



## March Menu

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

### Cashew Beef Stir Fry w/ Jasmine Rice

Our new tender, choice-cut sirloin strips are tossed with a colorful combination of broccoli, pea pods, carrots, and red bell peppers in an Asian inspired stir-fry sauce. Sprinkle with cashew nuts and serve over a bed of jasmine rice for a complete and easy meal. \*This meal contains nuts\*

**Ingredients:** Beef Strips, Chicken Broth, Cashews, Coconut Milk, Corn Starch, Minced Garlic, Minced Ginger, Canola Oil, Sesame Oil, Peanut Butter, Black Pepper, Diced Red Peppers, Hoisin Sauce, Oyster Sauce, Soy Sauce, Teriyaki Sauce, Sweet Chili Sauce, Stir Fry Vegetable Blend, Rice Vinegar, Jasmine Rice

<b>Main Dish:</b>	Calories: 435	Carbohydrates: 16g	Total Fat: 29g	Sat Fat: 7g	Trans Fats: 0g
	Protein: 28g	Cholesterol: 97mg	Fiber: 3g	Sodium: 716mg	DR: 10
<b>Side Dish:</b>	Calories: 202	Carbohydrates: 45g	Total Fat: 0g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 0mg	Fiber: 1g	Sodium: 0mg	DR: 4

### Tomato-Basil Penne Pasta w/ Chicken & Breadsticks

Our newest pasta dish combines fettuccine with the fresh flavors of basil, roasted tomatoes and garlic tossed with Chicken and topped with grated parmesan cheese! This is a simple, yet delicious dinner all on its own but when they have one of our jumbo soft baked breadsticks alongside, you will surely hear 'now that's Italian' coming from your pasta fans!

**Ingredients:** Parmesan Cheese, Minced Garlic, Onions, Chicken, Tomato-Basil Sauce, Breadsticks, Penne Pasta

<b>Main Dish:</b>	Calories: 214	Carbohydrates: 11g	Total Fat: 10g	Sat Fat: 5g	Trans Fats: 0g
	Protein: 19g	Cholesterol: 31mg	Fiber: 2g	Sodium: 898mg	DR: 5
<b>Side Dish:</b>	Calories: 261	Carbohydrates: 54g	Total Fat: 1g	Sat Fat: 0g	Trans Fats: 0g
<b>(Pasta)</b>	Protein: 10g	Cholesterol: 0mg	Fiber: 2g	Sodium: 3mg	DR: 5
<b>Side Dish:</b>	Calories: 110	Carbohydrates: 19g	Total Fat: 2g	Sat Fat: 0g	Trans Fats: 0g
<b>(Bread)</b>	Protein: 3g	Cholesterol: 0mg	Fiber: 1g	Sodium: 290mg	DR: 2

### Classic Blue Plate Meatloaf with Garlic Mashed Potatoes

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 delicious Garlic Mashed Potatoes.

**Ingredients:** Basil, Ground Chuck, Panko Breadcrumbs, Liquid Egg, Granulated Garlic, Ketchup, Diced Onions, Black Pepper, Diced Red Peppers, Kosher Salt, Garlic Mashed Potatoes

<b>Main Dish:</b>	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
<b>Side Dish:</b>	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

### Lasagna Rolls with Italian Sausage w/ Vegetable Saute'

Love lasagna but never have enough time to make it? Then you'll love these rolled-up pasta sheets, packed to the seams with diced Italian sausage, ricotta and a blend of Italian cheeses. Covered with marinara sauce and melted cheese, bake this easy dish until bubbly and golden brown.

**Ingredients:** Basil, Pizza Blend Cheese, Ricotta Cheese, Liquid Egg, Oregano, Parsley, Pasta Sheets, Diced Red Peppers, Pizza Sauce, Cooked Italian Sausage, Thyme, Tomato Puree

<b>Main Dish:</b>	Calories: 746	Carbohydrates: 48g	Total Fat: 37g	Sat Fat: 20g	Trans Fats: 0g
	Protein: 55g	Cholesterol: 114mg	Fiber: 3.2g	Sodium: 1580mg	DR: 17
<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



### Chicken Pot Pie

There's nothin' like the way Grandma used to make her good ol' chicken pot pie. Flakey crust wrapped around tender vegetables, chunks of chicken baked in all that delicious gravy, steam puffing out when you poke it with your fork. And that wonderful aroma! An American classic, our Chicken Pot Pie comes as close to Grandma's recipe as you'll ever find; but without all the hassle and hard work of trying to make it yourself! They'll come running when you call "Dinners Ready!"

**Ingredients:** Diced Cooked Chicken, Pie Sheets, Granulated Garlic, Milk, Peas and Pearl Onions, Diced Onions, Black pepper, Diced Red Potatoes, Kosher Salt, Poultry Seasoning, Cream of Celery Soup, Cream of Chicken Soup, Country Vegetable Blend

**Main Dish:** Calories: 433    Carbohydrates: 34g    Total Fat: 14g    Sat Fat: 3g    Trans Fats: 0g  
Protein: 40g    Cholesterol: 103mg    Fiber: 5g    Sodium: 986mg    DR: 9

### Carnitas Burrito Grande w/ Mexican Rice & Beans

These burritos are big in size AND flavor! Flour tortillas are stuffed with shredded pork, refried beans, and Mexican rice then topped with a blend of cheeses and mild salsa. This quick and easy family meal is perfect at the end of a busy day.

**Ingredients:** Pizza Blend Cheese, Chili Powder, Cumin, Green Chili Peppers, Pulled Pork, Salsa, Flour Tortillas, Refried Beans, Mexican Rice

**Main Dish:** Calories: 718    Carbohydrates: 70g    Total Fat: 27g    Sat Fat: 10g    Trans Fats: 0g  
Protein: 51g    Cholesterol: 107mg    Fiber: 5g    Sodium: 1093mg    DR: 16

**Side Dish:** Calories: 203    Carbohydrates: 46g    Total Fat: 0g    Sat Fat: 0g    Trans Fats: 0g  
Protein: 4g    Cholesterol: 0mg    Fiber: 1g    Sodium: 1mg    DR: 4

### Sam's Hearty New England Clam Chowder with Dinner Rolls

On a blustery cold day, nothing can compare to a hot bowl of hearty chowder. Made with bits of bacon, chopped clams and thickened with chunks of potatoes for a satisfying meal that is creamy and delicious. Serve it with warm from the oven French Dinner Rolls.

**Ingredients:** Bacon, Butter-It, Chopped Clams, Corn Starch, Half & Half, Clam Juice, Onions, Black Pepper, Red Potatoes, Kosher Salt, Tabasco Sauce, Worcestershire Sauce, Seafood Seasoning, Cream of Celery Soup, French Roll

**Main Dish:** Calories: 522    Carbohydrates: 41g    Total Fat: 25g    Sat Fat: 13g    Trans Fats: 0g  
Protein: 29g    Cholesterol: 139mg    Fiber: 3g    Sodium: 1108mg    DR: 12

**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

### 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

**Main Dish:** Calories: 379    Carbohydrates: 11g    Total Fat: 14g    Sat Fat: 6g    Trans Fats: 0g  
Protein: 48g    Cholesterol: 60mg    Fiber: 0g    Sodium: 232mg    DR: 9

**Side Dish:** Calories: 80    Carbohydrates: 13g    Total Fat: 1g    Sat Fat: 0g    Trans Fats: 0g  
Protein: 5g    Cholesterol: 17mg    Fiber: 1g    Sodium: 183mg    DR: 2



**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

**Main Dish:** 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: 3

**Coconut Curry Chicken with Balsamic-Buttered Green Beans**

This healthy meal is ready to bake at the end of a busy day. Boneless, skinless chicken breasts are coated with mild curry and flakes of sweet coconut. Simply bake until golden, and serve with a side of balsamic-buttered green beans.

**Ingredients:** Chicken Breasts, Shredded Coconut, Curry Powder, Liquid Egg, Granulated Garlic, Black Pepper, Kosher Salt, Green Beans, Butter-It, Soy Sauce, Sesame Seeds, Balsamic Vinegar

**Main Dish:** Calories: 391 Carbohydrates: 21g Total Fat: 18g Sat Fat: 14g Trans Fats: 0g  
Protein: 36g Cholesterol: 135mg Fiber: 2.3g Sodium: 366mg DR: 9

**Side Dish:** Calories: 54 Carbohydrates: 10g Total Fat: 1.4g Sat Fat: 0.3g Trans Fats: 0g  
Protein: 2.2g Cholesterol: 1.2mg Fiber: 2.7g Sodium: 69mg DR: 1

**Apricot-Cumin Crusted Chicken with Ancho-Honey Glazed Carrots**

One of our menu testers said it best: "This is like a party in my mouth!" We travel to Morocco for the unique blend of ingredients that make this entrée so special. Cumin, mustard, cider vinegar and garlic mingle with the sweet flavors of apricot and orange to create spectacular flavor. Then we roll the marinated chicken breasts in flaky Panko breadcrumbs— to give the juicy breasts a slightly crunchy texture. Just as spectacular, our side dish includes tender, sweet carrots sautéed with a touch of honey and a dash of ancho chili powder. Amazing! If you really want to serve this dinner in traditional fashion, have everyone sit on the floor around a low table, no silverware allowed, and don't forget to invite the belly dancer!

**Ingredients:** Chicken Breast, Ancho Chili Powder, Cumin, Carrots, Garlic, Honey, Apricot Jam, Orange juice Concentrate, Panko Breadcrumbs, Dijon Mustard, Kosher Salt, Black Pepper, Apple Cider Vinegar

**Main Dish:** Calories: 303g Carbohydrates: 30g Total Fat: 2g Sat Fat: .6g Trans Fats: 0g  
Protein: 37g Cholesterol: 82mg Fiber: 2g Sodium: 1027mg DR: 6

**Side Dish:** Calories: 43g Carbohydrates: 10g Total Fat: 0g Sat Fat: 0g Trans Fats: 0g  
Protein: 1g Cholesterol: 0mg Fiber: 2g Sodium: 236g DR: 1

**Tuscan Chicken w/ Tomato-Broccoli Bake**

A country red sauce is simmered with traditional Tuscan seasonings: fresh rosemary, basil, thyme, and minced garlic. This flavorful marinara is tossed with black olives and sliced mushrooms then spooned over rosemary-rubbed chicken breasts. Serve alongside a delicious and easy vegetable bake: tender broccoli, diced red tomatoes and onions layered with breadcrumbs under a golden cheese topping.

**Ingredients:** Chicken Breasts, Ground Fennel, Minced Garlic, Sliced Mushrooms, Sliced Olives, Fresh Rosemary, Marinara Sauce, Panko Breadcrumbs, Broccoli, Three Cheese Blend, Diced Onions, Kosher Salt, Alfredo Sauce, Diced Tomatoes

**Main Dish:** Calories: 243 Carbohydrates: 11g Total Fat: 5g Sat Fat: 0g Trans Fats: 0g  
Protein: 34g Cholesterol: 94mg Fiber: 2g Sodium: 314mg DR: 5

**Side Dish:** Calories: 335 Carbohydrates: 27g Total Fat: 18g Sat Fat: 10g Trans Fats: 0g  
Protein: 20g Cholesterol: 26mg Fiber: 5g Sodium: 1034mg DR: 7



### Apple BBQ Pork Chops with Sweet Potato Fries

Even the apple has attitude in these delicious pork chops! Back by popular demand, this BBQ sauce is sure to satiate the most ravenous of appetites with its satisfying kick. This savory meal is balanced with a side of our popular sweet potato fries.

**Ingredients:** Pork Loin Chops, BBQ Sauce, Apple Juice Concentrate, Bourbon, Sweet Potato Fries

<b>Main Dish:</b>	Calories: 272	Carbohydrates: 24g	Total Fat: 6g	Sat Fat: 2g	Trans Fats: 0g
	Protein: 30g	Cholesterol: 67mg	Fiber: 0g	Sodium: 544mg	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

### Sweet and Sour Pork Tenderloin with Yakisoba

"Nutrition-Wise" pork tenderloin (certified by the American Heart Association) is lightly marinated, seared and finished in the oven. Drizzled with our newest creation, Dinners Ready Sweet & Sour sauce and served with the perfect side, Yaki Soba stir fry with vegetables, this one will have everyone coming back for more!

**Ingredients:** Kalbi Marinade, Pork Tenderloin, BBQ Sauce, Sweet & Sour Sauce, Soba Noodles, Stir Fry Vegetable Blend

<b>Main Dish:</b>	Calories: 252	Carbohydrates: 8g	Total Fat: 10g	Sat Fat: 3g	Trans Fats: 0g
	Protein: 31g	Cholesterol: 96mg	Fiber: 0g	Sodium: 271mg	DR: 6
<b>Side Dish:</b>	Calories: 217	Carbohydrates: 47g	Total Fat: 0g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 9g	Cholesterol: 0mg	Fiber: 1.5g	Sodium: 542mg	DR: 4

### Build Your Own Calzone

FEATURING CARIBBEAN 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. 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, Caribbean Sauce, Italian Sausage, Italian Seasoning, Sundried Tomatoes, 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

### Baked King Salmon w/ Thai Curry Sauce & Whole Grain Rice

This meal features our premium King Salmon baked to perfection and topped with our own Thai Curry Sauce. Even though it's bursting with flavor, this meal is high in protein, essential vitamins, and those important Omega-3's. Paired with a healthy Whole Grain Rice and you have a delicious dinner that is good for you!

**Ingredients:** Salmon Filets, Thai Curry, Coconut Milk, Fish Sauce, Sugar, Corn Starch, Whole Grain Rice

<b>Main Dish:</b>	Calories: 407	Carbohydrates: 3g	Total Fat: 29g	Sat Fat: 11g	Trans Fats: 0g
	Protein: 35g	Cholesterol: 102mg	Fiber: 3g	Sodium: 626mg	DR: 8
<b>Side Dish:</b>	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