

# Great Summer Dishes!

Check out our great summer dishes. Don't miss out; this is your one and only chance to get them until next summer!



## July Menu

(Available July 5 through July 31)

## Side Items To Go

Broccoli Rice Casserole  
Cheesy Potatoes  
Corn Soufflé  
Creamed Spinach  
French Bread Boules  
Green Bean Medley  
Whole Wheat Rolls

### Special Dishes (pre-assembled)

Perfect for entertaining or a quiet dinner for two.

**Beef Tenderloin Filets with Horseradish Gravy** - Generous beef tenderloin filets are seared and then baked in a mushroom sauce with a distinct hint of horseradish.

**Teriyaki Salmon** - A delicious mixture of teriyaki sauce and honey make this salmon superb!

### Add-on Desserts

These desserts are the perfect ending to any meal!

**Apple Pie** – Nothing says summer like apple pie! Granny Smith apples, sugar, and spices baked between two flaky pie crusts.

**Apple Turnover** – Large, flaky pastry wrapped around sugar-coated Granny Smith apples then baked in the oven to perfection.

**The Dinner Station's Cookie Pie** – From scratch with your choice of chips.

## Menu Options

**Chicken Cordon Bleu Bake** (bake in oven) – If you like Chicken Cordon Bleu you will love this dish! Tender boneless, skinless chicken breast baked in a creamy sauce loaded with Swiss cheese and ham and topped with croutons. Serving Suggestions: Garden salad and dinner rolls  
Cal 360.0, Fat 16.0, Carbs 11.7, Fiber 0.0, Protein 39.5

**Pulled Pork Sandwiches (with buns of your choice)** (crock-pot) – Pork tenderloin is simmered all day in a tasty blend of tomato sauce, lemon juice, brown sugar, and spices. Shred and serve on warmed buns. Serving suggestions: Sweet potato fries  
Cal 361.25, Fat 6.5, Carbs 36.8, Fiber 1.3, Protein 37.4

**Sour Cream Chicken Enchiladas** (bake in oven) – These mouth-watering enchiladas are loaded with diced chicken breast, sour cream, green chilies, onions, and spices then topped with cheese. Serving suggestions: Corn soufflé and salad with salsa  
Cal 372.1, Fat 17.6, Carbs 29.5, Fiber 0, Protein 24.3

**Island Shrimp (with pasta)** (stove-top) – Cream sauce loaded with shrimp, cilantro, onions, garlic and a hint of jalapeno then served over pasta (provided). This dish has a wonderful Caribbean flair. Serving Suggestions: Pasta (provided) and garden salad  
Cal 274.3, Fat 7.4, Carbs 34.9, Fiber 1.4, Protein 20.8

**Green Chile Tilapia (and rice pilaf)** (stove-top) – Light, flaky tilapia filets are lightly seasoned and cooked on top of the stove. A green chile sauce is prepared and served over the filets. Rice pilaf included. Serving Suggestions: Rice pilaf (provided) and garden salad  
Cal 111, Fat 1.3, Carbs 2.7, Fiber 11.7, Protein 21.1

**Pesto Pasta Salad** (stove-top) – Bowtie or whole wheat pasta, artichoke hearts, cranberries, pesto, and more tossed together to make a refreshing pasta salad. Serving suggestions: Peach iced tea  
Cal: 300.8, Fat: 11.8, Carbs: 55.2, Fiber: 4.5, Protein: 8.4

**Chicken Marsala (with pasta)** (stove-top) – Tender boneless, skinless chicken breasts, carrots, mushrooms, and red bell pepper all cooked in a marsala sauce you are sure to love. Everyone will clean their plate! Serving suggestions: Garden salad and dinner rolls  
Cal: 419.7, Fat: 2.4, Carbs: 43.8, Fiber: 1.9, Protein: 32.8

**Italian Sausage Cacciatore (with rice)** (stove-top) – Mild Italian sausage simmered in a delicious marinara sauce and served over rice. Serving suggestions: Rice (provided) and steamed broccoli  
Cal 516.5, Fat 23.9, Carbs 49.3, Fiber 2.7, Protein 20.3

**Mexican Meatloaf** (bake in oven) – Picante sauce, cheese, and Mexican spices make this meatloaf "muy bueno" (very good)! Serving Suggestions: Corn soufflé and garden salad with salsa  
Cal 419.0, Fat 23.9, Carbs 13.5, Fiber 1.3, Protein 35.0

**Quiche Lorraine** (bake in oven) – Traditional quiche is loaded with Swiss cheese, bacon, egg, and cream. The perfect dish for a weekend brunch. Serving suggestions: Fresh fruit and orange juice.  
Cal: 334.5, Fat: 22.2, Carbs: 19.8, Fiber: 0.0, Protein: 12.5

**Honey Mustard Pork Tenderloin (and rice pilaf)** (bake in oven) – Pork Tenderloin has never tasted so good! Honey, apple cider vinegar, Dijon mustard and paprika come together to make the perfect sauce for basting. Serving Suggestions: Rice pilaf (provided) and creamed spinach  
Cal 218.8, Fat 4.0, Carbs 10.9, Fiber 0.0, Protein 32.1

**Chicken a la King (with biscuits)** (stove-top) – A southern favorite! Diced chicken breast, mushrooms, peas and carrots are smothered in a cream sauce then served over hot, fluffy biscuits. Serving suggestions: Green bean medley  
Cal 401.7, Fat 18.0, Carbs 34.1, Fiber 2.3, Protein 27.2

**Ginger Butter Basted Chicken (and rice pilaf)** (grill or oven) – These tender and moist on-the-bone chicken breasts are basted with a delicious blend of ginger, butter, garlic, green onion, parsley, and spices. Serving suggestions: Rice pilaf (provided) and garden salad  
Cal 352.7, Fat 13.3, Carbs 0.4, Fiber 0.0, Protein 53.4

**Tilapia Piccata (and spaghetti)** – Light, flaky tilapia filets are pan fried with a breadcrumb coating. Spaghetti and prepared fish are then topped with a light lemon and caper sauce. Serving suggestions: Spaghetti (provided) and spinach salad  
Cal 149.8, Fat 2.2, Carbs 7.7, Fiber .3, Protein 23.9

**Taco Salad (just add lettuce)** (stove-top) – Ground beef, taco seasoning, salsa, corn, and beans are simmered together, layered over tortilla chips, and topped with shredded cheese. Add shredded lettuce if you like. Serving Suggestion: The Dinner Station Cookie Pie for dessert!  
Cal: 665.2, Fat: 34.8, Carbs: 48.6, Fiber: 5.9, Protein: 39.1

**Chicken Spaghetti** (bake in oven) – Just like mom makes. This chicken spaghetti is loaded with diced chicken breast, cheese and olives. It is comfort food at its best! Serving Suggestions: Garden salad and cheesy garlic bread  
Cal 311.7 Fat 5.9 Carb 42.5 Fiber 1.5 Protein 22.5

**Homemade Goulash** (stove-top) – Just like Mom used to make. Ground beef, tomatoes, onion, bell pepper and spices simmered on the stove then tossed with ziti pasta. Home cooking at its best! Serving Suggestions: Garden salad and cheesy garlic bread.  
Cal 568.0, Fat 18.3, Carbs 59.2, Fiber 3.8, Protein 37.9

**Italian Style Beef Tips (with rice)** – Tender, lean beef tips smothered in marinara sauce, mushrooms, onions, and spices then served over rice (provided). Cook on the stove-top or in the crock-pot. Serving suggestions: Rice (provided) and green beans.  
Cal 407.7, Fat 7.8, Carbs 48.8, Fiber 3.6, Protein 29.7