



**Chef Diana Kramer RN, CPC**  
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## SEPTEMBER 2017 MEALS

### **Oven Roasted Citrus Shrimp**

Sautéed Greens, Cherry Tomatoes & Couscous

### **Greek-Style Turkey Meatloaf**

Lemon & Sweet Pea Risotto

### **Chickpea Coconut Curry w/Basmati Rice (Vegan)**

Pita Bread

### **Grilled Chicken & Black Bean Burritos**

Cilantro Lime Crema

### **Rigatoni w/Broccoli & Sausage**

Garlic Parmesan Bread Loaf

### **Baked Chicken, Lemon & Dill with Orzo**

Light Corn Muffins

### **Root Beer Short Ribs w/Carrots & Onions**

Garlic Smashed Baby Potatoes

### **Breakfast:**

Whole Grain Blueberry Muffins (6)  
Sausage, Egg & Cheese Breakfast Casserole – 8x8 pan  
Roasted Tomato & Goat Cheese Quiche – 9 inch  
Fresh Fruit Bowl – Single Servings or Large Bowl

### **Extra Vegetable Sides**

Green Beans w/Fresh Herb Butter; Summer Succotash; Maple-Orange Carrot Coins;  
Oven Roasted Garlic Broccoli & Cauliflower; Roasted Brussels Sprouts & Apples

### **Salads (4 servings):**

Broccoli Raisin Salad  
Spinach, Arugula, Dried Cherries, Goat Cheese & Pecans w/White Coconut Balsamic Vinaigrette  
Chunky Greek Salad w/Tomatoes, Cucumbers, Onion & Kalamata Olives w/Lemon-Garlic Dressing

### **Desserts:**

Chocolate Guinness Cupcakes w/Guinness Cream Cheese Frosting (1 dozen)  
Chocolate Pecan Pie Bars (20)  
Salted Caramel Cheesecake Bars (20)

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