



DINNER A'FARE

MARCH MENU

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.

TP 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

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

Make Your Own Pizzas

By popular demand we are bringing do it yourself personal pizzas to our menu! We provide everything you need to make your own delicious pizzas. All ingredients are packaged separately so you can truly create your own.

Mozzarella Cheese, Pepperoni, Sausage, Diced Ham, and Pineapple

Nutritional Info: Cal 317 /Carbs 25 gm /Protein 13.1 gm /Fat 7.1 gm /Fiber 3 gm /Sodium 414 mg /Chol 18 mg

Chicken Scallopini with Mushrooms and Artichokes

Lean chicken breasts are pounded thin and dipped in lemon juice and seasoned breadcrumbs and pan fried to golden perfection. Serve with tender mushrooms and artichoke hearts and you have a family friendly Italian dinner on your hands.

Nutritional Info: Cal 291 /Carbs 4.7 gm /Protein 24.1 gm /Fat 8.4 gm /Fiber 0 gm /Sodium 355 mg /Chol 72 mg

Asian Lettuce Wraps

We all love wraps, but now you don't have to go out to your favorite restaurant to enjoy them. We mix together ground turkey, green onion and garlic with a touch of peanut butter then toss in our "out of this world" sauce made from teriyaki, sesame oil and Hoisin. Wrap these up in the lettuce leaves we provide and enjoy in the comfort of your own home!

Nutritional Info: Cal 281 /Carbs 9.9 gm /Protein 23.7 gm /Fat 16.5 gm /Fiber 1.1 gm /Sodium 948 mg /Chol 90 mg

Goat Cheese and Sun-Dried Tomato Chicken

This is a "wow" dinner for sure!! Imagine the best of all worlds, creamy goat cheese, lemon butter sauce and zesty sun-dried tomatoes on top of our tender chicken. Your family will never know how easy it was to make. Pairs perfectly with Herbed Asiago Polenta (sold separately.)

Nutritional Info: Cal 390 /Carbs 10.9 gm /Protein 32.5 gm /Fat 17 gm /Fiber 3.8 gm /Sodium 1192 mg /Chol 176 mg

Po'Boy Shrimp Sliders

Celebrate Mardi Gras all month long while enjoying these New Orleans favorites. Our shrimp are crusted with our housemade cornmeal, flour and our Cajun seasoning mixture. Slather on some Louisiana remoulade made with mayonnaise, Dijon mustard, Louisiana hot sauce, relish and more creole seasoning on crusty slider buns, top with the shrimp and you have a party in your mouth. Make your dinner time the "Big Easy" any night of the week. As always, the creole seasoning is separate for the kiddos. Don't forget to add the Sweet Cornbread with Green Chilies (sold separately.)

Nutritional Info: Cal 490 /Carbs 17.8 gm /Protein 23.3 gm /Fat 16 gm /Fiber .7 gm /Sodium 811 mg /Chol 120 mg

Orange Chicken with Pecan Crust

A light orange-curry marinade makes these boneless, skinless chicken breasts unbelievably tender! The chicken breasts are then rolled in a cranberry, pecan crust with a touch of ginger, and then baked to perfection. This is another fabulous dinner that your kids will love!

Nutritional Info: Cal 260 /Carbs 8.2 gm /Protein 28.9 gm /Fat 12.4 gm /Fiber 1.1 gm /Sodium 360 mg /Chol 66 mg

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

Farfalle Pasta with Chicken, Asiago Cream, Bacon and Onions

We take our lean grilled chicken and toss in a delicious asiago cream sauce with hints of bacon and onion. Serve atop al dente farfalle pasta and you have delicious winter dinner that the entire family will enjoy.

Nutritional Info: Cal 248 /Carbs 4.6 gm /Protein 18.7 gm /Fat 18.4 gm /Fiber 2 gm /Sodium 639 mg /Chol 67 mg

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

Honey Dijon Pork Tenderloin

It may look like a super-fancy holiday meal, but this clean eating dish is amazingly healthy and delicious at the same time. We love the combination of the Dijon crust and juicy pork tenderloin.

Nutritional Info: Cal 285 /Carbs 4.6 gm /Protein 26.9 gm /Fat 4.1 gm /Fiber .9 gm /Sodium 306 mg /Chol 308 mg

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!

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

Chicken Balsamico

You will find our lightly seasoned, boneless, skinless chicken breasts perfect when you sauté them up to a golden brown. Adding our tangy and robust sauce made with aged balsamic vinegar, garlic, thyme and honey makes this dish a rival to your favorite restaurant version! Serve over our creamy mashed potatoes and this is a complete dinner in minutes!

Nutritional Info: Cal 441 /Carbs 39.6 gm /Protein 27.5 gm /Fat 1.4 gm /Fiber .3 gm /Sodium 373 mg /Chol 65 mg

Skillet Steak and Potatoes in Garlic Butter

Super easy dinner made all in one skillet! Our juicy Bistro Steak is marinated in tenderizing soy sauce and olive oil and cooked with quartered red skin potatoes tossed in butter, garlic, thyme, rosemary and oregano. Tender juicy steak paired with perfectly seasoned potatoes and tossed in garlic butter! Melt in your mouth yummy.

Nutritional Info: Cal 437 /Carbs 19.6 gm /Protein 25.7 gm /Fat 17.2 gm /Fiber .9 gm /Sodium 1136 mg /Chol 60 mg

Crispy Ranch Chicken

How easy! Our baked boneless, skinless chicken breasts capture all the creaminess from their seasoned ranch dressing marinade. Tossed in a batter of flour and our blend of secret spices and you will never miss that deep fried flavor.

Nutritional Info: Cal 283 /Carbs 16.7 gm /Protein 29 gm /Fat 11 gm /Fiber .6 gm /Sodium 731 mg /Chol 72 mg

Miso Glazed Cod over Bok Choy and Mushrooms

Light and flakey cod filets are braised in a sumptuous sauce of white miso, soy and herbs. This “simple to cook” dish is best served in a shallow bowl with a spoon so you can enjoy every bite with tender bok choy, a mushroom and extra miso glaze.

Nutritional Info: Cal 239 /Carbs 2.4 gm /Protein 24 gm /Fat 1.8 gm /Fiber 1.1 gm /Sodium 800 mg /Chol 56 mg