

WEEKLY MEALS MENU

by INDULGE Gourmet



POULTRY

Honey orange barbecue chicken

Huli huli (Hawaiian) chicken

Applewood smoked chicken or pork tenderloin with maple mustard sauce

Italian style chicken parmesan with fresh mozzarella

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

Tarragon chicken with asparagus, leeks and lemon sauce

Stuffed chicken breast with artichokes, spinach and Italian cheeses

Turkey burgers with minced mushrooms, caramelized onions, barbecue sauce and cheddar cheese

Greek chicken skewers with flatbread and hummus

Shredded honey ginger apple pork

Shaved zucchini and turkey burger meatballs with roasted red pepper and tomato sauce

Applewood smoke rubbed bacon wrapped pork tenderloin

Stuffed pasta shells with roasted chicken, mushrooms & gorgonzola sauce

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

Moroccan chicken stew with zucchini, yellow squash, tomatoes and kalamata olives

Chicken and veggie pad thai (shrimp or tofu available)

Indian butter chicken

Thai chicken with red curry coconut sauce

Sheet pan harissa chicken with chickpeas, Brussels sprouts and sweet potatoes

Flatbread pizza (or cauliflower crust pizza) with fresh mozzarella, pepperoni and basil oil

Sticky Asian glazed chicken thighs with sesame seeds and scallions

Flatbread pizza (or cauliflower crust pizza) with fresh mozzarella, artichokes, caramelized red onion, pesto, spinach and sundried tomatoes

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

Maple mustard roasted salmon

Grilled salmon with sweet chili sauce and scallions

Lemony shrimp scampi with orzo and wilted spinach

Shrimp and roasted cauliflower with roasted red pepper sauce over pasta

Smoked paprika honey glazed shrimp

BEEF

Hawaiian marinated flank steak

Grilled tri tip fajitas with peppers and red onions

Italian style meatballs with marinara sauce and parmesan cheese

Italian meat lasagna

Beef and broccoli stir fry

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

Savory meatloaf with beef or turkey burger

Taco salad with beef or turkey burger

Organic beef burgers with bacon and sharp cheddar cheese

VEGETARIAN

Lasagna with butternut squash, spinach & rosemary cream sauce

Pasta puttanesca

Tofu curry and veggie stir fry with Asian noodles

Ratatouille with lemon pepper papparadelle

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, coleslaw & avocado

Indian spinach and chickpea curry

Pan seared tofu or eggplant parmesan

SIDE DISHES & SALADS

Grilled corn and zucchini succotash

Glazed sweet baby carrots with orange and honey sauce

Roasted potato wedges with rosemary and garlic oil

Mexican green rice with green chilis, lime and cilantro

Garlic French green beans with white wine butter sauce

Roasted root vegetables with rosemary and thyme

Cauliflower rice risotto with wild mushrooms, parsley and parmesan cheese

Creamy cauliflower mash

Oven roasted broccoli with garlic oil and breadcrumbs

Yukon gold mashed potatoes with garlic and chives

Pineapple infused jasmine rice with scallions

Squash medley with parmesan cheese, breadcrumbs and thyme

Cauliflower potato salad (classic made vegan)

Homemade macaroni and cheese

Smashed sweet potatoes

Fettuccine alfredo

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

Roasted butternut squash with sage

Smoky southwest style coleslaw

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

Pan seared spaghetti squash with caramelized shallots, parsley and parmesan cheese

Warm heirloom potato salad with garlic and olive oil vinaigrette

Grilled veggie skewers with honey balsamic glaze

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

Roasted asparagus with mustard sauce

Spinach tortellini with parsley butter sauce

Roasted cauliflower with chipotle, tomato and smoked paprika sauce

Caprese salad with heirloom tomatoes, mozzarella and basil vinaigrette

Caesar salad with house made dressing

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