



DINNER A'FARE

OCTOBER MENU

Argentinean Grilled Flank Steak with Black Bean Vinaigrette

Our famous flank steak is back, seasoned with lemon pepper, garlic, basil, soy, and cilantro. Drizzle on the mouth-watering vinaigrette made of crushed black beans, olive oil, cumin, vinegar, cilantro and onion! This is a fabulous dish to serve on Saturday night when the new neighbors are over, and always perfect for the grill!

Nutritional Info: Cal 352 /Carbs 9.6 gm /Protein 21.7 gm /Fat 25.2 gm /Fiber 2 gm /Sodium 513 mg /Chol 90 mg

Spinach and Artichoke Stuffed Hasselback Chicken

Sounds fancy! It really is. We stuff our boneless skinless chicken breasts with cream cheese, spinach, diced artichoke hearts, and even more cheese – Mozzarella and Parmesan. This creamy dish is truly delicious for the entire family.

Nutritional Info: Cal 425 /Carbs 2.6 gm /Protein 33.9 gm /Fat 18.2 gm /Fiber .9 gm /Sodium 706 mg /Chol 308 mg

Bang Bang Shrimp

Your favorite restaurant appetizer is now a Dinner A'Fare dinner favorite! We can't resist crispy succulent shrimp, lightly tossed in the world famous sweet and spicy Bang Bang sauce, with a little Dinner A'Fare flair! (Ziploc Bag)

Nutritional Info: Cal 288 /Carbs 11 gm /Protein 19 gm /Fat 24 gm /Fiber 1.5 gm /Sodium 362 mg /Chol 184 mg

 Make this dinner family friendly by setting aside a few shrimp before adding sauce.

French Onion Chicken

We love this new addition to our menu. We pan sear our juicy chicken breasts with Italia spices and smother them in our savory caramelized onion gravy and three types of melted cheese. This one pan dish is as sophisticated as it is simple to prepare.

Nutritional Info: Cal 368 /Carbs 10.3 gm /Protein 29.6 gm /Fat 23.2 gm /Fiber .8 gm /Sodium 686 mg /Chol 65 mg

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

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!

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

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

Walnut and Cheddar Stuffed Chicken

These fresh boneless skinless chicken breasts are stuffed with walnuts, onion, celery and yummy cheddar cheese. Drizzled with olive oil and baked in the oven, dinner is done in a snap! Stuffed chicken breasts have never been easier.

Nutritional Info: Cal 543 /Carbs 19.2 gm /Protein 29.2 gm /Fat 38.9 gm /Fiber 1.8 gm /Sodium 1180 mg /Chol 63 mg

Panko Crusted Tilapia with Sweet-Onion Corn Relish

This is a great "company for dinner" dish. Our tilapia filets are crusted with seasoned panko breadcrumbs, and topped with a relish made from sweet onions, corn and sour cream. You have now reached gourmet chef status!

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

Vegas Chicken with Crabmeat Succotash

Inspired by one of the great chefs on the Strip, this dish is sure to please all. We take our fresh chicken breasts and stuff them with crabmeat, corn and lima bean succotash, and smooth cream cheese! Absolutely fabulous and easy to make!!

Nutritional Info: Cal 203 /Carbs 10 gm /Protein 31 gm /Fat 4.1 gm /Fiber 2.1 gm /Sodium 217 mg /Chol 95 mg

Cheese Ravioli Parma Rosa

We take cheese ravioli and toss them in a Parma Rosa sauce homemade in our kitchen. We combine Alfredo sauce, diced tomatoes, tomato sauce, garlic powder, and parsley to create a rich, creamy sauce that is perfect for cheese filled pasta! Great for the entire family!

Nutritional Info: Cal 274 /Carbs 26.6 gm /Protein 11.3 gm /Fat 13.6 gm /Fiber 1.5 gm /Sodium 317 mg /Chol 21 mg

Sweet and Sour Chicken

"Wok" your way into your family's heart by serving up this delicious dish of tempura battered chicken breast tossed with sautéed bell pepper, onion and pineapple. We finish it by adding a traditional style sweet and sour sauce for that authentic Cantonese flavor. Your fortune cookie says... "A great meal ahead."

Nutritional Info: Cal 252 /Carbs 26.7 gm /Protein 29.8 gm /Fat 2.8 gm /Fiber 1.3 gm /Sodium 111 mg /Chol 65 mg

Apricot-Bourbon Glazed Stuffed Pork Tenderloin

This month we have a 'twist' on a customer favorite! We stuff our lean and juicy pork tenderloin with thyme-scented stuffing and sweet, tangy cranberries. Then for a dash of zing, we top it off with a glaze of apricot, bourbon and a hint of Cajun seasoning. You are sure to love this easy, dinner dish.

Nutritional Info: Cal 266 /Carbs 21.3 gm /Protein 32.9 gm /Fat 5.6 gm /Fiber 1 gm /Sodium 697 mg /Chol 96 mg

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

Chicken Rustico

This earthy dish of boneless, skinless chicken breasts is sautéed then simmered with tangy artichokes, tomatoes and mushrooms. Compliments of red wine and spicy brown mustard make this beautiful dish perfect for those cool winter nights.

Nutritional Info: Cal 149 /Carbs 5.9 gm /Protein 28.1 gm /Fat 1.5 gm /Fiber 2 gm /Sodium 505 mg /Chol 65 mg