



## February Menu

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

### Chicken Yakisoba Stir Fry

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: 15

### 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

### 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

### Classic Blue Plate Meatloaf with Garlic Baby Bakers

This month we're bringing you the classic American version made from 2 lbs of prime lean ground chuck, diced onions, red peppers, garlic, basil and Worcestershire sauce. Just put it in the oven and don't forget to add the sweet ketchup crust on top! Served with our delicious Baby Baked Potatoes.

**Ingredients:** Basil, Ground Chuck, Panko Breadcrumbs, Parsley, Liquid Egg, Granulated Garlic, Ketchup, Diced Onions, Black Pepper, Diced Red Peppers, Kosher Salt, Butter-It, Minced Garlic, Baby Baker Potatoes

**Main Dish:** Calories: 479    Carbohydrates: 51g    Total Fat: 12g    Sat Fat: 3.5g    Trans Fats: 0g  
Protein: 42g    Cholesterol: 187mg    Fiber: 3.5g    Sodium: 963mg    DR: 10

**Side Dish:** Calories: 151    Carbohydrates: 32g    Total Fat: 2g    Sat Fat: 1g    Trans Fats: 0g  
Protein: 3g    Cholesterol: 3mg    Fiber: 3g    Sodium: 186mg    DR: 4

# Dinners Ready!

## Moroccan Midnight Chili with Khubz (Pita Bread)

This delightful chili is packed full of flavor, and will surprise everyone at the table! Lean ground pork, black beans, and tomatoes are combined with cinnamon, cloves, cumin, and raisins then sprinkled with sliced almonds. Perfect for the stove or crock pot, this will redefine chili as you know it and the smells coming from the kitchen will have the neighbors all asking "what are you cooking, it smells amazing!". We have accented this wonderful meal with traditional Khubz Bread, which we all know as the Pita. \*This meal contains nuts\*

**Ingredients:** Allspice, Slivered Almonds, Beef Base no msg/low sod, Black Beans, Chili Powder, Cinnamon, Cloves, Cumin, Minced Garlic, Green Olives, Diced Onions, Ground Pork, Raisins, Diced Tomatoes, Balsamic Vinegar, Pita Bread

<b>Main Dish:</b>	Calories: 637	Carbohydrates: 50g	Total Fat: 35g	Sat Fat: 10g	Trans Fats: 0g
	Protein: 35g	Cholesterol: 82mg	Fiber: 15g	Sodium: 404mg	DR: 15
<b>Side Dish:</b>	Calories: 165	Carbohydrates: 23g	Total Fat: 1g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 5g	Cholesterol: 0mg	Fiber: 1g	Sodium: 322mg	DR: 2

## Chicken Parmesan with Spaghetti Marinara

A Dinners Ready signature dish. Tender chicken breasts are seasoned with garlic and pepper, breaded and baked under a creamy tomato sauce and melted Italian cheeses. Served with a side of spaghetti marinara, this easy meal is a family favorite!

**Ingredients:** Panko Breadcrumbs, Mozzarella Cheese, Parmesan Cheese, Chicken Breasts, Roasted Garlic, Liquid Egg, Black Pepper, Alfredo Sauce, Marinara Sauce, Spaghetti Noodles

<b>Main Dish:</b>	Calories: 532	Carbohydrates: 25g	Total Fat: 20g	Sat Fat: 11g	Trans Fats: 0g
	Protein: 58g	Cholesterol: 130mg	Fiber: 1.7g	Sodium: 1170mg	DR: 12
<b>Side Dish:</b>	Calories: 318	Carbohydrates: 48g	Total Fat: 7.7g	Sat Fat: 2.8g	Trans Fats: 0g
	Protein: 13g	Cholesterol: 11mg	Fiber: 2.2g	Sodium: 302mg	DR: 7

## Sour Cream Chicken Enchiladas with Mexican Rice

Find out why this is one of our most requested meals throughout the year! Flour tortillas are stuffed with the irresistible combination of diced white chicken, onions, sour cream, and mild green chilies. These creamy rolls are drizzled with enchilada sauce and topped with a blend of Mexican cheeses. Now served with Mexican rice! The rave reviews and ease at home make this dish a family favorite.

**Ingredients:** Pizza Blend Cheese, White Meat Chicken, Cumin, Onions, Green Chili Peppers, Enchilada Sauce, Cream of Chicken Soup, Sour Cream, Flour Tortillas, Mexican Rice

<b>Main Dish:</b>	Calories: 553	Carbohydrates: 48g	Total Fat: 18g	Sat Fat: 7g	Trans Fats: 0g
	Protein: 48g	Cholesterol: 94mg	Fiber: 3g	Sodium: 859mg	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

## 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

<b>Main Dish:</b>	Calories: 436	Carbohydrates: 38g	Total Fat: 19g	Sat Fat: 7g	Trans Fats: 0g
	Protein: 25g	Cholesterol: 118mg	Fiber: 2g	Sodium: 975mg	DR: 10
<b>Side Dish:</b>	Calories: 232	Carbohydrates: 29g	Total Fat: 7g	Sat Fat: 4g	Trans Fats: 0g
	Protein: 12g	Cholesterol: 19mg	Fiber: 0g	Sodium: 659mg	DR: 5



### Bleu Cheese Flat Iron Steaks w/ Oven Roasted Potatoes

This Choice 6 ounce Flat Iron Steak is well-marbled, juicy, and delicious and is the second most tender cut of beef available. Its natural flavor is enhanced with our classic steak seasoning and your time at the grill or on stove top. We have paired your steak with a wonderful bleu cheese demi sauce and our signature Oven Roasted Potatoes. This is truly a WOW dinner!!!

**Ingredients:** Beef Flat Iron Steaks, Bleu Cheese, Corn Starch, Roasted Garlic, Olive Oil, Black Pepper, Kosher Salt, Demi Glace Sauce, Oven Roasted Potatoes

<b>Main Dish:</b>	Calories: 315	Carbohydrates: 2g	Total Fat: 18g	Sat Fat: 8g	Trans Fats: 0g
	Protein: 34g	Cholesterol: 61mg	Fiber: 0g	Sodium: 586mg	DR: 8
<b>Side Dish:</b>	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

### Grandma's Sunday Pot Roast with Garlic Mashed Potatoes

Is there anything tastier than a top quality roast, cooked with an assortment of vegetables, the juices mingling to create a wonderful au jus? These fork tender, melt in your mouth flavors—created by our own Pot Roast Seasoning, go perfectly with our terrific Garlic Mashed Potatoes. This meal can either be cooked quickly in the oven or put in the crock pot to cook slowly all day while you're at work.

**Ingredients:** Beef Clod Heart Roast, Carrots, Celery, DR Pot Roast Seasoning, Onions, Garlic Mashed Potatoes

<b>Main Dish:</b>	Calories: 286	Carbohydrates: 17g	Total Fat: 8g	Sat Fat: 3g	Trans Fats: 0g
	Protein: 34g	Cholesterol: 92mg	Fiber: 2g	Sodium: 758mg	DR: 6
<b>Side Dish:</b>	Calories: 146	Carbohydrates: 28g	Total Fat: 2g	Sat Fat: 0.8g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 3mg	Fiber: 0g	Sodium: 386mg	DR: 3

### Chicken Cordon Bleu with Mediterranean Vegetables

Our version of this classic dish begins with all natural breasts of chicken that are lightly breaded and baked to perfection. Then topped with sliced ham, melted Swiss cheese and drizzled with Alfredo sauce for an extra-special finish. Complimented with a side of our amazing Mediterranean Vegetables, this meal is simple to prepare and best of all, simply delicious.

**Ingredients:** Panko Breadcrumbs, Sliced Swiss Cheese, Chicken Breasts, Liquid Egg, Granulated Garlic, Sliced Ham, Black Pepper, Kosher Salt, Alfredo Sauce, Olive Oil, Pacific Blend Vegetables, Italian Seasoning

<b>Main Dish:</b>	Calories: 421	Carbohydrates: 26g	Total Fat: 13g	Sat Fat: 7g	Trans Fats: 0g
	Protein: 47g	Cholesterol: 171mg	Fiber: 1g	Sodium: 1535mg	DR: 10
<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

**Rocky Mountain Spice Rubbed Chicken w/ Garlic Buttered Baby Bakers** Tender, boneless chicken breasts are seasoned with our unique Rocky Mountain rub, blending the rich undertones of chocolate, ancho chilies and coffee. Once grilled, this savory meal is perfectly paired with our Baby Baked Potatoes, for an impressive and tasty meal!

**Ingredients:** Chicken Breasts, Olive Oil, Rocky Mountain Rub, Butter-It, Minced Garlic, Baby Baker Potatoes

<b>Main Dish:</b>	Calories: 222	Carbohydrates: 1g	Total Fat: 9g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 33g	Cholesterol: 86mg	Fiber: 0g	Sodium: 286mg	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: 4



### Chicken Marsala with Fettuccine Alfredo

This Italian meal perfectly couples two classic favorites! A savory Demi-Marsala sauce is spooned over pan seared seasoned "All Natural" chicken breasts. Served alongside fettuccine pasta tossed in creamy Alfredo sauce and topped with parmesan cheese, this is a restaurant quality meal at home.

**Ingredients:** Chicken Breasts, Flour, Granulated Garlic, Black Pepper, Kosher Salt, Demi Glace, Marsala Wine, Parmesan Cheese, Parsley, Fettuccine Pasta, Alfredo Sauce

<b>Main Dish:</b>	Calories: 335	Carbohydrates: 16g	Total Fat: 13g	Sat Fat: 4g	Trans Fats: 0g
	Protein: 34g	Cholesterol: 91mg	Fiber: 0g	Sodium: 314mg	DR: 8
<b>Side Dish:</b>	Calories: 421	Carbohydrates: 45g	Total Fat: 20g	Sat Fat: 12g	Trans Fats: 0g
	Protein: 13g	Cholesterol: 68mg	Fiber: 2g	Sodium: 232mg	DR: 10

### Pistachio Crusted Pork Tenderloin with Vegetable Sauté

Find out why this meal has been on our "Best of the Best" menu for three years running! We take the very best cut of pork, the tenderloin and encrust it with a blend of pesto, parmesan cheese and pistachio nuts. Oven roasted to perfection and bursting with flavor, this savory dinner is served with Mediterranean style sautéed vegetables. \*This meal contains nuts\*

**Ingredients:** Parmesan Cheese, Pistachio Nuts, Olive Oil, Pork Tenderloin, Kosher Salt, Pesto Sauce, Basil, Oregano, Thyme, Mediterranean Vegetable Blend

<b>Main Dish:</b>	Calories: 264	Carbohydrates: 51g	Total Fat: 3.8g	Sat Fat: 0.4g	Trans Fats: 0g
	Protein: 5.6g	Cholesterol: 0mg	Fiber: 1.8g	Sodium: 111mg	DR: 5
<b>Side Dish:</b>	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

### Balsamic-Honey Glazed 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 glazed with this delightful, made from scratch balsamic-honey syrup, 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, Balsamic Vinegar, Potatoes, Minced Garlic

<b>Main Dish:</b>	Calories: 244	Carbohydrates: 9.3g	Total Fat: 8.7g	Sat Fat: 2.9g	Trans Fats: 0g
	Protein: 30g	Cholesterol: 84mg	Fiber: 0.1g	Sodium: 221mg	DR: 6
<b>Side Dish:</b>	Calories: 146	Carbohydrates: 28g	Total Fat: 2g	Sat Fat: 0.8g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 3mg	Fiber: 0g	Sodium: 386mg	DR: 3

### Shrimp Scampi Linguine w/ Lemon Pepper Cream Sauce & Artisan Rolls

Our Scampi with Artichokes was such a success that we have now paired it with Lemon Pepper Cream Sauce and put all on Linguine. Add Artisan Rolls and this is sure to become a classic!

**Ingredients:** Cooked Shrimp, Diced Onion, Artichoke Hearts, Olive oil, Minced Garlic, White Wine, Lemon Juice, Butter-It, Half & Half, Parsley, Linguine, Artisan Rolls

<b>Main Dish:</b>	Calories: 613	Carbohydrates: 63g	Total Fat: 25g	Sat Fat: 7g	Trans Fats: 0g
Sugar: 1.5g	Protein: 35g	Cholesterol: 250mg	Fiber: 3g	Sodium: 549mg	DR:
<b>Side Dish:</b>	Calories: 110	Carbohydrates: 19g	Total Fat: 2g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 3g	Cholesterol: 0mg	Fiber: 0.5g	Sodium: 290mg	DR: 2

# Dinners Ready!

## Thai Green Chicken Curry with Jasmine Rice

This authentic Thai dish is consistently a customer favorite! Strips of All-Natural chicken breast are simmered in a mild coconut-curry sauce and tossed with thin slices of tender bamboo shoots. Served over a bed of jasmine rice, you'll enjoy this exotic yet subtle dish in less than 30 minutes.

**Ingredients:** Bamboo Shoots, Chicken Breasts, Coconut Milk, Green Curry Paste, Fish Sauce, White Sugar, Jasmine Rice

<b>Main Dish:</b>	Calories: 350 Protein: 35g	Carbohydrates: 8g Cholesterol: 82mg	Total Fat: 20g Fiber: 0.9g	Sat Fat: 17g Sodium: 346mg	Trans Fats: 0g DR: 8
<b>Side Dish:</b>	Calories: 202 Protein: 3.7g	Carbohydrates: 45g Cholesterol: 0mg	Total Fat: 0g Fiber: 0.6g	Sat Fat: 0g Sodium: 0mg	Trans Fats: 0g DR: 4