

Menu for June 10 - 14, 2019



PLEASE remember I need to **receive** your order by 10:00 Monday morning. Sometimes an order can be submitted at 10:00 but it doesn't get delivered to me until 12:00! Waiting until the last minute might mean you miss the week. Please check the [website](#) for more details about ordering, OR send text or reply to this with your selections. I will confirm your order either way.

Farro Vegetable Salad

This week I am combining farro, pistachios, grape tomatoes, radishes, and Parmesan with herbs and greens and a lemon vinaigrette. You could add tuna or leftover meat to make this even heartier. This does not freeze but will keep for days in the refrigerator.

Salmon Burgers with Dill Tartar Sauce

This regularly requested dish is a burger made with chopped fresh salmon, shallots, capers, and seasonings and grilled. The sauce is freshly made with lots of dill and the burger is on Brioche buns. This can be frozen.

Grilled Buttermilk Chicken with Zucchini Corn Salsa

Boneless chicken breast is marinated in buttermilk for 8 hours and then grilled for a juicy healthy meat to go with the salsa made with diced zucchini, onion, red bell, lime, honey and seasoned salsa for a low calorie high flavor dish. This can be frozen.

Caribbean Mango Tilapia and Aromatic Yellow Rice

The spicy fruity flavors of jalapeno peppers, mango, garlic, and orange juice go perfectly with the mild fish. The rice is seasoned with cinnamon, garlic, and turmeric for its color and flavor. This can be frozen.

Macho Gazpacho

A long time client reminded me to add this tasty cold soup to the menu. It's made in the food processor with lots of fresh vegetables and herbs minced in a tomato juice-like base that will remind you of a bloody mary. This can be frozen but it's better fresh.

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