

# April 2026 Menu

## Fully-prepped Meal Kits and casseroles

The Dinner Shoppe 1248 Clairmont Rd. 404-748-1502



### \*\*\*BEEF\*\*\*

#### Chimichurri Fajitas (Stovetop)

Flank strips marinated in yummy chimichurri sauce and stir fried with green peppers, red peppers and onions! Served with flour tortillas, cilantro sour cream, and salsa. (Lighter/GF option\*: With corn tortillas)

*Calories: 702, Total Fat: 59g, Sat. Fat: 16g, Carbohydrates: 8g, Sugars: 2g, Fiber: 3g, Protein: 36g, Sodium: 622mg, Cholesterol: 145mg*

#### Creamy Bleu Cheese Flank Steak (Oven/grill, stovetop)

Our tender flank steak is topped with a creamy bleu cheese and wine sauce. With penne and green beans.

*Calories: 378, Total fat: 24.9g, Sat. Fat: 7.1g, Cholesterol: 87mg, Sodium: 228mg, Total Carbohydrates: 6g, Dietary fiber: 0.6g, Sugars: 2.9g, Protein: 42.4g*

#### Baked Ziti (Oven)

A yummy, all-in-one pasta casserole with penne, meat sauce, parmesan onion, garlic, provolone and mozzarella.

*Calories: 616, total fat: 17.8g, Saturated Fat: 8g, Cholesterol: 32mg, Sodium: 696mg, Total Carbohydrates: 79.7g, Dietary Fiber: 9.5g, Total Sugars: 4.7g, Protein: 35.9g*

#### Orange Ginger Beef (Crockpot, stovetop)

Flank strips, red bell pepper, onions, seared and simmered in a sherry orange sauce and served over rice noodles. With California blend.

*Calories: 425, total fat: 11.3g, Sat. Fat: 4.6g, Cholesterol: 76mg, Sodium: 1236mg, Total Carbohydrates: 32.1g, Dietary Fiber: 3.1g, Sugars: 5.3g, Protein: 38.7g*

### \*\*\*CHICKEN\*\*\*

#### Chicken Kuwayaki (Stovetop)

Chef Eric's favorite family dinner! Chicken cubes breaded and seared and simmered in our homemade, savory-sweet Kuwayaki sauce. Served over rice with green onions and California blend.

*Calories: 1051, Total Fat: 15.5g, Sat. Fat: 1g, Cholesterol: 382mg, Sodium: 1471mg, Total Carbs: 84.6g, Dietary Fiber: 1.5g, Total Sugars: 20g, Protein: 133.7g*

#### Chicken Tikka Masala (oven, stovetop)

Chicken in a creamy sauce full of packed with spices... ginger, turmeric, garam masala, coriander, cumin, yogurt, tomatoes onion and ancho chilis. With Jasmine Rice (Lighter Option\*\*: NO rice, with California blend)

*Calories: 652, Total fat: 15.8g, Sat. Fat: 6.3g, Cholesterol: 137mg, Sodium: 1230mg, Total Carbohydrates: 59g, Dietary Fiber: 2g, Sugars: 15.6g, Protein: 52g*

#### Crockpot Cheesy Barbecue Chicken with Cornbread (Crockpot and oven)

Chicken thighs simmer all day in cheesy, creamy barbecue sauce with homemade cornbread mix, just bake and serve with chicken on top!

*Calories: 749, Total Fat: 35g, Sat. Fat: 15g, Trans Fat: 1g, Cholesterol: 201mg, Sodium: 1630mg, Total Carbs: 59g, Dietary Fiber: 2g, Sugars: 6g, Protein: 52g*

#### Insanely Good Chicken (Crockpot or Oven)

These chicken thighs are... insanely good! Chicken thighs simmered in cream sauce packed with flavor! With corn and egg noodles. (Lighter\*\*: No egg noodles, with green beans)

*Calories: 749, Total Fat: 36g, Sat. Fat: 23g, Cholesterol: 118mg, Total Carbohydrates: 43g, Dietary Fiber: 8g, Sugars: 4.9g, Protein: 27.7g*

#### Kahlua Chicken with Mushroom Spinach Risotto (Oven, Stovetop)

Chicken baked in Kahlua liqueur, coffee, and honey and served over creamy homemade mushroom spinach risotto.

*Calories: 547, Total Fat: 6.1g, Sat. Fat: 2.6g, Cholesterol: 100mg, Sodium: 705mg, Total Carbohydrates: 66.3g, Dietary Fiber: 1.4g, Sugars: 14.2g, Protein: 40.5g*

#### Three Cheese Creamy Chicken Lasagna (Oven)

Tender chicken in a creamy lasagna with onions, green peppers, ricotta, cheddar, and mozzarella and topped with parmesan.

*Calories: 574, Total Fat: 21.5g, Sat. Fat: 2.7g, Cholesterol: 109mg, Sodium: 776mg, Potassium: 283mg, Total Carbs: 43.5g, Dietary Fiber: 1.7g, Sugars: 2.7g, Protein: 51.1g*

## \*\*\*PORK\*\*\*

### **Apple Bourbon Pork Roast ( Crockpot, oven, stovetop)**

Pork roast simmered in an apple, bourbon, and brown sugar sauce. Tender and delicious! with egg noodles.

*Calories: 335, Total Fat: 6.7g, Sat. Fat: 2.7g, Cholesterol: 60mg, Sodium: 643mg, Total Carbohydrates: 4g, Dietary Fiber: 1.1g, Sugars: 1.4g, Protein: 18.2g*

### **Apricot Rosemary Pork Tenderloin (Oven, grill)**

Our fabulous pork tenderloin rubbed with rosemary and glazed with an apricot sauce. With peas and rice (Lighter option\*\*: with California blend)

*Calories: 272, Total Fat: 6.7g, Sat. Fat: 2.7g, Cholesterol: 60mg, Sodium: 856mg, Total Carbohydrates: 21.1g, Dietary Fiber: 0g, Sugars: 11.8g, Protein: 24.5g*

### **Crockpot Korean Barbecue Pork (Oven or grill)**

Por roast simmered in our Korean BBQ inspired sauce with apples! With peas and rice. (Lighter option\*\*: with California Blend)

*Calories: 321, Total Fat: 10.8g, Sat. Fat: 9g, Cholesterol: 73mg, Sodium: 631mg, Total Carbohydrates: 34.6g, Dietary Fiber: 1.5g, Sugars: 24.5g, Protein: 28.6g*

### **Ham and Potato Casserole (oven)**

Creamy, cheesy shredded potatoes and diced ham in a casserole topped with cheddar and parmesan. YUM!

*Calories: 377, total fat: 18.4g, Sat. Fat: 11g, Cholesterol: 49mg, Sodium: 655mg, Total Carbs: 34.6g, Dietary fiber: 4.5g, Sugars: 3g, Protein: 31g*

### **Jamaican Jerk Pork Chops (Stovetop)**

Enjoy the sweet-heat of Jamaican jerk seasoning and apricot sauce on pork chops with red pepper. With rice.

*Calories: 427, Total fat: 17g, Sat. Fat: 9g, Cholesterol: 111mg, Sodium: 1418g, Total Carbohydrates: 38g, Dietary Fiber: 2g, Sugars: 19g, Protein: 31g*

## \*\*\*SEAFOOD\*\*\*

### **Tilapia with Lentils and Orange Vinaigrette (Stovetop, oven/grill)**

Baked tilapia served over a bed of lentils and drizzled with our amazing homemade orange vinaigrette. A meal perfect for spring and Easter Sunday! With carrots.

*Calories: 545, Total fat: 25.3g, Sat. Fat: 4.3g, Cholesterol: 54mg, Sodium: 576mg, Total carbohydrates: 43.7g, Dietary Fiber: 20.5g, Sugars: 4.5g, Protein: 35.7g*

### **Shrimp and Pasta in Vodka Cream Sauce (Crockpot, stovetop)**

Vodka cream sauce in the crockpot! Just sauté the shrimp, cook the bow tie pasta, and serve with our homemade vodka sauce!

*Calories: 620, Total fat: 28.7g, Sat. Fat: 17.2g, Cholesterol: 313mg, Sodium: 680mg, Total carbohydrates 35.9g, Dietary Fiber: 2.3g, Sugars: 4.9g, Protein: 41.3g*

## \*\*\*MEATLOAF\*\*\*

### **Muffin Pan Meatloaves (Oven)**

A muffin pan full of individual meatloaves and ready to pop in the oven! We add spinach, breadcrumbs, and spices to ground beef or turkey and top with ketchup and Worcestershire sauce glaze. Served with rice and corn. (Lighter\* with carrots)

*TURKEY Calories: 358, Total fat: 16.6g, Sat. Fat: 6.1g, Cholesterol: 95mg, Sodium: 786mg, Total carbohydrates: 19g, Dietary Fiber: 1.2g, Sugars: 5.2g, Protein: 34.2g*

*BEEF Calories: 406, Total fat: 15.6g, Sat. Fat: 6.3g, Cholesterol: 116mg, Sodium: 759mg, Total Carbohydrates: 19.1g, Dietary Fiber: 1.2g, Sugars: 5.1g, Protein: 46.1g*

## \*\*\*VEGETARIAN\*\*\*

### **Masoor Dal with Roasted Vegetables (stovetop)**

Lentils cooked with tomatoes, spices, coconut milk, and vegetable broth and served with oven-roasted herbed Broccoli, cauliflower, and carrots.

*Calories: 373, Total Fat: 19g, Sodium: 393mg, Total Carbohydrates: 36g, Sugars: 2g, Protein: 17g*