



## Quarter 4 Menu

| Week of               | Meal 1   | Meal 2   | Meal 3  |
|-----------------------|--|--|---|
| 10/05/20<br>(week 40) | Chicken Cacciatore Served Over Rice  | Apple Cider Seared Pork Chops With Roasted Pumpkin and Sweet Brussels          | Lemon Garlic Chicken w/ Orzo Pasta & Fall Veggies                     |
| 10/12/20<br>(week 41) | Broiled Tilapia W/ Pesto, Pumpkin Seeds, Quinoa & Garlic Parmesan Roasted Broccoli | Chipotle Steak Fajita w/ Sauteed Bell Peppers & Onions                         | Ground Turkey Cabbage Wraps w/ Farro & Mixed Vegetables               |
| 10/19/20<br>(week 42) | Chicken Fried Rice w/ Vegetable Medley   | Turkey Burger w/ Red Pepper Aioli Tomato, Pickles, Onions & Mixed Greens Salad | Shaved Beef, Israeli Couscous, Spinach & Roasted Tomato               |
| 10/26/20<br>(week 43) | Garlic Grilled Steak, Yukon Gold Potatoes W/ Italian Seasoned Broccoli             | Seared Tilapia W/ Ginger Cream Sauce, Pumpkin and Cinnamon Butter Autumn Hash  | Chicken Thighs w/ Mexican Brown Rice, Roasted Tomato & Sauteed Onions |



| Week of               | Meal 1   | Meal 2  | Meal 3   |
|-----------------------|--|---|--|
| 11/02/20<br>(week 44) | Seared Pork Chop w/ Mashed Butternut Squash and Yams, and Green Beans      | Korean Beef W/Vegetable Fried Rice  | Herb Marinated Grilled Chicken, Farro & Steamed Broccoli   |
| 11/09/20<br>(week 45) | Traditional Roast Beef W/Potatoes and Hearty Vegetables                    | Lemon Pepper Tilapia W/ Sliced Acorn Squash, Roasted Garlic Pesto and Spinach | Herb-Seared Chicken Breast, Lemon Jus, Sauteed Onions, Whole Grain Pasta and Roasted Garlic Tomatoes |
| 11/16/20<br>(week 46) | Chicken Pozole W/Cabbage, Radishes, Cilantro and Lime                      | Ground Turkey Pita, With Diced Tomatoes, Red Onions, Cucumbers and Tzatziki   | Honey Mustard Salmon W/ Asparagus and Rice   |
| 11/23/20<br>(week 47) | Turkey Breast W/Cherry Cornbread Stuffing, Cranberry Sauce and Green Beans | Caribbean Stuffed Bell Peppers W/ Rice, Beans, Turkey and Goat Cheese         | Seared Pork Chops With Roasted Garlic Gravy, Roasted Acorn Squash and Maple Infused Brussel Sprouts  |



| Week of               | Meal 1  | Meal 2   | Meal 3  |
|-----------------------|---|--|---|
| 11/30/20<br>(week 48) | Orange Chicken W/Brown Rice, Broccoli and Grilled Onions  | Sausage and Veggie Pot W/ Butternut Squash, Brussel Sprouts, Bell Peppers and Potatoes | Turkey Breast W/Roasted Potatoes, Green Beans and Peppercorn Gravy                                  |
| 12/07/20<br>(week 49) | Italian Sausage Spaghetti, House Marinara and Cauliflower | Pineapple Shrimp W/ Peppers, Onions, Zucchini and Wild Rice                            | Pulled Chicken W/Bleu Cheese, Spicy Buffalo Sauce, Scallions, Roasted Sweet Potatoes and Kale Salad |
| 12/14/20<br>(week 50) | Steak W/Chimichurri, Yam Frites and Greens                | Seared Tilapia, Tomato Vodka Sauce, Roasted Butternut Squash and Lemony Broccoli       | Turkey Meatballs W/ Acorn Squash, and Barley Salad  |
| 12/21/20<br>(week 51) | Goulash   | Seared Salmon With Dill Crust, Couscous and Green Beans                                | Roasted Lemon Chicken Thighs W/ Mashed Potatoes and Greens  |



| Week of               | Meal 1   | Meal 2  | Meal 3  |
|-----------------------|--|---|---|
| 12/28/20<br>(week 52) | Grilled Steak W/White Rice, and<br>Brussel Sprouts | Pork Loin Chops W/Rosemary<br>Potatoes and Chef's Choice of<br>Greens | Herb Marinated Shrimp Penne<br>W/Roasted Tomatoes and Acorn<br>Squash |



## Ingredient List:

Week 40

### Chicken Cacciatore Served Over Rice

1 Tbsp(s) Olive Oil  
1/2 large (2-1/4 per lb, approx 3-3/4" long, 3" dia) Green Bell or Sweet Peppers, raw  
1/4 cup chopped Onions, yellow, sauteed  
4 PIECES WHOLE CLOVE GARLIC, UPC:011110826701  
1 large whole (3" dia) Tomatoes, red, raw  
1/4 cup Chicken Broth, low sodium  
1 tbsp, drained Capers  
1 tsp, leaves Oregano  
1 oz Basil, fresh  
4 oz Chicken, Thigh, Meat Only, roasted  
1/2 cup Rice, white, glutinous, cooked

### Apple Cider Seared Pork Chops With Pumpkin and Sweet Brussels

4 oz Pumpkin, Peeling and baked  
1/2 cup Brussel Sprouts  
4 oz Pork Shoulder Loin, lean only, roasted  
2 tsp, cornstarch  
3 oz, Apple Cider  
1 Serving Morton Coarse Kosher Salt

### Lemon Garlic Chicken w/ Orzo Pasta & Veggies

1 filet (4 oz) Grilled Chicken Breast, meat only, UPC:  
4 oz orzo, cooked  
1/4 cup(s) Carrots, Roasted  
1 tsp(s) Olive Oil  
1/4 cup, chopped butternut squash



## Week 41

### Broiled Tilapia W/ Quinoa & Garlic Parmesan Roasted Broccoli

4 oz Tilapia, cooked, broiled  
1 tsp(s) Olive Oil  
3/4 tbsps pesto with Pumpkin Seeds  
1/2 Serving Morton Coarse Kosher Salt  
1/2 cup Quinoa, cooked  
4 oz Broccoli, raw  
1/2 tbsps Parmesan Cheese, grated

### Chipotle Steak Fajita W/ Sauteed Bell Peppers and Onions

4 oz Beef, round, eye of round, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted  
1/2 cup chopped Green Bell or Sweet Peppers, sauteed  
1 oz Onions, yellow, sauteed  
2 Flour Tortillas - 6"  
1 serving Morton Coarse Kosher Salt

### Seasoned Ground Turkey Cabbage Wraps W/ Farro and Mixed Vegetables

4 oz Ground turkey, 93% lean, 7% fat, raw  
2 oz cabbage, steamed  
1 tsp soy sauce  
1 tsp hoison  
1 tbsps, lemon pepper  
1/2 Cup Lundberg Family Farms Wild & Whole Grain Brown Rice  
3 oz Chef's Choice Vegetables



## Week 42

### Chicken Fried Cauliflower Rice With Snow Peas, Scallions, Egg, Diced Carrots and Red Peppers

4 oz Chicken, Breast, Meat Only, roasted  
2 oz Cauliflower, cooked, boiled, drained, without salt  
3 tsp(s) Egg, chicken, whole, raw  
3 oz Brown Rice  
1 tsp sesame oil and soy sauce  
1 oz Carrots, boiled without salt  
1/4 cup(s), chopped Red Pepper, fresh, steamed  
1 ounces Snow Peas  
1 tbsp chopped Scallions, Green or Spring Onions, raw

### Turkey Burger, Whole Grain Bun, Tomato, Roasted Red Pepper Aioli W/ Kale & Onion Salad W/Balsamic Dressing

1 item(s) OROWEAT® Whole Grain 100% Whole Wheat Buns  
4 oz. CARGILL Honeysuckle White 93/7 Ground Turkey  
1 tbsp Steak Seasoning  
1 cup Kale, Chopped, Julienned  
1 oz Pickle Slices  
1 oz All Natural Fat Free Plain Yogurt, all averages  
.25 Red Bell Pepper, Roasted  
1 tsp, Garlic, Roasted  
1 oz Red Onion Julienne

### Shaved Beef, Israeli Couscous, Spinach & Roasted Tomatoes W/Onions

4 oz Beef, Flank, Marinated and Trimmed  
2 oz Spinach, raw  
1 oz Tomatoes, roasted and seasoned  
2 oz Onions, caramelized  
1 Serving Morton Coarse Kosher Salt  
1/2 Cup Cooked COUSCOUS, seasoned (chef's choice)



## Week 43

### Grilled Steak, Yukon Gold Potatoes and Italian Seasoned Broccoli

4 oz Grilled Flank Steak, Marinated  
4 oz Roasted Yukon Gold Potatoes  
4 oz Broccoli  
1 tbsp Italian Dressing

### Seared Tilapia W/ Ginger Cream Sauce, Pumpkin and Cinnamon Butter Autumn Hash

4 oz Tilapia, cooked, broiled  
1 tbsp Heavy Cream  
1 tsp, Browned Butter  
1 tsp, Cinnamon  
1 tbsp Apple Cider  
1 tsp Thyme  
1 tsp Ginger  
4 oz Pumpkin, Roasted, Cut into Squares  
4 oz Autumn Hash (1 oz Canadian Bacon Diced, 1 oz Brussel Sprouts Halves, 2 oz Butternut Squash Squares)  
1/2 Serving Morton Coarse Kosher Salt

### Chicken Thighs W/Mexican Brown Rice, Roasted Tomatoes and Sauteed Onions

4 oz Grilled Chicken Breast, meat only, marinated  
4 oz Brown Rice  
1 tsp Garlic, roasted  
2 oz, Onion, caramelized  
1 oz, Tomato, Canned  
2 oz Whole Tomatoes, Roasted  
1 tsp Chile Powder





## Week 44

### Seared Pork Chops With Yam and Butternut Squash Mash and Green Beans

4 oz Pork, fresh, enhanced, loin, tenderloin, separable lean only, cooked, roasted  
2 oz , Yam, Mashed  
2 oz Butternut Squash, Mashed  
1/2 cup Green Beans, cooked, boiled, drained, without salt

### Korean Beef W/Vegetable Fried Rice

4 oz Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned  
2 oz Carrots, raw  
2 oz Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, without salt  
4 oz Rice, brown, long-grain, cooked  
5 g Sesame Oil  
10 ml Teriyaki Sauce  
14 g Barbecue Sauce

### Herb Marinated Grilled Chicken, Farro and Steamed Broccoli

4 oz Grilled Chicken Breast, meat only  
1 tbsp marinade; paprika, cumin, garlic powder, onion powder, s&p, oil (.25 tsp), water 1 oz  
1/2 cup Farro, cooked  
4 oz Broccoli, cooked, boiled, drained, without salt  
1 Serving Morton Coarse Kosher Salt



## Week 45

### Traditional Roast Beef W/Potatoes and Hearty Vegetables

4 oz Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, USDA choice, cooked, roasted  
2 oz Carrots, boiled with salt  
2 oz Celery, boiled with salt  
1 oz Tomatoes, red, ripe, cooked, stewed  
4 oz Russet Potatoes, baked  
1 tbsp Rosemary  
1 tsp, leaves Thyme  
1/4 cup Soup, SWANSON, beef broth, lower sodium

### Lemon Pepper Tilapia W/Acorn Squash, Roasted Garlic Pesto and Spinach

5 oz Tilapia, cooked, broiled  
4 oz Squash, Acorn  
4 oz Spinach, raw  
1 oz Pesto Sauce(Spread over Tilapia after cooking)

### Herb-Seared Chicken Breast, Lemon Jus, Whole Grain Pasta and Roasted Garlic Tomatoes

4 oz Grilled Chicken Breast, italian marinade  
4 oz Spaghetti, whole-wheat, cooked  
1 tsp Garlic, roasted  
2 oz, Onion, caramelized  
2 oz Roasted Tomatoes - Italian Seasoning  
1 tbsp Basil  
1 tsp Oregano  
1 oz, chicken broth  
1 tsp, lemon juice  
1 tsp, Corn Starch



## Week 46

### Chicken Pozole W/ Cabbage, Radishes Cilantro and Lime

4 oz Chicken Breast, shredded

4 oz Hominy, canned, rinsed

2 oz Cabbage, Shredded, Not Cooked

2 oz Poblano Pepper, Sliced, Not cooked

1 oz Radishes, (garnish), sliced thin

1 tsp Cilantro, (garnish)

4 oz Sauce: (1 tsp Ancho Chiles, 1 tsp guajillo chiles, 1 tbsp chopped onions, 1 garlic clove, 1 tsp ground cumin, 3.5 oz chicken broth, 1 oz lime juice) - Braise chicken in mixture, remove and save sauce for dish

1 lime wedge, garnish

### Ground Turkey Pita, With Diced Tomatoes, Red Onions, Cucumbers and Tzatziki

1 pita, small (4" dia) Whole Grain Pita Bread

5 ounce 97/3 ground turkey

28 gram(s) Red Onion, raw

56 g Cucumber, with peel, raw

56 g Tomatoes, red, raw

2 tbsp tzatziki sauce, 1 tsp cucumber, 1 tbsp greek yogurt, 1 tsp dill, 1 tsp lemon juice, s+p

1/2 tsp, ground Pepper Black, ground,

1/8 tsp(s) Salt, sea

### Honey Mustard Salmon W/ Asparagus and Rice

1 Tbsp Salad dressing, honey mustard, regular

4 oz Salmon, Atlantic, wild, cooked

4 oz Rice, brown, medium-grain, cooked

4 Oz Asparagus, grilled



## Week 47

### Turkey Breast W/Cherry Cornbread Stuffing Cranberry Sauce and Green Beans

4 oz Turkey Breast  
4 oz Green Beans  
2 oz Cranberries  
1 tbsp Brown Sugar  
2 oz Cornbread, Baked  
1 oz Cherries, Frozen and Chopped  
1 oz Diced Celery, Cooked  
1 oz Chicken Broth  
1 tsp thyme  
1 tsp Rosemary  
1 tbsp, Diced Carrots, Cooked

### Caribbean Stuffed Bell Peppers W/Jerk Rice, Beans, Turkey and Goat Cheese

3 oz, Ground Turkey  
2 oz Red Beans  
2 oz Jerk Flavored Rice  
1 whole Bell Pepper  
1 oz Mango, Cilantro, Red Bell Pepper Salsa  
1 serving Morton Coarse Kosher Salt

### Seared Pork Chops W/Roasted Garlic Gravy, Baked Acorn Squash and Brown Sugar Brussel Sprouts

4 oz, Pork Loin, Sliced  
4 oz Baked, Acorn Squash  
4 oz Brussel Sprouts  
1 tsp Brown Sugar  
2 oz, beef broth or chicken broth ( use same pan you sear pork chops in, big braising pan and/or sheet pan)  
1 tbsp roasted garlic  
1 tsp cornstarch



## Week 48

### Orange Chicken W/Brown Rice, Green Pepper, Broccoli and Grilled Onions

4 oz Chicken Breast, grill or bake and dice

4 oz Rice, brown, long-grain, cooked

1 oz Green Bell Peppers(garnish)

2 oz Broccoli

1 oz Grilled Onions

1.5 oz sauce (1 tsp ginger, 1 clove garlic, 1 tsp red pepper flakes, 2 tsp soy sauce, 1 tsp apple cider vinegar, 1 tbsp orange juice, mix and season to taste)

1 Orange Wedge or slice as garnish

.5 tsp sesame seeds

1 tbsp Scallions

1 Serving, Morton Coarse Kosher Salt

### Sausage and Veggie Pot W/Butternut Squash, Brussel Sprouts, Bell Peppers and Potatoes

3 oz sausage, fresh, cooked, try to buy some with no nitrates in it

2 oz butternut squash, roasted

2 oz Brussel Sprouts, roasted

1 oz Bell Peppers, roasted

3 oz Potatoes, Roasted

1 tbsp fresh rosemary

### Turkey Breast W/Roasted Potatoes, Green Beans and Peppercorn Gravy

4 oz, boneless Turkey, light meat, cooked

3 oz Potatoes, boiled, drained, or baked, with salt

4 oz Green Beans, steamed

2 oz, Chicken Broth

1 tsp cornstarch

1 tsp pepper, preferably fresh cracked

1 tsp salt



## Week 49

### Italian Sausage Spaghetti, House Marinara and Cauliflower

4 oz, Turkey sausage, fresh, cooked  
3 oz, Marinara  
2 oz WHOLE GRAIN, SPAGHETTI  
4 oz Cauliflower

### Pineapple Shrimp W/ Peppers, Onions, Zucchini and Wild Rice

4 oz Shrimp, cooked  
1 tbsp Coriander (cilantro) leaves, raw  
1/4 cup, Diced Pineapple, Grilled  
1/4 cup, Diced Red Onions, Grilled  
1/4 Cup, Diced Zucchini  
1/2 cup Rice, wild & white, glutinous, cooked  
1 Serving, Morton Coarse Kosher Salt

### Buffalo Pulled Chicken W/ Bleu Cheese, Scallions, Roasted Sweet Potatoes and Kale Salad

4 oz Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning  
1/2 Tbsp FRANK'S, REDHOT, KETCHUP STYLE HOT SAUCE,  
1/8 cup CREAMY CRUMBLLED BLEU CHEESE Dressing  
1/2 cup Kale, raw julienned  
1/2 cup Chard, raw julienned  
1 oz matchstick carrots  
4 oz Sweet Potato, cooked, baked in skin, without salt



## Week 50

### Steak W/Chimichurri, Yam Frites and Greens

1 tsp(s) Olive Oil  
1 oz Parsley, raw  
1 Tbsp Lemon juice, raw  
1 Tbsp, Red Pepper  
1 Tsp, Parsley  
1 Serving, Morton Coarse Kosher Salt  
4 oz Beef, round, marinated and grilled  
1/2 cup COLLARD GREENS or Swiss Chard, Whichever is more cost effective  
4 oz Yam, cooked, boiled, drained, or baked, without salt

### Seared Tilapia W/Tomato Vodka Sauce, Roasted Butternut Squash and Lemony Broccoli

4 oz Tilapia, cooked, broiled  
2 tbsp heavy cream  
1 tsp tomato paste  
.5 tsp thyme  
1 garlic clove  
1 tbsp diced onion  
1 tbsp vodka  
4 oz Butternut Squash, Roasted  
4 oz Broccoli, Steamed  
1 tsp, Lemon Juice  
1 Serving, Morton's Coarse Kosher Salt

### Turkey Meatballs W/ Acorn Squash and Barley Salad

4 oz. CARGILL Honeysuckle White 93/7 Ground Turkey  
3 oz, Barley, Onion, Tomato, (mix with squash) Cooked  
1 Tbsp Garlic, Roasted  
1 Serving Morton Coarse Kosher Salt  
4 oz, Acorn Squash and Broccoli Mix



## Week 51

### Goulash

4 oz ground beef  
2 oz Noodles, whole wheat, cooked, enriched, with added salt  
2 oz Mushrooms, cooked, boiled, drained, without salt  
2 oz Carrots, Diced  
2 oz Onions, Diced  
1/4 cup Soup, SWANSON, beef broth, lower sodium  
2 oz Tomatoes (canned or fresh depending on cost)  
1 tsp tomato paste  
1 tsp Garlic, raw  
1/2 Tbsp(s) Olive Oil

### Seared Salmon, Couscous and Green Beans

1 oz Lemons, raw, without peel  
4 oz Salmon, Atlantic, farmed, cooked  
1 tsp Dill  
1 tbsp Bread Crumbs  
1 tsp, Garlic, Roasted  
115 GRAM COUSCOUS,  
4 oz Green Beans, snap, raw  
1 Serving, Morton Coarse Kosher Salt

### Roasted Lemon Chicken Thighs W/ Red Potatoes and Greens

4 oz Chicken, Thigh, Meat and Skin, roasted  
4 oz Potatoes, boiled, cooked in skin, skin, without salt  
4 oz Green Beans, snap, frozen, boiled, drained without salt  
1/2 g Salt, table  
1 Tbsp, Lemon Juice





## Week 52

### Grilled Steak W/White Rice, and Brussel Sprouts

4 oz Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled

4 oz Brussels sprouts, cooked, boiled, drained, without salt

1/2 g Salt, table

1/2 cup Rice, white, medium-grain, cooked

### Pork Loin Chops W/Rosemary Potatoes and Chef's Choice of Greens

4 oz Pork Loin

1 tbsp Rosemary

1/2 Cup Greens

4 oz Potatoes, Halved (chefs choice)

1 oz Fennel

1 oz Leeks

TT Salt + Pepper

### Herb Marinated Shrimp Penne W/Chopped Tomatoes, and Acorn Squash

4 oz Shrimp, Cooked

1 tsp, Garlic, Roasted

2 tsp fresh herbs

1 tsp Extra Virgin Olive Oil

1/4 Cup, Chopped Tomatoes, Raw

1/2 tsp Olive Oil

2 oz, Acorn Squash

2 oz Barilla Whole Grain Penne Pasta

