



June 2023 Weekly Meal Ideas

Dinners

Poultry

- Grilled BBQ Chicken with Corn and Black Bean Salad
- Thai Chicken Salad with Napa cabbage, Carrots with Thai Peanut Dressing topped with Cilantro and Mint
- Indonesian Grilled Chicken Thighs with Sambal Mutah Mango Peanut Salsa over Brown Rice
- Chopped Chicken Satay with Thai Peanut Sauce with Lettuce Wraps and Thai Fried Rice
- Jamaican Jerk Chicken with Yam, Jicama and Mango salad
- Grilled Chicken with Cucumber, Blueberry and Feta salad over Mixed Greens with Balsamic Vinaigrette
- Grilled Chicken with Strawberry Salsa over Saffron Brown and Wild Rice Medley
- Tarragon Chicken and Noodle Casserole with Carrots, Celery and Green Beans Topped with Saltine Cracker Crumble
- Loaded BBQ Shredded Chicken Stuffed Sweet Potatoes Topped with Cheddar, Sour Cream and Scallions
- Chicken in Lemon Caper Piccata Sauce and Blanched Asparagus

Commented [Ma1]:

Beef

- Burger with Zinfandel Braised Onions and Mushrooms Topped with Provolone Cheese with Brioche Buns and Parmesan Green Beans
- Shredded Korean Beef BBQ Lettuce Wraps with Miso Ginger Grilled Squash, Carrots and Shitake Mushrooms
- Grilled Steak Strips with Watermelon, Basil and Feta Salad over Mixed Greens with Balsamic Vinaigrette
- Bacon Cheddar Burgers with Tomatoes and Lettuce with Buns or Lettuce Wraps and Roasted Potato Wedges
- Tuscan Grilled Rosemary Steaks and Italian Chickpea, Cucumber, Pepper and Tomato Salad
- Beef and Rice Stuffed Peppers in Tomato Sauce with Mashed Potatoes (Turkey Can be Subbed)
- Honey Garlic Meatballs with Snow Peas and Peppers over Rice
- Beef Taco Lasagna with Ricotta and Cheddar and Fresh Salsa and Sour Cream



Pork

- Grilled Bourbon Pork Chops or Tenderloin over Sautéed Swiss Chard, Peppers and Mushrooms
- Grilled Italian Sausage with Balsamic Italian Vegetable, Mozzarella and Orecchiette Pasta Salad
- Breaded Pork Cutlets with Mashed Potatoes and Gravy and Green Beans
- Ham and Pea Mac and Cheese
- Italian Sausage Ragu Baked Penne Topped with Mozzarella and Parmesan and Garlic Bread

Lamb

- Rosemary Lamb Tenderloin over Golden Jewel Cous Cous Blend Mediterranean Salad with Feta, Apricots, Shallot, Parsley and Orange Champagne Vinaigrette
- Greek Lamb Meatballs, Tzatziki, Cucumber, Tomato Feta Salad and Pita Pockets
- Ground Lamb Stuffed Zucchini Boats in Tomato Sauce Topped Italian Cheese

Seafood

- Salmon Pieces and Pesto Pasta Salad with Tomatoes and Baby Mozzarella
- Pan Seared Cod with Zucchini Cakes and Tartar Sauce
- Salmon Burgers with Dill and Parsley Ranch Dressing with Mac and Cheese
- Shrimp with Penne ala Vodka Sauce with Zucchini, Peppers and Carrots
- Crab Fried Rice with Peas and Carrots
- Shrimp and Andouille Sausage Gumbo over Brown Rice
- Clams and Mussels with Spring Vegetables in Pinot Grigio Sauce ready to eat over Linguini
- Saffron Rice Stuffed Tomatoes with Poached Large Shrimp

Vegetarian

- Southwestern Black Bean Burgers with Salsa Cheese Topping with Black Bean, Pepper and Corn Salad
- 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
- Quinoa, Corn, Pablano and Black Bean Stuffed Tomatoes in Enchilada Sauce topped with Mexican Cheese
- Penne ala Vodka Sauce with Mushrooms, Zucchini, Peppers and Onions

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 Blueberries, Almonds, Goat Cheese and White Balsamic 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 and Onion Salad
- 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