



December Menu

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

Sweet and Sour Meatballs with Pineapple Rice

This month we present a classic from the Far East. We give you meatballs made with extra lean beef simmered in our wonderfully tangy sweet and sour sauce. Serve them up with our delicious Pineapple rice. In less than 25 minutes your dinner will be ready to serve! (Note: This wonderful dish can be cooked and served in a crock pot.)

Ingredients: Beef Meatballs, Diced Red Peppers, Pineapple Tidbits, Sweet & Sour Sauce, Kosher Salt, Cilantro, Pineapple Juice, Jasmine Rice

Main Dish:	Calories: 391	Carbohydrates: 31g	Total Fat: 18g	Sat Fat: 7g	Trans Fats: 0g
	Protein: 24g	Cholesterol: 118mg	Fiber: 1g	Sodium: 556mg	DR: 9
Side Dish:	Calories: 246	Carbohydrates: 56g	Total Fat: 0.1g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 0mg	Fiber: 1g	Sodium: 292mg	DR: 6

Fettuccine & Italian Sausage in Fennel Cream Sauce w/ Breadsticks

We've taken this classic and enhanced the flavor of our "little ribbons" even further with Fennel cream sauce and zesty Italian sausage. If you feel the urge to bring us gold cutlery we'll understand...but all we ask is that you enjoy this spectacular meal with those you love. Delizioso!

Ingredients: Butter-It, Parmesan Cheese, Ground Fennel Seed, Flour, Minced Garlic, Half & Half, Onions, Black Pepper, Kosher Salt, Italian Sausage, Breadsticks, Fettuccine Noodles

Main Dish:	Calories: 435	Carbohydrates: 15g	Total Fat: 27g	Sat Fat: 14g	Trans Fats: 0g
	Protein: 32g	Cholesterol: 84mg	Fiber: 1g	Sodium: 1500mg	DR: 11
Side Dish: (Fettuccine)	Calories: 261	Carbohydrates: 54g	Total Fat: 1g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 10g	Cholesterol: 0mg	Fiber: 2g	Sodium: 3mg	DR: 5
Side Dish: (Breadsticks)	Calories: 110	Carbohydrates: 19g	Total Fat: 2g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 3g	Cholesterol: 0mg	Fiber: 0.5g	Sodium: 290mg	DR: 2

Kalbi Meatloaf with Coconut Rice

Bring the family back to the dinner table with this popular meatloaf. Quality ground chuck, Kalbi marinade, onions, sweet chili sauce and diced red peppers blend together into a moist meatloaf that is both sweet and savory. This signature meal is complimented with our customer favorite coconut rice.

Ingredients: Beef Ground Chuck, Panko Breadcrumbs, Liquid Egg, Kalbi Marinade, Onions, Black Pepper, Red Peppers, Kosher Salt, Sweet Chili Sauce, Coconut Milk, Jasmine Rice

Main Dish:	Calories: 399	Carbohydrates: 38g	Total Fat: 11g	Sat Fat: 4g	Trans Fats: 0g
	Protein: 38g	Cholesterol: 187mg	Fiber: 2g	Sodium: 894mg	DR: 8
Side Dish:	Calories: 275	Carbohydrates: 51g	Total Fat: 6g	Sat Fat: 5g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 0mg	Fiber: 1g	Sodium: 244mg	DR: 6

Italian Meatball Lasagna

Our take on this classic Italian favorite is guaranteed to please everyone. You (and the family) will love our twist with the meatballs and our signature cheese filling. This meal is sure to move to the top of the list as a Dinners Ready must have!

Ingredients: Basil, Cream Cheese, Mozzarella Cheese, Parmesan Cheese, Ricotta Cheese, Liquid Egg, Granulated Garlic, Italian Meatballs, Pasta Sheets, Black Pepper, Marinara Sauce

Main Dish:	Calories: 906	Carbohydrates: 50g	Total Fat: 48g	Sat Fat: 27g	Trans Fats: 0g
	Protein: 66g	Cholesterol: 249mg	Fiber: 3.7g	Sodium: 1642mg	DR: 21



Turkey Pot Pie

On a cold, rainy day there's nothing better than being greeted at home by the aroma of a pot pie baking in the oven. So delicious and so easy thanks to Dinners Ready. Premium turkey and vegetables tucked inside a creamy sauce and baked under a flaky, golden pie crust. Okay I've got to stop now 'cause my mouth is watering...

Ingredients: Pie Dough Sheets, Granulated Garlic, Reduced Fat Milk, Diced Onions, Peas & Pearl Onions, Black Pepper, Diced Red Potatoes, Kosher Salt, Poultry Seasoning, Cream of Celery Soup, Cream of Chicken Soup, Cooked White Turkey, Country Vegetable Blend

Main Dish: Calories: 412 Carbohydrates: 30g Total Fat: 15g Sat Fat: 4.1g Trans Fats: 0g
Protein: 39g Cholesterol: 93mg Fiber: 4.7g Sodium: 1026mg DR: 9

White Bean Chicken Chili with Artisan Rolls

After a busy day, nothing is easier or more satisfying than a bowl of hearty chili. Cooked white chicken, diced onions, mild green chilies and peppers are thickened with white beans and simmered in mild and flavorful seasonings. Enjoy a hot bowl of this amazing chili topped with a blend of melted Mexican cheeses and warm Artisan Rolls.

Ingredients: No MSG/Low Sodium Chicken Base, Great Northern Beans, Three Cheese Blend, White Cooked Chicken, Chili Powder, Cumin, Minced Garlic, Diced Onions, Oregano, Crushed Red Pepper, Diced Red Peppers, Green Chili Peppers, Jalapeño Peppers, Kosher Salt, Dinner Rolls

Main Dish: Calories: 451 Carbohydrates: 31g Total Fat: 18g Sat Fat: 8g Trans Fats: 0g
Protein: 43g Cholesterol: 96mg Fiber: 9g Sodium: 1334mg DR: 9

Side Dish: Calories: 70 Carbohydrates: 15g Total Fat: 1g Sat Fat: 0g Trans Fats: 0g
Protein: 3g Cholesterol: 0mg Fiber: 5g Sodium: 70mg DR: 1

Beef Stroganoff with Egg Noodles

Enjoy our premium sirloin beef strips in this 'just like mom made' stroganoff. Sliced mushrooms, onions and red peppers are simmered with this tender beef in a traditional sour cream sauce. Served over egg noodles, all you need is a deep bowl for this hearty dish!

Ingredients: Mushroom Base, Beef Sirloin Strips, Beef Broth, Corn Starch, Minced Garlic, Mushrooms, Dijon Mustard, Onions, Black Pepper, Red Peppers, Worcestershire Sauce, Cream of Mushroom Soup, Sour Cream, Tomato Paste, Egg Noodles

Main Dish: Calories: 335 Carbohydrates: 18g Total Fat: 16g Sat Fat: 7g Trans Fats: 0g
Protein: 30g Cholesterol: 52mg Fiber: 2g Sodium: 566mg DR: 9

Side Dish: Calories: 325 Carbohydrates: 61g Total Fat: 4g Sat Fat: 1g Trans Fats: 0g
Protein: 12g Cholesterol: 81mg Fiber: 2g Sodium: 18mg DR: 9

Dijon Flat Iron Steaks w/ Sauce Robert & Oven Roasted Vegetables

Back by customer demand! Generous cuts of flank steak are marinated in a savory blend of Dijon mustard, Worcestershire, soy sauce, and Italian seasonings, then draped with an elegant sauce Robert. Served with delicious Oven Roasted Vegetables.

Ingredients: Basil, Beef Flank Steak, Minced Garlic, Dijon Mustard, Canola Oil, Oregano, Black Pepper, Demi Glace Sauce, Soy Sauce, Worcestershire Sauce, Red Wine Vinegar, Pacific Vegetable Blend, Sugar, Balsamic Vinegar, Italian Seasoning, Roasted Garlic

Main Dish: Calories: 345 Carbohydrates: 5g Total Fat: 13g Sat Fat: 4g Trans Fats: 0g
Protein: 49g Cholesterol: 44mg Fiber: 1g Sodium: 672mg DR: 8

Side Dish: Calories: 189 Carbohydrates: 11g Total Fat: 2.7g Sat Fat: .7g Trans Fats: 0g
Protein: 2g Cholesterol: 2mg Fiber: 2g Sodium: 188mg DR: 4



Baked Chicken Katsu w/ Japanese Nikko Rice

This delicious meal comes from the Orient. We coat our Chicken with Panko and fry to perfection. This is served with Tonkatsu sauce, a sweet and savory mix famous in Japanese cooking. Paired with traditional Japanese Nikko Rice.

Ingredients: Panko Breadcrumbs, Chicken Breasts, Liquid Egg, Roasted Garlic, Black Pepper, Tonkatsu Sauce, Japanese Nikko Rice

Main Dish:	Calories: 287	Carbohydrates: 29g	Total Fat: 1.9g	Sat Fat: .5g	Trans Fats: 0g
	Sugar 18g	Protein: 35g	Cholesterol: 82mg	Fiber: 0g	Sodium: 557mg
Side Dish:	Calories: 202	Carbohydrates: 45g	Total Fat: 0g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 3.7g	Cholesterol: 0mg	Fiber: 0.6g	Sodium: 0mg	DR: 4

Chicken Florentine w/ Baked Baby Bakers

This meal was born out of the Tuscany region of Italy. The delicious combination of Spinach and Garlic Cream Sauce with Parmesan are baked on to our breaded Chicken Breasts. Adding our very popular Baby Bakers makes this an unbeatable pairing.

Ingredients: Spinach, Garlic, Alfredo Sauce, Liquid Egg, Parsley, Parmesan Cheese, Chicken Breast, Panko Breadcrumbs, Butter-It, Baby Bakers, Salt, Pepper

Main Dish:	Calories: 387	Carbohydrates: 11g	Total Fat: 18g	Sat Fat: 8g	Trans Fats: 0g
	Protein: 42g	Cholesterol: 116mg	Fiber: 2g	Sodium: 1,011mg	DR: 11
Side Dish:	Calories: 151	Carbohydrates: 32g	Total Fat: 2g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 3g	Cholesterol: 3mg	Fiber: 3g	Sodium: 186mg	DR: 3

Greek Chicken with Kalamata Olive 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 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, 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

Margarita Chicken with Fiesta Rice

Back by popular demand! Tender "All Natural" chicken breasts are marinated to perfection in traditional flavors and finished with our own Margarita cream sauce. Paired with our signature Fiesta rice, this dinner will kick up any weekday evening and turn every mouth-watering bite into a Party!

Ingredients: Chicken Breasts, Chili Powder, Corn Starch, Cumin, Granulated Garlic, Minced Garlic, Half & Half, Lime Juice, Margarita Mix, Black Pepper, Sugar, Tequila, Black Beans, Diced Red Peppers, Mexican Rice

Main Dish:	Calories: 240	Carbohydrates: 12g	Total Fat: 6g	Sat Fat: 3g	Trans Fats: 0g
	Protein: 29g	Cholesterol: 88mg	Fiber: 0.5g	Sodium: 106mg	DR: 5
Side Dish:	Calories: 224	Carbohydrates: 51g	Total Fat: 0g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 5g	Cholesterol: 0mg	Fiber: 2g	Sodium: 59mg	DR: 5



Pork Tenderloin and Stone Ground Mustard Sauce with Sautéed Green Beans

"Nutrition-Wise" pork tenderloin (certified by the American Heart Association) is marinated with olive oil and fresh rosemary. Pan seared and finished in the oven this quick and easy meal will please all. Drizzled with our delicious and healthy stone ground mustard cream sauce and paired with sautéed green beans you will have them coming back for seconds!

Ingredients: Chicken Base no msg/low sod, Corn Starch, Half & Half, Dijon Mustard, Stone Ground Mustard, Olive Oil, Pork Tenderloin, Fresh Rosemary, Kosher Salt, Cooked Bacon, Green Beans, Minced Garlic, Diced Onions

Main Dish:	Calories: 263	Carbohydrates: 1g	Total Fat: 14g	Sat Fat: 4g	Trans Fats: 0g
	Protein: 31g	Cholesterol: 102mg	Fiber: 0g	Sodium: 224mg	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

Honey-BBQ Sauce Pork Chops w/ Garlic Mashed Potatoes

We guarantee you will fall in love with this special dish from our chef! Center cut pork chops are topped with our delicious sweet Honey – BBQ Sauce then baked until tender and sweet. This meal is balanced with one of our favorite side dishes, Garlic Mashed Potatoes.

Ingredients: Roasted Garlic, Honey, Olive Oil, Black Pepper, Pork Loin Chops, Kosher Salt, Bourbon, BBQ Sauce, Potatoes, Minced Garlic

Main Dish:	Calories: 412	Carbohydrates: 15g	Total Fat: 20g	Sat Fat: 7.5g	Trans Fats: 0g
	Protein: 39g	Cholesterol: 121mg	Fiber: 0.1g	Sodium: 413mg	DR: 9
Side Dish:	Calories: 146	Carbohydrates: 28g	Total Fat: 2g	Sat Fat: 0.8g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 3mg	Fiber: 0g	Sodium: 386mg	DR: 3

Build Your Own Calzone

FEATURING CHIPOTLE BBQ CHICKEN! 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. This month we are featuring our BBQ Chicken Calzone. Ladle on BBQ Sauce and add Cheese, Chicken, onions and Bacon for a delicious variation. You can be traditional and add Cheese, meat, vegetables and marinara sauce for another meal... 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, Cooked Chicken, Ham, Mushrooms, Bacon, Black Olives, Onions, Crushed Red Pepper, Pepperoni, Pineapple, Alfredo Sauce, BBQ Sauce, Chipotle powder, Pizza Sauce, Italian Sausage, Italian Seasoning, Sundried Tomatoes, 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

Sole and Pesto Shrimp in Lemon Cream Sauce with Vegetable Sauté

You take all the credit with this restaurant-quality meal! Boneless sole fillets are dusted with seasoned flour and sautéed in olive oil. Topped with pesto shrimp and drizzled with a made-from-scratch lemon cream sauce. Paired with a healthy Vegetable Sauté and you have a delicious dinner that is good for you!

Ingredients: Corn Starch, Flour, Granulated Garlic, Half & Half, Lemon Juice, Parsley, Black Pepper, Kosher Salt, Pesto Sauce, Shrimp, Sole Fillets, Basil, Oregano, Thyme, Mediterranean Vegetable Blend

Main Dish:	Calories: 243	Carbohydrates: 7.9g	Total Fat: 8.2g	Sat Fat: 2.7g	Trans Fats: 0g
	Protein: 32g	Cholesterol: 129mg	Fiber: 0.4g	Sodium: 368mg	DR: 5
Side Dish:	Calories: 181	Carbohydrates: 1.5g	Total Fat: 3.6g	Sat Fat: 0.8g	Trans Fats: 0g
	Protein: 34g	Cholesterol: 82mg	Fiber: 0.3g	Sodium: 185mg	DR: 4



Phad Thai Chicken

You will love our Phad Thai Chicken! Vegetables, noodles and peanuts in a delicious sweet chili and tamarind Phad Thai sauce that the whole family will love!

Ingredients: Minced Garlic, Phad Thai Sauce, Green Onions, Chopped Peanuts, Rice Noodles, Chicken Breast Strips, Julienned Carrots

Main Dish: Calories: 354 Carbohydrates: 63g Total Fat: 7.8g Sat Fat: 1.1g Trans Fats: 0g
Sugar 20g Protein: 9g Cholesterol: 10mg Fiber: 3.6g Sodium: 1,227mg DR: 6

Chicken Satay & Bangkok Peanut Sauce w/ Jasmine Rice

Tender strips of chicken are flavored with our signature Asian marinade, a blend of nine-ingredients including teriyaki, soy sauce, coconut milk and peanut butter. This bamboo-skewered satay is a satisfying meal over a bed of jasmine rice and a side of peanut dipping sauce. *This meal contains peanuts*

Ingredients: Chicken Breasts, Coconut Milk, Sesame Oil, Peanut Butter, Hoisin Sauce, Oyster Sauce, Peanut Sauce, Soy Sauce, Sweet Chili Sauce, Teriyaki Sauce, Rice Vinegar, Jasmine Rice

Main Dish: Calories: 234 Carbohydrates: 5g Total Fat: 10g Sat Fat: 2g Trans Fats: 0g
Protein: 32g Cholesterol: 69mg Fiber: 1g Sodium: 231mg DR: 5

Side Dish: Calories: 202 Carbohydrates: 45g Total Fat: 0g Sat Fat: 0g Trans Fats: 0g
Protein: 4g Cholesterol: 0mg Fiber: 1g Sodium: 0mg DR: 4

Grilled Kalbi Chicken Sandwich with Sweet Potato Fries

Ahhhhhh, the wonderful flavors of Kalbi and our "All Natural" chicken breasts grilled (or pan seared) to perfection with pineapple and melted Swiss cheese. Set on a whole wheat bun with our housemade Asian Mayo. Paired with Sweet Potato Fries, what could be more perfect this wonderful meal and the family sitting down together to enjoy this one!

Ingredients: Multi-Grain Burger Buns, Sliced Swiss Cheese, Chicken Breasts, Kalbi Marinade, Mayonnaise, Pineapple Rings, Black Pepper, Sweet Potato Fries

Main Dish: Calories: 459 Carbohydrates: 33g Total Fat: 14g Sat Fat: 6g Trans Fats: 0g
Protein: 47g Cholesterol: 110mg Fiber: 4g Sodium: 456mg DR: 10

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