



## Base Meals List

### Chicken Entrees

#1

Balsamic Seared Chicken Breast  
Parmesan Risotto  
Lemon Roasted Asparagus

#2

Chicken Lemonato  
Rice Pilaf  
Green Beans Almondine

#3

Honey Chipotle Chicken  
Cilantro Lime Rice  
Smokey Southwest Corn

### Pork Entrees

#4

Honey & Whole Grain Roasted Pork Loin  
Cranberry Rice Pilaf  
Herbed Sautéed Zucchini

#5

Porkchops w/ Seasoned Apples  
Mashed Redskins  
Glazed Thyme Carrots

#6

Seared Italian Sausage  
Sautéed Peppers & Onions  
Southern Baked Beans

### Fish Entrees

#7

Harissa Seared Salmon  
Roasted Fingerling Potatoes  
Herbed Yellow Squash

#8

Potato Crusted Tilapia  
Rosemary Yukon Mash  
Garlic & Peppered Kale

## Vegetarian Entrees

#9

Vegetable CousCous

Balsamic Roasted Eggplant

#10

Eggplant Napoleon

Sesame Snow Peas

## Beef Entrees

#11

Ginger Skirt Steak

Sesame Rice

Schezhuan Green Beans

#12

Meatloaf w/ Glaze or Gravy

Mashed Potatoes

Sauteed Green Beans