



DINNER A'FARE

DECEMBER MENU

Homemade Calzones

Any way you like them! We start with calzone dough and a five-cheese blend, add mushrooms, ham, sausage, and pepperoni; make them all the same, or different for each family member! Bake one or six straight from frozen and serve with provided marinara sauce. Perfect for the busy times of the fall hustle and bustle!

Nutritional Info: Cal 217 /Carbs 25 gm /Protein 13.1 gm /Fat 7.1 gm /Fiber 3 gm /Sodium 414 mg /Chol 18 mg

Finger Lick'n Chicken with Honey Mustard Dipping Sauce

Fresh cubed chicken breasts are marinated in Worcestershire sauce. The chicken is then tossed in a crust of fine breadcrumbs and Parmesan cheese and baked in the oven. Children and parents will love this healthier and tastier version of chicken fingers. Serve hot with our favorite honey mustard dipping sauce.

Nutritional Info: Cal 148 /Carbs 4.8 gm /Protein 24.5 gm /Fat 3.5 gm /Fiber .4 gm /Sodium 439 mg /Chol 58 mg

Buffalo Shrimp with Chunky Bleu Cheese

Perfect for that mid-summer pool party! We cook our shrimp with a crispy crunch to give it that perfect texture, we then shake'm up with a toss of traditional Buffalo sauce and dip them in our chunky bleu cheese. Now that's a great play!

Nutritional Info: Cal 134 /Carbs 2 gm /Protein 23 gm /Fat 3.2 gm /Fiber .4 gm /Sodium 598 mg /Chol 170 mg

Bleu Cheese Nutritional Info: Cal 100 /Carbs .7 gm /Protein 6.1 gm /Fat 8.1 gm /Fiber 0 gm /Sodium 395 mg /Chol 21 mg

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.

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

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.

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

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?

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

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

Chicken Parmesan

Melt in your mouth Italian flavor just like your favorite family ristorante! Our fresh chicken breasts are cooked until golden brown with a Parmesan and Panko breadcrumb crust. Bake to a crispy perfection and serve these tender chicken breasts atop our Dinner A'Fare tomato sauce to create a robust Italian dinner.

Nutritional Info: Cal 473 /Carbs 30.1 gm /Protein 34.7 gm /Fat 23.7 gm /Fiber 3.5 gm /Sodium 1634 mg /Chol 114 mg

Lemon Butter Cod with Orzo

This is a tasty feast when you want something light for dinner. Our flaky cod loins are seasoned and glazed with compound lemon butter, served over a bed of orzo pasta garnished with sun-dried tomatoes and artichokes, and tossed with balsamic vinaigrette. You may just find yourself dreaming of Venice while enjoying this one!

Nutritional Info: Cal 332 /Carbs 15.6 gm /Protein 24.7 gm /Fat 19 gm /Fiber 2 gm /Sodium 204 mg /Chol 89 mg

Chicken and Waffles

Dating back to the 1700's, this dish has a myriad of recipes and ways to enjoy. At Dinner A'Fare we prefer it as a slider, with gently fried chicken breasts between two sweet waffles and syrup dipping sauce. Savory and Sweet.

Nutritional Info: Cal 464 /Carbs 42.9 gm /Protein 29.1 gm /Fat 10.5 gm /Fiber 1.2 gm /Sodium 1314 mg /Chol 92.6 mg

Italian Sirloin Croquettes with Garlic Tomato Sauce

These deliciously seasoned croquettes are made from lean beef mixed with Parmesan, parsley, roasted red bell peppers and onion. We then coat them in panko crumbs and Italian seasoning, which yields a golden crust. These croquettes have just the right texture when accented with an aromatic garlic and tomato sauce. Your family is going to love bragging about your cooking when you serve these up!

Nutritional Info: Cal 311 /Carbs 23.1 gm /Protein 32.9 gm /Fat 9.8 gm /Fiber 2.7 gm /Sodium 1153 mg /Chol 74 mg

Rustic Chicken and Potato Gratiné

Boneless, skinless chicken breasts are roasted with red skin potato wedges, brushed with kosher salt, pepper, paprika, garlic and a touch of hot sauce. Topped with plenty of cheddar, Monterey Jack, bacon and green onion then browned to become the perfect rustic French gratiné. Serve it with our creamy ranch dipping sauce and your whole family will love it.

Nutritional Info: Cal 369 /Carbs 6.6 gm /Protein 35.9 gm /Fat 22 gm /Fiber 1.3 gm /Sodium 1043 mg /Chol 106 mg

Ranch Dipping Sauce Nutritional Info: Cal 183 /Carbs 1.3 gm /Protein 1.3 gm /Fat 19.3 gm /Fiber 0 gm /Sodium 347 mg /Chol 13 mg

Pasta Florentine

This pasta dish favored by the beautiful Tuscan city of Florence will add a simple, yet sophisticated delicacy to your table. Three cheese ravioli and chopped spinach are tossed with a handmade version of Mornay sauce, which is a blend of cream, ricotta, rich egg and the sharp flavors of Parmesan. Bake to a golden crust and you just might go down in history.

Nutritional Info: Cal 564 /Carbs 49.6 gm /Protein 36.3 gm /Fat 24.5 gm /Fiber 4.2 gm /Sodium 1655 mg /Chol 118 mg

Queso Fundido with Steak, Chicken and Shrimp

Queso fundido is Spanish for "melted cheese", but this isn't just any cheese dish, it's full of seasoned flank steak, chicken breast, and of course, succulent shrimp to complete the trio! Because everything comes better in threes! Served with our included tortillas, and you will notice that as the cheese melts this dinner will vanish before your eyes. (Ziploc Bag)

Nutritional Info: Cal 348 /Carbs 5.1 gm /Protein 34 gm /Fat 21.4 gm /Fiber 0 gm /Sodium 746 mg /Chol 132 mg

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

Pesto Chicken with White Wine Pesto Gravy

Pesto- the sauce of pureed basil, pine nuts, and Parmesan cheese- may have originated in Northern Italy, but today The Dinner A'Fare considers it a staple in our kitchen. We love this juicy roasted chicken dish with a creamy white wine- pesto sauce.

Nutritional Info: Cal 280 /Carbs 9.1 gm /Protein 27.3 gm /Fat 3.9 gm /Fiber 0.6 gm /Sodium 186 mg /Chol 33 mg