



March 2025 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

- Pan Seared Apricot Chicken Breast and Yellow Squash, Red Pepper and Green Bean Sauté
- Grape, Apple and Chicken Walnut Waldorf Salad, Romaine with Buns
- Pan Seared Chicken Caprese with Pesto, Tomatoes and Mozzarella Broiled on Top with Pesto Farfalle
- Chicken, Sun Dried Tomato and Cream Baked Pasta Topped with Mozzarella and Parmesan
- Thai Chicken and Chia Burgers with Roasted Sweet Potato Wedges
- Chicken, Spinach and Artichoke Stuffed Shells with Ricotta, Parmesan and Provolone
- Orange Chicken and Broccoli and Fried Rice with Peas, Carrots and Scallions
- Lemon Chicken Picatta and Asparagus and Garlic Bread
- Turkey Sloppy Joes, Buns and Sweet Potato Wedges
- Lemon Thyme Roast Chicken and Lentils with Tomatoes, Carrots and Celery

Beef

- Marsala Mushroom Swiss Burgers and Roasted Potato Wedges and Buns
- Guinness Beef Shepherd Pie with Peas and Carrots
- Corned Beef, Cabbage and Onions and Mashed Potatoes
- Rosemary Hanger Steak Salad with Grape Tomatoes, Cucumber, Carrots and Scallions over Romaine Lettuce with Greek Yogurt and Herb Dressing
- Grilled Flank Steak with Chimichurri with Roasted Peppers, Zucchini, Baby Potatoes and Eggplant
- Pan Seared Beef Tenderloin with Horseradish Sauce over Mashed Potatoes
- Ground Beef and Three Bean Chili and Cornbread
- Ruben/Rachel Prep – Corned Beef, Sauerkraut/Coleslaw, Swiss Cheese, Thousand Island Dressing and Rye Bread and Potato Salad
- Birria Tacos and Rice and Beans and Fresh Pico
- Beef Stroganoff with Mushrooms over Egg Noodles or Mashed Potatoes topped with Parsley
- Bacon BBQ Cheeseburger and Lemon Rosemary Idaho Potatoes



Pork

- Breaded Pork Chops or Tenderloin Medallions and Honey Glazed Carrots
- Hard Cider Braised Pork Chops or Tenderloin and Green Beans, Carrots and Onions
- Italian Sausage, Broccolini, Grape Tomato and Garlic and Orecchiette Pasta
- BBQ Pork Belly, Slaw and Mac and Cheese
- Chorizo and Rice Stuffed Peppers baked in Enchilada Sauce Topped with Cotija Cheese
- Ground Pork Egg Roll in a Bowl with Carrots, Peppers, Cabbage and Scallions Topped with Black Sesame Seeds

Lamb

- Cabernet Rosemary Lamb Chops over Cranberry Pecan Rice Pilaf
- Irish Stout Lamb, Cabbage, Carrot and Celery Stew
- Ground Lamb Shepherd's Pie with Carrots and Peas Topped with Creamy Mashed Potatoes
- Lamb Burgers with Zaatar Seasoned Roasted Zucchini Fries with Tzatziki Sauce and Pita Bread

Fish and Seafood – Feel to request type of fish or seafood desired

- Blackened Shrimp and Andouille with Celery, Peppers and Onions Cheesy Grits
- Seared Sea Scallops over Ricotta, Pea and Mint Risotto
- Orange Glazed Fish and Roasted Summer Squash, Onion and Peppers
- Salmon and Ratatouille Orzo Pasta
- Apricot Glazed Salmon with Sautéed Green Beans and Peppers
- Garlic Butter Pinot Grigio Langoustine Scampi with Grape Tomatoes, Peppers and Onions
- Lemony Shrimp and Cannellini Bean Stew
- Coconut Lime Shrimp Curry and Naan
- Shrimp, Cucumber, Red Pepper and Purple Onion Salad in Lime Cilantro Vinaigrette with Tortillas and Bibb Lettuce
- Salmon Crunch Bowls with Sweet Chili or Siracha Mayo over Rice with a Jar of Fresh Toppings of Shredded cabbage, carrots, cucumber, peanut and cilantro



Vegetarian

- Roasted Vegetable and Three Bean Enchiladas in Green Tomatillo Sauce Topped Monterey Jack and Fresh Pico
- Indian Cauliflower, Spinach and Red Lentil Stew
- Ricotta, Spinach, artichoke and Sun Dried Tomato Baked Pasta Topped with Parmesan and Mozzarella
- Vegan Curry with Tofu, Green Beans, Carrots and Eggplant
- Chickpea Salad with Red Onions, Carrots and Cauliflower Topped with Chopped Cilantro
- Carrot Ginger Turmeric Coconut Soup with Chickpeas
- Roasted Cauliflower and Chickpeas over Herbed Yogurt
- Zucchini Pasta with Grape Tomatoes, Asparagus and Peppers
- Spinach, Roasted Beet and Goat Cheese Salad with Balsamic Dressing
- French Lentil and Vegetable 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