



## Let's Dish!

### October 2008 Menu

#### Ingredients and Nutritional Information\*

**Antioxidant Rich Greek Isle Chicken** Juicy chicken tenders, peppers, onions, tomatoes and feta cheese piled onto tri-colored orzo. Packed with cancer-fighting antioxidants, This meal was adapted from a recipe developed by the American Cancer Society. Max order quantity 4.

| Chicken and sauce | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|-------------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|                   | 6        | 193      | 31      | 04 g      | 1.7 g    | .0 g      | 72 mg    | 231 mg | 11 g | 2 g   |        | 30 g    | 4.0                 |

  

| Orzo | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|      | 6        | 154      | 7       | 01 g      | .0 g     | .0 g      | 0 mg     | 15 mg  | 32 g | 2 g   |        | 5 g     | 3.0                 |

Thaw in Fridge; Cook Method: Stovetop (25 minutes)  
 Ingredients\*: Chicken Breast Tenders, Flour, Greek Seasoning (ONION, SPICES (INCLUDING SPEARMINT AND OREGANO), GARLIC, AND SEA SALT.), Green Bell Peppers, Onions, Feta Cheese, Tomatoes, Garlic, Orzo Pasta ((Semolina, Durum Flour, Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin)).

**Chicken Cheesesteaks** Shredded chicken, onions and peppers piled on hoagie rolls and topped melted provolone cheese. Max order quantity 2.

| Filling and Cheese | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|--------------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|                    | 6        | 255      | 88      | 10 g      | 4.4 g    | .0 g      | 81 mg    | 697 mg | 9 g  | 3 g   |        | 33 g    | 5.0                 |

  

| Roll | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|      | 6        | 210      |         | 02 g      |          | .0 g      |          | 590 mg | 41 g | 4 g   |        | 9 g     | 4.0                 |

Keep Frozen; Cook Method: Stovetop and Oven (15 minutes)  
 Ingredients\*: Philly Chicken Steaks, Fire Roasted Peppers & Onions (Onions, bell peppers, soybean and/or sunflower oil, seasoning (corn starch, salt, dehydrated garlic and onion, sugar, hydrolyzed corn gluten, spices, refinery syrup [molasses, caramel color], yeast, modified cellulose, natural flavors [(contains soybean and wheat), maltodextrin, modified food starch, corn syrup solids, yeast extract, salt, dextrose, tricalcium phosphate, citric acid], citric acid, natural flavors, yeast extract, caramel color, butter, oleoresin of paprika.), Salt, Pepper, Provolone Cheese, Hoagie Rolls (Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Yellow Corn Meal, Partially Hydrogenated Vegetable Shortening (Soybean and/or Cottonseed Oil), Sugar. Contains 2% or less of the following: Wheat Gluten, Salt, Yellow Corn Flour, Monocalcium Phosphate, Sodium Stearoyl Lactylate, Calcium Stearoyl-2 Lactylate, Polysorbate 60, Ammonium Sulfate, Extracts of Annatto and Turmeric, Calcium Peroxide, Calcium Sulfate, Preserved with Calcium Propionate).

**Fiesta Chicken with Warm Corn Salad** Chicken tenders, coated in tri-colored tortilla chips and Mexican seasonings, and served with a creamy cheddar cheese dipping sauce. Enjoy warm corn salad on the side. Max order quantity 4.

| Chicken | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|---------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|         | 6        | 267      | 72      | 08 g      | .5 g     | .0 g      | 65 mg    | 296 mg | 21 g | 0 g   |        | 28 g    | 6.0                 |

  

| Cheese Dipper | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|---------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|               | 6        | 55       | 36      | 04 g      | 1.3 g    | .0 g      | 1 mg     | 313 mg | 4 g  | 0 g   |        | 1 g     | 1.0                 |

Thaw in Fridge; Cook Method: Stovetop (25 minutes)  
 Ingredients\*: Chicken Tenders, Egg, Salt, Taco Seasoning (Yellow corn flour, salt, maltodextrin, paprika, spices, modified cornstarch, dried chile powder, sugar, garlic powder, caramel color, citric acid, autolyzed yeast extract, natural flavor.), Chili Powder, Tri-Colored Corn Tortilla Strips (CORN MASA FLOUR, SAFFLOWER AND/OR SUNFLOWER OIL, 2% OR LESS OF THE FOLLOWING: SALT, ARTIFICIAL COLORS (HIGH FRUCTOSE CORN SYRUP, GLYCERINE, RED 40, CORN SYRUP, BLUE 1, YELLOW 5 LAKE, MODIFIED FOOD STARCH, BLUE 2, SODIUM BENZOATE AND POTASSIUM SORBATE [PRESERVATIVES], GUM ARABIC, CARRAGEENAN, AGAR, CITRIC ACID), TRACE OF LIME.), Cheddar Cheese Sauce (WATER, SOYBEAN OIL, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), MODIFIED FOOD STARCH, MALTODEXTRIN, AND LESS THAN 2% OF MODIFIED CORNSTARCH, NATURAL FLAVOR, VINEGAR, SALT, SODIUM PHOSPHATE, YEAST, DATEM, MONO- AND DIGLYCERIDES, YELLOW 5, YELLOW 6.), Corn, Red Pepper, Olive Oil.



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**French Onion Pot Roast** Beef pot roast slow cooked with a savory onion rub, delivering a tender, melt-in-your-mouth experience. Served with a side of mashed potatoes. Max order quantity 2. FOR BEST FLAVOR, THIS MEAL SHOULD NOT BE SPLIT. This meal is not eligible for HALVES orders.

| Beef | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|      | 6        | 211      | 61      | 07 g      | 2.4 g    | .0 g      | 91 mg    | 513 mg | 5 g  | 0 g   |        | 32 g    | 5.0                 |

  

| Mashed Potatoes | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|-----------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|                 | 6        | 75       |         | 02 g      | .8 g     | .0 g      | 0 mg     | 300 mg | 12 g | 1 g   |        | 5 g     | 1.0                 |

Thaw in Fridge; Cook Method: Slow Cooker or Oven (4 hours on high, 8 hours on low)  
 Ingredients\*: Beef Roast, dry onion soup mix(TOASTED ONIONS AND DEHYDRATED ONIONS, POTATO STARCH, SALT, HYDROLYZED PROTEIN (CORN, SOY, WHEAT), BEEF FAT, MALTODEXTRIN, LACTOSE (FROM MILK), SUGAR, AUTOLYZED YEAST EXTRACT, CARAMEL COLOR, NATURAL FLAVORS, SPICE, PROPYL GALLATE AND CITRIC ACID USED TO PROTECT QUALITY.), sugar, Worcestershire sauce(DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, SUGAR, SPICES, ANCHOVIES#, NATURAL FLAVOR, TAMARIND), mashed potatoes(Potatoes, Margarine (Partially Hydrogenated & Liquid Soybean Oil, Water, Salt, Mono and Diglycerides, Soy Lecithin, Artificial Butter Flavor, Vitamin A Palmitate), Water, Milk, Maltodextrin, Cream Cheese (Pasteurized Milk and Cream, Cheese Cultures, Salt, Stabilizer [Carob Bean Gum and/or Guar Gum and/or Xanthan Gum]), Garlic, Salt, Creamer (Whey, Milk, Milk Protein Concentrate, Sorbitol), Onion Powder, Garlic Powder, Disodium Dihydrogen Pyrophosphate (to promote color retention). Contains Milk, Soy).

**Lemon Chicken with Asparagus and Rice** Chicken tenders sautéed in a light lemon sauce, then served on a bed of fluffy rice and asparagus. Max order quantity 5.

Nutrition Notes: This dish follows the American Heart Association guidelines for living a heart healthy lifestyle.

| Chicken and sauce | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|-------------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|                   | 6        | 198      | 56      | 06 g      | .7 g     | .0 g      | 65 mg    | 529 mg | 9 g  | 0 g   |        | 27 g    | 4.0                 |

  

| Rice and asparagus | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|--------------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|                    | 6        | 197      | 20      | 02 g      | 1.3 g    | .0 g      | 5 mg     | 6 mg   | 40 g | 2 g   |        | 5 g     | 4.0                 |

Thaw in Fridge (or see 'Freezer Freedom'); Cook Method: Stovetop (20 minutes)  
 Ingredients\*: Chicken Tenders, Vegetable Oil, Salt, Lemon Pepper Seasoning(Onion, Spices (Black Pepper, Basil, Oregano, Celery Seed, Bay, Savory, Thyme, Cayenne Pepper, Coriander, Cumin, Mustard, Rosemary, Marjoram), Garlic, Lemon Juice Powder, Carrot, Citric Acid, Lemon Peel, Natural Lemon Flavor, Oil of Lemon, Turmeric Color, Chili Pepper.), Chicken Base (Chicken Meat and Natural Chicken Juices, Dried Whey, Maltodextrin, Hydrolyzed (corn and wheat gluten, soy) Proteins, Flavor (contains torula yeast), Yeast Extract, Cornstarch, Chicken Flavor, Corn Oil, Disodium Inosinate/Disodium Guanylate, Chicken Stock, Hydrolyzed Chicken, Chicken Fat, Potato Starch, Turmeric, Calcium Lactate, Soy Lecithin, Dextrose, Lactic Acid, Vegetable Color (turmeric and annatto and paprika extracts). NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract. CONTAINS: Milk, Soy, Wheat Ingredients.), Lemon Juice, Sugar, Parsley Flakes, Cornstarch, Rice, Butter, Asparagus.

**Manicotti with Homemade Tomato Sauce** Cheese-stuffed manicotti served with a homemade tomato sauce of tomatoes, garlic, sun-dried tomato pesto and herbs. Max order quantity 5.

Nutrition Notes: Trans-fat free. Serving includes 2 Manicotti and 1/6 of Tomato Sauce and Melted Cheese.

| Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| 6        | 423      | 185     | 20 g      | 9.8 g    |           | 93 mg    | 781 mg | 39 g | 2 g   |        | 21 g    | 10.0                |

Keep Frozen; Thaw sauce in microwave or under cold water.; Cook Method: Oven (45 minutes)  
 Ingredients\*: Manicotti(Pasta Ingredients: Extra Fancy Durum Flour (Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, and Folic Acid), Water, Liquid Pasteurized Whole Eggs. Filling: Whole Milk Ricotta Cheese (Milk, Whey, Cream, Vinegar, Salt and Carrageenan as stabilizer), Part Skim Ricotta Cheese (Whey, Pasteurized Milk, Vinegar, Salt, Carrageenan as Stabilizer), Water, Mozzarella Cheese (Pasteurized Whole Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose Added to Prevent Caking), Liquid Pasteurized Whole Eggs, Modified Food Starch, Salt, Romano Cheese (Sheep's Milk, Cultures, Rennet, Salt), Spices and Nutmeg.), Tomatoes, Sun-Dried Tomato Pesto(Canola Oil, Water, Dried Tomatoes, Parmesan Cheese (pasteurized part-skim cow's milk, cheese culture, salt, enzymes), Onions, Basil, Granulated Garlic, Garlic Powder, Salt and Black Pepper.), Red Pepper Flakes, Garlic, White Wine, Sugar, Thyme, Marjoram, Rosemary, Worcestershire Sauce(DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, SUGAR, SPICES, ANCHOVIES#, NATURAL FLAVOR, TAMARIND).



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**Orange Teriyaki Mahi Mahi with Jasmine Rice**

Tastymahi mahi filets, marinated in an orange teriyaki sauce, then baked until tender and flaky. Served with a side of jasmine rice. Max order quantity 4.

Nutrition Notes: This dish follows the AHA guidelines for a heart healthy lifestyle.

| Fish and sauce | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb   | Fiber | Sugars | Protein | WW Pts^ |
|----------------|----------|----------|---------|-----------|----------|-----------|----------|--------|--------|-------|--------|---------|---------|
|                |          | 6        | 255     | 59        | 07 g     | 1.0 g     | .0 g     | 110 mg | 609 mg | 19 g  | 0 g    |         | 29 g    |

  

| Jasmine Rice | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts^ |
|--------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------|
|              |          | 6        | 109     |           | 00 g     | .0 g      | .0 g     | 0 mg   | 2 mg | 25 g  | 0 g    |         | 2 g     |

Thaw in Fridge; Cook Method: Oven and Stovetop (45 minutes)  
 Ingredients\*: Mahi Mahi Filet, Teriyaki Sauce (Naturally Brewed Soy Sauce (Water, Wheat, Soybeans, Salt), Wine, High Fructose Corn Syrup, Water, Vinegar, Salt, Spices, Onion Powder, Succinic Acid, Garlic Powder, Sodium Benzoate: Less than 1/10 of 1% as a preservative.), Ginger, Sesame Oil, Orange Marmalade (High Fructose Corn Syrup, Corn Syrup, Orange Juice, Orange Peel, Natural Fruit Pectin, Citric Acid), Sesame Seeds, Jasmine Rice.

**Parmesan Crusted Chicken with Sweet Potato Fries**

Six of our all-natural, boneless chicken breasts topped with a mixture of breadcrumbs, Parmesan cheese and herbs. Served with a side of our sweet potato fries. Max order quantity 2.

| Chicken | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb   | Fiber | Sugars | Protein | WW Pts^ |
|---------|----------|----------|---------|-----------|----------|-----------|----------|--------|--------|-------|--------|---------|---------|
|         |          | 6        | 244     | 80        | 09 g     | 2.7 g     | .0 g     | 89 mg  | 478 mg | 4 g   | 0 g    |         | 37 g    |

  

| Sweet Potato Fries | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb   | Fiber | Sugars | Protein | WW Pts^ |
|--------------------|----------|----------|---------|-----------|----------|-----------|----------|--------|--------|-------|--------|---------|---------|
|                    |          | 6        | 137     | 48        | 05 g     | .0 g      | .0 g     | 0 mg   | 124 mg | 20 g  | 3 g    |         | 2 g     |

Thaw in Fridge (or see 'Freezer Freedom'); Keep Fries Frozen; Cook Method: Oven (40 minutes)  
 Ingredients\*: All Natural Chicken Breasts, Pepper, Salt, Parmesan Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes.), Italian Breadcrumbs (Bread Crumbs (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], High Fructose Corn Syrup, Corn Syrup, Partially Hydrogenated Vegetable Oil [Soybean, Cottonseed, Corn, Canola], Water, Salt. Contains Less than 2% of: Yeast, Honey Molasses, Sugar, Wheat Gluten, Whey, Soy Flour, Whole Wheat Flour, Rye Flour, Corn Flour, Oat Bran, Corn Meal, Rice Flour, Potato Flour, Butter, Dough Conditioners [Mono- and Diglycerides, Sodium and/or Calcium Stearoyl Lactate, Soy Lecithin, Calcium Carbonate], Yeast Nutrients [Ammonium Sulfate, Calcium Sulfate, Monocalcium Phosphate], Vinegar, Nonfat Milk, Buttermilk, Lactic Acid, Calcium Propionate and Potassium Sorbate [Preservatives], Sesame Seeds), Salt, Dried Parsley, Spices, Onion Powder, Garlic, Natural Flavor, Egg, Sunflower Seeds. Contains Wheat, Egg, Milk, Sunflower, Soy and Sesame Ingredients.), Parsley, Garlic, Olive Oil, Sweet Potato Fries (Sweet Potatoes, Canola Oil, Modified Food Starch, Rice Flour, Cornstarch, Dextrin, Salt, Dextrose, Xanthan Gum, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Colored with Turmeric and Oleoresin Paprika).



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### Ingredients and Nutritional Information\*

**Parmesan Crusted Pork Chops with Sweet Potato Fries** Sixboneless pork chops topped with a mixture of breadcrumbs, Parmesan cheese and herbs. Served with a side of our sweet potato fries. Max order quantity 2.

| Pork Chops | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|            | 6        | 253      | 122     | 14 g      | 4.4 g    | .0 g      | 74 mg    | 445 mg | 4 g  | 0 g   |        | 29 g    | 6.0                 |

  

| Sweet Potato Fries | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|--------------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|                    | 6        | 137      | 48      | 05 g      | .0 g     | .0 g      | 0 mg     | 124 mg | 20 g | 3 g   |        | 2 g     | 3.0                 |

Keep Frozen; Cook Method: Oven (45 minutes)  
 Ingredients\*: Pork Loin Chops, Pepper, Salt, Parmesan Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes.), Italian Breadcrumbs (Bread Crumbs (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], High Fructose Corn Syrup, Corn Syrup, Partially Hydrogenated Vegetable Oil [Soybean, Cottonseed, Corn, Canola], Water, Salt. Contains Less than 2% of: Yeast, Honey Molasses, Sugar, Wheat Gluten, Whey, Soy Flour, Whole Wheat Flour, Rye Flour, Corn Flour, Oat Bran, Corn Meal, Rice Flour, Potato Flour, Butter, Dough Conditioners [Mono- and Diglycerides, Sodium and/or Calcium Stearoyl Lactate, Soy Lecithin, Calcium Carbonate], Yeast Nutrients [Ammonium Sulfate, Calcium Sulfate, Monocalcium Phosphate], Vinegar, Nonfat Milk, Buttermilk, Lactic Acid, Calcium Propionate and Potassium Sorbate [Preservatives], Sesame Seeds), Salt, Dried Parsley, Spices, Onion Powder, Garlic, Natural Flavor, Egg, Sunflower Seeds. Contains Wheat, Egg, Milk, Sunflower, Soy and Sesame Ingredients.), Parsley, Garlic, Olive Oil, Sweet Potato Fries (Sweet Potatoes, Canola Oil, Modified Food Starch, Rice Flour, Cornstarch, Dextrin, Salt, Dextrose, Xanthan Gum, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Colored with Turmeric and Oleoresin Paprika).

**Philly Cheesesteak Sandwiches** Sautéed sirloin sautéed with onions and peppers then piled high on hoagie rolls and topped with melted provolone cheese. Max order quantity 2.

| Filling and Cheese Only | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|-------------------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|                         | 6        | 366      | 216     | 24 g      | 10.3 g   | .0 g      | 92 mg    | 684 mg | 9 g  | 3 g   |        | 29 g    | 9.0                 |

  

| Roll | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|      | 6        | 210      |         | 02 g      |          | .0 g      |          | 590 mg | 41 g | 4 g   |        | 9 g     | 4.0                 |

Keep Frozen; Cook Method: Stovetop (15 minutes)  
 Ingredients\*: Philly Sirloin Steaks, Fire Roasted Peppers & Onions (Onions, bell peppers, soybean and/or sunflower oil, seasoning (corn starch, salt, dehydrated garlic and onion, sugar, hydrolyzed corn gluten, spices, refinery syrup [molasses, caramel color], yeast, modified cellulose, natural flavors [(contains soybean and wheat), maltodextrin, modified food starch, corn syrup solids, yeast extract, salt, dextrose, tricalcium phosphate, citric acid], citric acid, natural flavors, yeast extract, caramel color, butter, oleoresin of paprika).), Salt, Pepper, Provolone Cheese, Hoagie Rolls (Enriched Wheat Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Yellow Corn Meal, Partially Hydrogenated Vegetable Shortening (Soybean and/or Cottonseed Oil), Sugar. Contains 2% or less of the following: Wheat Gluten, Salt, Yellow Corn Flour, Monocalcium Phosphate, Sodium Stearoyl Lactate, Calcium Stearoyl-2 Lactate, Polysorbate 60, Ammonium Sulfate, Extracts of Annatto and Turmeric, Calcium Peroxide, Calcium Sulfate, Preserved with Calcium Propionate).

**Portabella Mushroom Sandwiches** A mixture of sliced portabella mushrooms, sun-dried tomatoes, basil and balsamic vinaigrette served on warm oat-topped rolls and sprinkled with feta cheese. Max order quantity 4.

| Mushroom Mixture | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|------------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|                  | 6        | 161      | 108     | 12 g      | 3.1 g    | .0 g      | 11 mg    | 236 mg | 9 g  | 2 g   |        | 4 g     | 4.0                 |

  

| Roll | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|      | 6        | 238      | 18      | 02 g      | .5 g     | .0 g      | 0 mg     | 400 mg | 46 g | 4 g   |        | 9 g     | 4.0                 |

Keep Frozen; Cook Method: Stovetop and Oven (15 minutes)  
 Ingredients\*: Portabella Mushrooms, Balsamic Vinegar, Olive Oil, Garlic, Sugar, Basil, Sun-Dried Tomatoes, Onion, Feta Cheese, oat-bran rolls.



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**Raspberry Chipotle Pork Tenderloins** Our juicy "Always Tender" pork tenderloins rubbed with a blend of herbs, then roasted and glazed with a smoky-sweet homemade raspberry chipotle salsa. Served with a side of cumin rice.  
Max order quantity 2.

Nutrition Notes: Trans fat free.

| Pork Tenderloin | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium  | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|-----------------|----------|----------|---------|-----------|----------|-----------|----------|---------|------|-------|--------|---------|---------------------|
|                 | 6        | 338      | 126     | 14 g      | 3.0 g    | .0 g      | 96 mg    | 1141 mg | 21 g | 1 g   |        | 32 g    | 8.0                 |

  

| Cumin Rice | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|            | 6        | 131      | 23      | 03 g      | .4 g     | .0 g      | 0 mg     | 3 mg   | 25 g | 0 g   |        | 2 g     | 3.0                 |

Thaw in Fridge; Cook Method: Grill and Stovetop or Oven (50 minutes)  
 Ingredients\*: Pork Tenderloins, Olive Oil, Salt, Pepper, Ancho Chile Concentrate (Roasted Pepper Puree, Onion Puree, Maltodextrin, Corn Oil, Spices, Sorbitol, Salt, Water, Palm Oil, Olive Oil, Onion Powder, Sugar, Modified Cornstarch, Hydrolyzed (corn and wheat gluten, soy) Proteins, Soybean Oil, Garlic, Canola Oil, Potassium Sorbate, Citric Acid, Yeast Extract, Calcium Lactate, Lactic Acid, Natural Flavors, Natural Extractives of Turmeric and Annatto. CONTAINS: Soy, Wheat Ingredients.), Cumin, Coriander, Tomatoes, Raspberry Preserves, Onion, Cilantro, Lime Juice, Tabasco Sauce (Peppers, Salt and Vinegar), Garlic.

**Sassy Shrimp Curry** A classic, mild curry dish with tender shrimp, tangy ginger, and creamy coconut milk, topped with coconut flakes (choose spicy or mild). Max order quantity 4.

Nutrition Notes: Be sure to customize your spice level to your family's tastes.

| Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| 6        | 295      | 77      | 09 g      | 2.8 g    | .0 g      | 113 mg   | 492 mg | 35 g | 2 g   |        | 19 g    | 6.0                 |

Keep Frozen; Cook Method: Stovetop (25 minutes)  
 Ingredients\*: Shrimp, Rice, Onion, Garlic, Vegetable Base (Sautéed Vegetables (carrots, onions, celery), Maltodextrin, Hydrolyzed (corn and wheat gluten, soy) Protein, Corn Oil, Lima Beans, Cornstarch, Sorbitol, Yeast Extract, Onion Powder, Dried Tomato, Water, Disodium Inosinate/Disodium Guanylate, Garlic Powder, Extractives of Paprika, Natural Flavors, Carrot Juice, Lactic Acid, Carrot Extract, Salt, Citric Acid. \*Other than that which naturally occurs in the hydrolyzed proteins and yeast extract. Contains: Soy, Wheat Ingredients.), Lime Peel, Curry Powder, Ginger, Cinnamon, Chili Powder, Coconut Milk, Olive Oil, Lime Juice, Salt, Pepper, Coconut Flakes.

**Swedish Meatballs over Noodles** Homemade meatballs topped with a delicious, creamy mushroom gravy and served over wide egg noodles. Max order quantity 2.

| Meatballs and sauce | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|---------------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|                     | 6        | 475      | 283     | 32 g      | 14.3 g   | .0 g      | 109 mg   | 831 mg | 15 g | 1 g   |        | 33 g    | 12.0                |

  

| Noodles | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|---------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|         | 6        | 143      | 14      | 02 g      | .3 g     | .0 g      | 36 mg    | 8 mg   | 27 g | 1 g   |        | 5 g     | 3.0                 |

Thaw and From Frozen; Cook Method: Stovetop and Stovetop (30 minutes)  
 Ingredients\*: Ground Beef, Italian Breadcrumbs (Bread Crumbs (Enriched Flour [Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], High Fructose Corn Syrup, Corn Syrup, Partially Hydrogenated Vegetable Oil [Soybean, Cottonseed, Corn, Canola], Water, Salt. Contains Less than 2% of: Yeast, Honey Molasses, Sugar, Wheat Gluten, Whey, Soy Flour, Whole Wheat Flour, Rye Flour, Corn Flour, Oat Bran, Corn Meal, Rice Flour, Potato Flour, Butter, Dough Conditioners [Mono and Diglycerides, Sodium and/or Calcium Stearoyl Lactate, Soy Lecithin, Calcium Carbonate], Yeast Nutrients [Ammonium Sulfate, Calcium Sulfate, Monocalcium Phosphate], Vinegar, Nonfat Milk, Buttermilk, Lactic Acid, Calcium Propionate and Potassium Sorbate [Preservatives], Sesame Seeds), Salt, Dried Parsley, Spices, Onion Powder, Garlic, Natural Flavor, Egg, Sunflower Seeds. Contains Wheat, Egg, Milk, Sunflower, Soy and Sesame Ingredients.), Milk, Egg, Salt, Pepper, Worcestershire Sauce (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, SUGAR, SPICES, ANCHOVIES#, NATURAL FLAVOR, TAMARIND), Garlic, Onion, Reduced Fat Sour Cream, Mushroom Sauce (Mushrooms, Portabella Mushrooms, Shiitake Mushrooms, Canola Oil, Onions, Soy Sauce (water, wheat, soybeans, salt, sodium benzoate: less than 1/10th of 1% as a preservative), Romano Cheese (pasteurized part skim cows' milk, cheese culture, salt, enzymes), Garlic, Water, Natural Butter Flavor (maltodextrin, salt, dehydrated butter, shortening powder, guar gum, butter flavoring, sodium bicarbonate, turmeric, annatto), Modified Food Starch, Dried Porcini Mushrooms, Salt, Cultured Skim Milk Powder (pasteurized skim milk, pasteurized cultured skim milk), Parsley Flakes, Black Pepper.), Low-Sodium Beef Base (Roasted Beef and Natural Beef Juices, Salt, Hydrolyzed (corn and wheat gluten, soy and wheat) Proteins, Yeast Extract, Partially Hydrogenated Soybean and Cottonseed Oil, Maltodextrin, Sugar, Flavor, Caramel Color, Corn Oil, Potato Starch, Disodium Inosinate/Disodium Guanylate, Dextrose, Modified Cornstarch, Soy Lecithin, Calcium Lactate and Lactic Acid. NO ADDED MSG other than that which naturally occurs in the hydrolyzed proteins and yeast extract CONTAINS: Milk, Soy, Wheat Ingredients.), Cornstarch, Parsley, Dijon Mustard (Black Mustard Seeds, Water, Vinegar, White Wine, Salt, Sulfites.), Egg Noodles.



## Let's Dish! October 2008 Menu

### Ingredients and Nutritional Information\*

#### Tomato and Chicken Chili with Cheddar Cornbread

A hearty tomato-based stew of chicken, peppers and corn is flavored with all of the traditional chili seasonings and served with homemade cheddar cornbread. Max order quantity 2.

Nutrition Notes: Nutrition information includes Cheddar Cheese topper.

| Chili and Cheese Topper | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|-------------------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|                         | 6        | 327      | 141     | 15 g      | 5.8 g    | .0 g      | 77 mg    | 522 mg | 17 g | 4 g   |        | 29 g    | 7.0                 |

  

| Cornbread | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|-----------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
|           | 6        | 189      | 68      | 08 g      | 1.6 g    | .0 g      | 0 mg     | 410 mg | 27 g | 0 g   |        | 3 g     | 4.0                 |

Keep Frozen; Cook Method: Stovetop and Oven (35 minutes)  
 Ingredients\*: Diced Chicken Breast, Fire Roasted Peppers (Onions, bell peppers, soybean and/or sunflower oil, seasoning (corn starch, salt, dehydrated garlic and onion, sugar, hydrolyzed corn gluten, spices, refinery syrup [molasses, caramel color], yeast, modified cellulose, natural flavors [(contains soybean and wheat), maltodextrin, modified food starch, corn syrup solids, yeast extract, salt, dextrose, tricalcium phosphate, citric acid], citric acid, natural flavors, yeast extract, caramel color, butter, oleoresin of paprika.), Tomatoes, Corn, Onion, Black Pepper, Basil, Salt, Red Pepper Flakes, Cumin, Chili Powder, Olive Oil, Tomato Paste, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto (if colored). Potato Starch and Powdered Cellulose added to prevent caking.), Corn Bread Mix (Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Yellow Cornmeal, Sugar, Partially Hydrogenated Soybean and Cottonseed Oils, Dextrose, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Salt, Whey, Eggs, Soy Flour, Egg Whites, Guar Gum, Xanthan Gum, Soy Lecithin.).

#### Western Frittata

Eggs, cheddar cheese, peppers, onions and ham are baked in a scrumptious potato crust. Pop it in as you get the coffee going and sit down to read the paper before everyone comes running to the kitchen! Max order quantity 5.

Nutrition Notes: This meal serves 8!

| Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| 8        | 290      | 140     | 15 g      | 7.4 g    | .0 g      | 38 mg    | 595 mg | 14 g | 2 g   |        | 23 g    | 7.0                 |

Thaw in Fridge; Cook Method: Oven (1 hour)

Ingredients\*: Potatoes, Bell Peppers, Onions, Ham, Cheddar Cheese, Egg, Milk, Salt, Pepper, Garlic Powder, Cumin, Chili Powder.

#### Wild Maine Blueberry Buckle

Warm blueberries, mixed with brown sugar and cinnamon, then topped with a yummy oat crumble. Max order quantity 2.

Nutrition Notes: This Dish serves 8!

| Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts <sup>^</sup> |
|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| 8        | 310      | 124     | 14 g      | 6.3 g    | .0 g      | 23 mg    | 312 mg | 43 g | 3 g   |        | 4 g     | 7.0                 |

Thaw in Fridge; Cook Method: Oven (45 minutes)

Ingredients\*: Wild Maine Blueberry Buckle Ingredients - Blueberries, Cake Mix (Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Partially Hydrogenated Soybean Oil, Dextrose, Egg Whites, Emulsifier (Soy Lecithin, Propylene Glycol Monoester, Mono-diglycerides), Nonfat Milk, Leavening (Sodium Aluminum Phosphate, Aluminum Sulfate, Sodium Bicarbonate), Corn Syrup, Food Starch-Modified, Salt, Artificial Flavor, Xanthan Gum. (Contains wheat, eggs, soy and milk. Made on Tree Nut shared equipment.)), Brown Sugar, Cinnamon, Lemon Juice, Oats, Butter

*\* Items may contain common allergens or come in contact with other allergens that are prepared in this facility. Substitutions may occur. Please contact your local store directly to verify ingredients if you have any specific questions. Nutritional data is based on 6 servings.*

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