



DINNER A'FARE

APRIL MENU

Bang Bang Shrimp

Your favorite restaurant appetizer is now a Dinner A'Fare dinner favorite! We can't resist crispy succulent shrimp, lightly tossed in the world famous sweet and spicy Bang Bang sauce, with a little Dinner A'Fare flair! (Ziploc Bag)

Nutritional Info: Cal 288 /Carbs 11 gm /Protein 19 gm /Fat 24 gm /Fiber 1.5 gm /Sodium 362 mg /Chol 184 mg
Dietary Exchange: 9

FF Make this dinner family friendly by setting aside a few shrimp before adding sauce.

Steak Soft Tacos with Horseradish Bleu Cheese

This union of steak, bleu cheese and horseradish will "knock your socks off!" These classic pairings are combined with a twist in our soft tacos. We rub our choice cut flank steak with earthy chili powder and garlic, serve it up on warm soft tortillas, and garnish them with a rich blend of prepared horseradish sauce and tangy bleu cheese crumbles. (Ziploc Bag)

Nutritional Info: Cal 265/Carbs 16.9 gm /Protein 25.6 gm /Fat 10.5 gm /Fiber 1.2 gm /Sodium 250 mg /Chol 56 mg
Dietary Exchange: 6

Horseradish Bleu Cheese Nutritional Info: Cal 180 /Carbs 1 gm /Protein 4 gm /Fat 19 gm /Fiber 0 gm /Sodium 210 mg / Chol 15 mg
Dietary Exchange: 5

Cheese Ravioli with Parmesan Pesto

Our handmade pesto is a blend of basil, garlic, Parmesan, and olive oil. Add our jumbo cheese ravioli and garnish with pine nuts to create a mouth-watering dish! Serve it cold the next day for lunch and you'll be a hit! (Ziploc Bag)

Nutritional Info: Cal 260 /Carbs 7.7 gm /Protein 5.3 gm /Fat 23.2 gm /Fiber 1.3 gm /Sodium 270 mg /Chol 9 mg
Dietary Exchange: 7

Creamy Chicken Marsala

Golden-brown boneless, skinless chicken breasts gently bask in a rich, creamy sauce of Marsala wine, onion, lemon juice and sliced mushrooms. Serve this rich chicken dish over a bed of jasmine rice or your favorite pasta and you'll fall in love with The Dinner A'Fare version of Chicken Marsala. (Ziploc Bag)

Nutritional Info: Cal 373 /Carbs 6.5 gm /Protein 30.2 gm /Fat 24.2 gm /Fiber .5 gm /Sodium 175 mg /Chol 139 mg
Dietary Exchange: 10

Dill Crusted Cod with Lemon Tartar Sauce

We've combined the moist flakiness of line caught white cod with the crunchy texture of panko breadcrumbs season with a fusion of dill, garlic and spices. Serve alongside this handmade lemon tartar sauce and you are going to love how pleasing this dinner is! (Ziploc Bag)

Nutritional Info: Cal 300 /Carbs 18.4 gm /Protein 24 gm /Fat 14.5 gm /Fiber .7 gm /Sodium 514 mg /Chol 52 mg
Dietary Exchange: 8

Mojito Pork Kabobs with Cherry Barbecue Sauce

This festive dish is perfect for a night when you want flavor without the fuss! We marinate our tender pork loin in rum, brown sugar, garlic, sweet and sour mix, and of course the traditional mint. Serve these kabobs up with the handmade cherry barbecue sauce, and you will find this one a zesty addition to your table! (Ziploc Bag)

Nutritional Info: Cal 262 /Carbs 25 gm /Protein 26.1 gm /Fat 6.4 gm /Fiber .8 gm /Sodium 630 mg /Chol 72 mg
Dietary Exchange: 7

Vegas Chicken with Crabmeat Succotash

Inspired by one of the great chefs on the Strip, this dish is sure to please all. We take our fresh chicken breasts and stuff them with crabmeat, corn and lima bean succotash, and smooth cream cheese! Absolutely fabulous and easy to make!! (Ziploc Bag)

Nutritional Info: Cal 203 /Carbs 10 gm /Protein 31 gm /Fat 4.1 gm /Fiber 2.1 gm /Sodium 217 mg /Chol 95 mg
Dietary Exchange: 5

Southern Style Burgers with Pimento Cheese and Honey Slaw

One of the South's most famous foods finally makes its way onto The Dinner A'Fare menu! Lean ground turkey burgers are the perfect complement to the delicious and addicting mixture of cheddar cheese, mayonnaise, pimento peppers, that Southerners so adore. Serve these burgers with our simple honey slaw and you can enjoy and easy dinner on the **front** porch! (Ziploc Bag)

Nutritional Info: Cal 446/Carbs 22.7 gm /Protein 38.9 gm /Fat 22.1 gm /Fiber 1.5 gm /Sodium 946 mg /Chol 97 mg

Dietary Exchange: 12

Kung Pao Chicken

Back by popular demand! Our Kung Pao Chicken is much healthier than your take-out version! First, our boneless, skinless chicken breasts are marinated in rice wine vinegar, sesame oil, and soy sauce. Simmer in a perfect blend of hoisin sauce, rice wine vinegar, sugar and soy sauce, reduced to an opulent glaze, then topped with green onion and peanuts, and dinner is done! (Ziploc Bag)

Nutritional Info: Cal 204 /Carbs 7.4 gm /Protein 28.4 gm /Fat 6.7 gm /Fiber .9 gm /Sodium 481 mg /Chol 66 mg

Dietary Exchange: 4

FB Make this dinner family friendly by setting aside some chicken before adding the Kung Pao sauce.

Southwestern Quesadillas

Our quesadillas are always a huge hit. These are no exception. We start with refried black beans and plenty of sharp cheddar cheese, then add sautéed red bell peppers, corn, and red onion. Our crispy flour tortillas are then topped with our creamy salsa to make the perfect Southwestern dinner. (Ziploc Bag)

Nutritional Info: Cal 380 /Carbs 43.1 gm /Protein 19.9 gm /Fat 14.2 gm /Fiber 7.9 gm /Sodium 750 mg /Chol 40 mg

Dietary Exchange: 10

FB Make this dinner family friendly by using cheese only.

Maple Glazed Pork Roast with Golden Raisin Compote

Perfect for Sundays, this pork roast is made with our popular hand-trimmed pork loin. We brine the roast with flavors of maple and sugar to create a light sweetness, and then rub it with Dijon mustard to produce a tangy essence. To complete this beautiful dish we macerate a combination of dark and golden raisins by steeping them in ruby port, and top our sliced roast to create a level of elegance. (Ziploc Bag)

Nutritional Info: Cal 383 /Carbs 25.2 gm /Protein 34.4 gm /Fat 16 gm /Fiber 1.1 gm /Sodium 471 mg /Chol 83 mg

Dietary Exchange: 10

Orange Sesame Chicken

You're going to love this traditional dish from the Hunan Province in China. We take our cubed chicken breasts and dredge them in a thick tempura batter to give them that nice crust that really holds our sweet orange glaze, made from orange marmalade, honey, soy sauce, sesame seeds and a touch of cayenne if you like. After all who says live can't be sweet and spicy? (Ziploc Bag)

Nutritional Info: Cal 299 /Carbs 26.6 gm /Protein 37.3 gm /Fat 6 gm /Fiber 1 gm /Sodium 946 mg /Chol 120 mg

Dietary Exchange: 6

Teriyaki and Pineapple Pork Chops

Everyone loves the combination of teriyaki and pineapple. We take our tender, hand cut pork chops and marinate them in a teriyaki sauce made from scratch! Top these chops with thick slices of pineapple for a beautiful presentation without the hassle! (Ziploc Bag)

Nutritional Info: Cal 227 /Carbs 13.9 gm /Protein 20.4 gm /Fat 10 gm /Fiber .4 gm /Sodium 1342 mg /Chol 40 mg

Dietary Exchange: 6

Marinated Balsamic Flank Steak

Our flank steak is marinated in a seasoning of balsamic vinegar, maple syrup, and Dijon mustard. Watch out! If you cook it on the grill you might have company for dinner! (Ziploc Bag)

Nutritional Info: Cal 183 /Carbs 10.8 gm /Protein 19.2 gm /Fat 7 gm /Fiber .1 gm /Sodium 526 mg /Chol 47 mg

Dietary Exchange: 4

Malibu Chicken

A west coast favorite! We bake our boneless, skinless chicken breasts to perfection, then top with savory ham and Swiss cheese, and finally finish with a tangy mustard sauce. This cousin to Chicken Cordon Bleu will whet your appetite for a trip to California wine country. (Ziploc Bag)

Nutritional Info: Cal 291 /Carbs 9.9 gm /Protein 28.6 gm /Fat 15.3 gm /Fiber .1 gm /Sodium 683 mg /Chol 79 mg

Dietary Exchange: 8