



## April 2024 Weekly Meal Ideas

**\*Low carb options are available –  
Hearts of palm pasta, lasagna sheets or rice  
Cauliflower Rice or Mashed  
Zucchini as lasagna sheets or zoodles  
Jicama Fries or Mashed Jicama**

### **Poultry**

- Grilled Lemon, Garlic and Rosemary Chicken and Sautéed Asparagus and Peppers
- Curried Coronation Chicken Salad and Jar Salads with Mangoes, Carrots, Peppers, Cucumber over Green Leaf Lettuce Topped with Peanuts and Golden Raisins
- Honey Mustard Chicken with Sautéed Green Beans and Mushrooms – Specify things, legs or Bone in or Boneless Breast
- Grilled Lemon Thyme Chicken Breast with Jar Salads of Strawberries, Toasted Almonds, Goat Cheese with Lemon White Balsamic Dressing
- Turkey and Spinach Meatloaf with Gouda Sauce with Mashed Sweet Potatoes
- Coconut Lime Thai Chicken Soup with Rice Noodles
- Chinese Five Spice Turkey Lettuce Cups with Asian Broccoli, Carrots and Mushrooms
- Japanese Salad with Shredded Chicken, Carrots, Cabbage, Onions, Carrots, Radishes, Mandarin Orange Segments and Onions with Pink Peppercorn Honey Yuzu Dressing
- Chicken Piccata with Asparagus Risotto
- Garlic Parmesan Air Fried Breaded Chicken Tenders and Asparagus
- Shredded Buffalo Chicken Lettuce Wraps with Avocado Ranch Dressing with Green Onions, Celery and Grape Tomatoes
- BBQ Chicken Legs and Mac and Cheese
- Chicken, Cauliflower and Spinach Indian Dal Curry

### **Beef**

- Sirloin Roast with Green Peppercorn Sauce and Mashed Potatoes
- Beef and Rice Stuffed Cabbage Rolls and Mashed Potatoes
- Red Wine Braised Beef Spare Ribs over Potato and Rutabaga Puree
- Beef Meatballs in Marsala Mushroom Sauce and Mashed Potatoes
- Chinese Pepper Steak and Fried Rice
- Seared Beef Tenderloin and Wedge Salad with Bacon, Red Onion, Blue or Cheddar Cheese and Tomatoes
- Bistro Beef Tenderloin au Poivre with Red Wine and Roasted Garlic Mashed Potatoes with Asparagus



## **Pork**

- Pork Shoulder Ragu and Garlic Bread
- Asian Pork Meatballs with Bok Choy, Shitake Mushrooms and Peppers
- Pan Seared Pork Chops, Apple Sauce and Parsley Butter Red Bliss Potatoes
- Pecan Crusted Pork Tenderloin Medallions with Rice Pilaf with Dried Cherries and Goat Cheese
- Caramelized Pork Caritas Tacos with Charred Tomatillo Puree and Tortillas with Raw Onion and Cilantro toppings (or enchiladas if you need a dish to hold longer)
- Ricotta and Spinach Stuffed Portobellos or Shells in Tomato Sauce Topped with Italian Sausage
- BBQ Ribs and Mac and Cheese
- Parmesan Garlic Crusted Pork Chops or Medallions and Roasted Baby Potatoes, Mushrooms and Onions

## **Lamb**

- Moroccan Meatloaf with Tomato, Raisin and Zucchini Chutney and Green Beans
- Ground Lamb and Rice Stuffed Peppers in Tomato Sauce with Mashed Potatoes
- Baked Ziti with Lamb Tomato Sauce and Béchamel

## **Seafood**

- Teriyaki Salmon Burgers with Sesame Green Beans and Whole Wheat Buns
- Japanese Salad with Grilled Shrimp, Carrots, Cabbage, Onions, Carrots, Radishes, Mandarin Orange Segments and Onions with Pink Peppercorn Honey Yuzu Dressing
- Chesapeake Crab Quiche with Lemony Shaved Zucchini, Asparagus and Scallion Salad
- Fresh Fish, Julienned Vegetables and Red Bliss Potatoes in Lemon Parsley Butter
- Squid Ink Paella with Squid, Shrimp, Clams and Mussels and Vegetables
- Coconut, Lime, Panko and Macadamia Nut Crusted Shrimp or Fish with Calypso Rice
- Shrimp Pad Thai with Zoodles or Rice Noodles
- Garlic Parmesan Air Fried Breaded Shrimp or Fish and Asparagus



## Vegetarian

- Risotto with Asparagus, Hazelnuts and Spinach
- Indian Dal and Cauliflower Curry
- Lentil Stuffed Peppers in Tomato Sauce
- Roasted Vegetable Tabbouleh in Pitas with Yogurt-Tahini Dressing
- Tofu Teriyaki with Broccoli, Carrots and Peppers
- Japanese Salad with Grilled Tofu, Carrots, Cabbage, Onions, Carrots, Radishes, Mandarin Orange Segments and Onions with Pink Peppercorn Honey Yuzu Dressing
- Ratatouille Lentil Stew

## 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 Pears, Almonds, Goat Cheese and Fat Free Pear Vinaigrette
- Roasted Butternut Squash, Candied Pecans, Red Onion and Spinach Salad with Lemon Vinaigrette
- Jicama, Mango, and Red Pepper salad in Avocado Cilantro Lime Dressing
- Creamy Cucumber salad using avocado instead of dairy
- Kale, Apple 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)
- Pear, Candied Pecan and Blue Cheese Crumbles over Greens with Lemon Vinaigrette
- Roasted Plum Tomato Caprese Salad with Basil Lemon Vinaigrette and Reduced Balsamic
- Broccoli slaw
- Cole Slaw
- 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
- Grape Tomatoes, Shredded Carrots, Cucumber Slices over Romaine with your favorite dressing