



*"Cooked with care while you're not there"*

## **EXAMPLES OF FREQUENTLY REQUESTED MEALS – Spring 2008**

*Just a few suggestions to whet your appetite, but there are many more choices available! **BOLD = new***

### **POULTRY**

- **ApricotHazelnutChicken/MintPesto**
- Sauteed chicken/chardonnay sauce
- BBQ-glazed turkey meatloaf
- Chicken & black bean enchiladas
- Chicken/sausage/shrimp jambalaya
- Thai chicken and veggie curry
- Fettuccine alfredo with chicken
- Tex-mex chicken fajitas
- Moroccan chicken chili
- Buttermilk pecan-baked chicken
- Chicken yakisoba
- Honey mustard baked chicken
- Southwest turkey chili
- **CreamCheese/Pesto Stuffed Chicken**
- Baked chicken with tomatoes, black olives & mushrooms
- Linguine w/ turkey sausage, peppers
- Baked chicken parmesan
- Turkey cutlets lemon caper sauce
- Stir-fry cashew chicken
- Garlic-roasted chicken breasts
- Lemon-garlic turkey tenderloin
- **Chicken Biryani**
- Southwest turkey chili

### **BEEF**

- **Hoisin beef and edamame**
- Teriyaki beef -broccoli stir fry
- **Southwest marinated flat iron steak**
- Old-fashioned meat loaf
- Indonesian beef curry
- Stir-fry beef with pea pods, mushrooms, broccoli
- Beef Lo Mein
- Spaghetti and meatballs

### **PORK**

- **Pork tenderloin w/ apricot chutney**
- Italian sausage lasagna
- Maple-chile glazed pork medallions
- Fusilli pasta with sausage, artichokes and sun-dried tomatoes
- Pork loin roast w/ raspberry chipotle
- Pork Tenderloin w/ apples, leeks
- Green chile cheddar pork chops

### **READY TO BBQ (uncooked, marinated/prepped for you to grill)**

- **Halibut with hazelnut butter**
- **Flank steak pinwheels**
- **Colorado marinated chicken breasts (worcestershire, lemon, mustard, garlic)**
- **Orange honey-mustard marinated pork chops**
- **Marinated flank steak (red wine, soy sauce, ginger, garlic)**
- **Grilled salmon, corn-tomato salsa**

### **SEAFOOD**

- Basil-lemon shrimp w/ orzo, feta
- Fettuccine shrimp olives mushrooms
- **Sesame-crust ed salmon,couscous**
- Macadamia-crust ed salmon
- Garlic-wine shrimp w/ asparagus

### **VEGGIE/MEAT-FREE**

- Rigatoni Mediterranean
- **Edamame and veggie stir fry**
- Veggie enchiladas
- Baked risotto asparagus, spinach
- Barley, mushrooms and black beans
- Garden veggie lasagna
- Baked ravioli with marinara
- Spinach cheese manicotti

### ➤ **SIDE DISHES**

- Corn and zucchini saute
- **Sauteed summer vegetables**
- Quinoa and veggie pilaf
- Maple vanilla roasted carrots
- Green beans with hazelnuts
- **Roasted lemon asparagus**
- Spicy corn & red bell peppers
- Roasted carrots with dill
- Green bean almondine
- Roasted zucchini w/ feta, mint
- Ginger glazed carrots, macadamia
- Roasted green beans, garlic, onions
- Sesame soy snow peas
- Spicy walnut green beans
- Five veggie sauté with mint
- Baby peas and carrots with herbs
- Sauteed corn, kalamata olives and sun dried-tomatoes
- Seasoned black beans
- **Couscous with peas, mint**
- Jasmine rice pilaf with pistachios
- Mushroom orzo
- Lemon pecan pilaf
- Mexican rice
- Mint cilantro coconut rice
- Baked vegetable rice
- Roasted red potatoes
- Old West baked beans
- Fresh baked cornbread

### **REFRIG. SIDES (WON'T FREEZE)**

- **Old fashioned potato salad**
- **Sesame cabbage salad**
- **Tortellini salad lemon-vinaigrette**
- **Orzo salad with chickpeas, lemon**
- **Chicken & bow tie pasta salad**
- **California couscous salad**