



## September 2023 Weekly Meal Ideas

### Dinners

\*Vegans and Vegetarians – There is a section for you, but look at all sections. There is most likely a substitute I can use to make you a similar meal.

#### Poultry

- Lemon and Thyme Roast Chicken with Roasted Red Potatoes, Carrots and Celery
- Korean Sheet Pan Chicken Legs and Thighs with Purple Sweet Potatoes, Peppers and Onions
- Chicken Cacciatore with Mushrooms, Peppers and Onions in Tomato Sauce
- Jamaican Coconut Chicken Curry with Rice and Peas
- Mexican Chicken and Chorizo Tinga Stew and Oregano Rice – Request mild or spicy
- Loaded BBQ Shredded Chicken Stuffed Sweet Potatoes Topped with Cheddar, Sour Cream and Scallions
- Thai Chicken Burgers with Peanut Sauce, Whole Wheat Buns and Lime Cilantro Napa Cabbage Slaw
- Creamy Chicken Pablano over Oregano Lemon Rice
- Baked Quinoa Casserole with Chicken and Butternut Squash
- Chicken, Spinach and Artichoke Stuffed Shells in Alfredo Sauce
- Lemon Pepper Chicken Wings or Legs and Mac and Cheese
- Asian Soba Noodle Peanut Chicken Salad with Snow Peas, Carrots and

#### Beef - Feel free to request different cheeses or steak cuts

- Burgers with Zinfandel Braised Onions and Roquefort Blue Cheese with Brioche Buns and Parmesan Asparagus
- Sweet and Sour Meatballs with Pineapple, Peppers and Onions
- Korean Beef Bulgogi with Broccoli, Carrot and Pepper Stir Fry
- Grilled Steak Tacos with Corn, Black Bean, Mango and Red Onion Salsa
- Steak, Roquefort Blue Cheese, Candied Pecan, Cranberries Fall Salad
- Pan Seared Steaks and Marsala Mushrooms over Mashed Potatoes
- Beef and Rice Stuffed Peppers in Tomato Sauce
- Beef and Three Bean Chili and Cornbread
- Beef Bolognese Baked Ziti and Garlic Bread



## **Pork**

- Pan Seared Pork Chops in Apple Cider Gravy with Cubed Butternut Squash and Brussel Sprouts
- Bacon, Cheddar and Red Onion Broccoli Salad with Dried Cranberries and Sunflower Seeds
- Kielbasa, Pierogis and Onions
- Italian Sausage, Mushroom, Carrot and Broccolini with Orecchiette Pasta
- Breaded Pork Cutlets with Broccoli, Carrot and Cauliflower Medley
- Maple-Dijon-Cider Pork Tenderloin with Roasted Brussel Sprouts and Sautéed Apples
- Sherry Braised Pork with Oranges and Prunes over Mashed Sweet Potatoes
- Ground Pork and Mushroom Ragu Baked Penne Topped with Mozzarella and Parmesan

## **Lamb**

- Grilled Lamb Chops with Tomato, Pesto, Mozzarella and Roasted Pepper Zucchini Boats
- Rosemary Lamb Chops with Golden Jewel Blend Mediterranean Salad with Feta
- Ground Lamb, Ratatouille and Rice Casserole Topped with Feta
- Lamb Meatballs, Pita, Tzatziki and Feta

## **Fish and Seafood**

- Salmon and Pesto Pasta Salad with Tomatoes, Roasted Peppers and Baby Mozzarella balls
- Pan Seared Cod with Zucchini Cakes and Tartar Sauce
- Salmon Burgers with Whole Wheat Buns with Cheesy Cauliflower
- Pan Seared Scallops over Corn and Pea Risotto
- Shrimp with Penne ala Vodka Sauce
- Crab Salad over Greens
- Lemon, Shallot Dill Butter Salmon and Asparagus Foil or Parchment Wraps Ready to Bake and Boiled Parsley Potatoes
- Halibut, Zucchini and Pepper Foil or Parchment Wraps Ready to Bake and Boiled Parsley Potatoes
- Shrimp and Andouille Sausage Gumbo over Brown Rice
- Grilled Clams, Zucchini, Yellow Squash and Peppers in Pinot Grigio Sauce over Pasta
- Clams and Mussels Paella over Rice with Spring Vegetables



- Italian Pork Sausage Stuffed Squid Braised in Tomato Sauce and Orzo

**Vegetarian**

- Southwestern Black Bean Burgers with Fresh Salsa
- Zucchini and Corn Pancakes with Black Bean Salsa
- Rainbow Crunch Salad with Broccoli, Red Cabbage, Carrots, Red Peppers, Beets, Pumpkin Seeds with Blueberry Vinaigrette
- Orecchiette with Roasted Peppers, Cannellini Beans, Spinach, and Tomatoes
- Three Bean Chili Stuffed Sweet Potatoes with Cheese, Sour Cream and Scallions
- Butternut Squash, Pablano and Black Bean Enchiladas
- Penne ala Vodka Sauce with Mushrooms, Peppers and Onions
- Creamy Tomato Basil Soup

**Game Time Snacks**

- Buffalo Chicken Dip with Carrots and Celery
- 7 Layer Dip with Tortilla Chips
- Sweet and Sour Meatballs

**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**
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- Jicama, Mango, Black Bean, and Red Pepper salad in Avocado Cilantro Lime Dressing
  - Napa Cabbage, Mango, Pepper and Cilantro Thai Slaw with Peanut Dressing
  - Creamy Cucumber salad
  - Grape Tomato Caprese Salad with Basil Lemon Vinaigrette and Reduced Balsamic



- Watermelon, Basil and Feta Salad over Baby Greens with Lemon Vinaigrette
- Grilled Peach, Goat Cheese and Candied Pecans over Baby Greens with Balsamic Vinaigrette (Mention if you like plums and figs – I will add if I see them in the store.)
- Mexican Slaw in Lime Cumin Vinaigrette with Peppers and Cilantro

**Always Available Salads**

- Greek Salad with Tomatoes, Olives, and Feta over Romaine with Red Wine Vinaigrette
- Cesar salad
- Broccoli slaw
- Cole Slaw
- Grape Tomatoes, Shredded Carrots, Cucumber Slices over Romaine with your favorite dressing