

Dining

In & Out

Flower Mound and Highland Village

The Dinner Station Can Help Bring Families Together at Mealtime

Today's working parents are looking for ways to find balance and have more quality time for themselves and their families, and many have found that The Dinner Station can be a valuable ally.

The Dinner Station helps its clients prepare nutritious meals in advance that can be served when the family is ready, saving parents the many hours that they would normally spend planning menus, shopping and preparing food items.

Customers can pick from 8, 12, or 16 full- or half-sized meals. Half-size meals provide three servings, and full-size meals provide six servings. And since the food selection is changed monthly, there is plenty of variety, and customers can try new dishes all the time.

The Dinner Station's philosophy is to offer great-tasting, fresh food even the pickiest family members will enjoy.

"We specialize in food your family craves," a spokesman for The Dinner Station said... "We have 'family favorites' and 'crave-able choices' each month, with a total of 20 dinner options."

The Dinner Station features menu items that families have been enjoying for years, including chicken pot pie, beef enchiladas and other favorites, as well as items that will add variety to dinner selections, such as chicken with asparagus and pork medallions with sautéed mushrooms. The Dinner Station has menu items for every night of the week.

There's also a variety of meat and seafood options in the monthly menus for people with different eating habits, as well as a variety of tasty side items and desserts.

Nothing is ever added to The Dinner Station menu until it passes a taste test with typical families.

"Only items that we would be proud to serve our own friends and families make it through to this step," the spokesman said.

The meal-assembly system used at The Dinner Station is easy and fun, there are two convenient locations in Carrollton and Highland Village to serve clients.

"Our clients have told us that our locations are warm and inviting," the spokesman for The



Amy Cole, co-owner, demonstrates how to prepare the meals to first-time visitors.

Dinner Station said.

The open atmosphere encourages socializing and conversation, and the walls are painted in



Kristi George, a Flower Mound resident, and her mother enjoy putting meals together for the family.

cheerful shades of red, yellow and blue. Special attention is paid to maintaining clean meal-preparation stations.

Clients always get the freshest and best ingredients for their meals. The Dinner Stations purchase food from one of the oldest and prestigious suppliers in Dallas, and both locations get two to three deliveries every week.

The ingredients for all meals are packaged individually, ensuring that all ingredients stay fresh longer and allowing customers to modify their meals to satisfy picky eaters. Cooking instructions are placed on every package, so there's never any confusion as to how meals should be cooked.

More and more area families are discovering that The Dinner Station provides a healthy and affordable alternative to eating out. The Dinner Station's portion-controlled, fresh foods provide balanced and nutritious meals, but nothing tastes like bland diet food.

The Dinner Station offers holiday meals at Thanksgiving and Christmas. The Thanksgiving menu includes "Everything but the Turkey." Customers can choose traditional dishes or dishes with a new twist, including cranberry relish and cranberry-jalapeno sauce. For Christmas or any holiday dinner party, The Dinner Station is offering a special meal of standing rib roast, creamed spinach, and corn soufflé. Details for holiday selections are available online.

Prices range from \$85 for eight half-size meals to \$240 for 16 full-size meals, and The Dinner Station system adds additional value by eliminating all the extra time it takes to plan and organize meals, shop for food and clean up the family kitchen.

But the greatest asset, clients find, is that The Dinner Station helps bring families together at the dinner table and provides more quality time.

The two Dinner Station locations are at 1404 W. Hebron Parkway, Suite 104 in Carrollton and 2920 Justin Road, Suite 550 in Highland Village. Call the Carrollton location at 972-395-7181, or call the Highland Village location at 972-966-6300.

More information also is available by visiting www.thedinnerstation.com