



Soups

- Creamy cauliflower potato soup**
- Creamy broccoli potato soup**
- Roasted butternut squash soup**
- Vegetable bean soup**
- Proviçal white bean soup**
- Vegetable chicken soup (or turkey)
- Chicken orzo soup

Snacks/Lighter fare:

- Zucchini pancake "sliders"*
- Hummus with fresh veggies for dipping**
- Spring rolls**
- Mexican spring rolls
(with black beans and fresh veggies)**
- Mediterranean quinoa salad with chicken and roasted vegetable



Vegetables/sides:

- Asparagus with balsamic tomatoes**
- Roasted asparagus with olive oil and lemon**
- Roasted zucchini and summer squash with fresh herbs, olive oil and lemon**
- Ratatouille**
- Roasted Squash**
- Zucchini potato pancakes*
- Quinoa (can substitute orzo or couscous) with roasted vegetables**
- Baked sweet potatoes

Salads

- Tuna salad
- Pasta tuna salad
- Provence chicken salad
- Spinach salad with caramelized onions, cucumbers walnuts and goat cheese
- Tomato, fresh mozzarella and fresh basil with olive oil and a drizzle of balsamic vinegar
- Greek tomato salad
- Cucumber salad with feta cheese and green onions dressed with oil and vinegar
- Mixed baby greens with roasted vegetables, cucumbers and green onions

**Vegan or can be modified for Vegan

*Vegetarian or can be modified for Vegetarian



Meat

Spaniko-pollo

(chicken breasts stuffed with spinach and feta)

Stuffed chicken breasts

(traditional bread-based stuffing)

Veggie stuffed chicken breasts

(stuffing of sautéed veggies and parmesan cheese)

Hibachi-style stir fry

(chicken, steak or shrimp and fresh mixed veggies and noodles)

Chili

(with either grass fed ground beef, ground turkey or ground chicken)

Other Entrees:

- Zucchini pancake "burgers"*
- Hibachi-style stir fry with fresh mixed veggies and noodles**
- Vegetarian chili**

Fish

- Roasted salmon with fresh dill and lemon
- Lump crab/lobsters cakes
- Everything salmon burgers

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