

November Menu 2026

Fully-prepped Meal Kits and casseroles

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



BEEF

Chipotle Pot Roast (Crockpot or oven)

Our fabulous pot roast seared with chipotle powder and cooked with green chilis, potatoes, and tomatoes for a smoky, delicious flavor!

Calories: 318, Total Fat: 12.3g, Sat. Fat: 5.4g, Cholesterol: 93mg, Sodium: 541mg, Total Carbohydrates: 24.8g, Dietary Fiber: 5.2g, Sugars: 5.5g, Protein: 28.2g

Rosemary Dijon Flank Steak (Grill or broil)

Thick sliced onions marinating with flank steak in balsamic vinegar, Dijon, and rosemary and grilled or broiled to perfection. With green beans and penne. (Lighter*: with no penne)

Calories: 331, Total fat: 14.2g, Sat. Fat: 5.5g, Cholesterol: 83mg, Sodium: 553mg, Total Carbs: 3.9g, Dietary fiber: 0.9g, Sugars: 1.6g, Protein: 42.5g

Salisbury Meatballs and Mashed Potato Casserole (Oven)

Salisbury style meatballs with mushrooms and onions in gravy on top of creamy mashed potatoes.

Calories: 480, Total Fat: 31g, Sat. Fat: 18g, Cholesterol: 97mg, Sodium: 879mg, total Carbs: 30g, Dietary Fiber: 1.9g, Sugars: 1g, Protein: 20g

Skillet Stroganoff (Stovetop)

Sauteed flank strips with mushrooms, onions, and a pinch of horseradish! Stir in sour cream and serve over egg noodles. With corn.

Calories: 441, Total Fat: 19.1g, Sat Fat: 9.2g, Cholesterol: 104mg, Sodium: 309mg, Total Carbs: 28.2g, Dietary Fiber: 1.9g, Sugars: 1.9g, Protein: 37.7g

CHICKEN

Brown Sugared Bacon Wrapped Chicken (oven)

Chicken breasts wrapped in bacon, dredged in our spiced brown sugar, and baked! With green beans and penne. (Lighter*: with no penne)

Calories: 388, Total Fat: 12.3g, Sat. Fat: 3.5g, Cholesterol: 129mg, Sodium: 717mg, Total Carbs: 24.7g, Dietary Fiber: 1.9g, Total Sugars: 23.5g, Protein: 50g

Chicken Alfredo (stovetop, oven)

Sautee chicken breasts, simmer our homemade alfredo sauce, top with cheese and bake! Served with penne and vegetable medley. (Lighter*: with broccoli)

Calories: 586, Total fat: 30.9g, Sat. Fat: 3.5g, Cholesterol: 150mg, Sodium: 1051mg, Total Carbs: 25g, Dietary Fiber: 1.2g, Sugars: 2.1g, Protein: 52.9g

Chicken Piccata with Asparagus (stovetop)

Chicken breasts sprinkled with paprika, sauteed, and simmered in a lemon wine sauce with capers and asparagus. With Egg noodles. (Lighter*: no egg noodles)

Calories: 238, Total Fat: 5.8g, Sat. Fat: 2.6g, Cholesterol: 111mg, Sodium: 867mg, Total Carbs: 6.2g, Dietary Fiber: 2.9g, Sugars: 2.7g, Protein: 43.7g

Moroccan Chicken Stew with Couscous (Crockpot or stovetop)

Chicken thighs with moroccan spices cooked with tomatoes, cauliflower, garbanzo beans, apricots, and chili garlic sauce. Topped with almonds and served over couscous.

Calories: 311, Total Fat: 9.7g, Sat. Fat: 4.1g, Cholesterol: 101mg, Sodium: 839mg, Total Carbs: 14.4g, Dietary Fiber: 1.3g, Sugars: 3g, Protein: 42.1g

Quinoa, Chicken, and Sweet Potato Casserole (oven)

Diced chicken with cumin, cinnamon, white wine, green onion, garlix, quinoa, and diced sweet potatoes. Topped with melted queso fresco!

Calories: 536, Total Fat: 13.9g, Sat. Fat: 2.6g, Cholesterol: 81.7mg, Sodium: 972.4mg, Potassium: 143.2mg, Total Carbs: 59.8g, Dietary Fiber: 3.3g, Sugars: 3.3g, Protein: 37g

PORK

Apple Gorgonzola Stuffed Pork Chops (Stovetop)

Butterflied pork chops sauteed and stuffed with warmed apples and creamy gorgonzola. With green beans and egg noodles. (Lighter*: with no egg noodles)

Calories: 412, Total Fat: 28.3g, Sat. Fat: 17.4g, Cholesterol: 118mg, Sodium: 1317mg, Total Carbs: 10.3g, Dietary Fiber: 2.6g, Sugars: 4.4g, Protein: 32.2g

Crockpot Pork Roast in Creamy Wine Sauce (Crockpot or oven)

Mushrooms, onions, and pork roast simmering in a lovely creamy Dijon wine sauce. With vegetable medley and egg noodles. (Lighter*: with California blend)

Calories: 370, Total Fat: 19.2g, Sat. Fat: 8.9g, Cholesterol: 109mg, Sodium: 463mg, Total Carbs: 11.6g, Dietary Fiber: 0.7g, Sugars: 1.4g, Protein: 33.7g

Pork Tenderloin with Coconut Curry Sauce and Peanut Cilantro Salsa (Oven, grill)

Pork tenderloin marinated in coconut milk, lime juice, ginger, and curry powder. Served with sauce and topped with peanut cilantro salsa. With peas and rice. (Lighter*: with California blend)

Calories: 254, Total Fat: 13.2g, Sat. Fat: 6.7g, Cholesterol: 67mg, Sodium: 860mg, Total Carbs: 7.9g, Dietary Fiber: 1.5g, Sugars: 1.3g, Protein: 31.1g

Sweet and Sour Stir Fry with Cashews (stovetop)

Pork stir fry with sugar snap peas, rice, and cashews. With rice.

Calories: 477, Total fat: 14.3g, Sat. Fat: 3g, cholesterol: 75mg, Sodium: 830mg, Total carbs: 55.7g, Dietary Fiber: 1.8g, Sugars: 22.1g, Protein: 31.1g

SEAFOOD

Baked Balsamic Tilapia with Bleu Cheese (oven)

Tilapia topped with roasted red peppers, green onions, and balsamic vinegar and baked with bleu cheese. With corn and rice. (Lighter*: with California blend)

Calories: 155, Total fat: 5.3g, sat. Fat: 2.4g, Cholesterol: 64mg, Sodium: 243mg, Total carbs: 3.2g, Fiber: 0.8g, Sugars: 1.8g, Protein: 23.7g

Creole Shrimp and Ham Pasta (stovetop)

Shrimp and ham in a creamy creole sauce over bowtie pasta with green onion and topped with parmesan cheese.

Calories: 472, Total fat: 7.2g, Sat. Fat: 1.3g, Cholesterol: 239mg, Sodium: 286mg, Total carbs: 16.7g, Dietary Fiber: 3g, Sugars: 7.4g, Protein: 37.2g

MEATLOAF

Tastes like Thanksgiving Meatloaf (Oven)

Your favorite Thanksgiving flavors all mixed in our ground turkey or ground beef meatloaf. With corn and rice. (Lighter*: with Carrots)

TURKEY Calories: 384, Total fat: 16.5g, Sat. Fat: 4.4g, Cholesterol: 117mg, Sodium: 704mg, Total carbs: 22.1g, Dietary Fiber: 2g, Sugars: 7.6g, Protein: 35.7g

BEEF Calories: 402, Total fat: 19.1g, Sat. Fat: 7.2g, Cholesterol: 104mg, Sodium: 665mg, Total Carbohydrates: 22.1g, Dietary Fiber: 2g, Sugars: 7.7g, Protein: 34g

VEGETARIAN

Spinach Artichoke Enchiladas (oven)

Corn tortillas stuffed with spinach, artichokes, mushrooms, Monterey Jack, ricotta, and sour cream with tomato cream sauce.

Calories: 205, Total Fat: 7.1g, Sat. Fat: 2.7g, Cholesterol: 94mg, Sodium: 399mg, Total Carbohydrates: 1.9g, Fiber: 0.5g, Sugars: 0.6g, Protein: 34g

BREAD PUDDING

Pumpkin Sweet Potato Bread Pudding with Praline Glaze (oven)

Warm and delicious flavors of pumpkin and sweet potato in our bread pudding with a delicious pecan praline sauce.

Calories: 478, Total Fat: 30g, Sat. Fat: 16g, Cholesterol: 81mg, Sodium: 137mg, Total Carbohydrates: 49g, Fiber: 1g, Sugars: 37g, Protein: 5g