

**Menu Suggestions**  
**January 5-9, 2015**

- **Grilled Pork Chops with Apple and Pear Chutney**



**bone-in or bone-out lean pork loin or chop—this preparation is savory, juicy with a hint of rosemary and sweetness from the fruits**

- **Beef Bourguignon**



- **A Julia Child Classic! Tender beef sirloin cooked with carrots, pearl onions and mushrooms in red wine and beef bone broth-- hearty and healthy!**
- **Whole or Half Roasted Chicken**
  - **Delicious Red Bird chicken roasted with lemon, thyme and dry white wine**
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- **Bison and Beef meatballs with mushroom sauce**
  - a Paleo favorite—these meatballs are hearty and healthy! Served with your choice of Spaghetti Squash paleo pasta, egg noodles or fluffy white rice!
- **Fish of the day!**
  - This week, the best looking fish are
    - **Halibut**
      - To be baked with olive oil, capers and baby tomatoes, Italian style!
    - **Wild Caught King Salmon**
      - To be baked and served with Avocado and Pesto salsa!

### Salads this week:

- **Avocado, Spinach, Tomato and Quinoa Power Salad**
- **Grape, red onion, avocado and arugula Salad**
- **Asparagus, Spinach and Lemon Orzo Salad**

### Side dishes this week:

- **Roasted winter vegetables**
- **Mashed Potatoes**
- **Roasted Brussel Sprouts**
- **Sake Steamed Shitake Mushrooms and Snow Peas**

### Pasta Dish of the week:

- **Chicken Pesto Cavatappi**
  - a delicious homemade pesto with buffalo mozzarella bites, generous portions of roasted chicken and spiral cavatappi pasta (GF option available)