

March 2023 Weekly Meal Ideas

Poultry

- Marinated Grilled Chicken Breast, Zucchini, Peppers and Portabellas with Balsamic Glaze
- Buffalo BBQ Pulled Chicken Casserole with Blue Cheese Corn Bread Topping
- Chicken and Broccoli Shepherds Pie with Garlic Rosemary Mashed Potatoes
- Garlic and Rosemary Roasted Chicken and Roasted Root Vegetables and Baby Potatoes
- Thai Chicken Burgers with Peanut Sauce with Cucumber, Pepper, Green Apple, Carrot and Napa Cabbage Slaw
- Shredded Chicken Hash with Shredded Sweet Potatoes, Corn, and Peppers
- Brown Sugar Turkey Meatloaf over Mashed Potatoes and Green Beans
- Chicken Tikka Masala Stew with Cauliflower, Carrots, Chickpeas, and Green Beans
- Chicken Legs in Black Pepper Caramel Sauce with Butternut Squash, Raisins and Apples
- Keto Chicken Crust Pizza with any toppings you like
- Greek Seasoned Roast Chicken with Green Bean Andalusian and Orzo
- Shredded Chicken Stuffed Poblano Peppers Topped with Monterey Jack in Green Tomatillo Sauce
- Roasted Turkey with Cornbread, Black Bean, Onion Cake with Green Beans
- Chicken Marsala with Mushrooms over Mashed Potatoes

Beef

- Traditional Ground Beef Taco Night with Fresh Salsa and Rice and Beans
- Pan Seared Hanger Steak Bites with Black Pepper Caramel Sauce with Sautéed Apples, Sweet Potatoes and Southern Greens
- Ground Beef Shepherd Pie with Peas and Carrots
- Corned Beef and Cabbage, Carrots and Potatoes (Must be ordered 24 hours in advance)
- Sliced Beef Carne Asade over Cilantro Rice, Summer Squash and Beans with Salsa de Cacahuete (Contains Peanuts)
- Italian Meatballs in Sauce
- Brown Sugar and Saltine Turkey Meatloaf over Mashed Potatoes and Green Beans
- Curry Burger Topped with Spinach and Onions with Curry Aioli and Potato Wedges (Buns if requested)
- Italian Bresola with Arugula, Marinated Baby Bella Mushrooms, Shaved Parmesan dressed with Orange Champagne Vinaigrette Jar Salads

Pork

- Sesame-Hoisin Pork Burgers with Grilled Pineapple with Asian Purple Yam Baked Fries (If you have an air fryer – I can prep them for you to put in just before service)
- Italian Sausage Lasagna
- Stuffed Bone-In Pork Chops with Mashed Potatoes and Gravy

- Virginia Style Brunswick Stew with Ham, Chicken, Corn, Lima Beans in a Tomato based Broth
- Grilled Pork Tenderloin Medallions with Brussels Sprout Salad with Pecans, Cherries and Balsamic Reduction
- Pan Seared Pork Tenderloin over Walnut Mint Pesto Farro Risotto with Peas
- Pan Seared Pork Tenderloin with Dried Apricot, Prune and Apple Port Sauce over Mashed Sweet Potatoes

Lamb

- Ground Lamb Shepherds Pie
- Lamb Chops with Minted Pea Sauce and Mint, Butter and Sugar Potatoes with Steamed Baby Carrots
- Lamb Panang Curry with Bamboo Shoots and Green Beans
- Ground Lamb Stuffed Tomatoes with Sautéed Spinach and Lentils
- Lamb Meatballs with Julienned Zucchini Pesto
- Lamb Chops with Quinoa, Red Beet and Shallot Cakes with Tzatziki Sauce

Seafood

- Manhattan or New England Clam Chowder with Potatoes and Bacon
- Macadamia Coconut Crusted Mahi Mahi with Papaya, Mango and Pineapple salsa with Brown Rice
- Spicy Fish Bowl with Thai Basil Yogurt over Rice, Edamame, Carrots, Peppers and Snow Peas
- Fisherman's Pie with Fish, Carrots, Peas, Celery and Onion
- Pan Seared Shrimp, Edamame, Mango, Peppers, Red Onion and Quinoa Salad with Asian Soy Lime Vinaigrette
- Fish or Shrimp Thai Red Coconut Curry with Snow Peas, Carrots and Peppers

Vegetarian

- African Spicy Peanut Soup with Brown Rice
- Lentil and Swiss Chard Stew
- Chana Masala (Spicy Chickpeas) with Spinach
- Vegan Artichoke and Tomato Soup and Salad

- Wild Mushroom and Mascarpone Soup with Croutons
- Twice Baked Sweet Potatoes with Ginger Lime Peanut Sauce and Salad
- Winter Vegetable Shepherds Pie
- Lentil Cumin Chili
- Goat Cheese and Chive Stuffed Tomatoes
- Kale, Edamame and Quinoa salad with Mango
- Ginger Carrot Soup
- Julienned Zucchini Pesto and Whole Wheat Spaghetti
- Grilled Cauliflower Steaks Topped With Hummus, Rosemary, Garlic and Chili Flake
- Lentil Sloppy Joes Stuffed Sweet Potatoes Topped with Cheese
- Winter Greens and Walnut Pesto Farro Risotto
- Roasted Butternut Squash and Chickpeas with Tahini Dressing
- Winter Roasted Vegetable Gazpacho and Rolls
- Asian Peanut Noodle Salad with Carrots, Scallions, and Peppers and Cilantro

Breakfast Ideas

- Asparagus, Feta and Egg Puff Pastry Tart
- Zucchini Crusted Quiche with any topping you like
- Challah breakfast Bake with any toppings you like

Side Salad or add a protein to make it a full meal

Seasonal Salads

- Baby Mixed greens with Blueberries, Almonds, Goat Cheese and Fat Free Blueberry Vinaigrette
- 40 Shades of Green Salad with Bibb lettuce, Avocado, Parsley, Endive with Lime Honey Vinaigrette(Avocado will be sliced by you at service)
- Clementine, Date and Walnut Salad with White Balsamic Dressing
- Green Apple and Goat Cheese Crumbles over Greens with Lemon Vinaigrette
- Radicchio, Endive, and Chick Peas and Champagne Vinaigrette
- Orange, Fennel and Olive Salad with Orange Champagne Vinaigrette
- Pomegranate Seeds, Orange Segment, and Red Onion over Greens with Pomegranate Vinaigrette
- Roasted Beet, Walnut and Goat Cheese salad with Balsamic Vinaigrette
- Apple, Walnut, Cheddar with Romaine Lettuce with Sweet Apple Dressing

- Pomegranate Seeds, Pear Slices, Blue Cheese over Spinach with Pomegranate Vinaigrette
- Waldorf Salad
- Butternut Squash, Cranberry and Walnuts over Greens with Orange Champagne Vinaigrette
- Spinach with Dried Cranberries, Blue Cheese, Candied Walnuts and Balsamic Vinaigrette
- Pear, Stilton Blue Cheese, Candied Pecans over Romaine with Champagne Vinaigrette
- Radicchio, Toasted Hazelnuts, Black Truffle Cheese, and Red Wine Poached Pear dressed with Balsamic Vinaigrette
- Italian Bresola with Arugula, Marinated Shitake, Shaved Parmesan dressed with Orange Champagne Vinaigrette

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