



## January Menu

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

### Beef Tamale and Green Chili Bake with Mexican Rice

Much loved by our customers, our beef-filled tamales are back by popular demand! Sprinkled with golden corn, green onions and mild green chilies then drizzled with a south-of-the border sauce. Topped with a blend of cheeses, you simply bake until bubbly and golden brown. Served with Mexican rice.

**Ingredients:** Pizza Blend Cheese, Chili Powder, Cilantro, Corn, Ground Cumin, Half & Half, Chopped Green Onions, Diced Green Chili Peppers, Enchilada Sauce, Beef Tamales, Mexican Rice

<b>Main Dish:</b>	Calories: 546	Carbohydrates: 18g	Total Fat: 27g	Sat Fat: 10g	Trans Fats: 0g
	Protein: 28g	Cholesterol: 57mg	Fiber: 7g	Sodium: 995mg	DR: 12
<b>Side Dish:</b>	Calories: 203	Carbohydrates: 46g	Total Fat: 0g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 0mg	Fiber: 1g	Sodium: 1mg	DR: 4

### Beef Burgundy Meatballs with "Loaded" Mashers

This has become a new staff favorite around Dinners Ready and no doubt will be with you as well! All beef premium meatballs are simmered in a "to die for" burgundy wine sauce with mushrooms, onions and our special blend of spices. Served alongside "Loaded" garlic mashed potatoes. Mmm Mmm Good!

**Ingredients:** Bacon, Beef Meatballs, Beef Broth, Corn Starch, Minced Garlic, Mushrooms, Onions, Parsley, Tarragon, Thyme, Red Wine, Pizza Blend Cheese, Chopped Green Onions, Garlic Mashed Potatoes

<b>Main Dish:</b>	Calories: 430	Carbohydrates: 17g	Total Fat: 24g	Sat Fat: 8g	Trans Fats: 0g
	Protein: 31g	Cholesterol: 135mg	Fiber: 1g	Sodium: 485mg	DR: 10
<b>Side Dish:</b>	Calories: 302	Carbohydrates: 31g	Total Fat: 12g	Sat Fat: 6g	Trans Fats: 0g
	Protein: 18g	Cholesterol: 35mg	Fiber: 1g	Sodium: 907mg	DR: 7

### Chicken Dijon w/ French Style Rice

This healthy meal is ready to bake at the end of a busy day. Boneless, skinless chicken breasts lightly coated with Dijon mustard and topped with Panko breadcrumbs and parmesan cheese. Simply bake until golden, and serve with a side of our nutritious French Style Rice.

**Ingredients:** Panko Breadcrumbs, Parmesan Cheese, Chicken Breasts, Granulated Garlic, Dijon Mustard, Parsley, Black Pepper, Herbed Rice, Green Beans, Diced Onions

<b>Main Dish:</b>	Calories: 392	Carbohydrates: 34g	Total Fat: 7g	Sat Fat: 3g	Trans Fats: 0g
	Protein: 48g	Cholesterol: 94mg	Fiber: 2g	Sodium: 1568mg	DR: 8
<b>Side Dish:</b>	Calories: 99	Carbohydrates: 21g	Total Fat: 0.3g	Sat Fat: 0.1g	Trans Fats: 0g
	Protein: 2.8g	Cholesterol: 0mg	Fiber: 2.5g	Sodium: 4.6mg	DR: 3

### Parmesan Crusted Sole w/ Cheesy Broccoli Bake

Our signature Sole is encrusted with a blend of parmesan cheese and Panko and bursting with flavor, this healthy dinner is one you do not want to miss! Serve alongside a delicious and easy vegetable bake: tender broccoli, diced red tomatoes and onions are layered with breadcrumbs under a golden cheese topping.

**Ingredients:** Sole, Garlic, Parmesan, Panko, Salt, Pepper, Butter-It, Broccoli, Pizza Cheese, Onion, Alfredo Sauce, Tomato

<b>Main Dish:</b>	Calories: 222	Carbohydrates: 8g	Total Fat: 7g	Sat Fat: 3g	Trans Fats: 0g
	Protein: 29g	Cholesterol: 73mg	Fiber: 1g	Sodium: 719mg	DR: 4
<b>Side Dish:</b>	Calories: 262	Carbohydrates: 20g	Total Fat: 13g	Sat Fat: 8g	Trans Fats: 0g
	Protein: 17g	Cholesterol: 41mg	Fiber: 3g	Sodium: 895mg	DR: 6



### Island Pulled Pork with Pineapple Rice

This easy to prepare and satisfying meal is tangy, sweet, and oh-so-delicious! Shredded pork is simmered in a flavorful blend of pineapple juice, brown sugar and minced ginger then served over a bed of our signature pineapple rice. You'll feel like your on vacation in the islands!

**Ingredients:** Corn Starch, Minced Ginger, Pineapple Juice, Diced Red Peppers, Pork Carnitas Meat, Brown Sugar, Cilantro, Pineapple Tidbits, Jasmine Rice, Kosher Salt

<b>Main Dish:</b>	Calories: 322	Carbohydrates: 15g	Total Fat: 16g	Sat Fat: 5g	Trans Fats: 0g
	Protein: 29g	Cholesterol: 102mg	Fiber: 0.2g	Sodium: 88mg	DR: 8
<b>Side Dish:</b>	Calories: 246	Carbohydrates: 56g	Total Fat: 0.1g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 0mg	Fiber: 1g	Sodium: 292mg	DR: 5

### Orange Scented Beef Stir Fry with Asian Noodles

Tender strips of premium sirloin are stir fried with a wonderful blend of vegetables including broccoli, red peppers, carrots and mushrooms. Add our delicious home-made stir fry sauce with a hint of orange, and serve over a bed of fresh soba noodles for a healthy treat.

**Ingredients:** Beef Strips, Beef Broth, Corn Starch, Minced Ginger, Orange Marmalade, Diced Onions, Oyster Sauce, Soy Sauce, Sweet Chili Sauce, Stir Fry Vegetable Blend, Rice Vinegar, Soba Noodles

<b>Main Dish:</b>	Calories: 280	Carbohydrates: 15g	Total Fat: 10g	Sat Fat: 4g	Trans Fats: 0g
	Protein: 33g	Cholesterol: 63mg	Fiber: 3g	Sodium: 735mg	DR: 6
<b>Side Dish:</b>	Calories: 113	Carbohydrates: 24g	Total Fat: 0g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 6g	Cholesterol: 0mg	Fiber: 0g	Sodium: 68mg	DR: 4

### Four Cheese Ravioli Bake w/ Italian Meatballs & Breadsticks

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! The Breadsticks are soft and chewy!

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

<b>Main Dish:</b>	Calories: 574	Carbohydrates: 52g	Total Fat: 25g	Sat Fat: 12g	Trans Fats: 0g
	Protein: 35g	Cholesterol: 112mg	Fiber: 6g	Sodium: 954mg	DR: 12
<b>Side Dish:</b>	Calories: 110	Carbohydrates: 19g	Total Fat: 2g	Sat Fat: 0g	Trans Fats: 0g
<b>(Breadsticks)</b>	Protein: 3g	Cholesterol: 0mg	Fiber: 0.5g	Sodium: 290mg	DR: 2

### Jamaican Flat Iron Steaks w/ Caribbean Vegetables

Generous cuts of flat Iron Steaks are marinated in our own Jamaican Sauce. This island-inspired dish is delightfully complete with a side of heart-healthy vegetables sautéed in a blend of zesty Caribbean spices.

**Ingredients:** Flat Iron Steak, Ground Cinnamon, Ground Cloves, Minced Garlic, Minced Ginger, Lime Juice, Orange Juice, Olive Oil, Black Pepper, Soy Sauce, Caribbean Seasoning, Brown Sugar, Stir Fry Vegetable Blend

<b>Main Dish:</b>	Calories: 379	Carbohydrates: 11g	Total Fat: 14g	Sat Fat: 6g	Trans Fats: 0g
	Protein: 48g	Cholesterol: 60mg	Fiber: 0g	Sodium: 232mg	DR: 9
<b>Side Dish:</b>	Calories: 80	Carbohydrates: 13g	Total Fat: 1g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 5g	Cholesterol: 17mg	Fiber: 1g	Sodium: 183mg	DR: 2



**Pork Tenderloin w/ Apple BBQ Glaze & Sweet Potato Fries**

This dinner is a perfect transition from Winter to Spring flavors. Certified "Nutritious Wise" pork tenderloin is pan seared to seal in all those wonderful natural juices and oven baked. Finished with our Chef's own Apple-BBQ Glaze and accompanied by our healthy Sweet Potato Fries, this dinner is perfect for the family or dinner guests. This is a must to order!

**Ingredients:** Pork Tenderloin, Brown Sugar, BBQ Sauce, Apple Juice Concentrate, Olive Oil, Kosher Salt, Sweet Potato Fries

**Main Dish:** Calories: 446 Carbohydrates: 25g Total Fat: 18g Sat Fat: 4g Trans Fats: 0g  
 Protein: 42g Cholesterol: 112mg Fiber: 4.6g Sodium: 240mg DR: 7

<b>Side Dish:</b>	Calories: 175	Carbohydrates: 27g	Total Fat: 7g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 2g	Cholesterol: 0mg	Fiber: 2g	Sodium: 201mg	DR: 4

**Turkey Marsala Meatloaf with Fettuccine Alfredo**

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 served alongside fettuccine pasta tossed in creamy Alfredo sauce and topped with parmesan cheese. 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, Fettuccine, Alfredo Sauce.

**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

**Side Dish:** Calories: 421 Carbohydrates: 45g Total Fat: 20g Sat Fat: 12g Trans Fats: 0g  
 Protein: 13g Cholesterol: 68mg Fiber: 2g Sodium: 232mg DR: 10

**Santa Fe Chicken Burrito w/ Mexican Rice & Refried Beans**

Flour tortillas are stuffed with the irresistible combination of our specially prepared pulled chicken, black beans, corn, black olives, onions, sour cream, and mild green chilies. These hearty burritos are drizzled with our own Santa Fe sauce and topped with a blend of Mexican cheeses. This is such a delicious meal, especially when it comes with our Mexican Rice and Refried Beans!

**Ingredients:** Shredded Chicken, Sour Cream, Diced Green Onions, Diced Green Chilis, 3 Cheese Blend, Black Olives Black Beans, Corn, Enchiladas Sauce, BBQ Sauce, Mole, Rice, Refried Beans, Tortillas

**Main Dish:** Calories: 497 Carbohydrates: 12g Total Fat: 28g Sat Fat: 16g Trans Fats: 0g  
 Protein: 45g Cholesterol: 119mg Fiber: 1.9g Sodium: 1003 DR: 12

**Side Dish:** Calories: 237 Carbohydrates: 39g Total Fat: 3g Sat Fat: 0g Trans Fats: 0g  
 Protein: 14g Cholesterol: 20mg Fiber: 13g Sodium: 753mg DR: 6

**Chicken Stroganoff w/ Egg Noodles**

It's one of those great meals just like "mom used to make" but with a lot less work for mom. This heart healthy stroganoff is made with sautéed tender strips of "All Natural" chicken breast, mushrooms, onions, garlic, non-fat sour cream and served atop egg noodles. Like all Dinners Ready meals it's simple and quick to fix and oh so good!! Your kids will love it!

**Ingredients:** Beef Broth, Chicken Breasts, Minced Garlic, Sliced Mushrooms, Olive Oil, Diced Onions, Parsley, Black Pepper, Kosher Salt, Worcestershire Sauce, Sour Cream, Cabernet Wine, Egg Noodles

**Main Dish:** Calories: 298 Carbohydrates: 7g Total Fat: 12g Sat Fat: 3g Trans Fats: 0g  
 Protein: 35g Cholesterol: 92mg Fiber: 1g Sodium: 323mg DR: 7

**Side Dish:** Calories: 216 Carbohydrates: 40g Total Fat: 2g Sat Fat: 1g Trans Fats: 0g  
 Protein: 8g Cholesterol: 54mg Fiber: 2g Sodium: 12mg DR: 4



### Mediterranean Tortellini Soup w/Artisan Dinner Rolls

Truly exploding with flavors, this cheese tortellini, vegetables, chicken and tomato soup is a meal in itself. Our staff raved over this one at the menu-tasting. Serve with sprinkled parmesan cheese, then get outta the way!

**Ingredients:** Vegetable Blend, Basil, Garlic, Sundried Tomatoes, Three Cheese Tortellini, Diced Chicken, Parmesan Cheese, Diced Tomatoes, Salt, Pepper, Dinner Rolls

<b>Main Dish:</b>	Calories: 312	Carbohydrates: 27g	Total Fat: 13g	Sat Fat: 5g	Trans Fats: 0g
	Protein: 22g	Cholesterol: 79mg	Fiber: 2g	Sodium: 1100mg	DR: 7
<b>Side Dish:</b>	Calories: 70	Carbohydrates: 15g	Total Fat: 1g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 3g	Cholesterol: 0mg	Fiber: 5g	Sodium: 70mg	DR: 1

### Chicken and Caramelized Onions with Baby Bakers

A simple yet fantastic meal, we start with Tyson "All Natural" boneless-skinless fully trimmed chicken breasts which are pan-seared to keep all those wonderful juices in. Then we infuse them with the spectacular flavors of crushed garlic and our own caramelized onions. Served with a delicious side of our Baby Baker Potatoes.

**Ingredients:** Chicken Breasts, Minced Garlic, Olive Oil, Onions, Black Pepper, Kosher Salt, Brown Sugar, Apple Cider Vinegar, Baby Baker Potatoes, Pepper, Butter-It, Minced Garlic

<b>Main Dish:</b>	Calories: 241	Carbohydrates: 13g	Total Fat: 5g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 33g	Cholesterol: 82mg	Fiber: 1g	Sodium: 244mg	DR: 5
<b>Side Dish:</b>	Calories: 151	Carbohydrates: 32g	Total Fat: 2g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 3g	Cholesterol: 3mg	Fiber: 3g	Sodium: 186mg	DR: 3

### 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

<b>Main Dish:</b>	Calories: 282	Carbohydrates: 10g	Total Fat: 10g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 36g	Cholesterol: 84mg	Fiber: 1g	Sodium: 162mg	DR: 6
<b>Side Dish:</b>	Calories: 142	Carbohydrates: 16g	Total Fat: 7g	Sat Fat: 2g	Trans Fats: 0g
	Protein: 8g	Cholesterol: 19mg	Fiber: 4g	Sodium: 328mg	DR: 3

### Build Your Own Calzone

FEATURING THE THAI CHICKEN CALZONE! 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, Thai Sauce, Green Onion, Julienne Carrots, Cilantro, Cooked Chicken, Minced Garlic

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



### **Pineapple Upside Down Pork Chops with Thai Style Vegetables**

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. The perfect side dish for this meal is our Thai style Vegetables.

**Ingredients:** Whole Basil Leaves, Ground Nutmeg, Olive Oil, Black Pepper, Pineapple Rings, Pork Loin Chops, Kosher Salt, Brown Sugar, Sweet Chili Sauce, Butter-it, Pacific Blend Vegetables, Coconut Milk, Kosher Salt

<b>Main Dish:</b>	Calories: 347	Carbohydrates: 13g	Total Fat: 21g	Sat Fat: 6g	Trans Fats: 0g
	Protein: 26g	Cholesterol: 73mg	Fiber: .5g	Sodium: 826mg	DR: 8
<b>Side Dish:</b>	Calories: 68	Carbohydrates: 14g	Total Fat: 2g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 2g	Cholesterol: 3mg	Fiber: 3g	Sodium: 133mg	DR: 1

### **Philly Cheese Steak Sandwiches on Hoagie Roll w/ Jo Jo Steak Potatoes**

Welcome to Philadelphia! Home of the Philly Cheese Steak sandwich. We use only traditional ingredients for an authentic dining experience. The whole family will love these sandwiches. You are sure to make this a part of your regular menu. Sauté Vegetable blend and Roast Beef. Place on a Hoagie Roll and top with Provolone cheese and you have a crowd pleaser. Served along our popular Jo Jo Steak Potatoes.

**Ingredients:** Sliced Roast Beef, Provolone Cheese, Vegetable Blend, Parmesan Cheese, Roasted Garlic, Parsley, Jo Jo Steak Potatoes, Kosher Salt, Pepper

<b>Main Dish:</b>	Calories: 368	Carbohydrates: 39g	Total Fat: 11g	Sat Fat: 6g	Trans Fats: 0g
Protein: 7g	Protein: 26g	Cholesterol: 44mg	Fiber: 3.5g	Sodium: 1317mg	DR: 9
<b>Side Dish:</b>	Calories: 90	Carbohydrates: 12g	Total Fat: 3g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 2g	Cholesterol: 2mg	Fiber: 2g	Sodium: 190mg	DR: 2