

January 2025 Weekly Meal Ideas

Poultry

- Thai Chicken Burgers with Peanut Sauce, Buns and Mango Slaw
- Cranberry Apple Chicken Salad over Romaine and Buns and Southern Cucumber Salad
- Marry Me Chicken over Parsley Rice
- Grilled Chicken Caprese over Asparagus and Orzo
- Jamaican Yellow Chicken Curry with Potatoes, Carrots and Onions
- Shredded Chicken, Peppers, Zucchini and Red Onion Enchiladas Topped with Monterey Jack and Spanish Rice and Beans
- Baked Creamy Cajun Chicken Pasta with Peppers, Onions and Parsley Topped with Mozzarella
- Cranberry Cinnamon Goat Cheese Stuffed Chicken Breast and Broccoli, Cauliflower and Carrot Medley
- Middle Eastern Turkey Meatloaf with Currants, Pine Nuts, Garlic and Allspice over Mashed Sweet Potato
- Air Fried Chicken Legs or Tenders, Mashed Potatoes and Corn
- Shredded Chicken Stuffed Pablano Peppers
- Lemon Pepper Chicken Tenders or Legs and Cheesy Cauliflower – Breaded or not
- Chicken Chow Mein with Cabbage and Carrots
- Grilled Chicken Harvest Salad with Poached Pear, Apple, Sweet Potato, Arugula, Bacon, Candied Pecans, Dry Cranberries, Pumpkin Seeds and Goat Cheese with Apple Cider Vinaigrette

Beef

- Brown Sugar and Bourbon Steak and Asparagus, Pepper and Onion Sauté
- Baked Ziti with Bolognese Sauce and Ricotta Topped with Mozzarella and Parmesan
- Salisbury Steak with Mashed Potatoes and Green Beans
- Beef and 3 Bean Chili and Corn Bread with Scallions, Shredded Cheddar, and Sour Cream
- Ginger and Garlic Pepper Steak and Sesame Green Beans
- Thai Steak Salad with Tomatoes, Cucumbers, Greens, Mint, Cilantro over Greens with Ginger Rice Vinegar Dressing
- Shredded Chuck Roast, Zucchini, Peppers and Onions Enchiladas in Red California Chili Mole Sauce and Rice and Beans
- Filet Mignon in Cabernet Chocolate Sauce with Mashed Potatoes
- Steak Diane with Button Mushrooms over Mashed Potatoes
- Chimichurri Hanger Steak Bites and Sautéed Zucchini, Potatoes, Peppers and Onions
- Tomato Basil Soup and Italian Bresola with Arugula, Marinated Shitake, Shaved Parmesan dressed with Orange Champagne Vinaigrette

Pork

- Pan Seared Pork Tenderloin Medallions with Spicy Apricot Sauce with Green Bean Almandine
- Kielbasa and Pierogis with Cabbage and Onions
- Pork Schnitzel with Spätzle and Cabbage
- Filipino Pulled Pork Adobe and Onions and Sesame Green Beans
- Zucchini Crusted Quiche Lorraine (Or Pie Crust)
- Pork Tenderloin Medallions with Sweet Potato, Bacon, Corn and Rosemary Hash

Lamb

- Lamb Merguez with Golden Raisin and Zucchini Israeli Cous Cous
- Keema Matar – Indian Ground Lamb or Beef and Peas
- Rosemary and Cabernet Leg of Lamb and Mashed Potatoes and Green Beans
- Mediterranean Lamb Stew with Apricot, Butternut Squash and Potatoes
- Lamb Meatballs with Cucumber Riata and Cilantro Mint Chutney and Pita
- Greek Lamb Burgers Topped Feta with Cucumber, Tomato and Red Onion Salad and Pita
- Middle Eastern Lamb Meatloaf with Spinach, Currants, Pine Nuts, Sweet Vidalia Onion and Allspice Israeli Cous Cous

Seafood

- Oven Roasted Salmon with Tangerine Ginger Relish with Green Beans and Parsley Baby Potatoes
- Salmon Cakes with Lemon Dijon Yogurt and Roasted Broccoli
- Shrimp and Grits Casserole with Peppers, Celery and Onion Topped with Shredded Monterey Jack
- Pan Seared Fish over Farro with Fennel, Carrots, Mushrooms and Parmesan
- Shrimp Gochujang with Roasted Butternut Squash and Rutabaga with Cucumber, Scallion and Radish Salad
- Kung Pao Shrimp with Peppers, Cashews and Scallions
- Pan Seared Fish with Romanesco Sauce with Garlicky Spinach, Potatoes and Onions
- Bacon Wrapped Scallops with Julienne Yellow Squash, Peppers and Carrots in Lemon Pinot Grigio Shallot Butter
- Fish Tacos with Tropical Salsa and Cilantro Lime Rice and Beans
- Shrimp Scampi Pasta Primavera with Broccoli, Peppers, Yellow Squash and Red Onion

Vegetarian

- Roasted Eggplant Stuffed with Parsley and Lemon Ricotta in Mushroom Lentil Bolognese
- Thai Coconut Pumpkin Soup and Thai Salad Jar
- Sherry Wine Cream of Mushroom Soup and Italian Tomato, Pepper and Chickpea, Cucumber Salad
- Harvest Salad with Poached Pear, Apple, Sweet Potato, Arugula, Bacon, Candied Pecans, Dry Cranberries, Pumpkin Seeds and Goat Cheese with Apple Cider Vinaigrette
- Lentil Sloppy Joes and Sweet Potato Wedges
- Lentil, Cubed Butternut Squash, Tuscan Kale and Red Onion Sauté
- Black Bean, Pepper, Roasted Cauliflower and Onion Stuffed Poblano Peppers in Red Enchiladas Sauce Topped with Monterey Jack
- Assorted Grilled Cauliflower Steaks, Asparagus and Peppers
- Ricotta Stuffed Portabellas in Tomato Sauce Topped with Mozzarella, Provolone and Parmesan
- Lemongrass Basil Tofu Curry with Spinach, Zucchini and Red Bell Peppers
- Spinach, Currants, Pine Nuts, Sweet Vidalia Onion and Allspice Israeli Cous Cous
- Black Bean Spanish Yellow Rice with Peppers, Onions and Zucchini
- Pasta Primavera with Broccoli, Peppers, Yellow Squash, and Red Onion
- Farro with Fennel, Carrots, Mushrooms and Parmesan
- Lentil Sloppy Joes
- Vegetable Minestrone

Breakfast Prep

- Egg Bites or Quiche with any desired sausage, bacon, veggies and/or cheese – Zucchini or pie crust
- Over Night Oats, Chia and/or Flax Seeds with 3 Fruits of Choice
- Challah Breakfast Bake with Any of your favorite Sweet or Savory ingredients

Side Salad or add a protein to make it a full meal

Seasonal Salads

- Clementine, Date and Walnut Salad with White Balsamic Dressing
- Green Apple and Goat Cheese Crumbles over Greens with Lemon Vinaigrette
- Radicchio, Endive, and Chick Peas and Champagne Vinaigrette
- Orange, Fennel and Olive Salad with Orange Champagne Vinaigrette
- Pomegranate Seeds, Orange Segment, and Red Onion over Greens with Pomegranate Vinaigrette

- Roasted Beet, Walnut and Goat Cheese salad with Balsamic Vinaigrette
- Green Apple, Walnut, and Brie with Romaine Lettuce with Apple Cider Dressing
- Pomegranate Seeds, Pear Slices, Cranberry Cinnamon Goat Cheese over Spinach with Pomegranate Vinaigrette
- Waldorf Salad
- Butternut Squash, Cranberry, Goat Cheese and Walnuts over Greens with Orange Champagne Vinaigrette
- Spinach with Dried Cranberries, Blue Cheese, Candied Walnuts and Balsamic Vinaigrette
- Harvest Salad with Poached Pear, Apple, Sweet Potato, Arugula, Bacon, Candied Pecans, Dry Cranberries, Pumpkin Seeds and Brie Cheese with Apple Cider Vinaigrette
- Pear, Brie Cheese, Candied Pecans over Romaine with Champagne Vinaigrette
- Radicchio, Toasted Hazelnuts, Black Truffle Cheese, and Red Wine Poached Pear dressed with Balsamic Vinaigrette

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