

# February 2016 Menu

## Entrees

**Meatloaf** (tender ground beef, with parsley, breadcrumbs, buttermilk, and just the right amount of seasonings) – can be made gluten free, or Whole30 friendly upon request

**Herb Roasted Chicken** – Flavorful chicken, roasted to perfection with rosemary, sage, thyme, salt & pepper, butter and olive oil

**Flank Steak w/Chimichurri** – Marinated flank steak, grilled to desired doneness and topped with flavorful South American chimichurri sauce

**Peppered Pork Tenderloin** – Seared with garlic and peppercorns, then slow roasted until juicy and tender

**Moroccan Lamb Chops** – Double or Single Cut, marinated in Moroccan spices, then grilled to desired doneness

**Stir Fry Shrimp w/Vegetables** – Large wild-caught shrimp, stir fried in a savory Asian sauce w/ broccoli, carrots, peppers and onions, cooked until tender-crisp

**Mustard-Herb Salmon** – Wild caught salmon, broiled with a blend of mustard, rosemary and thyme with white wine

**Lemon Chicken Pasta** – White meat chicken, penne pasta (gluten free upon request), spinach, and cherry tomatoes in a delicate lemon cream sauce

**Spaghetti Bolognese** – Savory meat sauce, slow simmered and served over al dente spaghetti

**Thai Vegetable Curry** - Butternut Squash, Green Beans, Cauliflower, Peppers and Onions, stewed in a sweet-savory coconut curry sauce

## Side Dishes

Rosemary Roasted Fingerling Potatoes  
Roasted Sweet Potatoes w/Onions  
Rice  
Cauli-rice  
Green Beans w/Shallots  
Roasted Garlic Broccoli  
Balsamic Brussels Sprouts w/Hazelnuts  
Kale w/Butternut Squash  
Roasted Beets & Sweet Potatoes  
Sautéed Zucchini & Yellow Squash  
Rice Pilaf

Corn Pudding  
Roasted Cauliflower  
Sesame Orange Kale Salad  
Broccoli Crunch Salad  
Creamed Spinach  
Peppers & Onions  
Lemon Broccolini  
Kale (if available)  
Cumin Carrots  
Spicy Honey Carrots & Parsnips  
Butternut Squash Risotto