



Meal Selections for week of September 13-17, 2010

[1]

Parmesan Crusted Tilapia
Lentil Pilaf
Steamed Asparagus

[2]

Shrimp Diablo
Angel Hair Pasta
Steamed Broccoli

[3]

Crab Cakes
Haitian Rice and Beans
Snow Peas

[4]

Salmon with Lime and Cilantro
Saffron Jasmine Rice
Roasted Vegetables

[5]

Chicken Breasts with Mushroom
Sauce
Eggs Noodles

[6]

Chicken Cutlets w/Bacon
Rosemary and Bacon
Parsley Potatoes
Roasted Brussels Sprouts

[7]

Stuffed Chicken Breast
Oven Roasted Potatoes
Steamed Brussels Sprouts

[8]

Pork Medallions w/Orange Sauce
Candied Sweet Potatoes
Succotash

[9]

Grilled Ham Steaks
Mashed Sweet Potatoes
Glazed Carrots

[10]

Lamb Chops /Tomatoes and Olives
Rissolle Potatoes
Harvard Beets

[11]

Spicy Citrus Marinated Pork
Chops
Garlic Mashed Potatoes
Baby Lima Beans

[12]

Cheese Stuffed Shells
Green Beans

[13]

Rump Roast
Twice Baked Potato
Corn
Cole Slaw

[14]

Blue Plate Special Meatloaf
Mashed Potatoes
Fordhook Lima Beans

[15]

Pork Barbecue Sandwich
French Potato Salad
Deviled Eggs
Alabama Baked Beans

[16]

Marinated Turkey Breast
Company Mac and Cheese
Sautéed Collard Greens

[17]

Chicken or Beef Enchiladas
Spanish Rice
Refried Beans

[18]

Chipotle Chicken & Rice
Mexican Corn

Note:

Please make your selections and return to me.

If there are any entrée's that you would prefer to change sides (starch & vegetable), please make that change and when you return your selections.

Custom Cuisine, favorite foods and dinners designed for you.



Healthy eating for busy lifestyles!

2873 Southwick Drive Lancaster, PA 17601 717-581-0867 www.myamazingchef.com E-mail: w.shuler@comcast.net