

April 2023 Weekly Meal Ideas

Poultry

- Garlic and Panko Breaded Chicken Breast Tenders with Ratatouille with Vegetable Pasta
- Grilled Lemon Chicken, Mint, Parsley, Toasted Pistachio, Parmesan, and Garlic Pesto Orzo Pasta Salad
- Chicken, Peppers, Zucchini and Onion Enchiladas in Green Tomatillo Sauce (Or as a chili with Cornbread)
- Chicken Parmesan over Penne in Tomato Sauce(Or Low Carb with Pork Crumb Coating over Zoodles)
- Grilled Chicken with Shredded Carrot, Pineapple and Raisin Slaw
- Cashew Chicken with Peppers and Celery
- Grilled Chicken, Bacon and Blue Cheese Cobb Salad

Beef

- French Onion Burgers with Greyere Horseradish Sauce with Caramelized Onions and Roasted Potato Wedges – Buns upon request
- Pan Seared Rosemary Cabernet Beef Tenderloin with Parmesan Roasted Potatoes and Asparagus
- Beef Short Rib Farro Risotto with Carrots, Parsnips and Celery
- Beef Sloppy Joes and Cheesy Broccoli – Buns upon Request
- Beef and Italian Sausage Stuffed Shells with Garlic Bread
- Pan Seared Beef Tenderloin with Green Peppercorn Sauce, Mashed Potatoes and Asparagus
- Creole Beef and Pork Dirty Rice
- Pot Roast Over Potatoes, Carrots and Onions

Pork

- Pork Chops with Roasted Sweet Potatoes, Roasted Brussel Sprouts with Shallots and Dried Cranberries
- Swedish Beef and Pork Meatballs with Lingonberries, Braised Green Cabbage, Dill Potatoes
- German Kielbasa with Egg Noodles, Cabbage and Carrots
- Ham, Green Bean and Potato Stew
- Pork Carnitas Enchiladas with Green Tomatillo sauce or as a chili with Cornbread
- Grilled Pork Tenderloin, Peppers, Pineapple and Onions with Rum Caramel Sauce
- Ham, Leek, Potato and Carrot Pot Pie with Puff Pastry Topping
- Pork Milanese Topped with Mozzarella in Tomato Sauce with Broccolini
- Prosciutto Wrapped Asparagus over Arugula with Parmesan Shavings and Pine Nuts with Lemon Dijon Vinaigrette

Lamb

- Mustard and Tarragon Spring Lamb with Baby Potatoes in a Sweet Vin Santo Wine Sauce with Spring Onions
- Lamb Burgers with Chimichuri mayo with Baked Sweet Potatoes – Buns upon Request
- Lamb Tenderloin Roast with Blood Orange and Cherry Sauce with Mashed Potatoes and Parsnips

Seafood

- Blackened Catfish with Grits with Peppers, Onions and Celery
- Shrimp with Penne ala Vodka Sauce with Broccoli
- Sofrito Fish Cakes with Creamy Chipotle Tartar Sauce with Sesame Spinach and Baked Sweet Potato Fries
- Shrimp and Pea Mac and Cheese
- Sausage Stuffed Squid in Tomato Sauce over Linguini
- Snapper Vera Cruz in Tomato Sauce with Peppers, Summer Squash and Capers over Yellow Rice
- Smoked Salmon and Spinach Quiche

Vegetarian

- Mac and Greens with Southern Greens and 3 cheese
- Jalapeño, Mint, Parsley, Lime, Toasted Pistachio, Parmesan, and Garlic Pesto Orzo Pasta Salad
- Vegan Fettuccine Alfredo with Asparagus and Mushrooms (Cashew Based Sauce)
- Edamame and Barley Salad with Peppers and Fresh Herbs
- Black Bean Burgers on Whole Wheat Buns with Baked Sweet Potato Fries
- Penne ala Vodka Sauce with Peas, Mushrooms and Peppers
- Farro Risotto with Butternut Squash and Mushrooms
- Cheese and Rice Stuffed Pablano Peppers in Tomato Sauce
- Tex Mex Soup
- Three Bean Salad

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
- Arugula and Three Pea Salad with Radishes and Lemon Balsamic Vinaigrette
- Strawberry, Walnut and Goat Cheese salad with Balsamic Vinaigrette
- Apple, Walnut, Cheddar with Romaine Lettuce with Sweet Apple Dressing
- Blueberries, Pear Slices, Blue Cheese over Spinach with Lemon White Wine Vinaigrette
- Waldorf Salad
- Spinach with Strawberry, Blue Cheese, Candied Walnuts and Balsamic Vinaigrette
- Bacon, Tomatoes, Cucumbers, Carrots, Stilton Blue Cheese, and Candied Pecans over Romaine with 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