



## July 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

### Chicken Fettuccine with Red Pepper Cream Sauce & Mediterranean Vegetables.

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 and accompanied by Mediterranean Vegetables, this meal will bring out the Italian in all of us and have us singing like Pavarotti before the night is over!

**Ingredients:** Whole Basil, Parmesan Cheese, Chicken Breasts, Diced Red Peppers, Alfredo Sauce, Fettuccine, Mediterranean Vegetables

<b>Main Dish:</b>	Calories: 278	Carbohydrates: 3g	Total Fat: 16g	Sat Fat: 9g	Trans Fats: 0g
	Protein: 29g	Cholesterol: 106mg	Fiber: 0g	Sodium: 290mg	DR: 7
<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 & 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.

**Ingredients:** Diced Chicken, Three Cheese Tortellini, Diced Red Peppers, Parmesan Cheese, Sliced Olives, Chopped Green Onions, Yellow Roasted Peppers, Balsamic Vinaigrette.

<b>Main Dish:</b>	Calories: 531	Carbohydrates: 62g	Total Fat: 18g	Sat Fat: 9g	Trans Fats: 0g
	Protein: 29g	Cholesterol: 79mg	Fiber: 6g	Sodium: 949mg	DR: 5

### Seafood and Lobster Cannelloni with Breadsticks

This classic Italian meal is so mouthwatering that everyone will think you spent the whole day cooking in the kitchen! These cannelloni pasta rolls are stuffed with a sweet and delicate blend of lobster, shrimp & white fish along with ricotta, cream and parmesan cheeses. A Creamy Alfredo Tomato sauce and melted mozzarella cheese tops the cannelloni as it bakes. Perfect after a hectic day, this one goes straight from the fridge to the oven and before you know it, you can say Presto dinner is on! Paired with our Soft Baked Breadsticks.

**Ingredients:** Mozzarella Cheese, Parmesan Cheese, Ricotta Cheese, Liquid Egg, Minced Garlic, Lobster Sensations, Parsley, Pasta Sheets, Black Pepper, Kosher Salt, Alfredo Sauce, Marinara Sauce, Italian Seasoning, Breadsticks

<b>Main Dish:</b>	Calories: 664	Carbohydrates: 64g	Total Fat: 28g	Sat Fat: 15g	Trans Fats: 0g
	Protein: 37g	Cholesterol: 147mg	Fiber: 3g	Sodium: 911mg	DR: 15
<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



### BBQ-Bourbon Pulled Pork with Garlic - Parmesan Fries

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. Served with Garlic Parmesan Fries. 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, Parmesan Cheese, Potato Fries

<b>Main Dish:</b>	Calories: 528	Carbohydrates: 45g	Total Fat: 25g	Sat Fat: 9g	Trans Fats: 0g
	Protein: 28g	Cholesterol: 102mg	Fiber: 1g	Sodium: 1140mg	DR: 12
<b>Side Dish:</b>	Calories: 239	Carbohydrates: 28g	Total Fat: 11g	Sat Fat: 6g	Trans Fats: 0g
	Protein: 9g	Cholesterol: 11mg	Fiber: 3g	Sodium: 333mg	DR: 5

### Mojito Chicken w/ Red Beans and 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

<b>Main Dish:</b>	Calories: 174	Carbohydrates: 4g	Total Fat: 2g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 33g	Cholesterol: 82mg	Fiber: 0g	Sodium: 2834mg	DR: 4
<b>Side Dish:</b>	Calories: 348	Carbohydrates: 56g	Total Fat: 10g	Sat Fat: 8g	Trans Fats: 0g
	Protein: 8g	Cholesterol: 0mg	Fiber: 3g	Sodium: 281mg	DR: 7

### St. Louis Barbecue Ribs W/ Dinners Ready Baked Beans

Glazed in our newest finger lickin' Barbecue sauce (with a hint of sweetness) and paired with our famous Baked Beans, this is a meal that the whole family will go crazy for. Be sure to bring lots of napkins!

**Ingredients:** Pork Ribs, Dinners Ready BBQ Sauce, Bacon, Onions, Red Peppers, Baked Beans

<b>Main Dish:</b>	Calories: 570	Carbohydrates: 10g	Total Fat: 31g	Sat Fat: 11g	Trans Fats: 0g
	Protein: 58g	Cholesterol: 165mg	Fiber: 0 g	Sodium: 413mg	DR: 6
<b>Side Dish:</b>	Calories: 296	Carbohydrates: 32g	Total Fat: 12.2g	Sat Fat: 4.1	Trans Fats: 0g
	Protein: 12g	Cholesterol: 17mg	Fiber: 7.2g	Sodium: 855mg	DR: 5

### 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

<b>Main Dish:</b>	Calories: 379	Carbohydrates: 11g	Total Fat: 14g	Sat Fat: 6g	Trans Fats: 0g
	Protein: 48g	Cholesterol: 60mg	Fiber: 0g	Sodium: 232mg	DR: 9
<b>Side Dish:</b>	Calories: 80	Carbohydrates: 13g	Total Fat: 1g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 5g	Cholesterol: 17mg	Fiber: 1g	Sodium: 183mg	DR: 2



**Greek Chicken with Kalamata Olive Radiatore Pasta**

Tender All-Natural chicken breasts are marinated in olive oil, lemon juice, minced garlic, mint and oregano. Simply pan-seared and finished in the oven, this easy meal is sure to please everyone. Served with radiatore pasta tossed with a dash of olive oil, tree-ripened kalamata olives, Greek seasonings and parsley.

**Ingredients:** Chicken Breasts, Minced Garlic, Lemon Juice, Olive Oil, Oregano, Black Pepper, Kosher Salt, Greek Seasoning, Black Olives, Kalamata Olives, Parsley, Radiatore Pasta

<b>Main Dish:</b>	Calories: 191	Carbohydrates: 0.7g	Total Fat: 5.3g	Sat Fat: 0.9g	Trans Fats: 0g
	Protein: 33g	Cholesterol: 82mg	Fiber: 0.1g	Sodium: 248mg	DR: 4
<b>Side Dish:</b>	Calories: 299	Carbohydrates: 43g	Total Fat: 11g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 8g	Cholesterol: 0mg	Fiber: 2g	Sodium: 217mg	DR: 7

**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

**Chipotle Bacon Wrapped Chicken w/ Sweet Onion Green Beans**

Wrapping our Chipotle Seasoned Chicken Breast with a savory strip of Bacon and then baked in the oven is a heavenly combination. Taking that savory meal and adding our Sweet Onion Green Beans is a perfect pairing.

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

<b>Main Dish:</b>	Calories: 114	Carbohydrates: 13g	Total Fat: 4g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 18g	Cholesterol: 46mg	Fiber: 1g	Sodium: 197mg	DR: 5
<b>Side Dish:</b>	Calories: 142	Carbohydrates: 16g	Total Fat: 7g	Sat Fat: 2g	Trans Fats: 0g
	Protein: 8g	Cholesterol: 19mg	Fiber: 4g	Sodium: 328mg	DR: 3

**Tequila Lime Chicken with Mexican Rice & Santa Fe 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 Santa 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

<b>Main Dish:</b>	Calories: 219	Carbohydrates: 0g	Total Fat: 9g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 33g	Cholesterol: 82mg	Fiber: 0g	Sodium: 232mg	DR: 5
<b>Side Dish:</b>	Calories: 135	Carbohydrates: 31g	Total Fat: 1g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 5g	Cholesterol: 0mg	Fiber: 4g	Sodium: 332mg	DR: 2



### Pork Loin w/ Mango Salsa with Rosemary Garlic Oven Roasted Potatoes

Nutrition-Wise Pork Tenderloin is marinated in olive oil and garlic then topped with diced mango, red bell peppers, cilantro and raisins. 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' Rosemary Oven Roasted Potatoes.

**Ingredients:** Minced Garlic, Lime Juice, Olive Oil, Pork Tenderloin, Potatoes, Rosemary, Raisins, Mango Salsa, Jerk Seasoning.

<b>Main Dish:</b>	Calories: 334	Carbohydrates: 13g	Total Fat: 16g	Sat Fat: 4g	Trans Fats: 0g
	Protein: 32g	Cholesterol: 92mg	Fiber: 1g	Sodium: 51mg	DR: 8
<b>Side Dish:</b>	Calories: 140	Carbohydrates: 33g	Total Fat: 0g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 3g	Cholesterol: 0mg	Fiber: 5g	Sodium: 14mg	DR: 2

### 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

### Build Your Own Calzone

FEATURING 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, Pizza Sauce, Italian Sausage, Italian Seasoning, Sundried Tomatoes, 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

### Pizza Pasta with Bowtie Noodles

Great chefs create their signature dishes by creatively combining the flavors you love, so our "Pizza Pasta" just might become a classic your grandkids will be talking about 30 years from now! This family-friendly dinner has been a huge hit across the country and what kid can resist something called "Pizza Pasta"? We take penne pasta, add everybody's favorite toppings, toss it with our special red marinara sauce, and then pizza-cize it with fresh shredded cheese. It's quick to fix, oh so tasty, and everybody loves it! By the way, aren't those the perfect ingredients for a wonderful dinner? (Statistics show that the more time your kids spend with you at the dinner table, the healthier and happier they are!...And healthy families is one of Dinners Ready's core values.)

**Ingredients:** Pizza Cheese Blend, Minced Garlic, Sliced Mushrooms, Black Olives, Diced Onions, Bowtie Pasta, Diced Red Peppers, Pizza Sauce, Diced Tomatoes, Minced Garlic, Pepperoni, Crushed Red Pepper, Italian Sausage, Italian Seasoning

<b>Main Dish:</b>	Calories: 557g	Carbohydrates: 26g	Total Fat: 37g	Sat Fat: 15g	Trans Fats: 0g
	Protein: 21g	Cholesterol: 96mg	Fiber: 5g	Sodium: 2240mg	DR: 12
<b>Side Dish:</b>	Calories: 254	Carbohydrates: 51g	Total Fat: 1g	Sat Fat: .5g	Trans Fats: 0g
	Protein: 9g	Cholesterol: 0mg	Fiber: 2g	Sodium: 3.5mg	DR: 5



### 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

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

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

<b>Main Dish:</b>	Calories: 500	Carbohydrates: 35g	Total Fat: 22g	Sat Fat: 9g	Trans Fats: 0g
	Protein: 41g	Cholesterol: 106mg	Fiber: 4g	Sodium: 505mg	DR: 11
<b>Side Dish:</b>	Calories: 190	Carbohydrates: 30g	Total Fat: 7g	Sat Fat: 2g	Trans Fats: 0g
	Protein: 3g	Cholesterol: 0mg	Fiber: 3g	Sodium: 425mg	DR: 4