

WINTER MENU



SOUP & SALAD

Creamy dill tomato soup
Arugula, endive, & orange salad
Minestrone Soup
Caesar salad with spicy shrimp
Sweet potato and chipotle soup
Roasted squash & red quinoa salad
Red leaf salad with roasted sweet potatoes & green beans
Couscous salad with roasted vegetables & chickpeas
Roasted brussels sprout & apple salad with maple-tahini dressing
Chicken, mushroom, & kale farro Salad
Cold soba salad with feta and cucumbers
Italian wedding soup
Asian chicken and watercress soup
Split pea soup
Chicken and kale waldorf salad
Farro, apple, & pecan salad *add grilled chicken breast
Spiced peanut & sweet potato soup
Corn and red lentil soup
Curry carrot salad with sorghum

SEAFOOD

Jambalaya - chicken sausage & shrimp over brown rice
Roasted garlic & potato-crusting tilapia with warm kale & tomato salad
Spice dusted cod with lemon rice & zucchini
Baked salmon with strawberry & spinach salsa served over farro rice
Roast halibut, lemon sweet peppers, & whole-wheat couscous
Garlic roasted salmon & brussels sprouts with wild rice
Red snapper with potatoes and onions
Spicy spaghetti al tonno
Shrimp and vegetable paella
Seafood pasta puttanesca

POULTRY & PORK

Parmesan & herb stuffed chicken with tangy potato salad
White turkey chili
Stuffed chicken breast- pears, spinach & gruyere with garlic green beans
Slow cooked chicken with red peppers, onions over egg noodles
Creamy lemon chicken with potatoes & artichokes
Pork stew with pumpkin
Whole-wheat pasta with chicken sausage & broccoli rabe
Pork loin with onions, potatoes & dried apricots
Asian Lettuce Wraps – sautéed ground turkey breast, sweet peppers, red onion, water chestnuts & toasted peanuts with soy sesame glaze. Wrapped in Boston lettuce & ready to eat.
Smoky chicken tostadas
Oven barbecued Asian chicken with scallions, red pepper, & brown rice
Orange sesame chicken with brown rice noodles
Braised chicken with broccoli & whole-wheat egg noodles
Chicken tortilla casserole
Chicken and sweet potato hash

RED MEAT

Thyme roasted tenderloin, butternut squash with wilted spinach, & blue cheese
Pepper grilled beef tenderloin, mashed potatoes, & braised carrots
Spicy shredded beef tacos with pineapple salsa, Cuban style beans & brown rice
Spanish marinated skirt steak, shiitake mushroom salsa & cilantro brown rice
Beef & mango lettuce wraps
Lean meatloaf with mashed potatoes & green beans

VEGETARIAN

Healthy Edamame Fried Rice
Baked eggplant rolls with ricotta & tomato basil sauce
Delicata squash & tofu curry
Black-bean quinoa burgers with baked sweet potato fries
Soy glazed tofu & carrots over brown rice
Vegetarian lasagna with spinach, mushroom, tomato, & zucchini
Creamed greens mac & cheese
Sweet potato & black bean chili

SPRING MENU



SOUP & SALAD

Provençal vegetable soup with arugula pesto

Cream of asparagus & leek soup **GF**

Spicy pork & collard green soup **GF**

Lemony chicken & orzo Soup

Chicken tortilla soup

Tuscan kale & white bean soup **GF**

Roasted corn, quinoa & mint salad **GF**

Cranberry, walnut, & tarragon chicken salad **GF**

Rosemary & Dijon grilled flank steak salad **GF**

Grilled chicken & lime kale Caesar salad **GF**

SEAFOOD

Orange glazed salmon, crispy grilled asparagus & toasted quinoa **GF**

Pan seared salmon fillet, toasted farro, & grilled endive with a shallot & tarragon cream sauce **GF**

Roast salmon fillet with fennel & tomatoes, grilled asparagus with boiled eggs & shaved pecorino romano **GF**

Chilean sea bass with citrus olive caper sauce & roasted tomato Israeli couscous **GF**

Roasted sea bass with chickpea puree & parsley sauce **GF**

Grilled tuna steaks with salad: mixed greens, fingerling potatoes, kalamata olives, grape tomatoes, hard boiled egg, & caper vinaigrette **GF**

Lemon garlic shrimp & sundried tomato couscous **GF**

Kung pao shrimp over jasmine brown rice **GF**

Shrimp & asparagus risotto **GF**

Grilled shrimp with black eyed peas & chimichurri **GF**

POULTRY & PORK

Chicken Piccata over quinoa linguini

Sautéed chicken cutlets with asparagus, spring onions, & a parsley-tarragon Gremolata over whole wheat couscous

Pan roast chicken with carrots, shallots & mushroom over wild rice **GF**

Healthy chicken parmesan with grilled zucchini & basil orzo

Lemon & thyme oven roasted chicken with garlic parsley puree & roasted Brussels sprouts

Coconut chicken adobo with steamed broccoli & almonds over jasmine brown rice **GF**

Thai basil chicken stir fry over jasmine brown rice **GF**

Mexican chicken & black bean quinoa salad **gf**

Pan roast pork tenderloin over Vietnamese noodle salad **GF**

Bone in pork chops with caramelized onions & roasted carrots

RED MEAT

Grilled lamb chops with cilantro & mint olive oil over sautéed gnocchi

Pan seared skirt steak with sautéed green beans & tomatoes covered in chimichurri sauce **GF**

Beef tenderloin fillet with roasted Brussels sprouts & garlic parsley mashed Yukon potatoes **GF**

Marinated grilled flank steak with Swiss chard chimichurri & roast corn salad, lime, red chili & Cotija cheese **GF**

Beef tenderloin fillet with mushroom ragu, blue cheese, & sautéed green beans over garlic parsley mashed Yukon potatoes **GF**

VEGETARIAN

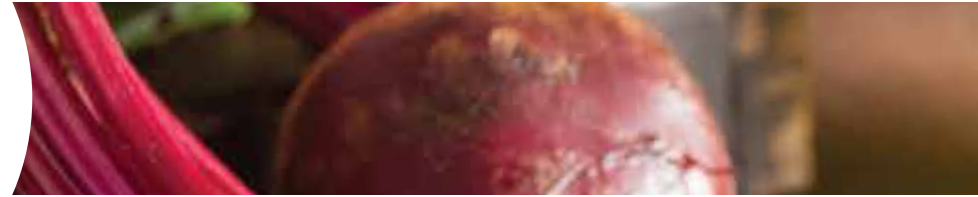
Asparagus & mushroom risotto **GF**

Spring vegetable stir fry over jasmine brown rice **GF**

Grilled asparagus, caramelized onion & ricotta pizza

Eggplant rolls with ricotta & Swiss Chard topped with homemade tomato sauce **GF**

SUMMER MENU



SOUP & SALAD

Sweet potato & black bean chili

Italian orzo spinach soup

Mushroom, lemon, & lentil salad

Spicy Kale & Quinoa Black Bean Salad

Creamy chickpea & tomato soup

Tuscan kale, white bean, & farro stew

Rainbow power salad with roasted chickpeas

Roasted root vegetables with tomato & kale soup **GF**

Asian broccoli salad **GF**

Thai cashew coconut rice salad with ginger peanut dressing **GF**

Garden vegetable minestrone **GF**

Shredded kale & Brussels sprout salad with lemon tahini dressing

SEAFOOD

One pot seafood paella **GF**

Pesto grilled shrimp over brown rice pasta with heirloom tomatoes & summer squash **GF**

Roasted cod with garlic butter, roasted potatoes, & green beans **GF**

Shrimp fried rice **GF**

Seafood lasagna

Spicy shrimp pasta in garlic tomato cream sauce **GF**

Lemon garlic salmon with sundried tomato couscous & grilled asparagus

Balsamic glazed salmon with cauliflower mashed potatoes and roasted broccoli **GF**

Honey lime tequila shrimp tacos **GF**

Grilled tilapia in caper lemon sauce & Mediterranean couscous

POULTRY

Chicken & Summer vegetable tostadas

Grilled chicken with pineapple corn and bell pepper relish over brown rice

Maple glazed chicken with apples, Brussels sprouts & mashed cauliflower

Herb crusted chicken & parsley orzo with roasted broccoli

Cider glazed chicken with brown butter pecan rice and green beans

Orange sesame chicken, sugar snap peas, & brown rice

Quinoa salad with asparagus, grilled chicken, dates, & orange

Mediterranean stuffed chicken breast with roasted vegetables & whole-wheat couscous

Baked heirloom tomato basil & chicken ravioli

Mini chicken, arugula & radish pizzas on homemade whole grain crust

Chicken, broccoli, rice & Parmesan skillet

Apricot-rosemary chicken with roasted almond couscous

VEGETARIAN

Roasted portobello mushroom fajitas

Roasted teriyaki mushroom & broccoli with soba noodles

Quinoa enchilada casserole

Mushroom stroganoff

PASTA *choice of whole wheat, brown rice, quinoa pasta, or spiralized zucchini "pasta"

Roasted tomato, garlic & basil fettuccini

Asparagus, pancetta, & pine nut cavatapi

Angel hair pasta with spring vegetables

Spaghetti Bolognese

Shrimp scampi with angel hair

Summer pasta with mozzarella, cherry tomatoes, basil & pine nuts

FALL MENU



SOUP & SALAD

BBQ chicken, red bean & corn country chowder
Creamy apple & celery root soup
Beef stew with horseradish
Italian chicken soup with porcini, portobellos & peppers
Sausage, pumpkin & Arborio soup
Spicy vegan black bean soup
Savory & sweet pork stew with ancho chilies
Traditional chicken noodle soup
Zucchini, pepper and potato soup
Split pea soup
Lentil soup with sausage and kale
Vegetable & dumpling soup
Meatless chili with quinoa and red beans
Spanish chicken and rice soup
Arugula salad with roasted squash, currants, and pine nuts
Raw kale salad with heirloom tomatoes & roasted cashews
Purple sweet potato salad with green beans and peas
Roasted beet salad with creamy caraway dressing
Winter vegetable faro salad
Buffalo chicken salad with yogurt blue-cheese dressing

VEGETARIAN

Portobello-porcini cacciatore
Rice pilaf and soy chorizo casserole
Broccoli & cauliflower gratin mac 'n' cheese
Parsnip, potato & spinach casserole with roasted mushrooms
Spinach and artichoke baked whole grain pasta
Spicy roasted tomato marinara with spaghetti squash
Mexican style pesto with whole grain pasta
Portobello and spinach Bolognese
Eggplant and squash curry
Roasted tomato and garlic puttanesca
Chickpea sauce with penne
Risotto stuffed peppers
Roasted squash chili mac
Mushroom and spinach lasagna
Farro with asparagus, hazelnuts, kale, topped with roasted mushrooms
Roasted vegetable Tabbouleh with yogurt Tahini dressing

SEAFOOD

Poblano cream linguine with shrimp
Spaghetti with tuna and artichokes
Salmon burgers with horseradish cream
Tuna melts with bacon and provolone
Creole Shrimp & rice
Panko-crusted cod with tomato basil relish and linguine
Pan seared salmon with three-citrus relish over brown rice
Scallops with sweet spicy chili sauce with a big green salad

POULTRY & PORK

Greek chicken pitas with tahini sauce
Pulled pork sandwiches with mustard sauce and slaw
Open-faced apricot chipotle chicken club
Grilled chicken and vegetable quesadillas
Pork schnitzel with buttermilk ranch sauce
Braised pork with slow cooked collards, grits, and tomato gravy
Chipotle pork enchiladas with red sauce and pepper jack cheese
Turkey bacon and broccoli mac & cheese
Pan grilled chicken with chorizo & vegetables
Chicken cutlets with tarragon-mushroom sauce
Champagne brown-butter chicken with fingerling potatoes
Turkey Tetrazzini
Sausage, fennel, and ricotta pizza
Brown sugar pork chops with mango-horseradish sauce
Hot open-faced creamed chicken with tarragon over toast

RED MEAT

Steak and charred vegetable tacos
Bistro steak with red wine sauce over rosemary garlic potatoes
Hamburger steak with onion gravy over mashed potatoes
Greek lamb and feta lasagna
Spaghetti and lean ground sirloin meatballs
Peruvian skirt steak stir-fry
Red pepper and smoked paprika meat loaf
Italian pot roast
BBQ beef sandwiches with slaw
Baked ziti with spinach and veal