



July Menu

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

Chicken Fettuccine with Red Pepper Cream Sauce

Piping hot chicken strips are smothered in our creamy red pepper cream sauce and ladled over a bed of fettuccini. Garnished with fresh grated parmesan cheese this meal will bring out the Italian in all of us and have us singing like Pavarotti before the night is over!

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| Ingredients: | Whole Basil, Parmesan Cheese, Chicken Breasts, Diced Red Peppers, Alfredo Sauce, Fettuccine | | | | |
| Main Dish: | Calories: 278 | Carbohydrates: 3g | Total Fat: 16g | Sat Fat: 9g | Trans Fats: 0g |
| | Protein: 29g | Cholesterol: 106mg | Fiber: 0g | Sodium: 290mg | DR: 7 |
| Side Dish: | Calories: 259 | Carbohydrates: 53g | Total Fat: 1g | Sat Fat: 0g | Trans Fats: 0g |
| | Protein: 10g | Cholesterol: 0mg | Fiber: 2g | Sodium: 3mg | DR: 5 |

Yaki Soba Stir Fry with Chicken

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!

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| 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: 11 |

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..."

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| 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 |

Chicken & Tortellini Summer Salad

Diced white chicken breast with tomato-spinach egg tortellini stuffed with parmesan, Romano & Mozzarella cheeses tossed in balsamic vinaigrette with red & yellow roasted peppers, chopped green onion, and ripened sliced black olives. Finished with aged parmesan. Served chilled.

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| Ingredients: | Diced Chicken, Three Cheese Tortellini, Diced Red Peppers, Parmesan Cheese, Sliced Olives, Chopped Green Onions, Yellow Roasted Peppers, Balsamic Vinaigrette. | | | | |
| Main Dish: | Calories: 531 | Carbohydrates: 62g | Total Fat: 18g | Sat Fat: 9g | Trans Fats: 0g |
| | Protein: 29g | Cholesterol: 79mg | Fiber: 6g | Sodium: 949mg | DR: 5 |

Tex-Mex Pork Chops with Black Bean Salsa and Mexi Fries

You don't have to indulge to enjoy a flavorful meal! These center cut pork chops are marinated in an array of seasonings, including cumin, garlic and chili powder. Once baked, top with a black bean and corn salsa, then serve with an irresistible side dish: baked Mexi fries!

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| Ingredients: | Black Beans, Chili Powder, Corn, Cumin, Minced Garlic, Olive Oil, Black Pepper, Pork Loin Chops, Salsa, Kosher Salt, Cilantro, Tater Tots | | | | |
| Main Dish: | Calories: 377 | Carbohydrates: 9g | Total Fat: 17g | Sat Fat: 4g | Trans Fats: 0g |
| | Protein: 46g | Cholesterol: 130mg | Fiber: 2g | Sodium: 465mg | DR: 8 |
| Side Dish: | Calories: 196 | Carbohydrates: 29g | Total Fat: 11g | Sat Fat: 2g | Trans Fats: 0g |
| | Protein: 3g | Cholesterol: 0mg | Fiber: 3g | Sodium: 461mg | DR: 4 |



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

Texas BBQ Brisket on Ciabatta Rolls with Dinners Ready Baked Beans

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 smoked all day. Simply heat and serve on rustic Ciabatta rolls with a side of savory BBQ-au jus. Delightfully complete with a side of our Dinners Ready baked beans.

Ingredients: Smoked Brisket, Beef Broth, Ciabatta Rolls, BBQ Sauce, Cooked Bacon, Baked Beans, Diced Onions, Diced Red Peppers

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: 235 Carbohydrates: 33g Total Fat: 6g Sat Fat: 2g Trans Fats: 0g
Protein: 12g Cholesterol: 17mg Fiber: 7g Sodium: 935mg DR: 4

Roasted Garlic Peppercorn Flat Iron Steaks w/ Jo Jo Steak Potatoes

Flat Iron steaks are remarkably tender and full of natural flavor. These generous 6 ounce steaks are rubbed with a classic blend of roasted garlic, kosher salt and cracked black pepper. Whether grilled or cooked on the stove, you won't be disappointed!

Ingredients: Beef Flat Iron Steaks, Roasted Garlic, Olive Oil, Cracked Black Pepper, Kosher Salt, Asparagus

Main Dish: Calories: 289 Carbohydrates: 2g Total Fat: 12g Sat Fat: 5g Trans Fats: 0g
Protein: 40g Cholesterol: 78mg Fiber: 0g Sodium: 656mg DR: 7

Side Dish: Calories: 90 Carbohydrates: 12g Total Fat: 3g Sat Fat: 1g Trans Fats: 0g
Protein: 2g Cholesterol: 2mg Fiber: 2g Sodium: 190mg DR: 4

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

Buffalo Chicken Sandwich with Santa Fe Corn on the Cob

"All Natural" chicken breast marinated in traditional mildly hot and spicy Buffalo sauce and grilled to perfection on the BBQ. Served on a whole wheat bun with Blue cheese and Buffalo sauces along with our Parmesan Fries you'll think you've died and gone to Buffalo! This meal can also be prepared pan-seared and finished in the oven.

Ingredients: Multi-Grain Burger Buns, Butter-It, Bleu Cheese Crumbles, Chicken Breasts, Granulated Garlic, Cayenne Pepper Sauce, Yogurt, Parmesan Cheese, Roasted Garlic, Parsley, Black Pepper, Potato Fries, Kosher Salt

Main Dish: Calories: 390 Carbohydrates: 30g Total Fat: 10g Sat Fat: 4g Trans Fats: 0g
Protein: 43g Cholesterol: 96mg Fiber: 3g Sodium: 563mg DR: 10

Side Dish: Calories: 183 Carbohydrates: 36g Total Fat: 3g Sat Fat: 1g Trans Fats: 0g
Protein: 4g Cholesterol: 3mg Fiber: 3g Sodium: 44mg DR: 3



Island Pulled Pork with Pineapple Rice

This easy to prepare and satisfying meal is tangy, sweet, and oh-so-delicious! Shredded pork is simmered in a flavorful blend of pineapple juice, brown sugar and minced ginger then served over a bed of our signature pineapple rice. You'll feel like your on vacation in the islands!

Ingredients: Corn Starch, Minced Ginger, Pineapple Juice, Diced Red Peppers, Pork Carnitas Meat, Brown Sugar, Cilantro, Pineapple Tidbits, Jasmine Rice, Kosher Salt

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| Main Dish: | Calories: 322 | Carbohydrates: 15g | Total Fat: 16g | Sat Fat: 5g | Trans Fats: 0g |
| | Protein: 29g | Cholesterol: 102mg | Fiber: 0.2g | Sodium: 88mg | DR: 8 |
| 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: 5 |

Kalbi Chicken with Coconut Rice

All natural boneless chicken breasts are marinated in our popular Kalbi marinade, a flavorful sauce made from soy, sugar, sesame oil, red pepper flakes, garlic and sesame seeds. This meal is perfectly paired with the sweet and delicate flavors of our signature coconut rice.

Ingredients: Chicken Breasts, Kalbi Marinade, Coconut Milk, Jasmine Rice, Kosher Salt, Sweet Chili Sauce

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|-------------------|---------------|---------------------|-----------------|---------------|----------------|
| Main Dish: | Calories: 161 | Carbohydrates: 1.1g | Total Fat: 1.7g | Sat Fat: 0.4g | Trans Fats: 0g |
| | Protein: 33g | Cholesterol: 82mg | Fiber: 0.1g | Sodium: 134mg | DR: 3 |
| Side Dish: | Calories: 275 | Carbohydrates: 51g | Total Fat: 6g | Sat Fat: 5.3g | Trans Fats: 0g |
| | Protein: 4.3g | Cholesterol: 0mg | Fiber: 0.9g | Sodium: 244mg | DR: 6 |

Tequila Lime Chicken with Mexican Rice & Ensenada Corn Salad

Boneless, skinless chicken breasts are rubbed with our custom-made seasoning combining the essence of two traditional Mexican flavors: lime and tequila. This dinner can be prepared on the grill or in your kitchen and is perfectly paired with our Sante Fe corn on the cob.

Ingredients: Chicken Breasts, Olive Oil, Tequila-Lime Seasoning, Butter-It, Chili Powder, Corn on the Cob, Ground Cumin, Roasted Garlic

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|-------------------|---------------|-------------------|---------------|---------------|----------------|
| Main Dish: | Calories: 219 | Carbohydrates: 0g | Total Fat: 9g | Sat Fat: 1g | Trans Fats: 0g |
| | Protein: 33g | Cholesterol: 82mg | Fiber: 0g | Sodium: 232mg | DR: 5 |

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|-------------------|---------------|--------------------|---------------|---------------|----------------|
| Side Dish: | Calories: 135 | Carbohydrates: 31g | Total Fat: 1g | Sat Fat: 0g | Trans Fats: 0g |
| | Protein: 5g | Cholesterol: 0mg | Fiber: 4g | Sodium: 332mg | DR: 2 |

Pork Tenderloin and Raspberry Salsa with Sweet Potato Fries

Nutrition-Wise Pork Tenderloin is marinated in olive oil and garlic then topped with a mild raspberry salsa made with roasted yellow peppers, onion, pepper and a dash of sugar and balsamic vinegar. Best grilled over the BBQ but can also easily be prepared in the kitchen by pan-searing and finishing in the oven. Served with our 'to die for' sweet potato fries.

Ingredients: Minced Garlic, Olive Oil, Diced Onions, Black Pepper, Crushed Red Pepper, Roasted Yellow Peppers, Pork Tenderloin, Frozen Raspberries, Kosher Salt, White Sugar, Balsamic Vinegar, Sweet Potato Fries

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|-------------------|---------------|--------------------|-----------------|---------------|----------------|
| Main Dish: | Calories: 266 | Carbohydrates: 16g | Total Fat: 8.6g | Sat Fat: 2.2g | Trans Fats: 0g |
| | Protein: 30g | Cholesterol: 92mg | Fiber: 2.2g | Sodium: 170mg | DR: 6 |
| 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 |



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

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|-------------------|---------------|--------------------|----------------|----------------|----------------|
| 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 |

Hawaiian Teriyaki Salmon with Sesame Vegetables

The taste of the islands blends with the tradition of teriyaki to bring this wonderful dish alive in your kitchen. A tasty glaze of teriyaki, brown sugar, pineapple and a hint of wasabi tops grilled or pan seared "All Natural" chicken breasts. Served with stir-fried vegetables on the side.

Ingredients: Salmon Fillets, Kalbi marinade, DR BBQ Sauce, DR Sweet & Sour Sauce, Sesame Seed Oil, Kosher Salt, Stir Fry Vegetable Blend

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|-------------------|---------------|--------------------|---------------|---------------|----------------|
| Main Dish: | Calories: 212 | Carbohydrates: 7g | Total Fat: 4g | Sat Fat: 0g | Trans Fats: 0g |
| | Protein: 29g | Cholesterol: 82mg | Fiber: 0g | Sodium: 784mg | DR: 4 |
| 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 |