

CHEF B. MEALS

WEEKLY MEAL

PREP

Week of 4/17

ENTREES

Chicken

Lemon-Parmesan-Garlic Chicken with Veggies (F) (NF,SF)

Crispy, golden, breaded chicken fillets (also known as Milanese) save a hell of a lot of calories being baked instead of deep fried, but TASTE deep fried. They are baked with roasted potatoes and green beans tossed in garlicky sauce.

Recommended pairing: Nuts & Berries Salad

Beef

Beef Meatballs with Rice Noodles, Shitake and Bok Choy (F) (GF,DF,NF)

This East-meets-West recipe has some beef meatballs tossed with fresh-cooked rice noodles and some mushrooms and bok choy in an Asian sauce that is sweet and savory all together. A really fabulous all-in-one meal!

Recommended pairing: Asian Greens and Vegetables Stir Fry

Pork

Pork Souvlaki with Tzatziki Sauce (F) (GF,NF,SF)*PC*

A marinade with classic Greek flavors of fruity olive oil, lemon and oregano give a tangy, fresh and distinctly Greek taste to grilled pork skewers.

Recommended pairing: Israeli Salad

Seafood

Cod with Apple-Celery Root Purée and Garlic Spinach (GF,DF,NF,SF) *PC*

Cod fillets are seasoned and roasted along with a deliciously smooth and lightly sweet apple-celery root puree and topped with warm garlic spinach.

Recommended pairing: Parmesan Polenta

Wild Card

Bombay Chicken and Potatoes (F) (GF,DF,SF)

This Indian-style dish is made with nuggets of juicy tomato, fenugreek, and masala seasonings. If you love love Indian food you will love this dish. We serve with a side of Golden Kiwi Chutney (chutney contains coconut milk)

Recommended pairing: Vegetable Samosa

Something Simple

Chicken Salad with Grapes, Cashews & Dill (GF,SF)

The flavors and textures of this chicken salad are splendid. We can serve it as a lettuce wrap or as a sandwich on a buttery croissant for a truly delicious brunch, lunch, or spring picnic dinner.


*****CONTAINS CASHEWS** We can prepare nut free upon request***

Recommended pairing: Spring Vegetable Soup with Tarragon

Kids Corner

Spaghetti Meatballs (F) (SF,NF) *PC*

Name me one kid who doesn't like spaghetti meatballs!



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SIDES

Nuts & Berries Salad (GF,SF)

(Vegetarian & Vegan if you leave the bacon out and the feta cheese out)

Mixed greens, dried cranberries, almonds, feta, and sweet red wine vinaigrette. We will portion and package all the ingredients separately.

Asian Greens and Vegetables Stir Fry w/ Jasmine Rice (GF,DF,NF)

A versatile, healthy stir fry dish that highlights the color and flavor of fresh vegetables Bok choy, Napa cabbage, Chinese broccoli (gai-lan), shitake mushroom, spinach, mustard greens, shredded carrot and yellow bell pepper.

Israeli Salad (GF,NF,SF)

This is very healthy Middle Eastern salad made of dice tomatoes, cucumber, onion and parsley tossed in a lemon-mint dressing.

Parmesan Polenta (F) (NF,SF)

Its creamy and delicious. Soft polenta slow cooked and finished with fresh grated parmesan cheese!

Vegetable Samosa (DF,NF)

Mixed Vegetables, turmeric and cilantro converge delightfully with Indian spices. We serve it a Kiwi-Cilantro Chutney.

Spring Vegetable Soup with Tarragon (F) (GF,DF,NF,SF)

This light soup is nutrient-laden with red potato, carrot, celery rib, onion, leek, green bean, parsley and tarragon.

(F) = You can freeze if needed. Meals will last 5-6 days and they do not need to be frozen

Symbol Guide:

GF: GlutenFree

DF= Dairy Free

NF= Nut Free

SF= Soy Free

PC= Par Cooked. In order to preserve the integrity of the dish, some items may come par cooked