



June 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 BBQ Chicken with Corn and Black Bean Salad
- Thai Chicken Salad with Napa cabbage, Carrots with Thai Peanut Dressing topped with Cilantro and Mint
- Indonesian Grilled Chicken Thighs with Sambal Mango Peanut Salsa over Brown Rice
- Korean Sheet Pan Chicken Legs and Thighs with Sweet Potatoes and Peppers and Pickled Radish Salad
- Chicken Satay with Thai Peanut Sauce with Lettuce Wraps
- Jamaican Jerk Chicken with Yam, Jicama and Mango salad
- Grilled Chicken with Cucumber, Blueberry and Feta salad
- Grilled Chicken with Strawberry Salsa with Saffron Brown and Wild Rice Medley
- Chicken Cordon Blue with Asparagus
- Tarragon Chicken and Noodle Casserole with Carrots, Celery and Green Beans
- Grilled Chicken, Hard Boiled Egg, Bacon, Asparagus and Scallion Salad in Red Wine Vinaigrette
- Loaded BBQ Shredded Chicken Stuffed Sweet Potatoes Topped with Cheddar, Sour Cream and Scallions

Beef - Feel free to request different cheeses

- Burgers with Zinfandel Braised Onions and Blue Cheese Cheese with Brioche Buns and Parmesan Asparagus
- Korean Beef BBQ Lettuce Wraps with Miso Ginger Grilled Squash
- Grilled Steak Tacos with Corn, Black Bean, Mango and Red Onion Salsa
- Bacon Cheddar Burgers with Tomatoes and Lettuce with Whole Wheat Buns and Grilled Asparagus Fries
- Tuscan Grilled Rosemary Steaks and Parmesan Asparagus Fries
- Beef and Rice Stuffed Peppers in Tomato Sauce
- Steak Teriyaki Stir Fry with Mixed Vegetables over Rice or CauliRice



Pork

- Grilled Bourbon Pork Chops over Sautéed Swiss Chard, Peppers and Mushrooms
- Bacon, Cheddar and Red Onion Broccoli Salad with Dried Cranberries and Sunflower Seeds
- Grilled Italian Sausage with Balsamic Italian Vegetable, Mozzarella and Orecchiette Pasta Salad
- Breaded Pork Cutlets with Broccoli, Carrot and Cauliflower Medley
- Pork Tenderloin with Bourbon Peach Sauce with Summer Succotash
- Ground Pork Ragu and Zucchini Baked Penne Topped with Mozzarella and Parmesan

Lamb

- Grilled Lamb Chops with Tomato, Pesto, Mozzarella and Roasted Pepper Zucchini Boats
- Rosemary Lamb Chops with Golden Jewel Blend Mediterranean Salad with Feta
- Thin Sliced Lamb, Ratatouille and Rice Casserole Topped with Feta

Fish and Seafood

- Salmon and Pesto Pasta Salad with Tomatoes and Baby Mozzarella balls
- Pan Seared Cod with Zucchini Cakes and Tartar Sauce
- Salmon Burgers with Horseradish Cream Sauce with Whole Wheat Buns with Broccoli Slaw
- Pan Seared Scallops over Corn and Pea Risotto
- Shrimp with Penne ala Vodka Sauce
- Crab Salad over Fried Green Tomatoes
- Shrimp and Andouille Sausage Gumbo over Brown Rice
- Grilled Clams, Zucchini, Yellow Squash and Peppers in Pinot Grigio Sauce over Pasta
- Clams and Mussels Paella over Rice with Spring Vegetables
- Pork Sausage Stuffed Squid Braised in Tomato Sauce and Pinot Grigio
- Saffron Rice Stuffed Tomatoes with Poached Large Shrimp

Vegetarian

- Southwestern Black Bean Burgers with Salsa Cheese Topping with Black Bean, Pepper and Corn Salad
- Zucchini and Corn Pancakes with Black Bean Salsa



- Rainbow Crunch salad with Broccoli, Red Cabbage, Carrots, Red Peppers, Beets, Pumpkin Seeds with Blueberry Vinaigrette
- Orecchiette with Roasted Peppers, Cannellini Beans, Spinach, and Tomatoes
- Quinoa, Corn, Pablano and Black Bean Stuffed Tomatoes in Enchilada Sauce topped with Mexican Cheese
- Penne ala Vodka Sauce with Mushrooms, Peppers and Onions

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**

- Jicama, Mango, Black Bean, and Red Pepper salad in Avocado Cilantro Lime Dressing
- Napa Cabbage, Mango, Pepper and Cilantro Thai Slaw with Peanut Dressing
- Creamy Cucumber salad
- Grape Tomato Caprese Salad with Basil Lemon Vinaigrette and Reduced Balsamic
- Watermelon, Basil and Feta Salad over Baby Greens with Lemon Vinaigrette
- Grilled Peach, Goat Cheese and Candied Pecans over Baby Greens with Balsamic Vinaigrette (Mention if you like plums and figs – Delicious with prosciutto if you want to add a protein)
- 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
- Broccoli slaw
- Cole Slaw
- Grape Tomatoes, Shredded Carrots, Cucumber Slices over Romaine with your favorite dressing