



## September 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.  
Paleo and Low Carb Substitutions available

#### Poultry

- Prosciutto and Sage Wrapped Chicken Saltimbocca in Pinot Grigio Sauce over Mashed Potatoes
- Chicken, Mushrooms, Peppers and Swiss Chard with Farfalle in Marsala Sauce
- Turkey Meatloaf with Gravy and Sour Cream and Chive Mashed Potatoes
- Lemon Oregano Roasted Chicken with Lemony Potatoes, Shallots and Carrots
- Teriyaki Glazed Grilled Chicken Legs or Boneless Cut of choice with Asian Slaw
- New Orleans Red Beans and Rice with Chicken Andouille Sausage
- Grilled Chicken, Butternut Squash, Pumpkin Seeds, Cranberries and Goat Cheese over Farro or Greens
- Shredded Chicken Spanish Rice with Zucchini, Corn, Peppers and Black Beans
- Curry Chicken Salad with Golden Raisins and Celery over Greens or in Wraps
- Low Carb Buffalo Chicken Dip with Celery and Carrots
- Chicken Parmesan over Penne (or Low Carb – Pork Rind Coated over Zoodles to be low carb)
- Air Fried Chicken Legs with Creamed Corn Casserole and Southern Green Beans
- Chicken Fried Rice or CauliRice

#### Beef

- Beef Tenderloin with Sour Cream and Chive Mashed Potatoes
- Cherry and Brie Burgers with Rosemary and Caramelized Onions with Green Beans
- Meatball, Zucchini, Peppers, Carrots Pasta e Fagioli
- Citrus and Cumin Marinated Flank Steak with Broccoli, Carrot, Pepper Rice
- Sliced Sirloin Steak, Cucumber, Tomato, Pepper and Crouton Italian Salad over Romaine with Oregano Red Wine Vinaigrette



- Smash Burgers and Roasted Potato Wedges
- Swedish Meatballs over Mashed Potatoes with Mushrooms and Onions
- Chili Mac and Cheese
- Meatloaf with Bacon and Tomato Sauce with Mashed Potatoes and Green Beans

### **Pork**

- Chorizo Stuffed Pablanos in Enchilada Sauce Topped with Cheese
- Pork Chops with Goat Cheese, Raisin and Walnut Stuffed Cinnamon Apples
- Ham, Cannellini Bean, Carrot, Celery and Onion Soup with Sage and Thyme
- Asian Meatballs over Nappa, Carrots and Pepper Saute
- Pork Tenderloin Medallions with Apple and Cabbage Slaw and Mashed Sweet Potatoes
- Breakfast for dinner – Sausage, Egg, Pepper and Mushroom Bake
- Pizza Lasagna with Pepperoni, Mushrooms and Green Pepper

### **Lamb**

- Lamb Chop with Rosemary, Lemon and Garlic with Fingerling Potatoes and Ratatouille
- Moussaka Lasagna with Ground Lamb, Eggplant and Peppers Topped with Gruyere in Béchamel Sauce
- Mediterranean Burger with Cucumber and Tomato topping with Lemon Potatoes Served with Pita and Tzatziki

### **Seafood**

- Halibut with Marsala Mushrooms and Peppers
- Scallops with Cannellini, Spinach, Olive and Caper Ragout
- Spicy Italian Tuna, Olive, Garlic and Rapini over Spaghetti
- Soy and Agave Glazed Salmon with Broccoli, Carrot and Red Onion Sauté over Brown Rice
- Shrimp in Vodka Sauce with Penne with Zucchini, Peppers and Mushrooms
- Cod in Parchment with Zucchini, Peppers and Shallots with Lemon and White Wine
- Salmon Cakes with Cranberry Greek Yogurt with Julienned Carrots and Summer Squash
- Fish Tacos with Mango Jalapeno Salsa and Red Cabbage Slaw with Rice and Beans



- NOLA BBQ Shrimp with Rice, Celery, Peppers and Onions over Grits
- Grilled Shrimp Jar Salad with Pears, Pecans, Honey Goat Cheese with Smashed Raspberry Vinaigrette over Baby Greens

### **Vegetarian**

- Roasted Tofu with Brussel Sprouts, Garlic and Chili Flakes
- Butternut Squash and Apple Lasagna Topped with Gruyere and Cheddar
- Lentil and Spinach Burgers with Cranberry Mustard with Roasted Sweet Potato Cubes
- Loaded Sweet Potatoes with Black Bean Chili
- Creamy Pumpkin and Cashew Curry over Basmati Rice
- Spaghetti with Braised Kale and Parmesan, Garlic and Lemon
- Pan Seared Mushrooms, Peppers and Swiss Chard with Farfalle in Marsala sauce
- Spanakopita or Spinach Stuffed Peppers or Mushrooms in Cream Sauce
- Cannellini Bean, Tomato and Cabbage Soup
- Spinach Pasta Alfredo with Mushrooms
- Penne with Zucchini, Peppers and Mushrooms in Vodka Sauce

### **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**
- Pear, Candied Pecan and Blue Cheese Crumbles over Greens with Lemon Vinaigrette
- Apple, Arugula, Shallots and Candied Pecans with Apple Cider Vinaigrette
- Butternut Squash, Cranberry and Pumpkin Seeds over Greens with Orange Vinaigrette
- Spinach Salad with Hard Boiled Eggs, Mushrooms and Hot Bacon Dressing
- Cucumber, Pepper and Red Onion Italian Salad



- Apple, Craisins, and Sun Flower Seeds with Romaine Lettuce with Pomegranate Vinaigrette
- Roasted Beet, Goat Cheese and Candied Walnut Salad over Baby Greens
- Fennel, Orange and Pomegranate 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