



# DINNER A'FARE

## MAY MENU

### Poppy Seed Chicken

We mix together diced, all white meat, chicken breasts, sour cream, and cream of chicken soup, then top it with crushed buttery crackers and poppy seeds. This is an ideal dish to throw in the oven after a long day and perfect when all you want is some yummy comfort food! (Pan)

**Nutritional Info:** Cal 422 /Carbs 15.9 gm /Protein 18 gm /Fat 25 gm /Fiber .6 gm /Sodium 828 mg /Chol 90 mg  
**Dietary Exchange:** 10

### Hibachi Style Surf and Turf

We've combined the best of both worlds with our lean marinated flank steak and succulent seasoned shrimp. You can cook them on the grill with skewers or stovetop, your choice, and who can forget the traditional white sauce that everyone loves. Just add your own theatrical flair and you've got yourself a hibachi!

**Nutritional Info:** Cal 239 /Carbs 5.2 gm /Protein 25.2 gm /Fat 12.9 gm /Fiber 0 gm /Sodium 460 mg /Chol 113 mg  
**Dietary Exchange:** 6

### Buffalo Chicken Tacos with Bleu Cheese Ranch

We love gourmet buffalo sauces at Dinner A'Fare. Boneless, skinless chicken breasts are cooked perfectly and tossed in our zesty buffalo sauce. Top your tacos with our crunch celery and corn, then drizzle with our homemade bleu cheese ranch. These tacos are so good you'll want to order more than one.

**FF** Make this dinner family friendly by setting aside some chicken before adding buffalo sauce.

**Nutritional Info:** Cal 296 /Carbs 12.5 gm /Protein 33.1 gm /Fat 13.8 gm /Fiber 1.2 gm /Sodium 437 mg /Chol 68 mg  
**Dietary Exchange:** 8

**Tortilla Nutritional Info:** Cal 91 /Carbs 15.8 gm /Protein 2.5 gm /Fat 2 gm /Fiber .9 gm /Sodium 136 mg /Chol 0 mg

**Dietary Exchange:** 2

### Hoisin Pork Tenderloin with Garlic Sauce

The tangy flavor in this juicy pork tenderloin comes from a marinade of hoisin sauce, ketchup, and soy sauce, which adds the perfect tenderness. We glaze our tenderloin with a sauce made from rice wine vinegar, soy sauce, garlic, sugar and coriander, to get that traditional Asian flavor.

**Nutritional Info:** Cal 179 /Carbs 10.2 gm /Protein 25.1 gm /Fat 4.2 gm /Fiber .5 gm /Sodium 675 mg /Chol 72 mg  
**Dietary Exchange:** 4

### Parmesan Tilapia

The whole family loves this Parmesan tilapia, especially the little ones. These filets are glazed and coated in Parmesan cheese and seasoned breadcrumbs. You will waste no time since these are so easy to cook, they go straight from the freezer to the oven.

**Nutritional Info:** Cal 289 /Carbs 6.9 gm /Protein 28.9 gm /Fat 16.2 gm /Fiber .2 gm /Sodium 538 mg /Chol 63 mg  
**Dietary Exchange:** 7

### Jalapeno Popper Chicken

Your favorite restaurant appetizer is now a Dinner A'Fare dinner favorite! We can't resist crispy seasoned chicken breasts, stuffed with cream cheese, and cheddar. Add the kick of diced jalapenos, limejuice, and green onion and you won't be able to resist it either!

**Nutritional Info:** Cal 371 /Carbs 11 gm /Protein 41.2 gm /Fat 17.5 gm /Fiber 1.5 gm /Sodium 355 mg /Chol 47 mg  
**Dietary Exchange:** 9

**FF** Make this dinner family friendly by setting aside a chicken breast before filling with jalapeno cheese.

### Mini Meatloaves

Very popular with the entire family! Each individual meatloaf is made with lean ground turkey, oats, ketchup and onion. With our new added Italian seasonings you will love this healthier classic even more, while your kids love having their own individual loaf!

**Nutritional Info:** Cal 286 /Carbs 21.4 gm /Protein 25.3 gm /Fat 11.1 gm /Fiber 2.2 gm /Sodium 761 mg /Chol 90 mg  
**Dietary Exchange:** 6

### **Fennel and Mustard Crusted Chicken with Apricot Sauce**

Our boneless skinless chicken breasts are lightly crusted with a rub of fennel, mustard and a drizzle of olive oil. The apricot glaze adds light touch of summer flavor, and makes this dish extremely child friendly.

**Nutritional Info:** Cal 149 /Carbs 8.2 gm /Protein 26.4 gm /Fat 4.3 gm /Fiber .4 gm /Sodium 74 mg /Chol 65 mg  
**Dietary Exchange:** 4

### **Ravioli Bianca**

Over the years our ravioli dishes have always been a huge hit. This dish is no exception. Elegant three-cheese ravioli are prepared with baby spinach, mushrooms, and bacon, and then finished with a creamy Alfredo sauce.

**Nutritional Info:** Cal 350 /Carbs 21 gm /Protein 13 gm /Fat 33 gm /Fiber 2 gm /Sodium 1330 mg /Chol 235 mg  
**Dietary Exchange:** 12

### **Chicken Paillards with Mandarin Orange Salsa**

We pound thin, these boneless skinless, chicken breasts, to create paillards, (Pronounced: Pi-yärs), or thin cutlets, which allows them to cook quickly and maintain their natural juices. We serve our tender chicken paillards with a salsa of mandarin oranges, tomato, red onion, celery, limejuice, and fresh basil. This dish is special enough for company.

**Nutritional Info:** Cal 324 /Carbs 27.5 gm /Protein 29.2 gm /Fat 10.8 gm /Fiber 5.6 gm /Sodium 184 mg /Chol 65 mg  
**Dietary Exchange:** 9

### **Shrimp Étouffée**

Our plump shrimp are added to a base of butter, celery and onions, and dressed with cayenne, garlic, tomato paste and heavy cream to create that bayou flavor. After just one bite you're going to proclaim, "Oooo Wee! Laissez les bons temps rouler!" Cajun for let the good times roll.

 Make this dinner family friendly by setting aside some shrimp before adding the sauce.

**Nutritional Info:** Cal 280 /Carbs 27 gm /Protein 27 gm /Fat 7 gm /Fiber 2 gm /Sodium 784 mg /Chol 178 mg  
**Dietary Exchange:** 7

### **Chicken Piccata**

Back by popular demand and a Dinner A'Fare favorite! We use our boneless skinless chicken breasts, and pound them thin and lightly coat them with flour. Sautéed together with an out of this world sauce of lemon juice, white wine, capers and butter, our chicken breasts will melt in your mouth.

**Nutritional Info:** Cal 180 /Carbs 10.3 gm /Protein 23.1 gm /Fat 5 gm /Fiber 0.5 gm /Sodium 381 mg /Chol 72 mg  
**Dietary Exchange:** 4

### **Steak Diane**

We use our tender bistro steak, and season it with a rub of Dijon mustard and black pepper, then pan sear it with olive oil to lock in those juices. It's complimented with a sauce made from the pan juices, red wine, Worcestershire, tomato and a touch of cream to create a velvet texture. You're going to love our take on this classic beef dish!

**Nutritional Info:** Cal 278 /Carbs 2.7 gm /Protein 25.3 gm /Fat 18.2 gm /Fiber .7 gm /Sodium 486 mg /Chol 95 mg  
**Dietary Exchange:** 7

### **Burgers with Bleu Cheese Mayo and BBQ Red Onion**

The grill is calling and our delicious turkey burgers have the answer. We take hickory barbecue sauce and red onions and marry them on the grill, and serve atop our juicy turkey burgers. Then we finish them with our tangy bleu cheese mayo.

**Nutritional Info:** Cal 296 /Carbs 15 gm /Protein 31.2 gm /Fat 18.5 gm /Fiber .1 gm /Sodium 474 mg /Chol 89 mg  
**Dietary Exchange:** 7

**Bun Nutritional Info:** Cal 171 /Carbs 28 gm /Protein 6 gm /Fat 3 gm /Fiber 0 gm /Sodium 320 mg /Chol 0 mg  
**Dietary Exchange:** 4

### **Chicken Penne with Broccoli and Asiago Cheese**

Hearty pasta dishes deserve Dinner A'Fare "flare"! This time we take penne pasta, boneless, skinless chicken breasts, and broccoli spears and layer them with onion, garlic, sun-dried tomatoes and a light cream sauce. We then top everything off with shredded Asiago cheese. This dish is already a family favorite.

**Nutritional Info:** Cal 220 /Carbs 9.3 gm /Protein 28.5 gm /Fat 7.6 gm /Fiber 1.3 gm /Sodium 158 mg /Chol 40 mg  
**Dietary Exchange:** 6