

Menu

Beans:

Creamy White Beans with Herb Oil (can add shrimp)

One Pot Mushroom and Swiss Chard Pasta with Cannellini Beans

Red Beans and Rice with Shrimp and Sausage

Beef:

Beef Lasagna with Three Cheeses

Dad's Meatloaf with Mashed Potatoes and Peas

Enchilada Casserole (red or green)

Breakfast/Bread:

Banana Bread

Buttermilk Biscuits

Niçoise Toast

Sesame Orange Granola

Zucchini Bread

Chicken:

Burmese Chicken Braised in Coconut Milk & Turmeric with Sweet Potato

Chicken Biryani

Chicken Lasagna with Three Cheeses

Chicken Marbella

Chicken Tetrazzini

Chicken Tikka Masala

Enchilada Casserole (red or green)

Italian Chicken and Vegetable Soup

Punjabi Chicken Curry

Sheet-pan Garam Masala Chicken

Tarragon Chicken with Mashed Potatoes

Thai Curry with Chicken and Vegetables

Tortilla Soup

Menu

Chinese:

Moo Shu Pork Stir-fry

Fish:

Fish en Papillote

Niçoise Toast

Sicilian Fish Stew

Tuna Noodle Casserole with Mushrooms and Rosemary

Indian:

Chana Masala (chickpea curry)

Chicken Biryani

Chicken Tikka Masala

Kitchari

Lamb Rogan Josh

Punjabi Chicken Curry

Sheet-Pan Garam Masala Chicken

Shrimp Coconut Curry

Italian:

Chicken or Beef Lasagna with Three Cheeses

Chicken Tetrazzini

Italian Chicken and Vegetable Soup

Pasta with Wild Mushroom Ragù

Sicilian Fish Stew

Turkey-Spinach Meatballs and Spaghetti

Tuscan Shrimp with White Beans over Pasta

Lamb:

Braised Lamb Shanks with Mashed Potatoes

Lamb Rogan Josh

Shepherd's Pie

Menu

Mexican:

Enchilada Casserole (red or green with chicken, beef, pork or tempeh)
Tortilla Soup
Red Pozole

Pasta:

Chicken Tetrazzini
One Pot Mushroom and Swiss Chard Pasta with Cannellini Beans
Pasta with Wild Mushroom Ragù
Summer Orzo Pasta Salad
Tuna Noodle Casserole with Mushrooms and Rosemary
Turkey–Spinach Meatballs and spaghetti
Tuscan Shrimp with White Beans over pasta

Pork:

Dad's Meatloaf with Mashed Potatoes and Peas
Ham Hocks and Beans
Moo Shu Pork Stir–fry
Red Pozole

Shrimp:

Red Beans and Rice with Shrimp and Sausage
Shrimp Coconut Curry
Thai Curry with Shrimp
Tuscan Shrimp with White Beans over Pasta

Sides:

Braised Red Cabbage
Cilantro–Lime Rice
Creamed Spinach
Honey Sriracha Roasted Brussels Sprouts
Mashed Potatoes and Peas

Menu

Soup/Stew:

Butternut Squash Soup
Chili (Turkey or Vegan)
French Country Soup
Ham Hocks and Beans
Italian Chicken and Vegetable Soup
Kitchari
Sicilian Fish Stew
Tortilla Soup
Red Pozole

Thai:

Thai Curry (with chicken, tofu, or shrimp)
Thai Red Curry Noodle Soup (with chicken, tofu or shrimp)

Turkey:

Shepherd's Pie
Turkey Chili
Turkey-Spinach Meatballs with Spaghetti

Vegetarian:

Buttermilk Biscuits
Braised Red Cabbage
Butternut Squash Soup (vegan)
Chana Masala (chickpea curry — vegan)
Cilantro-Lime Rice
Chili with Tempeh (vegan)
Creamed Spinach
Enchilada Casserole (red or green with tofu or tempeh)
Honey Sriracha Roasted Brussels Sprouts
Kitchari
Mashed Potatoes and Peas
One Pot Mushroom and Swiss Chard Pasta
Pasta with Wild Mushroom Ragù
Thai Curry with Tofu (vegan)
Tofu Steaks with Miso Mushrooms over Brown Rice (vegan)