



October 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

It's Squash Season! – Just let me know if you would like spaghetti squash in place of noodles! It's a delicious alternative to pasta

Poultry

- Maple and Tangerine Glazed Chicken Drummers with Mashed Sweet Potatoes and Broccoli
- Honey Mustard Chicken Thighs with Parmesan Roasted Green Beans
- Chicken Fricassee over Mashed Potatoes
- Grilled Turkey Breast Cutlets with Pomegranate, Shredded Brussel Sprout and Toasted Hazelnut Salad
- Pomegranate Glazed Chicken with Roasted Fennel, Peppers and Mushrooms over Linguini
- White Lasagna with Chicken, Spinach and Red Peppers
- Turkey Tenderloin with Mashed Sweet Potatoes and Cranberry, Apple and Walnut Gelatin
- Biscuit Topped Chicken Pot Pie with Peas and Carrots
- Grilled Chicken Tacos with Pineapple Salsa and Spanish Brown Rice
- Coq au Vin over Rice Pilaf with Mushrooms, Celery, Carrots and Small Onions (Optional Bacon Lardons)

Beef

- Italian Meatballs in Sauce and Fresh Roasted Garlic and Kerry Gold Butter Bread
- Strip Steaks with Rosemary-Garlic Butter, Taleggio Mashed Potatoes and Roasted Broccoli
- Meatloaf with Chestnut Gravy with Mashed Celery Root and Potatoes
- Polish Stuffed Cabbage Rolls with Beef and Rice or Riced Cauliflower in Tomato Soup
- Cheeseburger Pie with Hash Brown Base Topped with Bacon and Cheddar
- Beef and Rice Stuffed Peppers in Tomato Soup
- Thin Sliced Ribeye Japache Noodle Sauté with Carrots, Peppers and Spinach



Pork

- Ham, Pea and Gruyere Mac & Cheese
- Asian Pork Meatballs with Japache Noodle Stir Fry with Snow Peas, Shitake Mushrooms, Peppers and Scallions in Orange Garlic Sauce
- Pepperoni and Sausage Stromboli with Tomato Sauce
- Pan Seared Pork Tenderloin with Leeks and Prunes with Cabernet Sauvignon over Mashed Potatoes
- Grilled Sliced Boneless Pork Chops over Shaved Brussel Sprout Salad with Walnuts, Goat Cheese and Poached Pears with Apple Cider Vinaigrette
- Carnitas Tacos with Tomato and Pepper Salsa with Cilantro Brown Rice and Black Beans
- Italian Sausage, Kale and Cannellini Bean Soup

Lamb

- Lamb Burgers with Oregano Roasted Potatoes, Zucchini and Cherry Tomatoes
- Lamb Meatball, Spinach and Orzo Soup

Seafood

- Monkfish with Lemon Butter over Linguini with Tomatoes and Broccolini
- Shrimp Pesto with Farfalle Pasta with Zucchini, Peppers and Shallots
- Shrimp and Clams Paella with Zucchini and Peppers
- Seafood Enchiladas with Zucchini, Peppers and Mushrooms in Creamy Sauce
- Cajun Mahi Mahi with Green Apple, Carrot and Cabbage Slaw with Black Beans
- Salmon Salad Nicoise with Baby Potatoes and Green Beans over Greens with Lemon Vinaigrette
- Macadamia Nut Crusted Cod over Sautéed Swiss Chard, Carrots and Onions

Vegetarian

- Ricotta Stuffed Portabellas in Tomato Basil Sauce
- Mushroom and Quinoa Stuffed Acorn Squash
- Butternut Squash Lasagna or Stuffed Shells – Chef's Personal Favorite Fall Dish
- Grilled Cheese and Tomato Soup Bake
- Shaved Brussel Sprout Salad with Walnuts, Goat Cheese and Poached Pears with Apple Cider Vinaigrette



- Curried Butternut Squash and Silken Tofu Soup
- Spinach, Black Bean and Sweet Potato Enchiladas
- Marinated Tofu, Mushrooms, Peppers and Fresh Herbs
- Potato, Leek and Silken Tofu Soup

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

- 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