

## May 2025 Weekly Meal Ideas

### Poultry

- Cool Ranch Shredded Chicken Tacos and Salsa, Tortillas, Sour Cream, Cheese and Elote Corn Salad
- Turkey Swedish Meatballs with Mashed Potatoes or Root Vegetables
- Greek Lemon Grilled Chicken and Green Bean and Tomato Fasolakia
- Ground Turkey Chili and Cornbread with Scallions, Cheese and Sour Cream
- Pulled Chicken Bone Broth Soup with carrots and Celery – Request Noodles, Dumplings or Rice if you like.
- Grilled Chicken with Broccoli, Pecan, Raisin and Bacon Salad
- Ground Chicken and Rice Stuffed Peppers in Tomato Soup and Mashed Potatoes
- Chicken Florentine with Sautéed Carrots, Yellow Squash, Peppers Stuffed Shells with Ricotta Topped with Mozzarella and Parmesan
- Shredded Buffalo Chicken Stuffed Sweet Potatoes with Shredded Cheese and Scallions for Toppings
- Asian Chicken Broccoli Slaw with Mandarin Oranges and Toasted Almond Slivers with Sesame Ginger Vinaigrette
- Cashew Chicken and Peppers and Fried Rice with Peas and carrots
- BBQ Chicken Legs and Mac and Cheese

### Beef

- Grilled Sliced Flank Steak with Strawberry Balsamic Mint Bruschetta over Goat Cheese Risotto
- Italian Meatballs in Tomato Sauce and Baked Alfredo Ziti or Spaghetti Squash with Ricotta, Spinach, Carrots, Peppers Topped with Parmesan
- Tecate Marinated Ancho Chili Rubbed Skirt Steak Tacos with Corn, Kidney Bean, Pepper and Red Onion Spanish Rice
- Ginger Garlic Stir Fry with Beef, Broccoli, Carrots and Peppers
- Rancher Steak Salad with Tomatoes, Corn, Cucumbers, Carrots, and Blue Cheese or Cheddar over Romaine
- Beef Stroganoff with Mushrooms and Egg Noodles
- Cheeseburger Casserole with Tater Tots Topping and Salad
- Chili and Three Bean and Cornbread with Cheese, Scallions and Sour Cream
- Cherry, Caramelized Onion and Brie Topped Burgers and Roasted Potato Wedges
- Homemade Hamburger Helper and Salad

## **Pork**

- Apricot Pan Seared Pork Tenderloin Medallions with Israeli Cous Cous with Peppers, Snap Peas and Carrots
- Ham and 14 Bean Soup and Crusty Bread
- Bacon and Gruyere Quiche and Garden Salad
- Cumin and Lime Grilled Pork Tenderloin with Mango, Black Bean, Pepper, Corn and Cilantro Salad
- Italian Shredded Porchetta Sandwiches with Buns and Provolone and Charred Broccolini
- Bowties with Ham and Peas in Cream Sauce
- Jalapeno Orange Pork Tenderloin and Quinoa Salad with Snap Peas, Carrots and Peppers
- Italian Sausage Baked Ziti or Lasagna and Tomato Cucumber Salad
- Shredded BBQ Pork Stuffed Sweet Potatoes with Shredded Cheese and Scallions for Toppings

## **Lamb**

- Lamb chops with Spring Mint Pesto over Pea and Carrot Risotto
- Lamb Meatballs with Tzatziki with Pita Bread with Tomato, Cucumber, Feta and Olive Salad
- Lamb Chops with Cherry Almond Cous Cous and Asparagus
- Lamb Shepherd Pie

## **Seafood**

- Grilled Shrimp, Goat Cheese and Strawberries over Greens with Balsamic Vinaigrette
- Scallops over Spring Vegetable Risotto with Asparagus, Carrots and Peppers
- Lemongrass and Ginger Tea Marinated Shrimp with Asian vegetables and Rice Noodles
- Shrimp Scampi with Tomatoes, Garlic, Peppers and Zoodles
- Greek Lemon Oregano Fish and Green Bean and Tomato Fasolakia
- Halibut over Black Lentils with Carrots, Leeks, and Celery
- Grilled Turbot or Cod with Pesto Pasta Salad
- Spanish Shrimp over Yellow Squash, Peas and Peppers in Rice
- Maple Soy Salmon with Stir Fried Shitake, Broccoli, Carrots and Peppers
- Steamed Shrimp with Summer Tomato, Pepper and Cucumber Gazpacho and Baguette

## **Vegetarian**

- Broccoli Quiche and Garden Salad

- Spring Soba Noodle Vegetable Salad with Peanut Butter Dressing and Asian Vegetables
- Greek Kale Salad with Fried Halloumi, Tomatoes, Cucumbers and Kalamata Olives with Red Wine Vinaigrette
- Black bean, Mango, Corn, Peppers and Cilantro salad and Tortilla Chips
- Italian Pasta Salad with Kidney Beans, Chick Peas, Peppers, Cucumbers, Shallots, Olives and Grape Tomatoes(w/ mozzarella if you like)
- Paella with Cannellini Beans, Sun Dried Tomatoes, Peas and Peppers
- Spring Vegetable Lasagna with Asparagus, Spinach and Peppers
- Spinach and Ricotta Stuffed Portobello in Tomato Sauce Topped with Parmesan
- Lentil Sloppy Joes with Buns and Potato Wedges
- Escarole and Beans 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 Blueberries, Almonds, Goat Cheese and Fat Free Blueberry Vinaigrette
- Raspberry, Candied Pecans, Red Onion and Spinach Salad with Raspberry Lemon Vinaigrette
- Jicama, Mango, and red Pepper salad in Avocado Cilantro Lime Dressing
- Creamy Cucumber salad using avocado instead of dairy
- Kale, Strawberry 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)
- Blackberry and Goat Cheese Crumbles over Greens with Lemon Vinaigrette
- Summer Tomato Caprese Salad with Basil Lemon Vinaigrette and Reduced Balsamic
- Broccoli slaw
- Cole Slaw
- Three Color Potato salad
- Three Color Pasta Salad
- Macaroni Salad
- Bacon Ranch Potato Salad

**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