



May Menu

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

Chicken Cordon Bleu with Roasted Vegetable Pilaf

Tender, boneless breasts of chicken are seasoned with garlic and pepper, lightly breaded, and baked to perfection. This classic dish is topped with sliced ham, creamy Swiss cheese and drizzled with Alfredo sauce for an extra-special finish. Complimented with a side of rice pilaf, this meal is simple to prepare...and simply delicious.

Ingredients: Panko Breadcrumbs, Swiss Cheese, Chicken Breasts, Liquid Egg, Granulated Garlic, Ham, Black Pepper, Kosher Salt, Alfredo Sauce, Roasted Vegetable Rice Pilaf

Main Dish:	Calories: 421	Carbohydrates: 26g	Total Fat: 13g	Sat Fat: 7g	Trans Fats: 0g
	Protein: 48g	Cholesterol: 170mg	Fiber: 1g	Sodium: 1535mg	DR: 9
Side Dish:	Calories: 185	Carbohydrates: 41g	Total Fat: 1g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 5g	Cholesterol: 0mg	Fiber: 2g	Sodium: 764mg	DR: 3

Philly Style Brisket Dip with Sweet Potato Fries

Texas style beef brisket nestled on toasted hoagie rolls, topped with sautéed peppers and onions and melted Swiss cheese. If you thought you loved a Philly before then you are really going to love it now! Served with a classic beef au jus and baked Sweet Potato Fries.

Ingredients: Au Jus Base, Smoked Beef Brisket, Swiss Cheese, Hoagie Rolls, Fajita Vegetable Blend, Sweet Potato Fries

Main Dish:	Calories: 744	Carbohydrates: 38g	Total Fat: 45g	Sat Fat: 20g	Trans Fats: 0g
	Protein: 44g	Cholesterol: 130mg	Fiber: 4g	Sodium: 506mg	DR: 18
Side Dish:	Calories: 204	Carbohydrates: 33g	Total Fat: 7g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 2g	Cholesterol: 0mg	Fiber: 3g	Sodium: 203mg	DR: 4

Fettuccine & Italian Sausage in Fennel Cream Sauce with 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

Chicken and Caramelized Onions with Vegetable Sauté

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 healthy, yet delicious side of sautéed vegetables.

Ingredients: Chicken Breasts, Minced Garlic, Olive Oil, Onions, Black Pepper, Kosher Salt, Brown Sugar, Apple Cider Vinegar, Basil, Oregano, Thyme, Mediterranean Vegetable Blend

Main Dish:	Calories: 241	Carbohydrates: 13g	Total Fat: 5g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 33g	Cholesterol: 82mg	Fiber: 1g	Sodium: 244mg	DR: 5
Side Dish:	Calories: 156	Carbohydrates: 20g	Total Fat: 8g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 5g	Cholesterol: 0mg	Fiber: 6g	Sodium: 67mg	DR: 3



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 Beef Chuck, Panko Breadcrumbs, Liquid Egg, Granulated Garlic, Ketchup, Onions, Black Pepper, Red Peppers, Kosher Salt, Worcestershire Sauce, Garlic Mashed Potatoes

Main Dish:	Calories: 479	Carbohydrates: 51g	Total Fat: 12g	Sat Fat: 4g	Trans Fats: 0g
	Protein: 42g	Cholesterol: 187mg	Fiber: 3.5g	Sodium: 963mg	DR: 10
Side Dish:	Calories: 146	Carbohydrates: 28g	Total Fat: 2g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 3mg	Fiber: 0g	Sodium: 386mg	DR: 3

Chipotle Honey Mustard Pork Tenderloin with Garlic-Buttered Baby Bakers

"Nutrition-Wise" pork tenderloin (certified by the American Heart Association) is marinated with olive oil and fresh minced garlic. Pan seared and finished in the oven with a delicious Honey-Mustard glaze that has a hint of Chipotle, this quick and easy meal is sure to please. Paired with Garlic Buttered Baby Baker potatoes, there is no doubt you will have them coming back for seconds!

Ingredients: Chipotle Powder, Minced Garlic, Honey, Mayonnaise, Yellow Mustard, Black Pepper, Pork Tenderloin, Kosher Salt, Butter-It, Baby Baker Potatoes

Main Dish:	Calories: 298	Carbohydrates: 5g	Total Fat: 11g	Sat Fat: 3g	Trans Fats: 0g
	Protein: 40g	Cholesterol: 117mg	Fiber: 0g	Sodium: 320mg	DR: 7
Side Dish:	Calories: 151	Carbohydrates: 32g	Total Fat: 1.5g	Sat Fat: 0.5g	Trans Fats: 0g
	Protein: 3g	Cholesterol: 2.5mg	Fiber: 3g	Sodium: 186mg	DR: 3

Sole and Seafood Cream Sauce with Whole Grain Rice

This restaurant-quality meal starts with tender and moist boneless sole fillets which are dusted with seasoned flour and sautéed in olive oil. Topped with a delicious made-from-scratch white wine Seafood Cream Sauce with lobster and shrimp meat, this impressive fare is served with a healthy, yet delicious side of Whole Grain Rice.

Ingredients: Flour, Granulated Garlic, Lemon Juice, Lobster Sensations, Nutmeg, Black Pepper, Kosher Salt, Alfredo Sauce, Sole Fillet, White Wine, Vegetable Base, Whole Grain Brown Rice

Main Dish:	Calories: 234	Carbohydrates: 10g	Total Fat: 8g	Sat Fat: 5g	Trans Fats: 0g
	Protein: 26g	Cholesterol: 93mg	Fiber: 0g	Sodium: 261mg	DR: 5
Side Dish:	Calories: 199	Carbohydrates: 43g	Total Fat: 2g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 5g	Cholesterol: 0mg	Fiber: 3g	Sodium: 221mg	DR: 4

Thai Red Curry Beef with Jasmine Rice

Red curry is a staple in Thai cuisine! All you have to do is sauté premium beef strips in our red curry sauce (that contains coconut milk, peanut sauce, fish sauce and other spices) along with red potatoes, for fifteen minutes. And we provide Jasmine Rice, Thailand's favorite, for you to serve under the Red Curry Beef and its spectacular sauce. To make it fancy, sprinkle the provided basil leaf and crushed peanuts over the top and drizzle with lime. Bpen lért!

Ingredients: Basil, Beef Strips, Coconut Milk, Red Curry Paste, Lime Juice, Peanuts, Red Potatoes, Fish Sauce, Peanut Sauce, Jasmine Rice

Main Dish:	Calories: 487	Carbohydrates: 23g	Total Fat: 31g	Sat Fat: 13g	Trans Fats: 0g
	Protein: 34g	Cholesterol: 34mg	Fiber: 5g	Sodium: 200mg	DR: 11
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



Chicken Dijon with Cheesy Broccoli Bake

This healthy meal is ready to bake at the end of a busy day. All natural chicken breasts are coated with Dijon mustard then topped with breadcrumbs and parmesan cheese. Simply bake the chicken along with our very popular Cheesy Broccoli Bake to a golden brown and that's it, dinners ready!

Ingredients: Panko Breadcrumbs, Parmesan Cheese, Chicken Breasts, Granulated Garlic, Dijon Mustard, Parsley, Black Pepper, Broccoli Florets, Pizza Blend Cheese, Onions, Kosher Salt, Alfredo Sauce, Tomatoes

Main Dish:	Calories: 392	Carbohydrates: 34g	Total Fat: 7g	Sat Fat: 3g	Trans Fats: 0g
	Protein: 48g	Cholesterol: 94mg	Fiber: 2g	Sodium: 1568mg	DR: 8
Side Dish:	Calories: 262	Carbohydrates: 20g	Total Fat: 13g	Sat Fat: 8g	Trans Fats: 0g
	Protein: 17g	Cholesterol: 41mg	Fiber: 3g	Sodium: 895mg	DR: 6

BBQ-Bourbon Pulled Pork with Dinners Ready Baked Beans

Another Dinners Ready favorite! Smoked, shredded pork is simmered until tender in our famous bourbon-BBQ sauce with honey, jalapeño, red peppers, diced onions and served on Asiago Ciabatta rolls. Whether you make it "wild" or "mild" in spice, you'll have everyone raving about this dish!

Ingredients: Bourbon, Honey, Onions, Jalapeño Peppers, Red Peppers, Pulled Pork, Ciabatta Rolls, BBQ Sauce, Bacon, Baked Beans

Main Dish:	Calories: 528	Carbohydrates: 45g	Total Fat: 25g	Sat Fat: 9g	Trans Fats: 0g
	Protein: 28g	Cholesterol: 102mg	Fiber: 1g	Sodium: 1140mg	DR: 12
Side Dish:	Calories: 130	Carbohydrates: 24g	Total Fat: 2g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 0mg	Fiber: 1g	Sodium: 260mg	DR: 3

Pork Filet Mignon and Peppercorn Demi with Green Bean Almondine

The perfect dinner for your special guests! Premium "Nutrition-Wise" center-cut pork chops are lightly seasoned and wrapped in bacon for a fantastic flavor. Once the chops have been pan seared and finished in the oven, drape each one with our wonderful Peppercorn Demi-Glace and serve with the quick and easy Green Beans Almondine. *This meal contains nuts*

Ingredients: Bacon, Black Pepper, Whole Peppercorns, Pork Loin Chops, Kosher Salt, Demi Glace Sauce, Slivered Almonds, Green Beans, Butter-It, Minced Garlic, Roasted Garlic

Main Dish:	Calories: 398	Carbohydrates: 2g	Total Fat: 29g	Sat Fat: 10g	Trans Fats: 0g
	Protein: 31g	Cholesterol: 106mg	Fiber: 0g	Sodium: 517mg	DR: 10
Side Dish:	Calories: 74	Carbohydrates: 11g	Total Fat: 3g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 3g	Cholesterol: 1mg	Fiber: 4g	Sodium: 14mg	DR: 1

Cajun Rubbed Flat Iron Steaks with Seasoned Cross-Cut Spuds

Spice up your night with a touch of Cajun! These very tender Choice Flat Iron steaks are seasoned with the mild yet bold flavors of garlic, pepper, chilies and more then grilled or cooked on the stove top. Bringing this meal together is our waffle cut seasoned Cross-Cut Spuds which are baked to perfection creating an irresistible side.

Ingredients: Beef Flat Iron Steak, Olive Oil, Black Pepper, Kosher Salt, Cajun Seasoning, Cross-Cut Potatoes, Herb Seasoning

Main Dish:	Calories: 307	Carbohydrates: 0g	Total Fat: 15g	Sat Fat: 5g	Trans Fats: 0g
	Protein: 40g	Cholesterol: 78mg	Fiber: 0g	Sodium: 502mg	DR: 7
Side Dish:	Calories: 190	Carbohydrates: 30g	Total Fat: 7g	Sat Fat: 2g	Trans Fats: 0g
	Protein: 3g	Cholesterol: 0mg	Fiber: 3g	Sodium: 425mg	DR: 4



Tequila-Lime Chicken Fajitas with Fiesta Rice

If you enjoyed our Tequila-Lime chicken breasts then you'll love this month's fajitas! Served with traditional fajita vegetables in flour tortillas with a few of your favorite toppings and our Fiesta Rice and you'll be an instant culinary hero!

Ingredients: Chicken Breasts, Olive Oil, Fajita Seasoning, Tequila-Lime Seasoning, Flour Tortillas, Fajita Vegetable Blend, Black Beans, Cilantro, Corn, Red Peppers, Mexican Infused Rice

Main Dish: Calories: 550 Carbohydrates: 66g Total Fat: 12g Sat Fat: 2g Trans Fats: 0g
Protein: 45g Cholesterol: 82mg Fiber: 2g Sodium: 717mg DR: 12

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

Build Your Own Calzone

FEATURING THE HAWAIIAN 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

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

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

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 Infused Rice

Main Dish: Calories: 553 Carbohydrates: 48g Total Fat: 18g Sat Fat: 7g Trans Fats: 0g
Protein: 48g Cholesterol: 94mg Fiber: 3g Sodium: 859mg DR: 12

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