

August Menu 2026

Fully-prepped Meal Kits and casseroles

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



BEEF

Bacon Cheeseburger Pie (oven)

Just like a cheeseburger, but as a casserole! Ground beef, onion, and cheese covered in a yummy crust. The perfect easy dinner option and so kid friendly!

Calories: 545, Total Fat: 30.2g, Sat. Fat: 17.4g, Cholesterol: 99mg, Sodium: 1349mg, Total Carbohydrates: 29.4g, Dietary Fiber: 5g, Sugars: 5.6g, Protein: 40g

Italian Calzones (oven)

Calzones stuffed with beef, sausage, mushrooms, basil, ricotta, and cheddar - baked to a golden brown and served with marinara! (cannot be made Gluten-free!)

Calories: 384, Total fat: 16.8g, Sat. Fat: 8.8g, Cholesterol: 150mg, Sodium: 837mg, Total Carbohydrates: 35.2g, Dietary fiber: 1.6g, Sugars: 5.8g, Protein: 23.1g

Mesquite Beef Tenderloin (Stovetop, grill)

Beef tenderloin flavored with mesquite and liquid smoke, seared and served with a flavorful balsamic green bean salad and feta. With rice.

Calories: 421, Total Fat: 14.3g, Sat. Fat: 7.9g, Cholesterol: 150mg, Sodium: 425mg, Potassium: 714mg, total Carbs: 8.4g, Dietary Fiber: 2.8g, Sugars: 2.6g, Protein: 47.3g

Beef Medallions with Rosemary Sour Cream

Beef medallions marinated in mustard and spices, grilled or baked, and serves with creamy rosemary sour cream. With vegetable medley and penne. (Grill, bake, or stovetop)

Calories: 267, Total Fat: 14.3g, Sat Fat: 4.4g, Cholesterol: 52.3mg, Sodium: 219mg, Total Carbs: 3.2g, Dietary Fiber: 1.4g, Sugars: 1.7g, Protein: 33.2g

CHICKEN

Blueberry Bourbon Barbecue Chicken (Grill, stovetop, or oven)

A unique barbecue sauce of blueberries, red onion, bourbon, ketchup, sugar, and spices simmered and served over chicken. With Corn and penne (Lighter*: with California Blend)

Calories: 234, Total Fat: 1.7g, Sat. Fat: 0g, Cholesterol: 105mg, Sodium: 253mg, Potassium: 143mg, Total Carbs: 12.5g, Dietary Fiber: 0.9g, Total Sugars: 9g, Protein: 42.5g

Chicken Swiss Casserole (oven)

Tastes just like a club sandwich: Diced chicken with bacon, tomato, spinach, in cream sauce with elbow macaroni and a touch of mayo.

Calories: 397, Total fat: 13.5g, Sat. Fat: 8.1g, Cholesterol: 76mg, Sodium: 703mg, Potassium: 241mg, Total Carbs: 33.5g, Dietary Fiber: 1.7g, Sugars: 3.4g, Protein: 34.1g

General Tso's Chicken Sliders (Crockpot, airfryer, or stovetop)

Sliders with chicken thighs in our homemade General Tso's sauce topped with broccoli slaw with sliced almonds and sesame seeds. Slightly spicy and super good!

Calories: 861, Total Fat: 45.5g, Sat. Fat: 6.8g, Cholesterol: 86.5mg, Potassium: 241mg, Sodium: 944mg, Total Carbs: 85.3g, Dietary Fiber: 5g, Sugars: 44g, Protein: 31.3g

Lemony Chicken Rollups (oven, stovetop)

Chicken stuffed with cream cheese and tarragon, rolled, wrapped in bacon, and baked. Served with wild rice cooked in lemony chicken broth and a touch of dill. With vegetable medley.

Calories: 466, Total Fat: 19.6g, Sat. Fat: 7.8g, Cholesterol: 118mg, Sodium: 1025mg, Total Carbs: 15.1g, Dietary Fiber: 1.2g, Sugars: 10g, Protein: 45g

Mojo Chicken with Chili Lime Corn (grill, oven, stovetop)

Chicken marinated in delicious medley of citrus juices with cumin and garlic and served with chili lime corn.

Calories: 341, Total Fat: 16g, Sat. Fat: 2.7g, Cholesterol: 71mg, Sodium: 410mg, Potassium: 362mg, Total Carbs: 25g, Dietary Fiber: 3.7g, Sugars: 5.4g, Protein: 29.4g

PORK

Balsamic Brown Sugar Pork Roast (Crockpot, oven)

Pork roast rubbed with sage and other spices and simmered in the crockpot and topped with a yummy balsamic brown sugar glaze. With corn and rice (lighter*: with California blend)

Calories: 300, Total Fat: 10.7g, Sat. Fat: 10.7g, Cholesterol: 73.2mg, Sodium: 745mg, Total Carbohydrates: 28.5g, Dietary Fiber: 0.1g, Sugars: 18g, Protein: 28.5g

Crockpot Carnita Bowls (Crockpot, oven, stovetop)

Pork roast simmered all day in your crockpot in citrus sauce. Served with our street corn salad and black beans and your choice of rice or tortillas.

Calories: 687, Total Fat: 20.8g, Sat. Fat: 8.1g, Cholesterol: 87.9mg, Sodium: 1404mg, Potassium: 1367mg, Total Carbs: 78.6g, Dietary Fiber: 11g, Sugars: 7.5g, Protein: 46g

Honey Garlic Pork Chops (stovetop)

Pork chops seasoned and seared with a deliciously sweet honey garlic sauce. With green beans and rice. (Lighter*: green beans)

Calories: 405, Total Fat: 23g, Sat. Fat: 8g, Cholesterol: 118mg, Sodium: 86mg, Potassium: 555mg, Total Carbs: 18.5g, Sugars: 17g, Protein: 31g

SEAFOOD

Parmesan Crusted Tilapia (oven, airfryer)

Tilapia drizzled with olive oil and pressed into a mixture of parmesan, panko, and spices and baked. Served with egg noodles and mixed vegetables. (Lighter*: with California blend)

Calories: 214, Total fat: 12g, Cholesterol: 57mg, Sodium: 505mg, Total carbohydrates: 1g, Fiber: 0g, Sugars: 0g, Protein: 27g

Shrimp Fajitas (stovetop)

Shrimp seasoned with Jerk seasoning and served with seared onions and red and green peppers, cilantro sour cream, salsa, and flour tortillas. (Lighter*: with corn tortillas)

Calories: 481, Total fat: 13.5g, Sat. Fat: 7.6g, Cholesterol: 170mg, Sodium: 890mg, Total carbs 50.4g, Dietary Fiber: 4.9g, Sugars: 5g, Protein: 35.6g

MEATLOAF

Parmesan Meatloaf (oven)

Ground beef or turkey meatloaf with onions, basil, thyme, oregano, and parmesan topped with homemade marinara and mozzarella cheese. With Vegetable medley and penne. (Lighter*: with green beans)

TURKEY Calories: 428, Total fat: 27.4g, Sat. Fat: 10.7g, Cholesterol: 110mg, Sodium: 578mg, Total carbs: 5.2g, Dietary Fiber: 1g, Sugars: 1.6g, Protein: 38.7g

BEEF Calories: 448, Total fat: 29.9g, Sat. Fat: 13.1g, Cholesterol: 111mg, Sodium: 578mg, Total Carbohydrates: 5.2g, Dietary Fiber: 1g, Sugars: 1.7g, Protein: 40.4g

VEGETARIAN

Ginger Sesame Soba Noodles(stovetop)

Cabbage, green onion, edamame, soba noodles, and carrots tossed in a ginger sesame dressing and topped with sesame seeds.

Calories: 372, Total Fat: 13g, Sat. Fat: 1.4g, Cholesterol: 0mg, Sodium: 1039mg, Total Carbohydrates: 50g, Fiber: 5.2g, Sugars: 8.1g, Protein: 18.7g