

September Menu 2026

Fully-prepped Meal Kits and casseroles

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



BEEF

Balsamic Onion Bacon Wrapped Beef Medallions (stovetop, oven)

Beef medallions wrapped in bacon - baked- and served with a fabulous balsamic onion jam! With green beans and penne. (Lighter*: with California blend)

Calories: 532, Total Fat: 24.5g, Sat. Fat: 8.7g, Cholesterol: 43mg, Sodium: 777mg, Total Carbohydrates: 53g, Dietary Fiber: 1g, Sugars: 18.3g, Protein: 53.6g

Beef Tenderloin with Havana Tomato Sauce (grill or broil)

Beef tenderloin seared with thyme, salt, and pepper and served with a delightful Havana tomato sauce. With corn and rice. (Lighter*: with green beans)

Calories: 442, Total fat: 25.7g, Sat. Fat: 7g, Cholesterol: 139mg, Sodium: 92mg, Potassium: 669mg, Total Carbs: 3.4g, Dietary fiber: 1g, Sugars: 1g, Protein: 44.4g

Crockpot Cowboy Casserole (crockpot or stovetop)

Cowboy casserole simmered in the crockpot all day! Ground beef, corn, kidney beans, potatoes, tomatoes, and cheese in our homemade cowboy seasoning with cheese on top! So good and so easy!

Calories: 653, Total Fat: 17.5g, Sat. Fat: 10.2g, Cholesterol: 36mg, Sodium: 1268mg, Potassium: 2111mg, total Carbs: 96.8g, Dietary Fiber: 15.8g, Sugars: 8.5g, Protein: 33.6g

Spinach and Beef Mac and Cheese (crockpot or oven)

A great white alfredo sauce mac and cheese with spinach and ground beef!

Calories: 880, Total Fat: 59.4g, Sat Fat: 34.3g, Cholesterol: 219mg, Sodium: 1358mg, Total Carbs: 53.9g, Dietary Fiber: 5g, Sugars: 7.4g, Protein: 33.4g

CHICKEN

Baked Cheddar Chicken Tenders (oven)

Chicken tenders pressed into cheddar and crushed Ritz crackers, baked, and drizzled with our special Homemade cream sauce! With vegetable medley and penne. (Lighter*: with California blend)

Calories: 573, Total Fat: 33.5g, Sat. Fat: 20.9g, Cholesterol: 56mg, Sodium: 926mg, Total Carbs: 29g, Dietary Fiber: 0g, Total Sugars: 4.7g, Protein: 43g

Greek Pasta Chicken Casserole (oven)

Greek flavors of basil, oregano, red onion, black olives, and chicken in tomato sauce with penne pasta, mozzarella, and feta!

Calories: 419, Total fat: 12.2g, Sat. Fat: 6.1g, Cholesterol: 125mg, Sodium: 1888mg, Potassium: 744mg, Total Carbs: 44.8g, Dietary Fiber: 3.6g, Sugars: 8.6g, Protein: 34.3g

Lime Chicken with Black Bean Coconut Rice (Stovetop)

Chicken breasts dipped in lime juice and honey, pressed into panko, and cooked with creamy rice with coconut, roasted red pepper, cilantro, and black beans. So refreshing!

Calories: 468, Total Fat: 12.2g, Sat. Fat: 8.7g, Cholesterol: 82mg, Sodium: 686mg, Total Carbs: 53g, Dietary Fiber: 4.7g, Sugars: 9.1g, Protein: 38.1g

Pesto Stuffed Bacon Wrapped Chicken with Sweet Onion Rice (oven)

Bacon wrapped chicken breasts stuffed with pesto and serves over baked rice with sweet onions, cream, and Swiss cheese! With vegetable medley.

Calories: 695, Total Fat: 44.8g, Sat. Fat: 19g, Cholesterol: 211mg, Sodium: 711mg, Total Carbs: 22g, Dietary Fiber: 0.7g, Sugars: 2.7g, Protein: 58.2g

Roasted Red Pepper and Sundried Tomato Creamy Chicken (stovetop)

Chicken breasts simmered in chicken broth, red wine, Sundried tomatoes, cream, and roasted red peppers. with Fettuccini.

Calories: 426, Total Fat: 15g, Sat. Fat: 6.9g, Cholesterol: 104mg, Sodium: 241mg, Potassium: 266mg, Total Carbs: 36.7g, Dietary Fiber: 2.3g, Sugars: 1.4g, Protein: 35g

PORK

Chipotle Lime Carnita Tostadas (crockpot, oven)

Pork roast simmered in lime juice, spices, garlic, and chicken broth, shredded and serves over toasted corn tortillas, refried beans, and salsa.

Calories: 427, Total Fat: 13.7g, Sat. Fat: 4.3g, Trans. Fat: 5.1g, Cholesterol: 73.2mg, Sodium: 1323mg, Total Carbs: 40.1g, Dietary Fiber: 8g, Sugars: 4.8g, Protein: 35.3g

Crockpot Balsamic Cherry Pork Roast with Herbed Orzo (Crockpot, stovetop, oven)

Pork roast simmered in balsamic vinegar, cherries, onion, and basil and serves over herbed orzo! With Vegetable medley.

Calories: 504, Total Fat: 18.9g, Sat. Fat: 7.9g, Cholesterol: 118mg, Sodium: 1165mg, Potassium: 54mg, Total Carbs: 37.8g, Dietary Fiber: 1.9g, Sugars: 2.8g, Protein: 41g

Pork Chops with lemon Caper Sauce (stovetop)

Pork chops lightly breaded and sauteed and served with a delicious lemony wine sauce with capers! With Corn and penne. (Lighter*: with California blend)

Calories: 334, Total Fat: 10.8g, Sat. Fat: 5.7g, Cholesterol: 95mg, Sodium: 698mg, Total Carbs: 17.5g, Sugars: 0.7g, Protein: 40g

Pork Roast with Bourbon Mushroom Sauce (crockpot, stovetop, or oven)

Pork roast rubbed with spices and simmered with a sauce of mushrooms, onion, garlic, bourbon, chicken broth, and cream. With green beans and egg noodles. (Lighter*: with green beans)

Calories: 504, Total fat: 18.9g, Sat. Fat: 7.9g, cholesterol: 118mg, Sodium: 1165mg, Potassium: 54mg, Total carbs: 37.8g, Dietary Fiber: 1.9g, Sugars: 2.8g, Protein: 41g

SEAFOOD

Fenimore Gin Shrimp (stovetop)

Shrimp and corn with lime juice, a little cilantro, and a splash of gin! So light and refreshing! With rice.

Calories: 415, Total fat: 10.3g, sat. Fat: 5.6g, Cholesterol: 259mg, Sodium: 334mg, Potassium: 415mg, Total carbs: 37.8g, Fiber: 1.8g, Sugars: 2.5g, Protein: 30.2g

Firecracker Shrimp (stovetop)

Lightly fried Shrimp tossed in our delicious, homemade sweet chili sauce with sesame seeds. With California blend and rice.

Calories: 385, Total fat: 2.9g, Sat. Fat: 0.2g, Cholesterol: 220mg, Sodium: 1380mg, Total carbs: 55.1g, Dietary Fiber: 1.8g, Sugars: 28.1g, Protein: 34.5g

Fish Tacos with Chipotle Dressing (grill, stovetop)

Fish seasoned, seared, and served with flour tortillas, salsa, and our homemade creamy chipotle sauce! Add your favorite taco toppings! (Lighter*: with corn tortillas)

Calories: 428, Total fat: 19.7g, Sat. Fat: 2.4g, Cholesterol: 66mg, Sodium: 877mg, Total Carbohydrates: 34.1g, Dietary Fiber: 14.3g, Sugars: 2.7g, Protein: 27.8g

MEATLOAF

Swiss Burgers and Hash Browned Potatoes (oven, stovetop)

Ground beef or turkey seasoned and shaped into burgers for you! Just grill and top with delicious tomato onion sauce and swiss cheese! With roasted potatoes.

TURKEY Calories: 384, Total fat: 16.2g, Sat. Fat: 7.6g, Cholesterol: 107mg, Sodium: 609mg, Total carbs: 26.1g, Dietary Fiber: 3.6g, Sugars: 2.3g, Protein: 34.2g

BEEF Calories: 434, Total fat: 15.2g, Sat. Fat: 7.7g, Cholesterol: 128mg, Sodium: 598mg, Total Carbohydrates: 26.5g, Dietary Fiber: 3.7g, Sugars: 2.6g, Protein: 46.5g

VEGETARIAN

Potato Crust Veggie Quiche (oven)

Our Veggie Quiche has shredded potato crust topped with spinach, mushrooms, onions and cheese. Bake to golden brown!

Calories: 147, Total Fat: 5.6g, Sat. Fat: 2.7g, Cholesterol: 13mg, Sodium: 256mg, Total Carbohydrates: 15.2g, Fiber: 2g, Sugars: 3.2g, Protein: 9.2g

BREAD PUDDING

S'Mores Bread Pudding(oven)

Bread pudding with chocolate chips, marshmallows, and a little bourbon with a graham cracker crust, chocolate sauce, and toasted marshmallows on top!

Calories: 485, Total Fat: 20g, Sat. Fat: 11g, Cholesterol: 43mg, Sodium: 339mg, Total Carbohydrates: 53g, Fiber: 3g, Sugars: 229g, Protein: 3g