



July 2024 Weekly Meal Ideas

Dinners

Poultry

- Lemon Almond Tarragon Chicken Salad over Greens
- Tequila Lime Chicken Tacos with Rice and Beans with Pineapple Salsa
- Breaded Chicken Drumsticks with Corn, Black Bean, Tomato and Pepper Salad
- Chicken Teriyaki with Snow Peas, Carrots and Peppers over Soba Noodles
- Chicken, Broccoli and Cheddar Casserole – Potatoes or Pasta Optional
- Bombay Turkey Sloppy Joes, Buns and Indian Potatoes and Peas
- Chicken Andouille, Shrimp and Okra New Orleans Jambalaya (Rice or Desired Rice Alternative)
- BBQ 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 – Noodles can be added if wanted
- Greek Chicken, Orzo, Feta, Tomato and Cucumber Salad
- Balsamic Grilled Chicken, Eggplant, Zucchini and Peppers
- Hot Jamaican Grilled Chicken and Rice and Peas

Beef

- Steak Teriyaki with Shitake Mushrooms, Carrots and Broccoli
- Pizza Lasagna with Beef, Sausage and Pepperoni
- Classic Ground Beef Tacos with Shredded Lettuce, Cheese, Chopped Tomatoes and Sour Cream
- Shredded Beef Enchiladas in California Red Chili Sauce with Spanish Rice and Beans
- Shredded BBQ Beef Sandwiches and Sweet Potato Fries with Buns
- Roast Beef Sandwiches, Cheddar Sauce, Horseradish Sauce and Broccoli Tots with Buns
- Grilled Rosemary Steaks and Garlic Smashed Red Potatoes and Asparagus
- Cheesesteak Stuffed Peppers Topped with Provolone in Tomato Sauce
- Homemade Hamburger Helper Rotini Pasta with Tomatoes, Pickles, Peppers and Onions Topped with Cheddar



Pork

- Pan Seared Pork Chops or Tenderloin in Peach Brandy Sauce and Mashed Sweet Potatoes and Green Beans
- 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 Asian Sliced Cucumber Salad and Whole Wheat Buns
- Pan Seared 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 as well if available)
- Green Chili with Pork, White Beans and Cilantro and Cornbread

Lamb

- Lamb Burgers with Tzatziki Sauce with Tomato, Romaine, Feta, Sliced Red Onion and Pita Bread
- Lamb Vindaloo Curry
- Lamb Meatballs over Curried Sweet Potato Puree

Seafood

- Mexican Shrimp Salad with Cabbage, Cucumbers, Peppers, Red Onion in Cilantro Lime Dressing with Plantain Chips, Tortillas or Corn Chips
- 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 Steamed Broccoli
- Yellow Rice Stuffed Tomatoes with Colossal Ole Bay Shrimp
- Pan Chili Lime Seared Scallops over Corn Cakes with Mango Tomato Salsa
- Peach Glazed Salmon with Strawberry, Goat Cheese, Sliced Almonds and Spinach Salad with White Balsamic Dressing
- Fish Tacos with Peach Salsa and Spanish Rice and Beans
- Shrimp, Clams, Corn and Red Potatoes with Old Bay or Creole Seasoning
- Crab Stuffed Portabellas with Roasted Pepper Pesto
- Fish wrapped in Parchment with Zucchini and Peppers



Vegetarian – Vegan or dairy free can be requested

- Tomato Basil Bread Soup with Parmesan Crisps
- Indian Dal and Cilantro, Tomato and Cucumber Salad
- White Bean Stew with Spinach and Kale
- 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
- Tomato Basil and White Bean Vegan Pureed Soup
- Ecuadorian Lentil Stew with Fried Plantains
- Ricotta Stuffed Portobello Mushrooms in Tomato Sauce Topped Mozzarella and Parmesan
- Broccoli, Cheddar and Cranberry Salad
- Potato and Corn Chowder

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