



WEEKNIGHT MEALS

Mains

Rotisserie BBQ Chicken Salad

Farmer's Market Pasta

Chinese 5 Spice Beef Stew

"Light" Chicken Cacciatore

Chinese "Take-Out" Chow Mein

Sichuan Chicken Wraps

Korean Steak & Cauliflower Rice Bowl

Cheesy Spinach & Artichoke Stuffed
Spaghetti Squash

Pork Schnitzel Meatballs

Beef Kofte w/ Garbanzo Tomato Lemon
Salad

Spinach Chicken Roulade w/ Stewed
Tomatoes

Eggplant & Beef Spaghetti Pie

Moroccan Chicken Thighs w/ Olives &
Orange

Italian turkey Sausage, Kale & Goat
Cheese Pita Pizzas

Wild Mushroom & Beef Stroganoff

Tex-Mex Cowboy Steak

Crispy Cod Filets w/ White Beans, Cherry
Tomatoes & Bacon

Cornflake Crusted Chicken Breasts

Cumin Lamb Meatballs W/ Greek Yogurt
Tzatziki

Paprika Rubbed Pork Tenderloin

Creamy Chicken & Pea Egg Noodles

Cornbread Chili Casserole

Sweet Chile Salmon Filets

Jumbo Lump Crab Cakes w/ Dill
Remoulade Sauce

King Ranch Chicken Casserole

Smoked Trout Nicoise Salad

Braised Short Ribs (Classic or Korean Style)

Rosemary & Garlic Rack of Lamb



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Sides

Miso Glazed Sweet Potatoes
Bleu Cheese Veggie Slaw
Marinated Feta Salad
Risotto w/ Parmesan & Lemon
Late Summer Cucumber Salad
Israeli Couscous & Kale
Heirloom Carrot Puree
Pesto Rice Pilaf
Curried Rice w/ Raisins & Cashews
Green Bean Almondine
NOLA Dirty Rice
Creamed Spinach
Cauliflower Mash
Roasted Butternut Squash w/craisins

Spaghetti Squash “Noodles”
Panko Crusted Asparagus
Steamed Artichokes
Antipasto Salad
Chopped Greek Salad
Sautéed Shiitake Mushrooms
Fiesta Black Bean Soup
Baked Mac-n-Cheese “muffins”
Fresh Mozzarella & Tomato Salad
Garlic Broccolini
Hatch Chili Polenta
Bacon Cream Corn
Zucchini Orzo
Harvest Roasted Veg Medley