THE DINNER

12 Meals. 2 Hours. simple.

A'FARE

OCTOBER MENU

Pretzel Crusted Pork Tenderloin with Mustard Cream Sauce
A Dinner A'Fare favorite! We prepare our famous pretzel crusted pork tenderloin, cook it to perfection, and serve it with our Dijon mustard cream sauce. You couldn't have an easier Sunday football game dinner. (Ziploc Bag)

Nutritional Info: Cal 329 /Carbs 21.6 gm /Protein 28.1 gm /Fat 14.5 gm /Fiber 1 gm /Sodium 744 mg /Chol 105 mg
Dietary Exchange: 8

Toasted Coconut Tilapia with Honey Peanut Pesto
Each bite will melt in your mouth with the wonderful flavors and textures of this dish. We've seasoned our tilapia with lime, coconut milk and a touch of Caribbean seasonings and topped them with toasted coconut. We then serve a pesto made from honey and chopped peanuts along side our filets to create the perfect dish that will lure anyone to the dinner table. (Ziploc Bag)

Nutritional Info: Cal 357 /Carbs 30.5 gm /Protein 29.1 gm /Fat 13.2 gm /Fiber 3.1 gm /Sodium 872 mg /Chol 60 mg
Dietary Exchange: 8

Coq au Vin
This traditional French dish is made with boneless, skinless chicken breasts tossed in a coating of flour and thyme. We then sauté it with a combination of carrots, pearl onions, bacon and the traditional mushrooms. After adding a reduction of red wine, chicken broth, tomato and garlic you will feel like Napoleon once you're enjoying this dish, which he is rumored to have loved! (Ziploc Bag)

Nutritional Info: Cal 271 /Carbs 15.1 gm /Protein 33.2 gm /Fat 8.7 gm /Fiber 2.4 gm /Sodium 821 mg /Chol 77 mg
Dietary Exchange: 6

Hearty Cheese Tortellini Soup
Wow! This hearty soup is sure to fill you up with cheese filled tortellini, crumbled sausage, and tons of vegetables including diced tomatoes, carrots, corn and lima beans! Hard to believe that comfort food can be so good for you! (Ziploc Bag)

Nutritional Info: Cal 286 /Carbs 35.4 gm /Protein 13.1 gm /Fat 10.2 gm /Fiber 3.8 gm /Sodium 542 mg /Chol 39 mg
Dietary Exchange: 6

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! (Ziploc Bag)

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

Muffuletta Chicken
The kids will love this favorite New Orleans combination even more than the Friday night pizza. We start with our boneless, skinless chicken breast, and top them with slices of pepperoni, salami and ham. Garnished with our favorite olive salad, and covered with provolone, will make your mouth water! (Ziploc Bag)

Nutritional Info: Cal 213 /Carbs 1.2 gm /Protein 31.5 gm /Fat 9 gm /Fiber .4 gm /Sodium 599 mg /Chol 83 mg
Dietary Exchange: 5

Barbeque Pulled Pork Sandwiches
With all the flavors of slow cooked pulled pork, ours is much faster without any compromise on taste! We've combined pulled pork with a homemade barbeque sauce of ketchup, vinegar, Worcestershire sauce, brown sugar, paprika, and good old chili powder and pepper! Perfect for Football game days! Buns provided. (Ziploc Bag)

Nutritional Info: Cal 189 /Carbs 13.3 gm /Protein 21 gm /Fat 5.8 gm /Fiber .6 gm /Sodium 535 mg /Chol 59 mg
Dietary Exchange: 4
Hamburger Bun Nutritional Info: Cal 171 /Carbs 28 gm /Protein 8 gm /Fat 3 gm /Fiber 0 gm /Sodium 320 mg /Chol 0 mg
Dietary Exchange: 4

Shrimp Scampi
If you like garlic and shrimp, you are going to love this dish! We sauté our succulent shrimp in garlic and the silky richness of butter. Simmered together with white wine, and lemon juice then tossed with linguine (provided), this becomes a wow dish for the dinner guests! (Ziploc Bag)

Nutritional Info: Cal 126 /Carbs 4.1 gm /Protein 15.7 gm /Fat 5.1 gm /Fiber .2 gm /Sodium 114 mg /Chol 123 mg
Dietary Exchange: 3
Linguine Nutritional Info: Cal 172 /Carbs 35.3 gm /Protein 6 gm /Fat .7 gm /Fiber 1.1 gm /Sodium 3 mg /Chol 0 mg

Dietary Exchange: 3

Fennel-Almond Crusted Chicken with Brown Butter
This new dish is a beautiful combination of Mediterranean and Middle Eastern favorites! We've featured our skinless, boneless chicken breast and coated them in a crust of ground almonds, seasoned breadcrumbs, Parmesan and fennel, then garnished it with the natural, nutty flavor of brown butter. It is stated that almonds are good for the brain, which must be true because your family will think you're a genius when you put this one on the dinner table.

Nutritional Info: Cal 256 /Carbs 9.5 gm /Protein 33.1 gm /Fat 9.6 gm /Fiber 1.2 gm /Sodium 437 mg /Chol 68 mg
Dietary Exchange: 6

Apple Sauerkraut Braised Pork Chops
The warm flavors of apple and cinnamon compliment these braised center-cut pork chops topped with sauerkraut and poppy seeds. Experience Oktoberfest right in your very own kitchen with an ice-cold lager and this impressive Bavarian dish. (Ziploc Bag)

Nutritional Info: Cal 216 /Carbs 10.7 gm /Protein 19.6 gm /Fat 10.5 gm /Fiber 1.6 gm /Sodium 983 mg /Chol 40 mg
Dietary Exchange: 5

Asian Turkey Burgers with Hoisin Ketchup
Burger lovers, you're going to love this lean turkey mixed with water chestnuts, green bell peppers, ginger and soy sauce. Top these burgers with uniquely flavored hoisin ketchup and your taste buds will be in for a journey. Remember, one bite at a time! (Pan)

Nutritional Info: Cal 290 /Carbs 7.8 gm /Protein 23.3 gm /Fat 16 gm /Fiber .7 gm /Sodium 811 mg /Chol 120 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

Crusted Chicken with Jalapeño Corn Salsa
These flavors will amaze your taste buds! Boneless, skinless chicken breasts are crusted in seasoned bread crumbs and cornmeal accented with Old Bay and parsley. Finish it with a salsa made from diced tomatoes, corn, green onion, Old Bay and jalapeño. Your mouth is going to say "Wow". (Ziploc Bag)

Nutritional Info: Cal 352 /Carbs 40.9 gm /Protein 39.2 gm /Fat 3.5 gm /Fiber 4 gm /Sodium 752 mg /Chol 76 mg
Dietary Exchange: 7

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

Pink Peppercorn Buttered Flank Steak
This aged Angus flank steak will melt in your mouth! We season this steak so that it's perfect, whether you cook it in the oven or on the grill. Pat it with a touch of our amazing compound butter made with pink peppercorns traditionally imported from France and your taste buds will thank you even more. (Ziploc Bag)

Nutritional Info: Cal 241 /Carbs .9 gm /Protein 23.2 gm /Fat 16.1 gm /Fiber .2 gm /Sodium 477 mg /Chol 77 mg
Dietary Exchange: 6

Sweet and Sour Cashew Pork
Much better than take out and with more flavor. This healthier sweet and sour sauce is made from scratch with low sodium soy sauce, rice wine vinegar, ketchup and ginger. Tossed with our cubed center cut pork, cashews, and pineapple and you'll realize your fortune cookie predicted, "Yum, Yum." (Ziploc Bag)

Nutritional Info: Cal 320 /Carbs 23.2 gm /Protein 22.1 gm /Fat 15.4 gm /Fiber 1.4 gm /Sodium 1231 mg /Chol 40 mg
Dietary Exchange: 7