

A Week of March Dinners

SUN



Grilled Chicken Salad

- Romaine Lettuce
- Tomatoes
- Avocado
- Cucumber
- Olives
- Sweet Pepper
- Onion
- Feta
- Olive Oil
- Lemon
- Mustard
- Oregano
- Salt & Pepper
- Chicken
- Garlic Powder

TUE



Fish with Lemon Butter Sauce

- Pasta
- Sausage
- Roasted Peppers
- Lemon
- Cream
- Parmesan
- Garlic
- Butter
- Shallot
- Fresh Basil
- Salt
- Pepper

THU



Chicken with Potatoes and Peas (Chicken Vesuvio)

- Eggs
- Greek Yogurt
- Basil
- Roasted Peppers
- Artichoke Hearts
- Goat Cheese
- Mozzarella
- Salt
- Butter
- Avocado & Tomato Salad (Recipe Included)
- Chicken Thighs
- Potatoes
- Olive Oil
- Chicken Stock
- Garden Peas
- Lemon
- Dried Oregano
- Parsley
- Garlic Powder
- Salt
- Pepper

SAT



Mushroom Soup

- Fish Flour
- Corn Starch
- Potatoes
- Salt
- Oil
- Homemade Tartar Sauce (Recipe Included)
- Mushrooms
- Butter
- Onion
- Flour
- Garlic
- Stock
- Cream
- Lemon
- Sun-Dried Tomatoes
- Parmesan
- Salt
- Black Pepper
- Italian Dried Seasoning

MON



Sausage Pasta with Peppers

WED



Frittata with Side Salad

FRI



Fish and Chips with Homemade Tartar