

# Menu for March 11 - 15, 2019



Winter is holding on, so I am planning some comfort food this week. If you order from the website, please include your name! And remember this is freshly made food with mostly organic ingredients and locally grown produce. The meals last five days in the refrigerator and three months in the freezer.

Check the [website](#) for ordering details, or just reply to this with your selections.

## Shepherd Pie

This is a traditional St. Patrick's Day meal of ground beef, diced vegetables, and light gravy topped with mashed potatoes and baked until golden. I will include extra winter vegetables from the farmer's market. This can be frozen.

## Harissa Chicken with Roasted Sweet Potatoes

Boneless chicken breasts are marinated in a blend of African spices including roasted peppers and, browned and baked with diced sweet potatoes. Harissa can be spicy when freshly made, so avoid this one if you are worried. This freezes well.

## Chicken Artichoke and Smashed Potatoes

Boneless chicken breasts are tossed in seasoned flour and browned, then sliced mushrooms and marinated artichokes are cooked in butter and sherry and poured over the chicken to finish in the oven. This family favorite goes perfectly with smashed potatoes. This can be frozen.

## Bacon Mac and Cheese

This macaroni and cheese uses three different cheeses, diced winter vegetables, and crumbled bacon in the sauce and is topped with a crumb crust to bake until browned. This freezes well.

## Orange Roughy in Lemon Butter with Homemade Rice-a-Roni

This wonderful white fish was almost fished to extinction, but has come back with responsible fishing and I can get wild caught again. I'll saute in simple lemon butter and serve with my own rice and pasta dish. This freezes but is better fresh.

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