



## July 2023 Weekly Meal Ideas

### Dinners

#### Poultry

- Breaded Chicken Tenders with Creamy Grape and Pecan Salad
- Tequila Lime Chicken Tacos with Rice and Beans with Pineapple Salsa
- Breaded Chicken Drumsticks with Corn, Black Bean, Tomato and Pepper Salad
- Chinese Chicken and Broccoli over Rice
- Chicken, Broccoli and Cheddar Casserole
- Turkey Sloppy Joes, Buns and Slaw
- Roast Turkey Breast and Green Bean Casserole
- Roast Chicken and Southern Corn Pudding
- Grilled Chicken Caesar Salad with Cherry Tomatoes, Shaved Parmesan and Homemade Croutons
- Thai Pulled Chicken and Napa Cabbage Salad with Peanut Dressing with Cucumbers, Peppers and Snow Peas

#### Beef

- Steak Teriyaki with Shitake Mushrooms, Carrots and Broccoli
- Pizza Lasagna with Beef, Sausage and Pepperoni
- Classic Ground Beef Tacos with Hard Shells with Shredded Lettuce, Chopped Tomatoes and Taco Sauce
- Shredded Beef Enchiladas with Spanish Rice
- Shredded BBQ Beef Stuffed Sweet Potatoes
- Low Carb Meatballs over Zoodles and Mushrooms
- Grilled Steaks and Garlic Smashed Red Potatoes and Green Beans
- Meatloaf, Mashed Potatoes and Green Beans
- Cheesesteak Stuffed Peppers Topped with Provolone in Tomato Sauce

#### Pork

- Loaded Baked Potato with Bacon, Sour Cream, Green Onions and Shredded Cheddar
- Pan Seared Sweet Italian Sausage and Peppers with Hoagie Buns and Italian Tomato, Cucumber and Pepper Salad in Red Wine Vinaigrette
- Hoisin Pork Burgers with Pineapple Relish and Cucumber Salad and Whole Wheat Buns
- Grilled Pork Tenderloin with Chimichurri with Zucchini, Peppers and Yellow Squash



- Bacon, Broccoli, Cheddar and Cranberry Salad
- Ham, Pea and Noodle Casserole Topped with Breadcrumbs
- Goat Cheese Stuffed and Prosciutto Wrapped Grilled Peaches over Arugula with White Balsamic Dressing (May do figs too if available)
- Green Chili with Pork, White Beans and Cilantro and Cornbread
- Scalloped Potatoes and Ham Topped with Cheddar

### **Lamb**

- Lamb Burgers with Tzatziki Sauce with Tomato, Romaine, Feta, Sliced Red Onion and Pita Bread
- Lamb Vindaloo Curry with Sweet Potato, Peppers and Onion
- Lamb and Lentil Stew

### **Seafood**

- Mexican Shrimp Salad with Cabbage, Cucumbers, Peppers, Red Onion in Cilantro Lime Dressing
- Seafood Shepherd's Pie
- Portuguese Fish and Chorizo Stew with Tuscan Kale and Chickpeas
- Pan Seared Scallops with Corn and Pepper Sauce over Risotto
- Salmon Burgers with Blueberry, Lemon, and Parsley Mayo on Potato Rolls with Broccoli and Peppers
- Yellow Rice Stuffed Tomatoes with Boiled Colossal Shrimp
- Cumin Seared Scallops over Corn Cakes with Mango Tomato Salsa
- Balsamic Glazed Salmon with Strawberry, Goat Cheese, Sliced Almonds and Spinach Salad with Balsamic Dressing
- Fish Tacos with Peach Salsa and Spanish Rice and Beans
- Boiled Shrimp, Clams, Corn and Red Potatoes with Old Bay
- Crab Stuffed Portabellas with Lemony Broccolini
- Fish wrapped in Parchment with Zucchini, Peppers and Red Onion with Brown Rice

### **Vegetarian**

- Tomato Basil Bread Soup with Parmesan Crisps
- Indian Dal and Cilantro, Tomato and Cucumber Salad
- Lentil Sloppy Joes with Whole Wheat Buns with Green Bean Fries
- Cold Sesame Noodles with Summer Vegetables in Peanut Dressing
- Mushroom, Leek and Fontina Potato Crusted Quiche
- Indian Lentil Burgers with Roasted Cauliflower and Pitas and Yogurt Sauce



- Yellow Rice Stuffed Tomatoes
- Ricotta Stuffed Portobello Mushrooms in Tomato Sauce Topped Mozzarella and Parmesan
- Broccoli, Cheddar and Cranberry Salad

### **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**
  
- Jicama, Mango, and Red Pepper salad in Avocado Cilantro Lime Dressing
- 40 Shades of Green Salad with Bibb lettuce, Avocado, Parsley, Endive with Lime Honey Vinaigrette(Avocado will be sliced by you at service)
- Berry, Candied Pecan and Blue Cheese Crumbles over Greens with Lemon Vinaigrette
- Caprese - Local Tomatoes, Sliced Fresh Mozzarella, Basil and Reduced Balsamic
  
- Summer Peach, Arugula, Shallots and Candied Pecans with Orange Champagne Vinaigrette
  
- Black Bean, Mango, Peppers, Shallots and Avocado in Cumin Honey Lime Vinaigrette
  
- Italian Garbanzo Bean Salad with Peppers, Shallots, and Cucumbers in Red Wine Vinaigrette
- Southwestern Chopped Salad with Romaine, Corn, Peppers, Jicama and Local Grape Tomatoes in Creamy Cilantro Dressing

#### **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