



DINNER A'FARE

OCTOBER MENU

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".

FB We make this dinner family friendly by grilling the chicken and serving without salsa.

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: 9

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!

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

Chicken Saltimbocca

Our version of this Tuscan classic combines bacon, sage, Marsala wine and a touch of lemon. Serve with our cubed boneless, skinless chicken breasts, chopped spinach, and linguine noodles, and this dish creates a Tuscan harvest right in your kitchen!

Nutritional Info: Cal 183 /Carbs 9.9 gm /Protein 28.5 gm /Fat 3.2 gm /Fiber 1 gm /Sodium 774 mg /Chol 65 mg

Dietary Exchange: 4

Pasta 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: 4

Pork Schnitzel Skewers with Dill Sour Cream Sauce

Germany, Austria and the rest of Europe love Schnitzel and so does The Dinner A'Fare. Our version is a little different but every bit as delicious. Our tender pork cutlets are pounded thin and well-seasoned, then pan fried to perfection. We serve our Schnitzel on skewers with a light dill sauce.

Nutritional Info: Cal 451 /Carbs 23 gm /Protein 31 gm /Fat 24 gm /Fiber 1 gm /Sodium 739 mg /Chol 115 mg

Dietary Exchange: 11

Baja Fish Tacos with Red Onion Relish

The Baja strip may be the birthplace of the original fish taco, but your kitchen is the new home! We lightly dust our flaky tilapia filets with lime juice and taco seasoning so that it bakes up light and flavorful. We then top a warm soft taco with the tilapia, our red onion relish, for the perfect crunch, and a smooth cream sauce, accented with lime juice and cilantro.

Nutritional Info: Cal 318 /Carbs 15.9 gm /Protein 25.6 gm /Fat 21.3 gm /Fiber 0.5 gm /Sodium 545 mg /Chol 90 mg

Dietary Exchange: 8

Cashew Chicken

Our famous tender chicken breasts are tossed in paprika and ginger, and then cooked in an Asian soy sauce, which is always lower sodium in our kitchen! Toss in the cashews, celery, green pepper and onion for the added crunch! Absolutely more tasty than take out & much healthier!

Nutritional Info: Cal 252 /Carbs 10 gm /Protein 26 gm /Fat 11 gm /Fiber 1 gm /Sodium 454 mg /Chol 40 mg

Dietary Exchange: 6

Beef Stroganoff

Tradition stands when it comes to this classic Russian dish! We use strips of Aged Angus Steak and cook them with beef broth, onions, and cream of mushrooms soup stirred together with sour cream. Make this dish complete with our provided egg noodles.

Nutritional Info: Cal 301 /Carbs 5.6gm /Protein 25.2 gm /Fat 19.7gm /Fiber .2gm /Sodium 619 mg /Chol 190 mg

Dietary Exchange: 10

Kahuna Chicken Sliders

Our boneless, skinless chicken breasts are marinated in an Italian inspired sauce, grilled to perfection and served atop our sweet slider buns. We finish our sliders with green and red bell pepper, red onion, and juicy pineapple for that Hawaiian flair!

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

White Lasagna with Chicken and Artichokes

Company coming for dinner? Not a problem with our Dinner A'Fare solution! This white sauce lasagna made from Alfredo, ricotta, mozzarella and Parmesan will win anybody over. Filled with diced chicken breast and artichokes, then baked to a golden brown, and this dish serves up some hearty serving sizes. Your company will ask how you did it, but it will be our secret!

Nutritional Info: Cal 342 /Carbs 18.6 gm /Protein 26 gm /Fat 18.2 gm /Fiber 1.5 gm /Sodium 367 mg /Chol 67 mg
Dietary Exchange: 9

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.

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

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

Creamy Tomato and Basil Gnocchi

This potato dumpling is complimented with a rich sauce made from tomatoes with a touch of basil and velvety cream and butter. Fold in your love for Italian food, and you've created a dish perfect for those Saturday night dinner guests.

Nutritional Info: Cal 413 /Carbs 41 gm /Protein 12.3 gm /Fat 18.2 gm /Fiber 4 gm /Sodium 508 mg /Chol 29 mg
Dietary Exchange: 9

Flank Steak with Shaved Rosemary Asiago Cheese

Here's a special dish with sophisticated kick to get your juices going. We take our Aged Angus flank steak and broil it to perfection, then top it with delicious rosemary-infused asiago cheese. This is definitely to pair with a special bottle of vino!

Nutritional Info: Cal 276 /Carbs 9.3 gm /Protein 24.9 gm /Fat 15.5 gm /Fiber 1 gm /Sodium 615 mg /Chol 56 mg
Dietary Exchange: 7

Chili Con Carne

Our thick and hearty chili is out of this world! We use healthy ground turkey meat, diced tomatoes, red kidney beans, diced onion, bell pepper and wonderful ethnic seasonings. Make yours as hot or mild as your family likes it, or take some hot sauce on the side just for you. Top this dish off with the shredded cheddar cheese and your dinner is done! Perfect for a warm dish by the fire!

Can be Vegetarian.

Nutritional Info: Cal 214 /Carbs 23.9 gm /Protein 22.8 gm /Fat 3.1 gm /Fiber 8 gm /Sodium 806 mg /Chol 72 mg
Dietary Exchange: 4

Chicken Cotoletta with Sweet Potato Orzo

This beautiful dish is great for those big platter, family style dinners. We bread our boneless skinless chicken breasts in the true "Cotoletta" style, Italian for little rib cutlet, then pan fry it for that crispy texture. We serve it over orzo pasta tossed with roasted sweet potatoes, walnuts, green onion and honey vinaigrette.

Chicken Cotoletta Nutritional Info: Cal 253 /Carbs 14.4 gm /Protein 30.5 gm /Fat 8.1 gm /Fiber .8 gm /Sodium 678 mg /Chol 65 mg

Dietary Exchange: 6

Sweet Potato Orzo Nutrition Info: Cal 162 /Carbs 29.8 gm /Protein 4.4 gm /Fat 2.8 gm /Fiber 1.3 gm /Sodium 204 mg /Chol 0 mg
Dietary Exchange: 3