

# Green Palette

Nutrition and Culinary Services

## **“Cooking for Families” Menu 2012** (Tuesdays)

### **JAN 10, 2012**

Whole Roasted Herbed Chicken with Roasted Potatoes and Sautéed Winter Greens  
*Fresh chicken is slowly roasted with winter herbs, served with crisp roasted potatoes and garlicky greens.*

### **JAN 17, 2012**

Whole Wheat Pasta with Turkey Bolognese Sauce  
*Whole wheat pasta is served over a lightened up version of traditional bolognese sauce. Served with sautéed garlic broccoli rabe. A warming winter meal.*

### **JAN 24, 2012**

Chicken and Black Bean Tortilla Casserole  
*This Mexican style lasagna is layered with chicken breast, black beans, fresh vegetables and whole grain tortillas.*

### **JAN 31, 2012**

Polenta Lasagna  
*Creamy polenta is the perfect partner to traditional lasagna. A variety of vegetables and low fat cheeses layered in between polenta.*

### **FEB 7, 2012**

Shrimp and Vegetable Fried Rice  
*Plump shrimp are sautéed with Asian vegetables. brown rice, herbs and spices, making this a complete and satisfying meal.*

### **FEB 14, 2012**

Panko Crusted Salmon with Winter Ratatouille  
*Japanese style breadcrumbs, lemon and parsley make a crunchy topping for salmon, served with a warming mix of seasonal vegetables.*

### **FEB 21, 2012**

*No Meal This Week -Happy Spring Break!*

**FEB 28, 2012**

Thai Style Curried Chicken Fried Rice

*Chicken is sautéed with brown rice, vegetables and curry seasonings in this flavorful one pot dish.*

**MAR 6, 2012**

Spiced Turkey Meatballs with Whole Wheat Spaghetti

*Baked turkey meatballs seasoned with fresh Italian herbs and served with whole wheat spaghetti.*

**MAR 13, 2012**

Thai Red Curry with Shrimp and Pineapple

*Shrimp, pineapple, vegetables and red curry blend into a delicious and exotic combination of flavors. Served with brown jasmine rice.*

**MAR 20, 2012**

Roasted Vegetable and Tofu Lasagna

*Eggplant, bell peppers and mushrooms are seasoned with fresh herbs and roasted to bring out their delicious flavor, then layered with whole-wheat noodles and a ricotta-like tofu. Your family will never know the difference!*

**MAR 27, 2012**

Stir Fried Chicken and Pineapple in Sweet and Sour Sauce

*Chicken breast, pineapple and vegetables served in a light sweet and sour sauce. Served with sticky brown rice.*

**APR 3, 2011**

Oven "Fried" Chicken with Roasted Sweet Potato Fries and Whole Wheat Buttermilk Biscuits

*You will love this newer and lighter version of fried chicken.*

**APR 10, 2012**

Southwestern Black Bean Chili and Fresh Corn Muffins

*A hearty vegetarian chili made with lots of vegetables, black beans and lots of flavor!*

**APR 17, 2011**

*No Meal This Week - Happy Break!*

**APR 24, 2012**

Polenta Casserole with Sautéed Red Peppers, Wild Mushrooms and Sausage

*Creamy polenta is layered with sautéed vegetables and chicken sausage for a meal that will easily become your new comfort food!*

**MAY 1, 2012**

Mexican Night!

*Mexican style grilled chicken breasts, onions and peppers. Served with whole wheat tortillas, homemade guacamole and other traditional sides so you can have your very own healthy night at the Mexican restaurant.*

**MAY 8, 2012**

Mediterranean Baked Lemon Shrimp and Quinoa

*This fresh and light one pot meal combines flavorful shrimp, tomato, feta and whole grain quinoa into a powerhouse of a meal.*

**MAY 15, 2012**

Turkey Meatloaf with Spinach and Smashed Red Potatoes

*It doesn't get more comforting than warm meatloaf with potatoes. This one has lots of hidden vegetables – your kids will never know the difference!*

**MAY 22, 2012**

Tofu and Mushroom Stroganoff

*Tofu, takes center stage in this lightened up version of this classic noodle dish. The usual flavors of paprika and fresh dill maintain the tradition.*

**MAY 29, 2012**

Orecchiette with Kale, Sausage and Beans

*A classic combination made with whole wheat pasta, greens, and beans with chicken sausage.*

**JUN 5, 2012**

Vegetable Tagine with Chickpeas and Olives

*A traditional, highly flavorful North African dish with a vegetarian twist, made with potatoes, carrots and chickpeas. Served with whole wheat apricot-cilantro couscous.*

**JUN 12, 2012**

Rosemary Chicken with Summer Ratatouille

*Roasted chicken thighs with a rosemary lemon marinade, served over a seasonal simmer of eggplant, summer squashes and onion.*

**JUN 19, 2012**

Thai Red Curry with Shrimp and Pineapple

*Shrimp, pineapple, vegetables and red curry blend into a delicious and exotic combination of flavors. Served with brown jasmine rice.*

**JUN 26, 2012**

Cilantro Lime Chicken with Avocado Salsa and Grilled Summer Vegetables  
*Chicken breasts are marinated in a fresh lime and herb infusion, served with a fresh salsa and seasonal vegetables.*

**JULY 3, 2012**

*No Meal This Week - Happy Fourth of July!*

**JUL 10, 2012**

Oven "Fried" Chicken with Sweet Potato Fries and Whole Wheat Buttermilk Biscuits  
*You will love this newer and lighter version of fried chicken.*

**JUL 17, 2012**

Corn Cakes with Spicy Shrimp  
*A southwestern inspired recipe pairs savory corn cakes with chili spiced shrimp. Served with a tomatillo salsa.*

**JUL 24, 2012**

*No Meal This Week - Happy Summer!*

**JUL 31, 2012**

Glazed Caribbean Tofu with Rice and Peas  
*The combination of coconut milk, rice and black eyed peas compliment the spicy-sweet tofu in this West Indian dish*

**AUG 7, 2012**

Mexican Night!  
*Mexican style grilled chicken breasts, onions and peppers. Served with whole wheat tortillas, homemade guacamole and other traditional sides so you can have your very own healthy night at the Mexican restaurant.*

**AUG 14, 2012**

Salmon Burgers with Tomato Chutney and Sugar Snap Pea and Red Pepper Salad  
*An untraditional burger served with the fresh tanginess of a fresh tomato chutney and a bright snap pea and red pepper salad. Served with whole wheat buns.*

**AUG 21, 2012**

Polenta Lasagna  
*Creamy polenta is the perfect partner to traditional lasagna. A variety of vegetables and low fat cheeses layered in between polenta.*

**AUG 28, 2012**

Vegetarian Lo Mein

*All the flavor of this Chinese restaurant staple without all the added unhealthy ingredients. Lots of seasonal vegetables and noodles in a flavorful Asian sauce.*

**SEP 4, 2012**

Chicken and Black Bean Tortilla Casserole

*This Mexican style lasagna is layered with chicken breast, black beans, fresh vegetables, corn tortillas and Mexican cheeses.*

**SEP 11, 2012**

Italian Night!

*Homemade tomato sauce with shrimp served over whole wheat pasta and a side of broccoli rabe with garlic.*

**SEP 18, 2012**

Turkey Meatloaf with Spinach and Smashed Red Potatoes

*It doesn't get more comforting than warm meatloaf with potatoes. This one has lots of hidden vegetables – your kids will never know the difference!*

**SEP 25, 2012**

Stir Fried Chicken and Pineapple in Sweet and Sour Sauce

*Chicken breast, pineapple and vegetables served in a light sweet and sour sauce. Served with sticky brown rice.*

**OCT 2, 2012**

Shrimp and Vegetable Fried Rice

*Plump shrimp are sautéed with Asian vegetables, brown rice, herbs and spices, making this a complete and satisfying meal.*

**OCT 9, 2012**

Thai Style Curried Chicken Fried Rice

*Chicken is sautéed with brown rice, vegetables and curry seasonings in this flavorful one pot dish.*

**OCT 16, 2012**

Moroccan Braised Chicken and Vegetables

*Slow cooked spiced chicken and a variety of flavorful winter vegetables served with brown rice “couscous”.*

**OCT 23, 2012**

Three Sisters Casserole

*The three sisters refer to the Native American tradition of combining together beans, corn and squash. Topped with a chili polenta crust for a filling, yet light meal.*

**OCT 30, 2012**

Chicken Pot Pie with Wild Mushrooms

*Early spring vegetables, chicken and wild mushrooms make up the ultimate comfort food. A whole wheat pastry top makes this a healthy option.*

**NOV 6, 2012**

Vegetarian Shepard's Pie with Fall Vegetables

*Vegetarian ground "beef" and seasonal vegetables are layered with a mashed potato-herb topping. Warming with plenty of comfort.*

**NOV 13, 2012**

Roasted Vegetable and Tofu Lasagna

*Eggplant, bell peppers and mushrooms are seasoned with fresh herbs and roasted to bring out their delicious flavor, then layered with whole-wheat noodles and a ricotta-like tofu. Your family will never know the difference!*

**NOV 20, 2012**

Mediterranean Baked Lemon Shrimp and Quinoa

*This fresh and light one pot meal combines flavorful shrimp, tomato, feta and whole grain quinoa into a powerhouse of a meal.*

**NOV 27, 2012**

Vegetarian Moussaka

*Traditionally a lamb dish, this vegetarian version combines eggplant, zucchini, potatoes and onion layered with tomatoes and lentils, and baked with a béchamel white sauce.*

**DEC 4, 2012**

Thai Style Curried Shrimp Fried Rice

*Shrimp is sautéed with brown rice, vegetables and curry seasonings in this flavorful one pot dish.*

**DEC 11, 2012**

Beef Stew with Winter Vegetables

*Welcome the cold of winter with this warming and comforting slow simmered stew. Served with brown rice for a complete meal.*

**DEC 18, 2012**

West African Peanut Stew (vegan)

*A hearty stew made with a variety of vegetables, a touch of peanut butter and tempeh, a great soy product and ideal meat substitute. Give this dinner a try and open up your world. Served with whole wheat couscous*

**DEC 25, 2012**

*No Meal This Week - Merry Christmas!*

