

FREE Carry-out!

Let us assemble your package for you at no additional charge.

Available 8/2 to 9/4.



Our Kitchen, Your Table

www.thedinnerstation.com

August Menu

(Available August 2 through September 4)

Special Dishes (pre-assembled)

Perfect for entertaining or a quiet dinner for two.

Baked Salmon with Dill - These salmon filets are baked with dill, butter, and other spices to make a great tasting dish the whole family would enjoy!

Brown Sugar Rubbed Beef Tenderloin Filets –

Generous servings of beef tenderloin rubbed with a mixture of brown sugar, cracked black pepper, and coarse ground salt.

Cranberry Barbecue Chicken (and rice pilaf) (bake in oven) – Tender boneless, skinless chicken breasts basted with a sweet cranberry sauce and baked or grilled to perfection.

Serving Suggestions: Rice pilaf (provided) and steamed carrots

Cal 243.0, Fat 1.5, Carbs 27.6, Fiber .1, Protein 26.6

Pork Piccata (and spaghetti) (stove-top) – Pork tenderloin cut into medallions, lightly breaded, cooked on the stove with a light caper sauce, and served over spaghetti (provided).

Serving suggestions: Spaghetti (provided) and steamed broccoli

Cal 211.0 Fat 5.1 Carb 6.5 Fiber 0.2 Protein 32.7

Nacho Chicken Casserole (bake in oven) – This casserole is filled with diced chicken breast, corn, picante sauce, sour cream, cheese topped with tortilla chips. The kids will love it!

Serving Suggestions: Refried beans and garden salad with salsa.

Cal 374.6 Fat 14.5 Carb 33.8 Fiber 1.1 Protein 30.3

Hot & Spicy Shrimp (and pasta) (stove-top) – Shrimp is sautéed with ginger, garlic, parsley, and red peppers and then tossed with bowtie pasta. This dish is perfect for entertaining guests.

Serving suggestions: Pasta (provided) and garden salad.

Cal 212.8, Fat 2.1 Carbs 30.8, Fiber 1.3, Protein 20.8

Sunshine Tilapia (and rice pilaf) (bake in oven) – Light, flaky tilapia filets topped with onion, red and green bell pepper, and lemon slices then wrapped in foil and baked in the oven. A great low-fat dish.

Serving Suggestions: Rice pilaf (provided) and steamed vegetables.

Cal 114.8, Fat 1.2, Carb 4.6, Fiber 1.1, Protein 21.6

Vegetable Lasagna (bake in oven) – The perfect mix of your favorite vegetables, ricotta cheese/pesto blend and a flavorful sauce, layered to make a mouth-watering lasagna.

Serving Suggestions: Garden salad and dinner rolls.

Cal 376.4, Fat 15.8, Carbs 44.3, Fiber 19.8, Protein 17.2

Chicken Piquant (bake in oven) – Tender boneless, skinless chicken breasts are baked with fresh mushrooms and broccoli and topped with a sauce made of wine, soy sauce, brown sugar and spices.

Serving suggestions: Steamed carrots and dinner rolls.

Cal 176.4, Fat 1.7, Carbs 10.0, Fiber .7, Protein 27.6

Pepperoni Calzones (bake in oven) – Make this as individual calzones or pizzas! Sliced pepperoni, marinara sauce, and mozzarella cheese baked in an awesome dough and drizzled with warm marinara.

Serving Suggestions: Garden salad.

Cal 677.3, Fat 30.7, Carb 72.8, Fiber 5, Protein 26.6

Chicken Lasagna (bake in oven) – This one is delicious! We took diced chicken breast, mixed it with lots of ricotta, mozzarella, and parmesan cheeses, tomatoes, onion, garlic, and spices to make the best tasting lasagna you have ever eaten.

Serving Suggestions: Garden salad and dinner rolls.

Cal 473.1, Fat 18.4, Carbs 38.4, Fiber 1.4, Protein 37.4

Side Items To Go

Broccoli Rice Casserole

Cheesy Potatoes

Corn Soufflé

Creamed Spinach

French Bread Boules

Green Bean Medley

Whole Wheat Rolls

Add-on Desserts

These desserts are the perfect ending to any meal!

Banana Split Pie – Bananas, strawberries, vanilla pudding, and whipped cream layered in an Oreo pie shell and topped with chocolate syrup.

Chocolate Turnover – Large, flaky pastry wrapped around chips of your choice then baked in the oven to perfection.

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

Menu Options

Ham & Veggie Brunch Bake (bake in oven) – Ham, veggies, cheese, eggs, and bread cubes come together to make a casserole that is perfect for breakfast, brunch or any time of the day.

Serving Suggestions: Fresh fruit and toast.

Cal 289.75, Fat 13.9, Carbs 18.7, Fiber 2.2, Protein 22.1

Molasses Pork Tenderloin (and rice pilaf) (bake in oven) – Pork tenderloin baked or grilled with a molasses glaze.

Serving suggestions: Rice pilaf (provided) and steamed asparagus

Cal 256.0, Fat 4.0, Carbs 19.1, Fiber 0.0, Protein 32.0

Creamy Chicken Noodle (stove-top) – Chicken alfredo with a “twist”! A classic alfredo sauce with diced chicken breast and spiral noodles.

Serving Suggestions: Garden salad.

Cal 398.9, Fat 13.4, Carb 35.3, Fiber 1.3, Protein 33.7

Royal Chicken (stove top) – Tender boneless, skinless chicken breasts are simmered with a delicious wine sauce full of mushrooms, onions, garlic, and basil.

Serving suggestions: Steamed asparagus and French bread.

Cal 175.8, Fat 1.5, Carbs 5.3, Fiber 0.0, Protein 27.1

Blackened Tilapia (and tomato basil rice pilaf) (stove-top) – Light, flaky tilapia filets are rubbed with spices, pan-seared, and then served over a bed of tomato basil rice with vegetables.

Serving Suggestions: Rice pilaf (provided) and garden salad.

Cal: 157.4, Fat: 3.6, Carbs: 12.6, Fiber: 0.4, Protein: 22.7

Beef Enchiladas (bake in oven) – Layer upon layer of tortillas, seasoned ground beef, shredded cheese, and our special enchilada sauce make this a crowd pleasing dish.

Serving suggestions: Corn soufflé and salad with salsa dressing.

Cal 403.3, Fat 23.2, Carb 27.4, Fiber 0.0, Protein 22.3

Chicken Pita Pockets (bake in oven or microwave in a pinch) – Fresh whole wheat pita bread filled with diced chicken breast, black olives, pesto sauce, mozzarella cheese, and more. This is no ordinary sandwich!

Serving Suggestions: Fresh fruit and peach iced tea.

Cal: 408.2, Fat: 22.3, Carbs: 45.1, Fiber: 3.7, Protein: 27.5

Sloppy Joes (with white or whole wheat buns) – Ground beef, tomato sauce, onions, bell pepper, brown sugar, and more are simmered together then served on hamburger buns. Our kids crave these!

Serving Suggestions: Potato chips or oven fried potatoes.

Cal: 536.3, Fat: 19.9, Carbs: 54.3, Fiber: 2.7, Protein: 34.1

Beef Pot Roast (with potatoes and vegetables) (crock pot) – Tender, lean beef roast, potatoes, carrots, onions, and gravy simmer all day for a dish that melts in your mouth.

Serving suggestions: Creamed spinach and dinner rolls.

Cal 479.7, Fat 15.5, Carbs 45.3, Fiber 2.6, Protein 39.5