



August Menu

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

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

Sweet & Sour Meatballs w/ Jasmine Rice

Beef meatballs are simmered in a flavorful sweet and sour sauce with chunks of golden pineapple and served over a bed of jasmine rice. This dish is quick, easy, and guaranteed to please adults and kids alike!

Ingredients:	Beef Meatballs, Diced Red Peppers, Pineapple Tidbits, Sweet & Sour Sauce, Jasmine Rice				
Main Dish:	Calories: 330	Carbohydrates: 30g	Total Fat: 15g	Sat Fat: 5g	Trans Fats: 0g
	Protein: 19g	Cholesterol: 94mg	Fiber: 1g	Sodium: 521mg	DR: 8
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

Orange Scented Beef Stir Fry with Asian Noodles

Tender strips of premium sirloin are stir fried with a wonderful blend of vegetables including broccoli, red peppers, carrots and mushrooms. Add our delicious home-made stir fry sauce with a hint of orange, and serve over a bed of fresh soba noodles for a healthy treat.

Ingredients:	Beef Strips, Beef Broth, Corn Starch, Minced Ginger, Orange Marmalade, Diced Onions, Oyster Sauce, Soy Sauce, Sweet Chili Sauce, Stir Fry Vegetable Blend, Rice Vinegar, Soba Noodles				
Main Dish:	Calories: 280	Carbohydrates: 15g	Total Fat: 10g	Sat Fat: 4g	Trans Fats: 0g
	Protein: 33g	Cholesterol: 63mg	Fiber: 3g	Sodium: 735mg	DR: 6
Side Dish:	Calories: 113	Carbohydrates: 24g	Total Fat: 0g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 6g	Cholesterol: 0mg	Fiber: 0g	Sodium: 68mg	DR: 4

Shrimp Scampi with Artichokes and Rice Pilaf

One of our staff's favorite meals. Succulent Shrimp Scampi is sautéed in a Lemon Wine sauce with onions and minced garlic. Serve over a bed of steamed Rice Pilaf and you have a delicious and healthy meal.

Ingredients:	Shrimp, Olive Oil, Minced Garlic, Diced Onions, Artichoke Hearts, White Wine, Lemon Juice, Parsley, Kosher Salt, Black Pepper, Butter-It, Rice Pilaf				
Main Dish:	Calories: 280	Carbohydrates: 15g	Total Fat: 10g	Sat Fat: 4g	Trans Fats: 0g
	Protein: 33g	Cholesterol: 63mg	Fiber: 3g	Sodium: 735mg	DR: 6
Side Dish:	Calories: 189	Carbohydrates: 43g	Total Fat: 1g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 0mg	Fiber: 1g	Sodium: 580mg	DR: 4



Chicken Dijon w/ Tortellini Summer Salad

This healthy meal is ready to bake at the end of a busy day. Boneless, skinless chicken breasts lightly coated with Dijon mustard and topped with Panko breadcrumbs and parmesan cheese. Simply bake until golden, and serve with a side of our three cheese tortellini salad tossed with balsamic vinaigrette and chopped vegetables.

Ingredients: Panko Breadcrumbs, Parmesan Cheese, Chicken Breasts, Granulated Garlic, Dijon Mustard, Parsley, Black Pepper, Water, Sliced Olives, Chopped Green Onions, Diced Red Peppers, Roasted Yellow Peppers, Three Cheese Tortellini, Balsamic Vinaigrette

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: 258	Carbohydrates: 31g	Total Fat: 9g	Sat Fat: 4g	Trans Fats: 0g
	Protein: 14g	Cholesterol: 26mg	Fiber: 3g	Sodium: 652mg	DR: 5

Chicken Fajitas with Mexican Rice & Refried Beans

You will love this month's fajitas! Chicken strips marinated in Mexican spices, served in flour tortillas with Fajita vegetables, a few of your favorite toppings and our Mexican Rice. Add Refried Beans and you'll be an instant culinary hero!

Ingredients: Black Beans, Chicken Breasts, Mexican Infused Rice, Fajitas Seasoning, Tequila-Lime Seasoning, Flour Tortillas, Fajita Vegetable Blend

Main Dish:	Calories: 517	Carbohydrates: 57g	Total Fat: 13g	Sat Fat: 3g	Trans Fats: 0g
	Protein: 42g	Cholesterol: 82mg	Fiber: 2g	Sodium: 772mg	DR: 11
Side Dish:	Calories: 237	Carbohydrates: 39g	Total Fat: 3g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 14g	Cholesterol: 20mg	Fiber: 13g	Sodium: 753mg	DR: 6

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

Main Dish:	Calories: 570	Carbohydrates: 10g	Total Fat: 31g	Sat Fat: 11g	Trans Fats: 0g
	Protein: 58g	Cholesterol: 165mg	Fiber: 0 g	Sodium: 413mg	DR: 6
Side Dish:	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

Bleu Cheese Flat Iron Steaks w/ Oven Roasted Potatoes

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 Oven Roasted 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, Oven Roasted 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: 128	Carbohydrates: 29g	Total Fat: 0.3g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 3.3g	Cholesterol: 0mg	Fiber: 3g	Sodium: 610mg	DR: 2



Braised Mango Chicken with Pistachio Rice

This flavorful meal tastes as good as it looks! All-Natural boneless chicken breasts are braised in a rosemary-infused chicken stock then topped with diced mango, red bell peppers, cilantro and raisins. This nutritious meal is accented with a side of savory pistachio rice. *This meal contains nuts*

Ingredients: Chicken Broth, Chicken Breasts, Cilantro, Cumin, Minced Garlic, Apricot Jam, Lime Juice, Frozen Mangos, Black Pepper, Diced Jalapeño Peppers, Diced Red Peppers, Raisins, Fresh Rosemary, Kosher Salt, White Sugar, Apple Cider Vinegar, Chicken Base no msg/low sod, Sliced Celery, Mint, Pistachio Nuts, Diced Onions, Garlic Infused Rice

Main Dish: Calories: 244 Carbohydrates: 22g Total Fat: 2.2g Sat Fat: 0.5g Trans Fats: 0g
 Protein: 34g Cholesterol: 82mg Fiber: 1.3g Sodium: 266mg DR: 5

Side Dish: Calories: 264 Carbohydrates: 51g Total Fat: 3.8g Sat Fat: 0.4g Trans Fats: 0g
 Protein: 5.6g Cholesterol: 0mg Fiber: 1.8g Sodium: 111mg DR: 5

Chicken Marsala with Fettuccine Alfredo

This Italian meal perfectly couples two classic favorites! A savory Demi-Marsala sauce is spooned over pan seared seasoned "All Natural" chicken breasts. Served alongside fettuccine pasta tossed in creamy Alfredo sauce and topped with parmesan cheese, this is a restaurant quality meal at home.

Ingredients: Chicken Breasts, Flour, Granulated Garlic, Black Pepper, Kosher Salt, Demi Glace, Marsala Wine, Parmesan Cheese, Parsley, Fettuccine Noodles, Alfredo Sauce

Main Dish: Calories: 335 Carbohydrates: 16g Total Fat: 13g Sat Fat: 4g Trans Fats: 0g
 Protein: 34g Cholesterol: 91mg Fiber: 0g Sodium: 314mg DR: 8

Side Dish: Calories: 421 Carbohydrates: 45g Total Fat: 20g Sat Fat: 12g Trans Fats: 0g
 Protein: 13g Cholesterol: 68mg Fiber: 2g Sodium: 232mg DR: 10

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 chillies 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

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

Margarita Chicken with Fiesta Rice

Back by popular demand! Tender "All Natural" chicken breasts are marinated to perfection in traditional flavors and finished with our own Margarita cream sauce. Paired with our signature Fiesta rice, this dinner will kick up any weekday evening and turn every mouth-watering bite into a Party!

Ingredients: Chicken Breasts, Chili Powder, Corn Starch, Cumin, Granulated Garlic, Minced Garlic, Half & Half, Lime Juice, Margarita Mix, Black Pepper, Sugar, Tequila, Black Beans, Diced Red Peppers, Mexican Rice

Main Dish: Calories: 240 Carbohydrates: 12g Total Fat: 6g Sat Fat: 3g Trans Fats: 0g
 Protein: 29g Cholesterol: 88mg Fiber: 0.5g Sodium: 106mg DR: 5

Side Dish: Calories: 224 Carbohydrates: 51g Total Fat: 0g Sat Fat: 0g Trans Fats: 0g
 Protein: 5g Cholesterol: 0mg Fiber: 2g Sodium: 59mg DR: 5



Garlic-Rosemary Pork Tenderloin w/ Balsamic Buttered Beans

American Heart Association certified "Nutritious-Wise" Pork Tenderloin is seasoned with fresh rosemary, extra-virgin olive oil and minced garlic then drizzled with a delectable apple demi-glace sauce. Combined with our crowd pleasing Balsamic Buttered Beans and you're sure to please whether serving family or guests for dinner!

Ingredients: Minced Garlic, Apple Juice Concentrate, Dijon Mustard, Olive Oil, Pork Tenderloin, Fresh Rosemary, Kosher Salt, Demi Glace Sauce, Green Beans, Soy Sauce, Sesame Seeds, Balsamic Vinegar

Main Dish:	Calories: 240	Carbohydrates: 2g	Total Fat: 9g	Sat Fat: 2g	Trans Fats: 0g
	Protein: 36g	Cholesterol: 93mg	Fiber: 0g	Sodium: 273mg	DR: 5
Side Dish:	Calories: 66	Carbohydrates: 13g	Total Fat: 2g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 2g	Cholesterol: 3mg	Fiber: 3g	Sodium: 133mg	DR: 1

August Moon Pork Chops with Sesame Vegetable Stir Fry

Center cut pork chops are marinated in a blend of honey, ginger, garlic, and soy for incredible flavor. Simply grill or bake, and serve with sesame seasoned stir fry vegetables. You will fall in love with this August-inspired dish!

Ingredients: Minced Garlic, Minced Ginger, Honey, Sesame Oil, Black Pepper, Pork Loin Chops, Soy Sauce, White Sugar, Kosher Salt, Stir Fry Vegetable Blend

Main Dish:	Calories: 297	Carbohydrates: 2.1g	Total Fat: 19g	Sat Fat: 6.2g	Trans Fats: 0g
	Protein: 29g	Cholesterol: 89mg	Fiber: 0g	Sodium: 322mg	DR: 7
Side Dish:	Calories: 63	Carbohydrates: 0.4g	Total Fat: 7g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 0.1g	Cholesterol: 0mg	Fiber: 0.2g	Sodium: 289mg	DR: 2

Build Your Own Calzone

FEATURING THE THAI 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, Thai Sauce, Green Onion, Julienne Carrots, Cilantro, 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

Sole with Lemon Pepper Cream Sauce and 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, this impressive fare is served with a healthy, yet delicious side of Whole Grain Rice.

Ingredients: Flour, Granulated Garlic, Lemon Juice, White Wine, Half & Half, Black Pepper, Kosher Salt, Sole Fillet, White Wine, Vegetable Base, Whole Grain Brown Rice

Main Dish:	Calories: 241	Carbohydrates: 11g	Total Fat: 7g	Sat Fat: 4g	Trans Fats: 0g
	Protein: 28g	Cholesterol: 91mg	Fiber: 0g	Sodium: 258mg	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



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

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