



June Menu

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

Mojito Chicken w/ Caribbean Rice

Ahhhhh, nothing like the refreshing flavors of lime, sugar and mint along with our Chef's own special touches to bring the Caribbean to your table! Served with our newest side dish, Caribbean Rice, you will think you've dined and gone to culinary heaven! *Note this is a perfect meal for the grill or the stove top.

Ingredients: Chicken Breasts, Cilantro-Lime Marinade, Mint, Chicken Base, Red Beans, Coconut Milk, Converted Rice, Kosher Salt

Main Dish: Calories: 174 Carbohydrates: 4g Total Fat: 2g Sat Fat: 1g Trans Fats: 0g
Protein: 33g Cholesterol: 82mg Fiber: 0g Sodium: 2834mg DR: 4

Side Dish: Calories: 348 Carbohydrates: 56g Total Fat: 10g Sat Fat: 8g Trans Fats: 0g
Protein: 8g Cholesterol: 0mg Fiber: 3g Sodium: 281mg DR: 7

Bleu Cheese Flat Iron Steaks w/ Garlic-Buttered Baby Bakers

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 Baby Baker 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, Butter-It, Minced Garlic, Baby Baker Potatoes

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

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

Swedish Meatballs & Egg Noodles w/ Dinner Rolls

Wide egg noodles soak up a sour cream-gravy, tossed with sliced mushrooms and flavored with a hint of dill and black pepper. Top with steaming beef meatballs for a simple dish enjoyed by adults and kids alike!

Ingredients: Beef Meatballs, Dill, Mushrooms, Black Pepper, Demi Glace Sauce, Sour Cream, Egg Noodles, French Rolls

Main Dish: Calories: 406 Carbohydrates: 19g Total Fat: 24g Sat Fat: 10g Trans Fats: 0g
Protein: 27g Cholesterol: 137mg Fiber: 1g Sodium: 735mg DR: 10

Side Dish: Calories: 271 Carbohydrates: 51g Total Fat: 3g Sat Fat: 0.6g Trans Fats: 0g
(Noodles) Protein: 10g Cholesterol: 68mg Fiber: 2g Sodium: 15mg DR: 5

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

Pineapple-Dijon Chicken w/ Vegetable Sauté

Chicken breasts marinated in Dijon mustard, pineapple and orange juice, garlic, a touch of Tabasco, olive oil and thyme. Pan-sautéed and finished with pineapple-Dijon sauce. Served with Mediterranean style vegetables (whole green beans, cauliflower, red & yellow peppers and sliced onions). *Note, another great meal for the grill or stove top.

Ingredients: Basil, Chicken Breasts, Corn Starch, Granulated Garlic, Orange Juice Concentrate, Pineapple Juice, Dijon Mustard, Kosher Salt, Sugar, Olive Oil, Oregano, Thyme, Mediterranean Vegetable Blend

Main Dish: Calories: 157 Carbohydrates: 6g Total Fat: 2g Sat Fat: 0g Trans Fats: 0g
Protein: 28g Cholesterol: 68mg Fiber: 0g Sodium: 230mg DR: 3

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



Salmon & Pesto Cream Sauce w/ Garlic Mashed Potatoes

Our Baked Atlantic King Salmon is a great example of how our Chef's have brought great taste and simplicity in cooking to your kitchen. By adding a touch of classic Italian Pesto to our already delicious house cream sauce the 'kudos' will be flying into your kitchen and will have your family or guests asking for your 'secret recipe.' Though it's bursting with flavor, this meal is also high in protein, essential vitamins, and those all important Omega-3's. Served with our 100% real Roasted Garlic Mashed Potatoes. *This meal contains nuts!*

Ingredients: Salmon Fillets, Alfredo Sauce, Pesto Sauce, Sundried Tomatoes, Garlic Mashed Potatoes

Main Dish:	Calories: 314	Carbohydrates: 2g	Total Fat: 20g	Sat Fat: 7g	Trans Fats: 0g
	Protein: 29g	Cholesterol: 84mg	Fiber: 0g	Sodium: 158mg	DR: 8
Side Dish:	Calories: 146	Carbohydrates: 28g	Total Fat: 2g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 28mg	Fiber: 0g	Sodium: 386mg	DR: 3

Pineapple & Black Bean Enchiladas w/ Mexican Rice

Flour tortillas generously stuffed with four cheeses (ricotta, mozzarella, cheddar and parmesan), black beans, tasty tidbits of pineapple and a zesty sour cream enchilada sauce. This easy, one step bake in the oven meal will have them all wanting more!

Ingredients: Black Beans, Pizza Blend Cheese, Ricotta Cheese, Cilantro, Pineapple Juice, Onions, Green Chili Peppers, Red Peppers, Pineapple, Kosher Salt, Enchilada Sauce, Sour Cream, Flour Tortillas, Mexican Rice

Main Dish:	Calories: 593	Carbohydrates: 56g	Total Fat: 29g	Sat Fat: 13g	Trans Fats: 0g
	Protein: 37g	Cholesterol: 76mg	Fiber: 3g	Sodium: 1752mg	DR: 14
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

Tomato-Basil Penne Pasta & Italian Sausage w/ Breadsticks

Our newest pasta dish combines fettuccine with the fresh flavors of basil, roasted tomatoes and garlic tossed with Italian sausage 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, Italian Sausage, Tomato-Basil Sauce, Breadsticks, Penne Pasta

Main Dish:	Calories: 224	Carbohydrates: 13g	Total Fat: 11g	Sat Fat: 5g	Trans Fats: 0g
	Protein: 18g	Cholesterol: 34mg	Fiber: 1g	Sodium: 919mg	DR: 5
Side Dish:	Calories: 261	Carbohydrates: 54g	Total Fat: 1g	Sat Fat: 0g	Trans Fats: 0g
(Pasta)	Protein: 10g	Cholesterol: 0mg	Fiber: 2g	Sodium: 3mg	DR: 5
Side Dish:	Calories: 110	Carbohydrates: 19g	Total Fat: 2g	Sat Fat: 0g	Trans Fats: 0g
(Bread)	Protein: 3g	Cholesterol: 0mg	Fiber: 1g	Sodium: 290mg	DR: 2

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



Mandarin Pork Tenderloin w/ Sesame Vegetable Stir Fry

A simple marinade of Mandarin ingredients and a couple of our own blend together perfectly to make this meal stand on its own merits. Moist and delicious, this 'Nutrition-Wise' center-cut pork tenderloin is the perfect meal for all. Paired beautifully with a Sesame Vegetable Stir Fry.

Ingredients: Chili Powder, Curry Powder, Granulated Garlic, Lemon Juice, Orange Juice, Canola Oil, Sesame Oil, Pork Tenderloin, Soy Sauce, Kosher Salt, Stir Fry Vegetable Blend

Main Dish:	Calories: 208	Carbohydrates: 1g	Total Fat: 9g	Sat Fat: 3g	Trans Fats: 0g
	Protein: 29g	Cholesterol: 94mg	Fiber: 0g	Sodium: 161mg	DR: 5
Side Dish:	Calories: 63	Carbohydrates: 0g	Total Fat: 7g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 0g	Cholesterol: 0mg	Fiber: 0g	Sodium: 289mg	DR: 2

Tailgater's Pork Chops w/ Dinners Ready Baked Beans

Whether cooking in the kitchen, on the grill, tailgating or at your favorite campsite, these marinated Center-Cut pork chops are sure to please! With the flavors of orange juice, soy sauce, garlic, Dijon mustard, honey and dash of cayenne, it's easy to understand why this is a customer favorite especially when paired with our chef's 'to die for' baked beans.

Ingredients: Minced Garlic, Honey, Orange Juice, Dijon Mustard, Cayenne Pepper, Pork Loin Chops, Soy Sauce, Bacon, Baked Beans, Onions, Red Peppers, BBQ Sauce

Main Dish:	Calories: 259	Carbohydrates: 5g	Total Fat: 14g	Sat Fat: 5g	Trans Fats: 0g
	Protein: 27g	Cholesterol: 74mg	Fiber: 0g	Sodium: 833mg	DR: 6
Side Dish:	Calories: 235	Carbohydrates: 33g	Total Fat: 6g	Sat Fat: 2g	Trans Fats: 0g
	Protein: 12g	Cholesterol: 17mg	Fiber: 7g	Sodium: 934mg	DR: 4

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

Yakisoba Stir Fry w/ Prawns

In many places around the world, Yakisoba is the most popular dish on restaurant menus. This scrumptious noodle, seafood and sauce recipe is from Japan, with shrimp from the Oregon coast. Quick and easy for you to prepare this meal is delicious and filling for your family!

Ingredients: Kalbi Marinade, Yaki Soba Noodles, Red Peppers, Shrimp, Stir Fry Vegetable Blend

Main Dish:	Calories: 558	Carbohydrates: 96g	Total Fat: 3g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 42g	Cholesterol: 172mg	Fiber: 3g	Sodium: 1253mg	DR: 11

Build Your Own Calzone

FEATURING THE GARLIC 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, Cooked Chicken, 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



BBQ Bacon Cheddar Burger w/ Seasoned Cross-Cut Spuds

Ever imagine the "Best Burger in Town" coming from your own grill? Our full 1/3lb "Certified Angus Beef" (CAB) ground steak burgers are sure to earn you those honors. Top these with bacon strips, melted Cheddar cheese and our own Bourbon-BBQ Sauce and stack it high on a sesame seed bun. Complete this American favorite with a side of seasoned Cross-Cut Spuds.

Ingredients: Certified Angus Beef Patties, Sesame Seed Burger Bun, Black Pepper, Cross-Cut Potatoes, Kosher Salt, Herb Seasoning, Bacon, Bourbon, Cheddar Cheese, Honey, BBQ Sauce

Main Dish:	Calories: 518	Carbohydrates: 39g	Total Fat: 20g	Sat Fat: 8g	Trans Fats: 0g
	Protein: 43g	Cholesterol: 108mg	Fiber: 3g	Sodium: 897mg	DR: 11
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

Chipotle Bleu Cheese Bacon Burger w/ Seasoned Cross-Cut Spuds

You may have had a Bleu Cheese Burger before, but you haven't had this one! Our generous 1/3lb "Certified Angus Beef" ground steak burger is topped with bacon strips, Bleu cheese crumbles and our best burger sauce yet, a Chipotle-Honey Mustard sauce. Served on a sesame seed bun with seasoned Cross-Cut Spuds.

Ingredients: Certified Angus Beef Patties, Sesame Seed Burger Bun, Black Pepper, Cross-Cut Potatoes, Kosher Salt, Herb Seasoning, Bacon, Bleu Cheese, Chipotle Powder, Honey, Mayonnaise, Mustard

Main Dish:	Calories: 506	Carbohydrates: 27g	Total Fat: 25g	Sat Fat: 10g	Trans Fats: 0g
	Protein: 43g	Cholesterol: 110mg	Fiber: 3g	Sodium: 1013mg	DR: 12
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

Southwest Pepper-Jack Burger w/ Seasoned Cross-Cut Spuds

A full 1/3lb "Certified Angus Beef" ground steak burger is prepared in Southwest style. Finished with grilled peppers & onions, melted pepper-jack cheese and our zesty homemade Southwest Sauce. Served on a sesame seed bun with seasoned Cross-Cut Spuds.

Ingredients: Certified Angus Beef Patties, Sesame Seed Burger Bun, Black Pepper, Cross-Cut Potatoes, Kosher Salt, Herb Seasoning, Pepper Jack Cheese, Cilantro, Green Chili Peppers, BBQ Sauce, Tomatoes, Fajita Vegetable Blend

Main Dish:	Calories: 474	Carbohydrates: 36g	Total Fat: 18g	Sat Fat: 8g	Trans Fats: 0g
	Protein: 42g	Cholesterol: 105mg	Fiber: 4g	Sodium: 672mg	DR: 10
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

Kalbi & Grilled Pineapple Swiss Burger w/ Seasoned Cross-Cut Spuds

The blend of Kalbi and grilled pineapple rings come together in perfect harmony on this full 1/3lb "Certified Angus Beef" ground steak burger! Topped with melted Swiss cheese and Dinners Ready Kalbi-Mayo, this one is to die for! Served on a sesame seed bun with seasoned Cross-Cut Spuds.

Ingredients: Certified Angus Beef Patties, Sesame Seed Burger Bun, Black Pepper, Cross-Cut Potatoes, Kosher Salt, Herb Seasoning,

Main Dish:	Calories: 500	Carbohydrates: 35g	Total Fat: 22g	Sat Fat: 9g	Trans Fats: 0g
	Protein: 41g	Cholesterol: 106mg	Fiber: 4g	Sodium: 505mg	DR: 11
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

Pesto-Balsamic Chicken w/ Cheesy-Broccoli Bake

Chicken breasts are marinated in traditional pesto and balsamic vinegar for a fresh Italian flavor. Serve alongside a delicious and easy vegetable bake: tender broccoli, diced red tomatoes and onions are layered with breadcrumbs under a golden cheese topping. *This meal contains nuts*

Ingredients: Chicken Breasts, Kosher Salt, Pesto Sauce, Balsamic Vinegar, Panko Breadcrumbs, Broccoli, Pizza Blend Cheese, Onions, Kosher Salt, Alfredo Sauce, Tomatoes

Main Dish:	Calories: 197	Carbohydrates: 1g	Total Fat: 5g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 34g	Cholesterol: 84mg	Fiber: 0g	Sodium: 300mg	DR: 4
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



Texas BBQ Brisket Dip w/ Sweet Potato Fries

This quick and easy meal is not to be missed! Premium smoked brisket has a bit of a Texas-kick, and tastes as if it has been slow-cooked all day. Simply heat and serve on rustic Ciabatta rolls with a side of savory BBQ-Au Jus. Delightfully complete with a side of sweet potato fries, everyone will be asking for more.

Ingredients: Smoked Brisket, Beef Broth, Ciabatta Rolls, BBQ Sauce, Sweet Potato Fries

Main Dish:	Calories: 492	Carbohydrates: 44g	Total Fat: 13g	Sat Fat: 6g	Trans Fats: 0g
	Protein: 46g	Cholesterol: 78mg	Fiber: 3g	Sodium: 888mg	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

Chicken Parmesan w/ 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:

Main Dish:	Calories: 532	Carbohydrates: 25g	Total Fat: 20g	Sat Fat: 11g	Trans Fats: 0g
	Protein: 58g	Cholesterol: 130mg	Fiber: 1.7g	Sodium: 1170mg	DR: 12
Side Dish:	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