

**Week 1**

**Shepherd's Pie:**

Our Shepherd's Pie is loaded with Organic Veggies: Celery, Carrot, Yellow Onion and Peas with a blend of Nimen Ranch Ground Beef, and Diestel Ranch Ground Turkey. The filling is complemented with a light Chicken Stock Gravy and seasoned with Sea Salt, Black Pepper and a little Thyme. We top it with Organic Yukon Gold Mashed Potatoes which have a little fresh garlic in them. This meal is one of our favorite comfort foods, and highly complimented by all. Especially Rayna, my 12-year old daughter! GF

**Week 2**

**Grilled Chicken Breast with Fresh Herbs and Fresh Lemon over Quinoa Pilaf**

Mary's Free Range Chicken Breast is seasoned with assorted Fresh Herbs, Garlic and Lemon. The Chicken is grilled on an open flame grill (like a BBQ). Thick slices of Chicken are fanned on top of our Quinoa Pilaf: Pearl Quinoa, Basmati Brown Rice, Olive Oil, Caramelized Onions, Peas, and Pine Nuts. This is a delicious, high-protein healthy meal. LF, DF, GF

**Week 3**

**Beef Tamale Casserole with Cornbread:**

Assorted organic beans and Nimen Ranch ground beef slowly cooked to perfection and mixed with Corn, Onion, Fire Roasted Tomato, Sweet Peppers, Fresh Cilantro and Mexican Seasonings (not Spicy) and topped with grated mild cheddar cheese. We then add our moist and delicious buttermilk cornbread to make this a very tasty and satisfying meal!

**Week 4**

**BBQ Chicken Sandwiches on Rudi's Wheat Buns**

Beginning with a bed of savory Grilled Onions and Sweet Bell Peppers, we then add our pulled Free Range Chicken smothered in Nature's Bounty's own zesty BBQ Sauce. The chicken is then topped with mild cheese that will melt to gooey perfection in your oven. Organic Hamburger Buns are served on the side waiting for you to load them up. Warning: This may be messy, and more fun than you should be allowed to have with your food. 😊

**Week 5**

**Seasonal Favorite – Chef's Choice (check website 2-4 weeks prior for selection)**

**Week 6**

**Chicken Enchilada Pie:**

Free Range Mary's Chicken with Organic: Spanish Brown Rice, Corn, Black Beans, Yellow Onion, Sweet Red Peppers, and Seasonings. Layered with Organic Corn Tortillas and a Blend of Mild Cheddar and Pepper Jack Cheeses and topped with green onions. This recipe is family friendly; not spicy. **(Vegetarian Black Bean Enchilada Pie Available – Please Ask)** GF

**Week 7**

**Meat Lasagna:**

50% Organic Semolina and 50% Whole Wheat Lasagna Noodles layered with our House Meat Sauce which is made with Ground Diestel Turkey and Niman Ranch Beef, Fire Roasted Tomatoes, Onions, Garlic, Red Wine and Herbs. Each layer also includes Organic Ricotta Cheese, Mozzarella and Parmesan Cheese. This is a Café Favorite! **(Roasted Veggie Lasagna Available – Please ask).**

**Week 8**

**Chicken Monterey Over Quinoa:**

Organic Pearl Quinoa is topped with Fresh Steamed Chard with layers of Sliced Free Range Mary's Chicken and topped with our special Monterey Sauce which is a Chicken Stock Reduction Sauce that includes just a touch of Pepper Jack Cheese. Low Fat, High Fiber, Great Protein and Delicious! GF

**Week 9**

**Shepherd's Pie:**

Our Shepherd's Pie is loaded with Organic Veggies: Celery, Carrot, Yellow Onion and Peas with a blend of Nimen Ranch Ground Beef, and Diestel Ranch Ground Turkey. The filling is complimented with a light Chicken Stock Gravy and seasoned with Sea Salt, Black Pepper and a little Thyme. We top it with Organic Yukon Gold Mashed Potatoes which have a little fresh garlic in them. This meal is one of our favorite comfort foods, and highly complimented by all. Especially Rayna, my 12-year old daughter! GF

**Week 10**

**Seasonal Favorite – Chef's Choice (check website 2-4 weeks prior for selection)**

**Week 11**

**Chicken and Dumplings:**

Tender pieces of Free Range Mary's Chicken with Chunky Carrots, Celery, Yukon Gold Potatoes, Leeks and Parsnips are in our house made chicken stock-gravy and is topped with ricotta dumplings that are melt in your mouth delicious. This is a comfort food dinner you won't want to miss!

**Week 12**

**Tacos al Pastor**

Sliced Nimen Ranch Pork Loin is marinated in a pineapple and orange juice and mild chili powder for over 24 hours. The Pork is flame grilled and then chopped with grilled fresh pineapple. We provide black beans, fresh cilantro and onions, and corn tortillas so that you can assemble your tacos and enjoy. Large meal makes 8 tacos, small dinner makes 4 tacos. GF

**Week 13**

**Chicken Veggie Cashew Stir Fry over Brown Rice:**

Assorted Stir-Fried/Steamed Vegetables in a Ginger and Garlic Asian Sauce with Mary's Free Range Chicken. This is served on a bed of Steamed Brown Rice and Toasted Cashew Nuts are served on the side for you to add after your meal is hot. Veggies to be included (but not limited to), Organic: Broccoli, Cauliflower, Carrots, Zucchini or other Squash, Bok Choy, Napa Cabbage, Beans or Snap Peas. **(This Dinner can be made with Tofu instead of Chicken - Please ask)** GF, DF, LF

**Week 14**

**Napa Valley Basil Smoked Burgers**

Nimen Ranch Ground Sirloin is mixed with Zinfandel Wine, Diced Red Onion, Fresh Basil, Sundried Tomatoes, Italian Bread Crumbs and Garlic. These large burgers are then flame grilled for added flavor. After you heat up your patties, pile on the Fresh Tomato, Basil Leaf, Thinly Sliced Red Onion, Red Leaf Lettuce and Sliced Cheese that we give you on the side to make this burger a taste bud explosion! Fresh Basil Garlic Mayo served on the side. Serves 3.

**Week 15**

**Seasonal Favorite – Chef's Choice (check website 2-4 weeks prior for selection)**

**Week 16**

**Risotto alla Primavera with Chicken Thighs**

Creamy organic risotto with fresh chicken stock, white wine, butter, assorted young spring vegetables, including green garlic, Italian parsley and Parmesan. This is topped with seasoned and roasted Mary's boneless chicken thighs. This special recipe is imported straight from *Bon Appétit Magazine*, and a real treat! GF