maria Salsa with Green Cilantro Lime Rice and Black Beans(Salsa contains uncooked tequila and green olives, but you request it without)
- French Onion Soup Burgers Topped with Gruyere and Roasted French Green Beans

#### Pork

- Shredded Pork and Black Bean Enchiladas with Queso Fresco
- Pan Seared Pork Tenderloin with Curried Apricots, Napa Cabbage and Israeli Cous Cous
- Bacon, Spinach and Goat Cheese Risotto

- Italian Pork Chops with Orange Peel, Garlic and Broccoli Rabe with Roasted Fingerling Potatoes
- Cumin and Lime Grilled Pork Tenderloin with Mango, Black Bean, Pepper, Corn and Cilantro Salad
- Lemon Garlic and Oregano Pork Chops over Roasted Potatoes, Carrots and Celery
- Quiche Lorraine with Bacon and Gruyere
- Bowties with Ham and Peas in Cream Sauce

## **Lamb**

- Lamb chops with Spring Mint Pesto over Pea and Carrot Risotto
- Lamb Meatball Shish Kabob with Tzatziki in Whole Wheat Pita Bread with Tomato, Cucumber, Feta and Olive Salad
- Lamb Chops with Cherry Almond Israeli Cous Cous and Asparagus

**Fish and Seafood** – Wild Salmon is still previously frozen till summer. I put fish types in the menu, but I'm limited to what looks best that day in the store.

- Grilled Shrimp and Strawberries over Greens with Balsamic Vinaigrette with Chibatta rolls
- Lemongrass and Ginger Tea Marinated Scallops with Asian vegetables and Rice Noodles
- Halibut over French Lentils with Carrots, Leeks, and Celery with Horseradish Almond Yogurt
- Shrimp and Clam Paella with Zucchini, Peppers and Onions
- Grilled Turbot with Grilled Ratatouille Vegetables with a Roasted Tomato Red Wine Vinaigrette over brown rice
- Dijon Herb Turbot with Roasted Sliced Beets, Parsnips and Sweet Potatoes
- Quinoa and Shrimp Paella with Sun Dried Tomatoes, Peas and Peppers
- Maple Soy Salmon with Edamame Succotash and Brown Rice
- Steamed Shrimp with Summer Tomato, Pepper and Cucumber Gazpacho and Baguette

**KETO/Low Carb Casseroles** – Feel Free to request different proteins

- Bacon and Beef Cheeseburger Casserole with or Without Cauliflower
- Lamb Shepherd Pie with Cauliflower or Root Vegetable Topping
- Loaded Cauliflower Casserole with Bacon, Cheddar and Scallions
- Broccoli Cheddar Chicken and Shirataki Rice
- Crack Chicken with Ranch Seasoning Topped with Bacon and Cheddar
- Seafood Lasagna with Alfredo and Palmeri Sheets
- Beef and Italian Sausage Lasagna with Palmeri Sheets
- Shredded Pork Carnita Mexican Casserole
- Roast Turkey and Green and Mushroom Casserole

- Chicken Crust Pizza with any Topping you like
- Meatball and Spaghetti Squash Bake Topped With Mozzarella and Parmesan
- Portobello Pizzas with Ricotta, Italian Sausage and Pepperoni topped with Mozzarella
- Breakfast Sausage and Egg Cups or Casserole

## Vegetarian

- Vegan ToNo Salad with Whole Wheat Bread and Fruit Salad
- Vegan Roasted Cauliflower, Quartered Baby Portobello Mushrooms and Quinoa in balsamic Vinaigrette
- Spinach Paneer and Naan
- Spring Soba Noodle Vegetable Salad with Organic Peanut Butter Dressing and Asian Vegetables
- Black bean, Mango, Corn, Peppers and Cilantro salad and Tortillas
- Italian Pasta Salad with Chick Peas, Peppers, Cucumbers, Shallots, Olives and Grape Tomatoes(w/ mozzarella if you like)
- Quinoa Paella with Sun Dried Tomatoes, Peas and Peppers
- Spring Vegetable Lasagna
- Summer Tomato, Pepper and Cucumber Gazpacho and Baguette

## 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 Blueberries, Almonds, Goat Cheese and Fat Free Blueberry Vinaigrette
- Raspberry, Candied Pecans, Red Onion and Spinach Salad with Raspberry Lemon Vinaigrette
- Jicama, Mango, and Red Pepper salad in Avocado Cilantro Lime Dressing
- Creamy Cucumber salad using avocado instead of dairy
- Kale, Strawberry 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)
- Blackberry and Goat Cheese Crumbles over Greens with Lemon Vinaigrette
- Summer Tomato Caprese Salad with Basil Lemon Vinaigrette and Reduced Balsamic
- Broccoli slaw
- Cole Slaw
- Three Color Potato salad
- Three Color Pasta Salad
- Macaroni Salad
- Bacon Ranch Potato Salad

**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
- A Mix of fresh cut fruit that looks best at the store that day.