

## May 2023 Weekly Meal Ideas

### Poultry

- Chicken Posole with Hominy, Avocados and Tortilla Chips
- Italian Chicken BBQ with Pancetta and Balsamic BBQ Sauce over Polenta
- Chicken Tacos with Mango Salsa with Cilantro rice
- Chimichurri Grilled Chicken with Grilled Zucchini, Yellow Squash, Peppers and Sliced Portabellas
- Turkey Meatballs with Spaghetti Squash in Tomato Sauce
- Ground Turkey and Rice Stuffed Peppers in Tomato Soup with Mashed Potatoes
- Pulled Chicken Bone Broth Soup with carrots and Celery – Request Noodles, Dumplings or Rice if you like.
- Mediterranean Chicken Burgers with Shredded Zucchini, Carrots and Onions inside with Italian Pasta Salad
- Grilled Chicken with Broccoli, Pecan, Raisin and Bacon Salad
- Chicken Udon Noodle Salad with Shitake mushrooms, Peppers, Carrots and Scallions with Orange Ginger Sesame Dressing
- Chicken Florentine with Sautéed Carrots, Yellow Squash and Peppers and Orzo Pasta
- Asian Chicken Broccoli Slaw with Mandarin Oranges and Toasted Almond Slivers

### Beef

- Pot Roast with Carrots, Parsnips, Celery, Red Potatoes in Gravy
- Grilled Sliced Flank Steak with Strawberry Balsamic Mint Bruschetta over Goat Cheese Risotto and Asparagus
- Italian Meatballs in Tomato Sauce and Baked Alfredo Spaghetti Squash with Ricotta, Spinach, Carrots, Peppers Topped with Parmesan
- Tecate Marinated Ancho Chili Rubbed Skirt Steak Tacos with Grilled Corn, Pepper and Onion Spanish Rice
- Grilled Ribeye with Bloody Maria Salsa with Green Cilantro Lime Rice and Black Beans(Salsa contains uncooked tequila and green olives, but you request it without)
- Ginger Garlic Stir Fry with Beef, Broccoli, Carrots and Peppers
- Rancher Steak Salad with Tomatoes, Corn, Cucumbers, Carrots, and Blue Cheese with Onion Straws
- Cheeseburger Sliders and Potato Salad and Small Potato Buns – request if you would like tomato, onion, pickles and lettuce

## **Pork**

- Pork Tenderloin and Ginger Scallion Relish over Jasmin Rice
- Chorizo and Black Bean Soup with Queso Fresco and Salsa
- Pan Seared Pork Tenderloin with Turkish Apricots, Carrots, Onions, Napa Cabbage and Israeli Cous Cous
- Bacon, Spinach and Goat Cheese Risotto
- Italian Pork Chops or Tenderloin with Orange Peel, Garlic and Broccoli Rabe with Roasted Fingerling Potatoes
- Cumin and Lime Grilled Pork Tenderloin with Mango, Black Bean, Pepper, Corn and Cilantro Salad
- Pork Chops Stuffed Feta and Spinach with Roasted Lemon Potatoes
- Potato or Zucchini Crusted Quiche Lorraine with Gruyere
- Italian Shredded Porchetta Sandwiches with Buns and Provolone and Roasted Broccoli and Potatoes
- Bowties with Ham and Peas in Cream Sauce

## **Lamb**

- Lamb chops with Spring Mint Pesto over Pea and Carrot Risotto
- Lamb Meatballs with Tzatziki with Pita Bread with Tomato, Cucumber, Feta and Olive Salad
- Lamb Chops with Cherry Almond Cous Cous and Asparagus
- Lamb Shepherd Pie

## **Seafood**

- Grilled Shrimp, Goat Cheese and Strawberries over Greens with Balsamic Vinaigrette
- Scallops over Celeriac Puree and Green Beans
- Lemongrass and Ginger Tea Marinated Shrimp with Asian vegetables and Rice Noodles
- Shrimp Fried Rice with Peas, Carrots and Scallion
- Greek Lemon Oregano Fish and Kale Salad with Fried Halloumi
- Halibut over French Lentils with Carrots, Leeks, and Celery with Horseradish Almond Yogurt
- Grilled Turbot or Cod with Grilled Ratatouille Pasta Salad
- Steamed Herb and Mustard Turbot or Cod with Roasted Sliced Beets, Parsnips and Sweet Potatoes
- Quinoa and Shrimp Paella with Sun Dried Tomatoes, Peas and Peppers
- Maple Soy Salmon with Stir Fried Shitake, Broccoli, Carrots and Peppers
- Steamed Shrimp with Summer Tomato, Pepper and Cucumber Gazpacho and Baguette

## Vegetarian

- Broccoli Quiche
- Vegan Roasted Cauliflower, Quartered Baby Portobello Mushrooms and Quinoa in balsamic Vinaigrette
- Spring Soba Noodle Vegetable Salad with Organic Peanut Butter Dressing and Asian Vegetables
- Greek Kale Salad with Fried Halloumi
- Black bean, Mango, Corn, Peppers and Cilantro salad and Tortillas
- Italian Pasta Salad with Kidney Beans, Chick Peas, Peppers, Cucumbers, Shallots, Olives and Grape Tomatoes(w/ mozzarella if you like)
- Quinoa Paella with Sun Dried Tomatoes, Peas and Peppers
- Spring Vegetable Lasagna with Asparagus, Spinach and Peppers
- Spinach and Ricotta Stuffed Portobello in Tomato Sauce Topped with Parmesan

## 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**
  
- Baby Mixed greens with Blueberries, Almonds, Goat Cheese and Fat Free Blueberry Vinaigrette
- Raspberry, Candied Pecans, Red Onion and Spinach Salad with Raspberry Lemon Vinaigrette
- Jicama, Mango, and red Pepper salad in Avocado Cilantro Lime Dressing
- Creamy Cucumber salad using avocado instead of dairy
- Kale, Strawberry and Toasted Walnut Salad with Lemon Tahini Dressing
- Spicy Kale Salad with Pecorino, Currants and Pine Nuts
- 40 Shades of Green Salad with Bibb lettuce, Avocado, Parsley, Endive with Lime Honey Vinaigrette(Avocado will be sliced by you at service)
- Blackberry and Goat Cheese Crumbles over Greens with Lemon Vinaigrette
- Summer Tomato Caprese Salad with Basil Lemon Vinaigrette and Reduced Balsamic
- Broccoli slaw
- Cole Slaw
- Three Color Potato salad
- Three Color Pasta Salad
- Macaroni Salad

- Bacon Ranch Potato 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