



September Menu

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

Thai 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

Linguine with Clam Sauce & Artisan Rolls

If you like clams and garlic, you'll love this dish. It combines oregano, basil and parsley with clams, garlic and parmesan cheese and Alfredo, into a tasty and filling treat. Paired with our Artisan Rolls and your family will find this dish amazing!

Clams & Juice, Parmesan Cheese, Minced Garlic, Linguine, Alfredo Sauce, Artisan Rolls

Main Dish:	Calories: 445	Carbohydrates: 41g	Total Fat: 17g	Sat Fat: 4g	Trans Fats: 0g
	Protein: 29g	Cholesterol: 70mg	Fiber: 1.5g	Sodium: 596 mg	DR: 6
Side Dish:	Calories: 110	Carbohydrates: 19g	Total Fat: 2g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 3g	Cholesterol: 0mg	Fiber: 0.5g	Sodium: 290mg	DR: 2

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

Main Dish:	Calories: 479	Carbohydrates: 51g	Total Fat: 12g	Sat Fat: 3.5g	Trans Fats: 0g
	Protein: 42g	Cholesterol: 187mg	Fiber: 3.5g	Sodium: 963mg	DR: 10
Side Dish:	Calories: 146	Carbohydrates: 28g	Total Fat: 2.2g	Sat Fat: 0.8g	Trans Fats: 0g
	Protein: 3.9g	Cholesterol: 3.4mg	Fiber: 0g	Sodium: 386mg	DR: 3

Italian Meatball Lasagna w/ Soft Baked Breadsticks

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. Adding our soft baked breadsticks and 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
Side Dish:	Calories: 110	Carbohydrates: 19g	Total Fat: 2g	Sat Fat: 0g	Trans Fats: 0g
(Breadsticks)	Protein: 3g	Cholesterol: 0mg	Fiber: 0.5g	Sodium: 290mg	DR: 2



Chicken Pot Pie

There's nothin' like the way Grandma used to make her good ol' chicken pot pie. Flakey crust wrapped around tender vegetables, chunks of chicken baked in all that delicious gravy, steam puffing out when you poke it with your fork. And that wonderful aroma! An American classic, our Chicken Pot Pie comes as close to Grandma's recipe as you'll ever find; but without all the hassle and hard work of trying to make it yourself! They'll come running when you call "Dinners Ready!"

Ingredients: Diced Cooked Chicken, Pie Sheets, Granulated Garlic, Milk, Peas and Pearl Onions, Diced Onions, Black pepper, Diced Red Potatoes, Kosher Salt, Poultry Seasoning, Cream of Celery Soup, Cream of Chicken Soup, Country Vegetable Blend

Main Dish: Calories: 433 Carbohydrates: 34g Total Fat: 14g Sat Fat: 3g Trans Fats: 0g
 Protein: 40g Cholesterol: 103mg Fiber: 5g Sodium: 986mg DR: 9

Mediterranean Tortellini Soup w/Artisan Dinner Rolls

Truly exploding with flavors, this cheese tortellini, vegetables, chicken and tomato soup is a meal in itself. Our staff raved over this one at the menu-tasting. Serve with sprinkled parmesan cheese, then get outta the way!

Ingredients: Vegetable Blend, Basil, Garlic, Sundried Tomatoes, Three Cheese Tortellini, Diced Chicken, Parmesan Cheese, Diced Tomatoes, Salt, Pepper, Dinner Rolls

Main Dish: Calories: 312 Carbohydrates: 27g Total Fat: 13g Sat Fat: 5g Trans Fats: 0g
 Protein: 22g Cholesterol: 79mg Fiber: 2g Sodium: 1100mg DR: 7

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

Beef Stroganoff with Egg Noodles

Enjoy our premium sirloin beef strips in this 'just like mom made' stroganoff. Sliced mushrooms, onions and red peppers are simmered with this tender beef in a traditional sour cream sauce. Served over egg noodles, all you need is a deep bowl for this hearty dish!

Ingredients: Mushroom Base, Beef Sirloin Strips, Beef Broth, Corn Starch, Minced Garlic, Mushrooms, Dijon Mustard, Onions, Black Pepper, Red Peppers, Worcestershire Sauce, Cream of Mushroom Soup, Sour Cream, Tomato Paste, Egg Noodles

Main Dish: Calories: 335 Carbohydrates: 18g Total Fat: 16g Sat Fat: 7g Trans Fats: 0g
 Protein: 30g Cholesterol: 52mg Fiber: 2g Sodium: 566mg DR: 7.5

Side Dish: Calories: 325 Carbohydrates: 61g Total Fat: 4g Sat Fat: 1g Trans Fats: 0g
 Protein: 12g Cholesterol: 81mg Fiber: 2g Sodium: 18mg DR: 6

Huckleberry BBQ Rubbed Flat Iron Steaks with Oven Roasted Potatoes

The Flat Iron cut is well marbled, very flavorful and the second most tender cut of beef. Rubbed with huckleberry BBQ seasoning and grilled (or pan-seared and finished in the oven) this juicy steak is a full 6 ounces of culinary delight. Served with perfectly seasoned garlic-rosemary red potatoes.

Ingredients: Beef Flat Iron Steaks, Olive Oil, Huckleberry BBQ Rub, Oven Roasted Potatoes

Main Dish: Calories: 295 Carbohydrates: 0g Total Fat: 16g Sat Fat: 5.5g Trans Fats: 0g
 Protein: 36g Cholesterol: 60mg Fiber: 0g Sodium: 138mg DR: 7

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



Tuscan Chicken w/ Mediterranean Vegetables

A country red sauce is simmered with traditional Tuscan seasonings: fresh rosemary, basil, thyme, and minced garlic. This flavorful marinara is tossed with black olives and sliced mushrooms then spooned over rosemary-rubbed chicken breasts. Serve alongside a delicious and easy Mediterranean Vegetables side dish for both a healthy and delicious combination.

Ingredients: Chicken Breasts, Ground Fennel, Minced Garlic, Sliced Mushrooms, Sliced Olives, Fresh Rosemary, Marinara Sauce, Mediterranean Vegetables.

Main Dish:	Calories: 243	Carbohydrates: 11g	Total Fat: 5g	Sat Fat: 0g	Trans Fats: 0g
	Protein: 34g	Cholesterol: 94mg	Fiber: 2g	Sodium: 314mg	DR: 5
Side Dish:	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

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

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

Honey-Almond Chicken w/ Sautéed Green Beans

This figure-friendly meal packs a punch of flavor! Boneless, skinless all-natural chicken breasts are topped with a honey mustard glaze, and sprinkled with slivered almonds. Complimented by our sautéed green beans with bacon and onions. *This meal contains nuts*

Ingredients: Slivered Almonds, Chicken Breasts, Honey, Mayonnaise, Dijon Mustard, Cooked Bacon, Green Beans, Butter-It ZTF, Minced Garlic, Diced Onions, Black Pepper

Main Dish:	Calories: 282	Carbohydrates: 10g	Total Fat: 10g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 36g	Cholesterol: 84mg	Fiber: 1g	Sodium: 162mg	DR: 6
Side Dish:	Calories: 142	Carbohydrates: 16g	Total Fat: 7g	Sat Fat: 2g	Trans Fats: 0g
	Protein: 8g	Cholesterol: 19mg	Fiber: 4g	Sodium: 328mg	DR: 3

Peach Tree Chicken with Whole Grain Rice

Tender "All Natural" chicken breasts are pan seared and finished in the oven. Topped with our delightful Peach Tree sauce, you won't forget how simple yet wonderful a meal this truly is! Paired with whole grain rice this healthy meal will have them all coming back for more.

Ingredients: Basil, Chicken Breasts, Cinnamon, Cloves, Corn Starch, Orange Juice Concentrate, Peach Juice, Olive Oil, Peaches, Black Pepper, Kosher Salt, Brown Sugar, Apple Cider Vinegar, Vegetable Base, Whole Grain Brown Rice

Main Dish:	Calories: 223	Carbohydrates: 8g	Total Fat: 5.2g	Sat Fat: 0.9g	Trans Fats: 0g
	Protein: 33g	Cholesterol: 82mg	Fiber: 0.7g	Sodium: 170mg	DR: 5
Side Dish:	Calories: 199	Carbohydrates: 43g	Total Fat: 1.9g	Sat Fat: 0.4g	Trans Fats: 0g
	Protein: 4.7g	Cholesterol: 0mg	Fiber: 2.5g	Sodium: 221mg	DR: 4



Pork Tenderloin with Apple-Sherry Sauce and Garlic Baby Bakers

This dinner is a perfect transition from Summer to Fall flavors. Certified "Nutritious Wise" pork tenderloin is pan seared to seal in all those wonderful natural juices and oven baked. Finished with our Chef's own Apple-Sherry sauce and accompanied with the most amazing garlic baby baked potatoes. This is a must to order!

Ingredients: Sliced Apples, Butter-It, Corn Starch, Half & Half, Apple Juice Concentrate, Lemon Juice, Olive Oil, Diced Onions, Black Pepper, Pork Tenderloin, Raisins, Kosher Salt, Granulated Sugar, Sherry Wine, Baked Potatoes.

Main Dish:	Calories: 296	Carbohydrates: 8g	Total Fat: 11g	Sat Fat: 3g	Trans Fats: 0g
	Protein: 38g	Cholesterol: 123mg	Fiber: 1g	Sodium: 202mg	DR: 7
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

Pineapple Upside Down Pork Chops with Vegetable Sauté

A Dinners ready twist on a classic! Our center-cut pork chops are marinated in olive oil and a touch of nutmeg then baked in the oven atop golden pineapple rings caramelized in brown sugar. An assortment of colorful and healthy vegetables is the perfect accompaniment to this meal.

Ingredients: Whole Basil Leaves, Ground Nutmeg, Olive Oil, Black Pepper, Pineapple Rings, Pork Loin Chops, Kosher Salt, Brown Sugar, Whole Oregano, Whole Thyme, Mediterranean Vegetable Blend

Main Dish:	Calories: 347	Carbohydrates: 13g	Total Fat: 21g	Sat Fat: 6g	Trans Fats: 0g
	Protein: 26g	Cholesterol: 73mg	Fiber: .5g	Sodium: 826mg	DR: 8
Side Dish:	Calories: 156	Carbohydrates: 19g	Total Fat: 7g	Sat Fat: 1g	Trans Fats: 0g
	Protein: 4g	Cholesterol: 0mg	Fiber: 4g	Sodium: 67mg	DR: 3

Build Your Own Calzone

FEATURING BEEF TACO! 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

Parmesan Crusted Sole w/ Cheesy Broccoli Bake

Our signature Sole is encrusted with a blend of parmesan cheese and Panko and bursting with flavor, this healthy dinner is one you do not want to miss! Serve alongside a delicious and easy vegetable bake: tender broccoli, diced red tomatoes and onions are layered with breadcrumbs under a golden cheese topping.

Ingredients: Sole, Garlic, Parmesan, Panko, Salt, Pepper, Butter-It, Broccoli, Pizza Cheese, Onion, Alfredo Sauce, Tomato

Main Dish:	Calories: 222	Carbohydrates: 8g	Total Fat: 7g	Sat Fat: 3g	Trans Fats: 0g
	Protein: 29g	Cholesterol: 73mg	Fiber: 1g	Sodium: 719mg	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