



Let's Dish!

March 2010 Menu

Ingredients and Nutritional Information*

Cheddar Crunch Chicken Tenders Chicken tenders coated in crushed cheese crackers and sautéed for a crunch on the outside and juicy on the inside kid-friendly meal. Served with our signature homemade ranch potato chips. Max order quantity 4.

| Chicken | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts [^] |
|---------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| | 6 | 341 | 136 | 15 g | 4.0 g | .0 g | 72 mg | 644 mg | 21 g | 1 g | | 30 g | 8.0 |

| Ranch Chips | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts [^] |
|-------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| | 6 | 183 | 80 | 09 g | 2.2 g | .0 g | 0 mg | 736 mg | 24 g | 2 g | | 2 g | 4.0 |

Thaw in Fridge (or see 'Freezer Freedom'); Keep chips frozen; Cook Method: Stovetop and Oven (25 minutes)
 Ingredients*: Chicken Tenders, Cheese Crackers (ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, SKIM MILK CHEESE (SKIM MILK, WHEY PROTEIN, CHEESE CULTURES, SALT, ENZYMES, ANNATTO EXTRACT FOR COLOR), SALT, CONTAINS TWO PERCENT OR LESS OF PAPRIKA, YEAST, PAPRIKA OLEORESIN FOR COLOR, SOY LECITHIN.), Low-fat Mayonnaise (WATER, SOYBEAN OIL, CORN SYRUP, FOOD STARCH-MODIFIED, DISTILLED VINEGAR, EGG WHITE, SUGAR, SALT, CONTAINS LESS THAN 2% OF XANTHAN GUM, LEMON JUICE CONCENTRATE, MICROCRYSTALLINE CELLULOSE AND SODIUM CARBOXYMETHYL-CELLULOSE, SPICE, PHOSPHORIC ACID, SODIUM BENZOATE AND POTASSIUM SORBATE (AS PRESERVATIVES), POLYSPHORIC ACID, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, APO CAROTENAL (COLOR), ARTIFICIAL FLAVOR, ARTIFICIAL COLOR YELLOW #5.), Dijon Mustard (Black Mustard Seeds, Water, Vinegar, White Wine, Salt, Sulfites.), Pepper, Potato Slices, Ranch Powder (Salt, Monosodium Glutamate, Maltodextrin, Dried Garlic, Spices, Dried Onion, Carrageenan, Calcium Stearate, Soybean Oil.).

Chicken and Asparagus Risotto An elegant one pot meal of creamy rice, cheeses, asparagus and chicken. Max order quantity 2.

| | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts [^] |
|--|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| | 6 | 401 | 161 | 17 g | 7.0 g | .0 g | 83 mg | 755 mg | 31 g | 1 g | | 30 g | 9.0 |

Keep Frozen; Cook Method: Stovetop (20 minutes)
 Ingredients*: Diced Chicken Breast, Rice, 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.), Garlic, Pepper, Olive Oil, Bacon, Salt, Nutmeg, Cream Cheese (Pasteurized Nonfat Milk and Milkfat, Cheese Culture, Whey Protein Concentrate, Salt, Stabilizers (Xanthan and/or Guar Gums)), Roasted Garlic Concentrate (ROASTED GARLIC, WATER, SAUTEED VEGETABLE PUREE MIX (CARROTS, ONIONS, CELERY), DEXTROSE, SALT, DRIED GARLIC, CANOLA OIL, 2% OR LESS OF DRIED ONIONS, XANTHAN GUM, DISODIUM INOSINATE/DISODIUM GUANYLATE, POTASSIUM SORBATE (A PRESERVATIVE) GLUCOSE, INVERT SUGAR, CARMEL COLOR, NATURAL FLAVOR, SOYBEAN OIL), Red Bell Pepper, Asparagus, Parmesan Cheese.

Chili-Lime Tilapia with Cumin-Cilantro Rice Moist tilapia filets marinate in a tangy, homemade chili-lime sauce, then bake to flaky perfection. Served with a side of cumin-cilantro rice. Max order quantity 4.

| Tilapia | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts [^] |
|---------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| | 6 | 180 | 66 | 07 g | .6 g | .0 g | 127 mg | 393 mg | 0 g | 0 g | | 28 g | 4.0 |

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

Thaw in Fridge (or see 'Freezer Freedom'); Cook Method: Oven and Stovetop (20 minutes)
 Ingredients*: Tilapia Filets, Garlic, Lime Peel, Chili Powder, Lime Juice, Olive Oil, Salt, Pepper, Rice, Cilantro, Cumin.



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Decadent Molten-Chocolate Cakes Let's Dish! signature dessert! Six individually-sized chocolate cakes bake in less than 20 minutes to a gooey chocolate center. Max order quantity 2. THESE WILL BE PREMADE FOR YOU BY OUR STAFF.

| | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts^ |
|--|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------|
| | 6 | 355 | 226 | 25 g | 4.8 g | .0 g | 44 mg | 65 mg | 26 g | 2 g | | 6 g | 9.0 |

Keep Frozen; Cook Method: Oven (20 minutes)
 Ingredients*: Crisco, Sugar, Chocolate Chips, Butter, Vanilla, Heavy Cream, Flour, Eggs

Dynamite Ranch Chicken Wraps Shredded chicken, corn and tomatoes, tucked into a large tortilla smeared with ranch cream cheese. Max order quantity 4.

| Chicken Mixture | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts^ |
|-----------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------|
| | 6 | 182 | 18 | 02 g | .5 g | .0 g | 82 mg | 291 mg | 7 g | 1 g | | 34 g | 4.0 |

| White Tortilla | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts^ |
|----------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------|
| | 6 | 173 | 14 | 02 g | .5 g | .0 g | 0 mg | 451 mg | 33 g | 5 g | | 6 g | 2.0 |

Keep Frozen; Cook Method: Stovetop (15 minutes)
 Ingredients*: Corn, Philly Chicken Steak, Cream Cheese (Pasteurized Nonfat Milk and Milkfat, Cheese Culture, Whey Protein Concentrate, Salt, Stabilizers (Xanthan and/or Guar Gums)), Pepper, Ranch Powder (Salt, Monosodium Glutamate, Maltodextrin, Dried Garlic, Spices, Dried Onion, Carrageenan, Calcium Stearate, Soybean Oil.), Red Onion, Tomatoes, Salt, Tortillas (Enriched bleached flour, water, vegetable shortening (hydrogenated soybean and cottonseed oils); contains 2% or less of the following: baking powder, salt, calcium propionate, distilled mono and diglycerides, sorbic acid, fumaric acid, baking soda and sugar.)

Dynamite Ranch Steak Wraps Shredded beef, corn and tomatoes, tucked into a large tortilla smeared with ranch cream cheese. Max order quantity 4.

| Steak Mixture | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts^ |
|---------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------|
| | 6 | 222 | 64 | 07 g | 2.4 g | .0 g | 80 mg | 280 mg | 7 g | 1 g | | 32 g | 5.0 |

| White Tortilla | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts^ |
|----------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------|
| | 6 | 173 | 14 | 02 g | .5 g | .0 g | 0 mg | 451 mg | 33 g | 5 g | | 6 g | 2.0 |

Keep Frozen; Cook Method: Stovetop (15 minutes)
 Ingredients*: Corn, Philly Beef Steak, Cream Cheese (Pasteurized Nonfat Milk and Milkfat, Cheese Culture, Whey Protein Concentrate, Salt, Stabilizers (Xanthan and/or Guar Gums)), Pepper, Ranch Powder (Salt, Monosodium Glutamate, Maltodextrin, Dried Garlic, Spices, Dried Onion, Carrageenan, Calcium Stearate, Soybean Oil.), Red Onion, Tomatoes, Salt, Tortillas (Enriched bleached flour, water, vegetable shortening (hydrogenated soybean and cottonseed oils); contains 2% or less of the following: baking powder, salt, calcium propionate, distilled mono and diglycerides, sorbic acid, fumaric acid, baking soda and sugar.)



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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 [^] |
|------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| | 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 [^] |
|-----------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| | 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, CAMEL COLOR, NATURAL FLAVORS, SPICE, PROPYL GALLATE AND CITRIC ACID USED TO PROTECT QUALITY.), sugar, Worcestershire sauce(DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CAMEL 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.).

Loaded Vegetable Chili A delicious, hearty chili packed with zucchini, eggplant, rice and kidney beans and topped with sour cream and cheddar cheese. Max order quantity 4.

| Chili | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts [^] |
|-------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| | 6 | 231 | 96 | 11 g | .6 g | .0 g | 0 mg | 700 mg | 28 g | 5 g | | 5 g | 5.0 |

Keep Frozen; Cook Method: Stovetop (30 minutes)
 Ingredients*: Mediterranean Mixed Vegetables(Diced Zucchini, Diced Eggplant, Red Pepper Strips, Sunflower Oil.) Ancho 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.), Kidney Beans, Cheddar Cheese(Pasteurized Milk, Cheese Culture, Salt, Enzymes and Annatto (if colored). Potato Starch and Powdered Cellulose added to prevent caking.), Chili Powder, Cumin, Garlic, Onion, Rice, Pepper, Salt, Reduced-Fat Sour Cream (Cultured sour cream, whey protein concentrate, skim milk, food starch-modified, lactic acid, maltodextrin, cellulose gum, potassium sorbate (a preservative), agar-agar, vitamin A palmitate.), Tomatoes.

New Orleans-Style Andouille Pasta Toss Tri-shaped pasta, andouille sausage, pepperoni and ham sautéed and tossed with a four-cheese blend. Max order quantity 4.

| | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts [^] |
|--|----------|----------|---------|-----------|----------|-----------|----------|---------|------|-------|--------|---------|---------------------|
| | 6 | 473 | 199 | 22 g | 9.2 g | .0 g | 59 mg | 1032 mg | 45 g | 3 g | | 23 g | 11.0 |

Keep Frozen; Cook Method: Stovetop (25 minutes)
 Ingredients*: Pasta(WATER, ENRICHED SEMOLINA(DURUM WHEAT SEMOLINA, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID).), Balsamic Vinegar, Butter, Fire Roasted Peppers and 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).), Four Cheese Blend, Garlic, Ham, Italian Seasoning, Pepperoni(BHA, BHT with Citric Acid Added to Help Protect Flavor Ingredients: Pork, Beef, Salt, Contains 2% or less of Water, Dextrose, Spices, Lactic Acid Starter Culture, Oleoresin of Paprika, Garlic Powder, Sodium Nitrite, BHA, BHT, Citric Acid.), Andouille Sausage(Pork, Water, Sodium Lactate, Salt, Spices, Dextrose, Flavorings, Hydrolyzed Corn Protein, Partially Hydrolyzed Whey Protein, Sodium Phosphates, Sodium Erthorbate, Oleoresin of Paprika, Sodium Nitrite.).



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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 | 6.0 |

| 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 | 3.0 |

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.).

Parmesan Crusted Pork Chops with Sweet Potato Fries Six boneless 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 [^] |
|------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| | 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 [^] |
|--------------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| | 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.).



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Pork Tenderloins with a Peach Chutney Our "Always Tender" juicy pork tenderloins roasted in a special blend of dry-roasted spices then topped with a sweet mixture of peaches, mangoes, and red bell pepper and served with a side of rice. Max order quantity 2.

| | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts [^] |
|------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| | 6 | 344 | 68 | 08 g | 2.1 g | .0 g | 96 mg | 238 mg | 36 g | 2 g | | 33 g | 7.0 |
| rice | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts [^] |
| | 6 | 166 | 2 | 00 g | .1 g | .0 g | 0 mg | 2 mg | 38 g | 1 g | | 3 g | 3.0 |

Thaw in Fridge; Cook Method: Oven and Stovetop (45 minutes)
 Ingredients*: Pork Tenderloin, Peaches, Sweet Red Bell Pepper, Olive Oil, Kosher Salt, Garam Masala, Golden Raisins, Peach Preserves (peaches, high fructose corn syrup, corn syrup, sugar, pectin, citric acid), Mango Chutney (pure cane sugar, mangoes, vinegar, salt, ginger, garlic) rice.

Raspberry Chicken with Mango Rice Lightly-marinated, all-natural, boneless chicken breasts baked (or grilled) then topped with a sweet, red raspberries sauce. Served with rice flavored with mango chunks. Max order quantity 2.

Nutrition Notes: Sauce: Cals: 97; Fat: 2; Chol: 0mg; Sodium: 11mg; Carb: 18.7; Fiber: 1; Pro: .3. wwpts: 2

| | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts [^] |
|---------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| Chicken | 6 | 169 | 36 | 04 g | .7 g | .0 g | 82 mg | 92 mg | 1 g | 0 g | | 33 g | 4.0 |
| Rice | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts [^] |
| | 6 | 171 | 37 | 04 g | 2.4 g | .0 g | 10 mg | 397 mg | 31 g | 1 g | | 2 g | 4.0 |

Thaw in Fridge (or see 'Freezer Freedom'); Cook Method: Grill and Stovetop or Oven (25 minutes)
 Ingredients*: All Natural Chicken Breasts, Vegetable Oil, Cider Vinegar, Seasoned Salt (Salt, Sugar, Maltodextrin, Chili Pepper, Onion, Garlic, Spices (Including Red Pepper), Spice and Coloring, Extractives of Paprika, and Natural Flavor.), Pepper, Raspberry Preserves (Red Raspberries, High Fructose Corn Syrup, Corn Syrup, Fruit Pectin, Citric Acid.), Balsamic Vinegar, Raspberries, Rice, Butter, Kosher Salt, Mango, Parsley, Pineapple Juice, Butter.

Shrimp and Corn Chowder A creamy soup of shrimp and veggies, served with homemade bacon-cheddar cornbread. *Please note: Soup contains chicken base* Max order quantity 2.

| | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts [^] |
|-------------------------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| Chowder | 6 | 308 | 170 | 19 g | 10.4 g | .0 g | 103 mg | 518 mg | 22 g | 2 g | | 12 g | 7.0 |
| Cheddar Bacon Cornbread | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts [^] |
| | 6 | 206 | 81 | 09 g | 4.1 g | .0 g | 16 mg | 553 mg | 24 g | 0 g | | 7 g | 5.0 |

Keep Frozen; Cook Method: Stovetop and Oven (35 minutes)
 Ingredients*: Shrimp, Corn, Butter, Carrots, Celery, 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.), Culinary Cream (Water, Butter (sweet cream, salt), Lactose, Sodium Caseinate (from milk), Whey Protein Concentrate, Xanthan Gum, Guar Gum, Potassium Sorbate (preservative), Citric Acid (preservative).), Flour, Garlic, Onion, Pepper, Salt, Seafood Seasoning, White Wine, Cornbread 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.), Cheddar Cheese, Bacon.



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Teriyaki Shrimp Stir-Fry New! Shrimp, broccoli, carrots and red bell peppers tossed with a sweet and spicy sesame teriyaki sauce and served over jasmine rice. Max order quantity 2.

| Shrimp Mixture | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts [^] |
|----------------|----------|----------|---------|-----------|----------|-----------|----------|--------|--------|-------|--------|---------|---------------------|
| | | 6 | 162 | 40 | 05 g | .6 g | .0 g | 113 mg | 383 mg | 13 g | 2 g | | 18 g |

| rice | Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts [^] |
|------|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| | | 6 | 166 | 2 | 00 g | .1 g | .0 g | 0 mg | 2 mg | 38 g | 1 g | | 3 g |

Keep Frozen; Cook Method: Stovetop (20 minutes)
 Ingredients*: Shrimp, Low-Sodium Soy Sauce(water, wheat, soybeans, salt, lactic acid, sodium benzoate: less than 1/10 of 1% as a preservative.), Ginger, Sesame Oil, Chili Garlic Sauce, Sesame Seeds, Rice wine Vinegar, Broccoli, Carrots, Red Pepper, Garlic, Brown Sugar, Hoisin Sauce(Sugar, Water, Soybeans, Salt, Sweet Potatoes, Modified Corn Starch, Sesame Seeds, Garlic, Wheat Flour, Chili Pepper, Spices, Caramel Color, Acetic Acid, FD&C Red Color #40.), Corn Starch, Jasmine Rice.

Three-Cheese Spinach Lasagna Roll-Ups Lasagna noodles stuffed with a blend of Parmesan, mozzarella and ricotta cheeses and spinach, then topped with a rich marinara sauce. Simple and delicious. Max order quantity 2.

| Servings | Calories | Fat Cal | Total Fat | Sat. Fat | Trans Fat | Cholest. | Sodium | Carb | Fiber | Sugars | Protein | WW Pts [^] |
|----------|----------|---------|-----------|----------|-----------|----------|--------|------|-------|--------|---------|---------------------|
| 6 | 366 | 136 | 15 g | 8.4 g | .0 g | 45 mg | 759 mg | 34 g | 4 g | | 23 g | 8.0 |

Thaw in Fridge; Cook Method: Oven (45 minutes)
 Ingredients*: Ricotta Cheese(Milk, Vinegar, Salt and Xanthan Gum, Locust Bean Gum, Guar Gum, (Stabilizers).), Four Cheese Blend, Spinach, Spaghetti Sauce(Tomato Puree (water, tomato paste), Onions, Salt, Soybean Oil, Corn Syrup, Spices, Citric Acid, Garlic Powder, Xanthan Gum, Natural Flavor.), Garlic, Italian Seasoning, Lasagna Noodles(Extra Fancy Enriched Durum Flour (Durum Wheat Flour, Niacin, Iron[Ferrous Sulfate], Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Dough Mix(Yellow Corn Flour, Flour, Vegetable Oil[Corn or Soya], Annatto[Color]), Eggs. Contains Wheat, Soybean and Egg.).

* 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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