

WEEKLY MEALS MENU

by INDULGE Gourmet



POULTRY

Grilled southwest chicken with apricot chipotle barbecue sauce

Barbecue chicken with maple mustard sauce

Huli huli (Hawaiian) chicken

Applewood smoked chicken or pork tenderloin with mango barbecue sauce

Italian style chicken parmesan

Chicken and cheese enchiladas

Mediterranean chicken with rosemary lemon sauce

Slow cooker pulled chicken or pork

Wine and tomato braised chicken with chopped bacon and Italian herbs

Grilled lemon chicken with basil oil

Fettuccine with garlic and gruyere chicken sausage

Chicken tortilla soup with avocado, tortilla strips and jack cheese

Turkey burgers with caramelized onions, barbecue sauce and cheddar

Roasted turkey with parsley and white wine sauce

Greek marinated chicken skewers with flatbread and hummus

Shredded honey ginger apple pork

Asian style garlic and ginger chicken

Bacon wrapped pork tenderloin with Applewood smoked rub

Moroccan chicken stew with zucchini, yellow squash and olives

Chicken Scalopine with Kalamata olives, basil, capers & fresh parmesan

Stuffed pasta shells with roasted chicken, mushrooms & gorgonzola sauce

Cilantro lime garlic chicken

Chicken curry

SEAFOOD

Shrimp with almond and garlic romesco sauce

Pecan crusted Atlantic salmon with honey Dijon glaze

Baked cod with dill and lemon sauce

Italian breadcrumb crusted tilapia

Grilled salmon with chimichurri sauce

Grilled salmon skewers with sweet chili sauce

Grilled swordfish with lemon, mint and basil sauce

Panko crusted salmon with mustard sauce

Shrimp and roasted cauliflower with roasted red pepper sauce over pasta

Shrimp scampi

BEEF

Hawaiian marinated flank steak

Grilled tri tip fajitas

Italian style meatballs with marinara

Italian meat lasagna

Pasta with sweet Italian sausage

Stuffed pasta shells with ricotta, spinach and Italian sausage with marinara

Savory meatloaf*

Taco salad*

Texas style chili*

Taco soup*

(* can substitute with turkey burger or tofu)

VEGETARIAN

Fresh fettuccine with broccoli, mushrooms and creamy vodka sauce

Lasagna with butternut squash, spinach & rosemary cream sauce

Pasta puttanesca

Tofu stir fry with Asian noodles

Ratatouille with lemon pepper papparadelle

Cannellini bean, pasta and tomato soup

Veggie fajitas with squash, onions and peppers

Tofu tacos with black beans, cheese, lettuce and avocado crema

Sweet potato black bean burgers with cheddar cheese, sprouts & avocado

Spinach and chickpea curry

SIDE DISHES & SALADS

Roasted broccoli with garlic and parmesan

Grilled corn and zucchini succotash

Glazed sweet baby carrots with orange and honey sauce

Roasted root vegetables with rosemary and thyme

Roasted potato wedges with rosemary and garlic oil

Mexican green rice

Garlic French green beans with white wine butter sauce

Cauliflower rice with parsley and garlic

Creamy cauliflower mash

Oven roasted broccoli with garlic, breadcrumbs and parmesan

Mashed potatoes with garlic and chives

Pineapple infused brown rice with scallions

Squash medley with parmesan cheese, breadcrumbs and thyme

Sweet potato gratin with caramelized onions and sage

Homemade macaroni and cheese

Smashed sweet potatoes

French style heirloom potato salad with garlic and olive oil vinaigrette

Shaved Brussels sprouts with pesto

Creamed spinach

Fettuccine with lemon cream sauce and fresh parsley

Orzo pasta with sundried tomatoes, parmesan, shallots and fresh herbs

Roasted butternut squash with sage

Smoky southwest style coleslaw

Quinoa with roasted squash, grape tomatoes, parmesan and basil dressing

Southwest style potato salad

Warm heirloom potato salad with garlic and olive oil vinaigrette

Caprese salad with heirloom tomatoes, mozzarella and basil vinaigrette

Grilled summer vegetables with sweet balsamic sauce

Greek salad with tomatoes, cucumber, feta, olives and capers

Caesar salad with house made dressing

Edamame noodles with snow peas, shaved carrots and slivered almonds

Grilled veggie skewers with honey balsamic glaze

Stuffed peppers with black beans, onions, corn and shredded cheese

