

Take a Mini-Vacation with Dinner Done! July '09 Menu

Choose 4 entrées for \$85, 8 entrées for \$149.50 or 12 for \$214. See www.DinnerDone.com for To Go and Delivered Session Pricing. All entrees serve 4-6 adults and can be easily split into two servings for 2-3 adults at no extra charge. ToGo Petite also available!

Honey Chipotle Chicken **NEW**

Tender chicken breasts are sprinkled with a light spice rub that includes paprika and coriander, and then glazed in a homemade sweet & spicy honey chipotle sauce. You control the heat in this one, so kick it up - or tone it down - as much as you'd like! (Freezer to Oven or QuickThaw/Grill)

Caribbean Mahi

Mahi-Mahi filets topped with a crispy blend of chopped cashews, panko bread crumbs and shredded coconut flakes. Top these delicious filets with a spoonful of Dinner Done's Tropical Fruit Salsa and hear those steel drums play! (Freezer to Oven)

Flank Steak with Bleu Cheese Butter

We're pairing delicious bleu cheese butter with our popular flank steaks! Hand-trimmed USDA Choice flank is gently seasoned and then topped with your very own all-natural, flavor-packed bleu cheese butter. Fabulous! (QuickThaw & Broil, Grill or Sauté)

General Tso's Chicken

A healthy version of this classic Chinese take-out dish! Fresh chicken breast is given a light panko coating before being baked and served over broccoli florets. A drizzle of our homemade sweet and spicy General Tso sauce spiced with the essence of orange, garlic and fresh ginger provides the finishing touch! (Freezer to Oven)

Portabella Piccata Chops

Hand trimmed pork loin chops are lightly breaded and then sautéed - or oven baked - before being topped with a velvety sauce that includes fresh portabella mushrooms, garlic, tangy capers and a touch of lemon. (Oven/Stove Combo or QuickThaw/Sauté)

Ropa Vieja

Delicious chunks of tender beef slow-cook with tomato, onions, garlic and a medley of savory seasoning until the beef is tender enough to shred with a fork. **IF ORDERING TOGO: This meal is recommended to be prepared as a Full portion and will not be split in ToGo or Delivered orders - for ToGo Petite orders, select 2 of this item.** (QuickThaw to Crock Pot)

Shrimp Fra Diavolo **NEW!**

Tender shrimp in a spicy-as-you-make-it sauce of juicy tomato, minced garlic, red pepper flakes, diced onion, fresh basil and a splash of white wine. Served over linguine. (QuickThaw/Sauté)

Sizzling Chicken Fajitas

A chicken option for our delicious Sizzling Fajitas! Chicken breasts in our sizzling fajita marinade of fresh squeezed lime and a medley of seasonings. Sliced peppers, onions and flour tortillas provide the finishing touch! (QuickThaw & Grill or QuickThaw & Sauté)

- **Kitchen Session Availability:** 7/8-8/1. We are not holding Kitchen Sessions the week of July 4.
- **ToGo Availability:** 7/8-8/4
- **Delivery:** Saturdays. See Calendar for Free Delivery Day info - or call 813.264.7700.

Bow Thai Shrimp **ToGo Too!**

Marinated shrimp are sautéed and then tossed with bowtie pasta and our own specially prepared - & slightly spicy - Thai pesto made with market-fresh cilantro, peanuts and fresh ginger. **KITCHEN SESSION NOTE: This is a ToGo Too! Our Prep Team will prepare it in split portions and have it waiting for you the day of your session.** (Thaw/Sauté)

Chicken Soft Tacos

We get so many requests to repeat this one! Chicken, cheddar and cream cheeses, fresh scallions and diced pimentos fill flour tortillas. Bake them 'til the tops are crispy and top with salsa. (Freezer to Oven)

Crisp Parmesan Chicken Fingers

Tender chicken strips are coated with simple seasonings and buttery parmesan cheese that bake up light and crisp. A delicious marinara dipping sauce is served on the side. (Freezer to Oven or Thaw/Sauté)

Everything Chicken

From our kitchen to yours, a dish that won't raves from our tasters! Butterfly-cut chicken breasts are stuffed with delicious cream cheese, sweet red pimentos and fresh sliced green onions and then coated in our "Everything" crust...panko, sesame seeds, chives, paprika, parsley and a special blend of spices. (Freezer to Oven)

Grilled Beef Filet with Summer Salsa

Lean beef filets are rubbed with the perfect blend of garlic, cumin and oregano. Once grilled - or oven baked - the filets are topped with a warm Summer Salsa of corn, diced tomato and a hint of fresh bell pepper. (Freezer to Oven or Thaw/Grill)

Pecan Crusted Orange Chicken

Our hand-trimmed chicken breasts in a light marinade, delicately seasoned with a touch of orange, are crusted in a delicious pecan-panko crust that includes tangy minced cranberry. Served with a delicious, freshly prepared dipping sauce. (Freezer to Oven)

Pork Tenderloin with Spicy Maple Mop

Delicious on the grill or oven-baked! Pork tenderloins are rubbed with a spice medley that includes nutmeg & cinnamon. Spicy maple mop sauce provides a finishing touch. Not sure the kids will like the sauce? No problem - it's on the side! (QuickThaw/Grill or Freezer-to-Oven).

Side Dish Sampler **ToGoToo!**

For those doing Kitchen Sessions, this is a great way to save money and stock up! Select 4 of our popular side dishes and we'll have them ready and waiting for you the day of your session! We've got Twice Baked Mashed Potatoes (TBM), Roasted Red Pepper Mashed (RPM), Sweet Corn Mashed (SCM), Spinach Soufflé (SS), Corn Soufflé (CS) and Honey Carrots (HC). **TOGOPETITE ORDERS WILL SELECT TWO SIDES!** (All Freezer to Oven)

Did you know? We always have side dishes available for a la carte purchase in our grab 'n go freezer! Each side serves 4 and costs \$5.25. The Side Dish Sampler offered in July is a great way to stock up on sides and save a little money when you're doing a 6 (or more) Entrée Kitchen Session!



Dinner Done July 2009 Nutritional Information

Honey Chipotle Chicken - 426 cal, 6.9g fat (.9g sat), 82mg chol, 460mg sodium, 48g carb, 1g fiber, 33g protein, 9 mypoints. Lower-Carb Option: 265 cal, 3.3g fat (0.6g sat), 82mg chol, 410mg sodium, 13g carb, 0.7g fiber, 33g protein, 5.4 my points. Lower-Fat Option: 386cal, 2.4g fat (.5g sat), 82mg chol, 460mg sodium, 48g carb, .9g fiber, 33g protein, 7.7 my points

Caribbean Mahi - 309 cal, 15g fat (4g sat), 139mg chol, 580mg sodium, 14g carb, 1g fiber, 30g protein. Lower-Fat Option: 253 cal, 7g fat (2.4g sat), 13.3g carb, 1g fiber, 32.7g protein, 5.5 mypoints. Chutney: 57 cal, 3.4g fat (.3g sat), 7g carb, .5g fiber, .2g protein, 1.3 mypoints.

Flank Steak with Bleu Cheese Butter - Flank: 224 cal, 13g fat (5.6g sat), 63.8mg chol, 461mg sodium, 0.8g carb, .04g fiber, 24.3g protein, 5.5 my points. Bleu Cheese Butter: 196 cal, 20g fat (13g sat), 53mg chol, 290mg sodium, 0.6g carb, 0g fiber, 4g protein, 5.6 mypoints.

General Tso's Chicken - 309 cal, 7.8g fat (1.2g sat), 120mg chol, 289mg sodium, 9.7g carb, 0.5g fiber, 36g protein, 6.7mypoints. Lower Fat Option: 270 cal, 3.3g fat (0.9g sat), 120mg chol, 289mg sodium, 9.7g carb, 0.5g fiber, 36g protein, 5.6 mypoints. Sauce -Assumes 2 Sauce Cups: 81 cal, 0.3g fat (0.05g sat), 0mg chol, 435mg sodium, 19g carb, 0.4g fiber, 1g protein, 1.6 mypoints.

Portabella Piccata Chops - 407 cal, 20g fat (7.2g sat), 123mg chol, 927mg sodium, 5.3g carb, 0.3g fiber, 41g protein, 9.8 mypoints. Lower-Fat Option: Nutritional information coming soon.

Ropa Vieja - 268 cal, 11.3g fat (4g sat), 94mg chol, 590mg sodium, 7g carb, 1g fiber, 32g protein, 6.1 mypoints.

Shrimp Fra Diavolo - 319 cal, 15.5g fat (2.2g sat), 190mg chol, 880mg sodium, 12g carb, 2g fiber, 26g protein, 7.3 my points : Low Fat version : 240 cal, 6.9g fat (1g sat), 190mg chol, 880mg sodium, 12g carb, 2g fiber, 26g protein, 5 mypoints. Linguine: 238 cal, 1g fat (0g sat), 0mg chol, 4.5mg sodium, 48g carb, 1.6g fiber, 8g protein, 4.5 mypoints.

Sizzling Chicken Fajitas - 260 cal, 2g fat (0.6g sat), 82mg chol, 200mg sodium, 13g carb, 2.2g fiber, 34g protein, 4.9 mypoints. Tortillas (2 per serving): 139 cal, 3g fat (.7g sat), 23.7g carb, 1.4g fiber, 3.7g protein, 2.7 mypoints.

Bow Thai Shrimp - 534 cal, 28g fat (2.7g sat), 47g carb, 2.8g fiber, 12.5 pts. Lower-Fat Option: 456 cal, 20g fat (2g sat), 46g carb, 2.3g fiber, 10.3 pts.

Chicken Soft Tacos - Per Taco: 334 cal, 16.5g fat (9g sat), 18.7g carb, 1.3g fiber, 26.5g protein, 7.8 mypoints. Lower-Fat Option: Per Taco: 248 cal, 9.5g fat (4.6g sat), 18.4g carb, 1.3g fiber, 21.5g protein, 5.5 mypoints.

Crisp Parmesan Chicken Fingers with Marinara Dipping Sauce - 390 cal, 16.7g fat (8.4g sat), 115mg chol, 663mg sodium, 8.7g carb, .6g fiber, 38g protein, 9.1 points, Low Fat Version : 292 cal, 5g fat (2g sat), 123mg chol, 673mg sodium, 8.8g carb, .6g fiber, 38g protein, 6.2 mypoints

Everything Chicken - 369 cal, 11g fat (4.2g sat), 500mg sodium, 14.5g carb, 1.2g fiber, 38g protein, 8.1 mypoints. LOWER-FAT OPTION: 324 cal, 6.5g fat (2.5g sat), 460mg sodium, 14g carb, 1.2g fiber, 38g protein, 6.8 mypoints.

Grilled Beef Filet with Summer Salsa - 251 cal, 9.9g fat (1.7g sat), 75.2mg chol, 574mg sodium, 10.2g carb, 1.7g fiber, 26g protein, 5.5 mypoints.

Pecan Crusted Orange Chicken - 390 cal, 14g fat (1.8g sat), 83mg chol, 355mg sodium, 16g carb, 1.7g fiber, 36g protein, 8.6 mypoints. Lower-Fat Option: 326 cal, 7.8g fat, 14.4g carb. Sauce: 95 cal, 3.4g fat (0.3g sat), 0g chol, 193mg sodium, 17g carb, 0g fiber, 0.2g protein, 2.2 mypoints.

Pork Tenderloin with Spicy Maple Mop - 312 cal, 10.7g fat (3.4g sat), 110mg chol., 320mg sodium, 18.6g carb, .15g fiber, 35g protein, 7.1 mypoints

Side Dish Sampler (ToGoToo!) - Side dishes serve 4. Spinach Souffle: Each split pan serves 4. : 144cal, 8g fat (4g sat), 118mg chol, 466mg sodium, 8g carb, 10g protein, 3.5 mypoints. Corn Souffle: Each split pan serves 4. 218 cal, 11g fat (5g sat), 84mg chol, 470mg sodium, 27g carb, 1.6g fiber, 6g protein, 4.9 mypoints. Roasted Red Pepper Mashed: Each split pan serves 4. 217 cal, 9.4g fat (3.3g sat), 20mg chol, 780mg sodium, 29g carb, 2.7g fiber, 4g protein, 4.6 mypoints. Sweet Corn Mashed: Each split pan serves 4. 230 cal, 7.7g fat (3g sat), 20mg chol, 780mg sodium, 37g carb, 3.4g fiber, 4.5g protein, 4.6 mypoints. Twice Baked Mashed: Each split pan serves 4. 321 cal, 17g fat (8g sat), 49mg chol, 867mg sodium, 30g carb, 2.7g fiber, 11.25g protein, 7.3 mypoints.

Nutrition Notes:

We use software to calculate nutritional info and strive to make it as accurate as possible. All info is based on 6 servings -unless specified otherwise - and actual nutritional information varies as you customize your entrees in the kitchen. Because our chicken breasts, beef filets and other proteins are hand-trimmed and portioned by weight, the actual number of chicken breasts, beef filets, etc in an entree can vary (though weight is always the same). For the purpose of nutritional information, each Petite Entrée is considered to have 3 servings and each Family-Sized Entrée is considered to have 6 servings.

If you are following a specific diet and require that your meals be portioned into six servings per dish, please feel free to ask for assistance from our Session Specialists during your session. They will be able to help you or to provide you with what you need to further cut/portion your protein. Please contact us with any questions.