



Our Kitchen, Your Table

www.thedinnerstation.com

FREE Carry-out!

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

Available May 3 thru June 5.

May Menu

(Available May 3 through June 5)

Menu changes monthly

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.

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.

Add-on Desserts

These desserts are the perfect ending to any meal!

Cherry Pie – Red, tart cherries, sugar, and a flaky crust make this dessert delicious!

Cherry Turnover – Large, flaky pastry wrapped around sugar coated red tart cherries then baked in the oven to perfection.

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

Menu Options

Oven Barbecued Chicken (and rice pilaf) (stove-top) – Tender boneless, skinless chicken breasts are marinated in a homemade barbecue sauce and baked in the oven for a tender, juicy meal.

Serving suggestion: Rice pilaf (provided) and steamed broccoli.

Cal 419.3, Fat 4.3, Carbs 69.9, Fiber 4.4, Protein 26.6

Hoisin Marinated Pork Tenderloin (and rice pilaf) (bake in oven) – Tender, juicy pork tenderloin marinated in a scrumptious sauce made with hoisin sauce, soy, honey, red pepper, and garlic.

Serving suggestions: rice pilaf (provided) and garden salad

Cal 269.8, Fat 9.1, Carbs 12.2, Fiber .4, Protein 31.5

Cheesy Chicken Enchiladas (bake in oven) – These enchiladas are filled with diced chicken breast, salsa, and cheese. Spice it up or leave it mild; your family is sure to want more.

Serving suggestions: Corn soufflé and salad with salsa.

Cal 286.9, Fat 11.2, Carbs 26.4, Fiber 0.0, Protein 22.1

Shrimp Creole (and rice) (stove-top) – This shrimp is simmered with tomatoes, celery, bell pepper, and Cajun spices. Feel free to take it up a notch while you are here!

Serving suggestions: Rice (provided) and garden salad.

Cal: 259.4, Fat: 0.2, Carbs: 46.4, Fiber: 2.3, Protein: 17.4

Jalapeno Tilapia (and rice pilaf) (stove-top) – These light, flaky tilapia filets are pan-seared and then topped with a tasty jalapeno cream sauce.

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

Cal 237.3 Fat 7.9 Carbs 15.8 Fiber 0.0 Protein 24.4

Tortellini & Creamy Pesto Sauté (stove top) – Cheese tortellini tossed in a creamy pesto sauce make this dish a wonderful meatless entree.

Serving Suggestions: Garden salad and dinner rolls.

Cal: 374.8, Fat: 20.8, Carbs: 54.3, Fiber: 3.0, Protein: 10.1

Chicken Cacciatore (and rice) (stove-top) – Tender boneless, skinless chicken breasts are browned and then simmered in a rich marinara sauce and tossed with rice.

Serving suggestions: Rice (provided) and garden salad

Cal: 272.0, Fat: 6.8, Carbs: 27.8, Fiber: 2.6, Protein: 24.4

Italian Sausage and Vegetables (stove-top) – Tasty, mild Italian sausage simmered with potatoes, corn, onion, bell pepper, and Italian spices.

Serving suggestions: Steamed broccoli.

Cal 369.6, Fat 21.6, Carbs 24.4, Fiber 2.3, Protein 19.5

Jennifer's Famous Meatloaf (bake in oven) – Ground beef, mushrooms, diced tomatoes, onion, cheese, and more make this meatloaf "to die for" and have made our friend Jennifer famous!

Serving suggestions: Cheesy potatoes and garden salad

Cal: 349.0, Fat: 19.2, Carbs: 8.4, Fiber: 1.3, Protein: 23.1

Cheesy Egg Brunch Bake (bake in oven) – A wonderful brunch casserole made with bread, milk, eggs, cheddar and Swiss cheeses, bell pepper and a dash of cayenne pepper for a little kick.

Serving suggestions: Fresh fruit and bacon slices

Cal 343.2, Fat 18.9, Carbs 20.0, Fiber 2.1, Protein 22.5

Creole Pork Tenderloin (with rice) (crock pot) – Tender and delicious pork tenderloin with Creole seasoning, covered in onion, celery, bell pepper and tomatoes then simmered in the crock-pot.

Serving suggestions: Rice (provided) and steamed vegetables

Cal: 415.4, Fat: 4.3, Carbs: 50.5, Fiber: 6.3, Protein: 35.3

Chicken Quesadillas / Soft Chicken Tacos (stove-top) – We start with diced chicken breast, add picante sauce, onion, bell pepper, and spices, then layer chicken and cheese between flour tortillas and warm.

Serving Suggestions: Corn soufflé and salad with salsa.

Cal 395.5, Fat 14.9, Carbs 34.3, Fiber 2.3, Protein 29.3

Herb-Marinated Chicken (and rice pilaf) (grill or oven) – Bone-in chicken breast basted in olive oil, basil, tarragon and garlic. Bake or grill for a perfect summer meal.

Serving suggestions: Rice pilaf (provided) and green bean medley.

Cal 304.6, Fat 6.5, Carbs .65, Fiber 0.0, Protein 53.3

Fish Tacos (stove-top) – Light, flaky tilapia filets are lightly battered and pan fried. Serve in warmed tortillas with our zesty sour cream sauce.

Serving Suggestions: Garden salad.

Cal: 661.1, Fat: 37.7, Carbs: 43.0, Fiber: 2.4, Protein: 28.9

Mexican Lasagna (bake in oven) – Seasoned ground beef, corn, picante sauce, beans, and cheese are layered together to create a mouth-watering twist on traditional lasagna.

Serving suggestions: Garden salad and dinner rolls.

Cal 498.2 Fat 23.3 Carbs 44.8 Fiber 3.8 Protein 28.8

Creamy Chicken Casserole (bake in oven or microwave in a pinch) – This family friendly dish is made with diced chicken breast, cream sauce, and sour cream then topped with shoestring potato chips.

Serving suggestions: Green beans and steamed carrots.

Cal 365.5, Fat 18.4, Carbs 19.0, Fiber 1.0, Protein 29.2

Cheeseburger Pasta (stove-top) – Ground beef, cheese, and spiral pasta simmer together for a dish the kids will love!

Serving Suggestions: Green beans and cookie pie for dessert!

Cal 599.2, Fat 29.9, Carbs 41.1, Fiber 3.1, Protein 38.8

Tacos al Carbon (stove-top) – Lean beef tips are combined with onion, bell pepper, salsa, and Italian dressing and then simmered together to make these delicious tacos.

Serving suggestions: Corn soufflé and garden salad.

Cal: 365.8, Fat: 8.9, Carbs: 34.7, Fiber: 2.2, Protein: 30.7