



August 2023 Weekly Meal Ideas

Dinners

Poultry

- Green Tomatillo Shredded Chicken Chili or Enchiladas Suizas and Spanish Rice
- Brioche French Toast Slices and Chicken Apple Sausage and any 3 fruit salad you like
- Roasted BBQ Chicken Legs or Shredded BBQ Chicken and Buns with Elote Corn Salad
- Coconut Curry Chicken Thighs over Lime Cilantro Cauliflower 'Rice' or Rice of choice
- Buffalo Chicken Tenders or Wings and Cheesy Broccoli and Rice
- Garlicky Chicken, Spinach and Artichoke Pasta
- Grilled Chicken and Peaches over Greens with Goat Cheese and Candied Pecans
- Roast Chicken and Mustardy Cumin and Cheese Cauliflower
- Thai Peanut Chicken Burgers with Whole Wheat Buns or lettuce wraps and Lime Cilantro Slaw

Beef

- Pepper Steak with Strips of Onions, Red and Green Peppers
- Meatloaf with Maple Bacon Tomato Sauce with Whipped Cauliflower or Potatoes
- Bacon and Bleu Cheese Burgers with Roasted Potato Wedges
- Hanger Steak Tips in Sherry and Mushrooms Gravy over Mashed Potatoes
- Ukrainian Beef and Beet Borscht Stew with Dill Sour Cream

Pork

- Puerto Rican Mamposteo 'Fried Rice' with Pork, Plantains and Black Beans
- Breakfast Sausage and Broccoli Quiche with Shredded Sweet Potato Crust
- Grilled Pork Tenderloin Slices With Peach Salsa over Cilantro Lime Rice
- Brioche French Toast Slices and Maple Sausage and any 3 fruit salad you like
- Pulled Pork Chili or Enchiladas in Green Tomatillo Sauce and Spanish Rice
- Western Omelet Quiche with Ham, Peppers, Onion and Aged Cheddar



Lamb

- Ground Lamb in Zucchini Boats Topped with Feta
- Lamb Chops with Mint Walnut Pesto with Orzo, Tomato and Cucumber Salad
- Ground Lamb and Rice Stuffed Cabbage in Tomato Broth
- Lamb Meatballs with Pita Bread with Tzatziki and Lemon Garlic Potato Wedges
- Lamb Shepherd's Pie

Seafood

- Pan Seared Fish with Asparagus, Shallot, and Grape Tomato Sautee with Parsley Potatoes
- Shrimp, Cucumber, Red Onion, Lime, Cilantro and Pepper Mexican Salad
- Snapper Vera Cruz over Yellow Rice
- Shrimp Alfredo with Zucchini Noodles or Pasta
- Pan Seared Fish with Grapes and Olives over Mashed Potatoes
- Pan Seared Scallops over Corn, Bacon, Shallot and Tomato Risotto
- Salmon with Lemon Aioli with Asparagus and Parsley and Butter Potatoes
- Seared Ahi Tuna with Sesame-Ginger Green Beans
- Bacon Wrapped Scallops with Summer Quinoa Salad with Tomatoes, Corn and Cucumber

Vegetarian

- Southern Tomato and Cheddar Pie with Cornbread Topping
- Zucchini and Eggplant Pasta Free Lasagna – GF
- Summer Quinoa Salad with Chickpeas, Tomatoes, Cucumbers, Corn and Parsley
- Black Bean, Cilantro, Lime, Quinoa and Corn Stuffed Tomatoes Topped with Cojito Cheese
- Mustardy Cumin and Cheese Cauliflower
- Grilled Cauliflower Steaks with Corn, Tomato and Shallot Sautee
- Chickpea and Oyster Mushroom Burgers and Carrots and Peas (Packed for freezer so you can grill or saute)
- Vegetarian Enchiladas Suizas with Zucchini, Sweet Potato, Black Beans, Peppers and Onions in Green Tomatillo Sauce



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

- 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