



## January Menu

All nutritional values are for one serving. DR values represent a calculation similar to a national weight loss point system.

### Cowboy Meatballs with Cheesy Ranch Mashers

In the tradition of the old west here's a perfect meal to serve your crew at the end of the day. Delicious beef meatballs enhanced with a few "secret" spices and a classic Southwest barbecue sauce, served on top of cheesy ranch mashed potatoes. Just be ready in case they start singing "Home, Home on the Range..."

**Ingredients:** Beef Meatballs, Cilantro, Minced Garlic, Onions, Green Chili Peppers, Jalapeño Peppers, BBQ Sauce, Tomatoes, Pizza Blend Cheese, Ranch Dressing Mix, Garlic Mashed Potatoes

**Main Dish:** Calories: 436 Carbohydrates: 38g Total Fat: 19g Sat Fat: 7g Trans Fats: 0g  
Protein: 25g Cholesterol: 118mg Fiber: 2g Sodium: 975mg DR: 10

**Side Dish:** Calories: 232 Carbohydrates: 29g Total Fat: 7g Sat Fat: 4g Trans Fats: 0g  
Protein: 12g Cholesterol: 19mg Fiber: 0g Sodium: 659mg DR: 5

### Yaki Soba Stir Fry with Chicken

It's back! Our delicious Yaki Soba is served up with All-Natural chicken breast strips, a colorful blend of vegetables including broccoli, red peppers and onions and the sweet taste of kalbi. Simple, fast and delicious!

**Ingredients:** Chicken Breasts, Kalbi Marinade, Yaki Soba Noodles, Diced Red Peppers, Stir Fry Vegetable Blend

**Main Dish:** Calories: 554 Carbohydrates: 89g Total Fat: 2.6g Sat Fat: 0.6g Trans Fats: 0g  
Protein: 50g Cholesterol: 82mg Fiber: 0.8g Sodium: 1078mg DR: 11

### Four Cheese Ravioli Bake w/ Italian Meatballs

If you're pressed for time, this easy meal is your solution! Three-cheese stuffed ravioli is layered between basil-marinara sauce, Italian meatballs and tender vegetables. Sprinkle with parmesan cheese and this kid friendly meal is oven ready!

**Ingredients:** Whole Basil Leaves, Parmesan Cheese, Granulated Garlic, Italian Meatballs, Sliced Mushrooms, Whole Oregano, Cheese Ravioli, Marinara Sauce, Fajita Vegetable Blend

**Main Dish:** Calories: 574 Carbohydrates: 52g Total Fat: 25g Sat Fat: 12g Trans Fats: 0g  
Protein: 35g Cholesterol: 112mg Fiber: 6g Sodium: 954mg DR: 12

**Side Dish:** Calories: 110 Carbohydrates: 19g Total Fat: 2g Sat Fat: 0g Trans Fats: 0g  
(Breadsticks) Protein: 3g Cholesterol: 0mg Fiber: 0.5g Sodium: 290mg DR: 2

### Peach Tree Chicken with Whole Grain Rice

Tender "All Natural" chicken breasts are pan seared and finished in the oven. Topped with our delightful Peach Tree sauce, you won't forget how simple yet wonderful a meal this truly is! Paired with whole grain rice this healthy meal will have them all coming back for more.

**Ingredients:** Basil, Chicken Breasts, Cinnamon, Cloves, Corn Starch, Orange Juice Concentrate, Peach Juice, Olive Oil, Peaches, Black Pepper, Kosher Salt, Brown Sugar, Apple Cider Vinegar, Vegetable Base, Whole Grain Brown Rice

**Main Dish:** Calories: 223 Carbohydrates: 8g Total Fat: 5.2g Sat Fat: 0.9g Trans Fats: 0g  
Protein: 33g Cholesterol: 82mg Fiber: 0.7g Sodium: 170mg DR: 5

**Side Dish:** Calories: 199 Carbohydrates: 43g Total Fat: 1.9g Sat Fat: 0.4g Trans Fats: 0g  
Protein: 4.7g Cholesterol: 0mg Fiber: 2.5g Sodium: 221mg DR: 4



**Mexican Chicken Chowder**

After a busy day nothing is easier or more satisfying than a bowl of hearty chowder. Cooked white chicken, golden corn, diced onions, and mild peppers are thickened with chunks of potatoes and simmered in an array of mild Mexican seasonings. This southern-style chowder is sure to be a family favorite!

**Ingredients:** Chicken Broth, Cooked White Chicken, Chili Powder, Cilantro, Corn, Corn Starch, Cumin, Roasted Garlic, Half & Half, Diced Onions, Black Pepper, Diced Green Chili Peppers, Diced Red Peppers, Diced Red Potatoes, Kosher Salt, Cream of Celery Soup, Corn Meal, Cream Corn

**Main Dish:** Calories: 458    Carbohydrates: 31g    Total Fat: 19g    Sat Fat: 10g    Trans Fats: 0g  
 Protein: 35g    Cholesterol: 145mg    Fiber: 3.1g    Sodium: 1128mg    DR: 10

**Huckleberry BBQ Rubbed Flat Iron Steaks with Oven Roasted Potatoes**

The Flat Iron cut is well marbled, very flavorful and the second most tender cut of beef. Rubbed with huckleberry BBQ seasoning and grilled (or pan-seared and finished in the oven) this juicy steak is a full 6 ounces of culinary delight. Served with perfectly seasoned garlic-rosemary red potatoes.

**Ingredients:** Beef Flat Iron Steaks, Olive Oil, Huckleberry BBQ Rub, Oven Roasted Potatoes

**Main Dish:** Calories: 295    Carbohydrates: 0g    Total Fat: 16g    Sat Fat: 5.5g    Trans Fats: 0g  
 Protein: 36g    Cholesterol: 60mg    Fiber: 0g    Sodium: 138mg    DR: 7

**Side Dish:** Calories: 128    Carbohydrates: 29g    Total Fat: 0.3g    Sat Fat: 0g    Trans Fats: 0g  
 Protein: 3.3g    Cholesterol: 0mg    Fiber: 3g    Sodium: 610mg    DR: 2

**Chef's Awesome Chili with Corn Bread Muffins**

Take the chill out of the air with a pot of our Chef's Awesome Chili! Tender slices of seasoned top sirloin are slowly cooked with freshly chopped onions, pinto and black beans, diced tomatoes and our Chef's own blend of spices and his secret ingredient! With Corn Bread Muffins, this flavorful chili is guaranteed to be a crowd-pleaser.

**Ingredients:** Beef Base no msg/low sod, Black Beans, Pinto Beans, Beef Strips, Chili Powder, Cumin, Granulated Garlic, Minced Garlic, Diced Onions, Black Pepper, Diced Jalapeño Peppers, Diced Red Peppers, Kosher Salt, Enchilada Sauce, Diced Tomatoes, Corn Bread Muffins

**Main Dish:** Calories: 518    Carbohydrates: 46g    Total Fat: 16g    Sat Fat: 5g    Trans Fats: 0g  
 Protein: 51g    Cholesterol: 121mg    Fiber: 15g    Sodium: 1223mg    DR: 11

<b>Side Dish:</b>	Calories: 110	Carbohydrates: 20g	Total Fat: 2.5g	Sat Fat: 0.5g	Trans Fats: 0g
	Protein: 2g	Cholesterol: 0mg	Fiber: 1g	Sodium: 190mg	DR: 5

**Honey-Almond Chicken w/ Sautéed Green Beans**

This figure-friendly meal packs a punch of flavor! Boneless, skinless all-natural chicken breasts are topped with a honey mustard glaze, and sprinkled with slivered almonds. Complimented by our sautéed green beans with bacon and onions. \*This meal contains nuts\*

**Ingredients:** Slivered Almonds, Chicken Breasts, Honey, Mayonnaise, Dijon Mustard, Cooked Bacon, Green Beans, Butter-It ZTF, Minced Garlic, Diced Onions, Black Pepper

**Main Dish:** Calories: 282    Carbohydrates: 10g    Total Fat: 10g    Sat Fat: 1g    Trans Fats: 0g  
 Protein: 36g    Cholesterol: 84mg    Fiber: 1g    Sodium: 162mg    DR: 6

**Side Dish:** Calories: 142    Carbohydrates: 16g    Total Fat: 7g    Sat Fat: 2g    Trans Fats: 0g  
 Protein: 8g    Cholesterol: 19mg    Fiber: 4g    Sodium: 328mg    DR: 3



### Italian Pot Roast with Garlic Mashed Potatoes

Grandma's (or your) oven on a Sunday or your crock pot any day of the week! This fork tender pot roast with an Italian twist will melt in your mouth bite after bite. With the aroma of fragrant spices, red wine, tomatoes and the classic trio of celery, carrots and onions all cooking together, you'll think you've just walked through Grandma's front door! Paired perfectly with our Garlic Mashed Potatoes, you and your family will truly love this one!

**Ingredients:** Beef Clod Heart Roast, Beef Broth, Sliced Carrots, Sliced Celery, Minced Garlic, Diced Onions, Parsley, Black Pepper, Sage, Kosher Salt, Worcestershire Sauce, Diced Tomatoes, Red Wine, Garlic Mashed Potatoes

**Main Dish:** Calories: 343 Carbohydrates: 16g Total Fat: 6.3g Sat Fat: 2.1g Trans Fats: 0g  
Protein: 48g Cholesterol: 79mg Fiber: 3.4g Sodium: 407mg DR: 7

**Side Dish:** Calories: 146 Carbohydrates: 28g Total Fat: 2.2g Sat Fat: 0.8g Trans Fats: 0g  
Protein: 3.9g Cholesterol: 3.4mg Fiber: 0g Sodium: 386mg DR: 3

### Greek Chicken with Kalamata Olive Radiatore Pasta

Tender All-Natural chicken breasts are marinated in olive oil, lemon juice, minced garlic, mint and oregano. Simply pan-seared and finished in the oven, this easy meal is sure to please everyone. Served with radiatore pasta tossed with a dash of olive oil, tree-ripened kalamata olives, Greek seasonings and parsley.

**Ingredients:** Chicken Breasts, Minced Garlic, Lemon Juice, Olive Oil, Oregano, Black Pepper, Kosher Salt, Greek Seasoning, Black Olives, Kalamata Olives, Parsley, Radiatore Pasta

**Main Dish:** Calories: 191 Carbohydrates: 0.7g Total Fat: 5.3g Sat Fat: 0.9g Trans Fats: 0g  
Protein: 33g Cholesterol: 82mg Fiber: 0.1g Sodium: 248mg DR: 4

**Side Dish:** Calories: 299 Carbohydrates: 43g Total Fat: 11g Sat Fat: 1g Trans Fats: 0g  
Protein: 8g Cholesterol: 0mg Fiber: 2g Sodium: 217mg DR: 7

### Seasoned Pork Loin w/ Onion Marmalade & Sweet Potato Fries

Our boneless, center-cut pork loin is marinated in olive oil, fresh garlic, kosher salt and pepper, then seared and oven-roasted. This tender two pound roast is topped with caramelized onions, infused with the flavors of apple and brown sugar. Our popular sweet potato fries complete this meal, and are a great source of vitamins, beta-carotene, and fiber.

**Ingredients:** Minced Garlic, Olive Oil, Sliced Onions, Black Pepper, Pork Loin Roast, Sweet Potato Fries, Kosher Salt, Brown Sugar, Apple Cider Vinegar

**Main Dish:** Calories: 334 Carbohydrates: 13g Total Fat: 16g Sat Fat: 4g Trans Fats: 0g  
Protein: 32g Cholesterol: 92mg Fiber: 1g Sodium: 51mg DR: 8

**Side Dish:** Calories: 140 Carbohydrates: 33g Total Fat: 0g Sat Fat: 0g Trans Fats: 0g  
Protein: 3g Cholesterol: 0mg Fiber: 5g Sodium: 14mg DR: 2

### Santa Fe Pulled Chicken with Fiesta Rice

We take Shredded Chicken and add our famous Santa Fe recipe. Such ingredients as Mole, Cumin, Cilantro, Garlic, Onions, Enchilada Sauce and Green Pepper are perfect for this mouth watering Chicken Tortilla meal. Served along with a side of our Fiesta Rice, you can round em up and sit em down for a real showdown at the dinner table!

**Ingredients:** Mole Base, Cumin, Minced Garlic, Onions, Oregano, Green Peppers, Jalapeño Peppers, Pulled Pork, Flour Tortillas, BBQ Sauce, Enchilada Sauce, Black Beans, Cilantro, Corn, Red Peppers, Fiesta Rice

**Main Dish:** Calories: 479 Carbohydrates: 44g Total Fat: 15g Sat Fat: 7g Trans Fats: 0g  
Protein: 40g Cholesterol: 101mg Fiber: 3g Sodium: 593mg DR: 10

**Side Dish:** Calories: 227 Carbohydrates: 52g Total Fat: 0g Sat Fat: 0g Trans Fats: 0g  
Protein: 5g Cholesterol: 0mg Fiber: 2g Sodium: 59mg DR: 4



**Turkey Marsala Meatloaf with Mediterranean Vegetables**

Unlike any meatloaf you've had; healthy ground turkey is seasoned with basil, diced onions, red peppers and parmesan cheese. Once baked, this moist meatloaf is drizzled with a savory Marsala sauce and complimented with delicious Mediterranean Vegetables. Leftovers? A slice of this meatloaf on rustic bread makes a mouthwatering sandwich!

**Ingredients:** Whole Basil, Panko Breadcrumbs, Chicken Broth, Parmesan Cheese, Corn Starch, Minced Garlic, Roasted Garlic, Liquid Egg, Marsala Wine, Milk, Sliced Mushrooms, Diced Onions, Black Pepper, Diced Red Peppers, Kosher Salt, Ground Turkey, Mediterranean Vegetable blend

**Main Dish:** Calories: 346 Carbohydrates: 16g Total Fat: 10g Sat Fat: 4g Trans Fats: 0g  
 Protein: 50g Cholesterol: 111mg Fiber: 1g Sodium: 543mg DR: 7.5

<b>Side Dish:</b>	Calories: 132	Carbohydrates: 12g	Total Fat: 7g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 3g	Cholesterol: 0mg	Fiber: 4g	Sodium: 75mg	DR: 3

**Pineapple Upside Down Pork Chops with Vegetable Sauté**

A Dinners ready twist on a classic! Our center-cut pork chops are marinated in olive oil and a touch of nutmeg then baked in the oven atop golden pineapple rings caramelized in brown sugar. An assortment of colorful and healthy vegetables is the perfect accompaniment to this meal.

**Ingredients:** Whole Basil Leaves, Ground Nutmeg, Olive Oil, Black Pepper, Pineapple Rings, Pork Loin Chops, Kosher Salt, Brown Sugar, Whole Oregano, Whole Thyme, Mediterranean Vegetable Blend

**Main Dish:** Calories: 347 Carbohydrates: 13g Total Fat: 21g Sat Fat: 6g Trans Fats: 0g  
 Protein: 26g Cholesterol: 73mg Fiber: .5g Sodium: 826mg DR: 8

**Side Dish:** Calories: 156 Carbohydrates: 19g Total Fat: 7g Sat Fat: 1g Trans Fats: 0g  
 Protein: 4g Cholesterol: 0mg Fiber: 4g Sodium: 67mg DR: 3

**Build Your Own Calzone**

FEATURING BEEF TACO! Calzones are a treat the whole family loves 'cause they're the tastier version of pizza! In Italian the word "calzone" literally means "stocking," and at Dinners Ready you can choose the fillings your family likes best to tuck inside our delicious pizza crust. Cheese, meat, vegetables, marinara sauce... it's a great choice for dinner, especially on a busy night. Just pop it in the oven for thirty minutes and then call "Dinner's Ready!"

**Ingredients:** Pizza Blend Cheese, Pizza Dough, Ham, Mushrooms, Black Olives, Onions, Crushed Red Pepper, Pepperoni, Pineapple, Alfredo Sauce, Pizza Sauce, Italian Sausage, Italian Seasoning, Sundried Tomatoes, Cooked Chicken, Minced Garlic

**Main Dish:** Calories: 574 Carbohydrates: 59g Total Fat: 20g Sat Fat: 10g Trans Fats: 0g  
 Protein: 36g Cholesterol: 139mg Fiber: 3g Sodium: 1109mg DR: 12

**Baked Pesto Salmon with Rice Pilaf**

Our Baked Pesto Salmon is a great example of how you get great taste AND good health whenever you serve Dinners Ready. Adding a little classic Italian Pesto to our premium Atlantic salmon fillets, we give you a seasoning so delicious that your guests will be asking for your "secret recipe." And though it's bursting with flavor, this meal is high in protein, essential vitamins, and those important Omega-3's. Paired with delicious Rice Pilaf.

\*This meal contains nuts!\*

**Ingredients:** Salmon Fillets, Pesto Sauce, Rice Pilaf

**Main Dish:** Calories: 405 Carbohydrates: 34g Total Fat: 29g Sat Fat: 8.1g Trans Fats: 0g  
 Protein: 34g Cholesterol: 81mg Fiber: 0.8g Sodium: 299mg DR: 10

**Side Dish:** Calories: 189 Carbohydrates: 43g Total Fat: 1g Sat Fat: 0g Trans Fats: 0g  
 Protein: 4g Cholesterol: 0mg Fiber: 1g Sodium: 580mg DR: 4