

October Menu 2026

Fully-prepped Meal Kits and casseroles

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



BEEF

Flank Steak Rouladen (Stovetop)

Tender flank steak, rolled with smoky bacon and tangy pickles, creating a delightful balance of savory and sour flavors in each bite with egg noodles and corn. (Lighter* with California blend)

Calories: 395, Total Fat: 16.8g, Sat. Fat: 6.7g, Cholesterol: 152mg, Sodium: 1116mg, Total Carbohydrates: 2.3g, Dietary Fiber: 0.4g, Sugars: 1.2g, Protein: 53.3g

Mongolian Beef (Stovetop)

Best Mongolian Beef ever! Tender slices of beef stir-fried in a savory sauce with crispy vegetables, creating a perfect balance of flavors and textures. Served over rice noodles.

Calories: 447, Total fat: 11.1g, Sat. Fat: 4.7g, Cholesterol: 73mg, Sodium: 475mg, Potassium: 512mg, Total Carbs: 45.8g, Dietary fiber: 0.7g, Sugars: 23.7g, Protein: 38.1g

Sauerbraten Pot Roast (Crockpot, stovetop, or oven)

Celebrate Oktoberfest with our pot roast, carrots, onion, and potatoes marinating in apple cider vinegar and spices!

Calories: 329, Total Fat: 12.2g, Sat. Fat: 5.4g, Cholesterol: 93mg, Sodium: 775mg, total Carbs: 25.9g, Dietary Fiber: 4.5g, Sugars: 11.6g, Protein: 27.4g

Spaghetti Pie Casserole (Oven)

Spaghetti on a noodle "crust"! Baked spaghetti, layered with rich tomato sauce, seasoned ground beef, and a generous topping of melted cheese, creating a flavorful and satisfying casserole. So easy and delicious!

Calories: 796, Total Fat: 30g, Sat Fat: 16g, Cholesterol: 79mg, Sodium: 1118mg, Potassium: 899mg, Total Carbs: 87g, Dietary Fiber: 11g, Sugars: 13g, Protein: 49g

CHICKEN

Creamy Chicken Bacon Casserole (oven)

A creamy and delicious casserole with chicken, bacon, pasta, and Monterey Jack.

Calories: 581, Total Fat: 28.1g, Sat. Fat: 16.7g, Cholesterol: 102mg, Sodium: 1109mg, Total Carbs: 40g, Dietary Fiber: 1.5g, Total Sugars: 2.3g, Protein: 46.4g

Crockpot Creamy Ranch Chicken and Vegetables (crockpot or stovetop)

Tender chicken thighs, green beans, and carrots simmer in a homemade creamy ranch sauce, served over egg noodles. Easily prepared in a crockpot or on the stovetop for a comforting meal. (Lighter* with no egg noodles)

Calories: 437, Total fat: 16.5g, Sat. Fat: 7.3g, Cholesterol: 138mg, Sodium: 737mg, Total Carbs: 25g, Dietary Fiber: 3.8g, Sugars: 4.9, Protein: 46.1g

Honey Orange Almond Chicken (stovetop)

Chicken breasts simmered in an orange sauce honey, white wine, and a cinnamon stick and topped with toasted almonds! With green beans and egg noodles (Lighter* with California Blend)

Calories: 380, Total Fat: 13.4g, Sat. Fat: 1.8g, Cholesterol: 71mg, Sodium: 640mg, Total Carbs: 35.2g, Dietary Fiber: 2.3g, Sugars: 27.2g, Protein: 30.9g

Mozzarella Chicken Rolls (Oven)

Chicken pounded and stuffed with a spinach/ricotta mixture, breaded, baked and topped with marinara and mozzarella. with penne and corn. (Lighter* with California Blend)

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

Savory Sweet Crusted Chicken with White Barbecue Sauce (Stovetop or grill)

Chicken breasts dredged in our special spice blend, crusted up with a crazy good spicy little sweet flavor, and topped with our amazing homemade white barbecue sauce. With penne and vegetable medley. (lighter* with Green beans)

Calories: 338, Total Fat: 21.1g, Sat. Fat: 3.3g, Cholesterol: 93.3mg, Sodium: 93.3mg, Potassium: 87.9mg, Total Carbs: 9.3g, Dietary Fiber: 0.7g, Sugars: 8.7g, Protein: 31.3g

PORK

Crockpot Bacon Wrapped Pork Roast (Crockpot or oven)

Pork roast rubbed with brown sugar, garlic, and rosemary, wrapped in bacon and topped with an apple jelly, Dijon, and mustard glaze. With Vegetable medley and rice. (Lighter* with California Blend)

Calories: 445, Total Fat: 19.4g, Sat. Fat: 3.3g, Cholesterol: 113mg, Sodium: 635mg, Total Carbs: 16.5g, Dietary Fiber: 0.5g, Sugars: 12.4g, Protein: 48.3g

Octoberfest Pork Chops (Oven)

Tender pork chops marinated in beer and seasonings, dipped in egg, dredged in panko and parmesan, and baked to golden perfection. Served with rice and corn. (Lighter* with California Blend)

Calories: 380, Total Fat: 9.9g, Sat. Fat: 4.6g, Cholesterol: 58mg, Sodium: 1494mg, Total Carbs: 32.9g, Dietary Fiber: 1.9g, Sugars: 3.3g, Protein: 34.3g

Pork Chops Florentine (Stovetop)

Pork chops topped with spinach, onion, marinara, garlic, and mozzarella with penne pasta.

Calories: 312, Total Fat: 13.6g, Sat. Fat: 6.3g, Cholesterol: 96mg, Sodium: 622g, Total Carbs: 10.3g, Sugars: 1494g, Protein: 35.4g

Pretzel Pork Tenderloin with Mustard Cream Sauce (oven)

Pork tenderloin with rosemary garlic seasoning, and Dijon mustard, rolled in pretzels and drizzled with Dijon honey cream sauce. With penne and peas.

Calories: 363, Total fat: 15g, Sat. Fat: 7.6g, cholesterol: 91mg, Sodium: 1295mg, Total carbs: 78g, Dietary Fiber: 1g, Sugars: 15g, Protein: 26.9g

Skillet Pork Satay (Stovetop)

All the spicy sweet flavors of skewered satay in the skillet with peanut butter dipping sauce! Pork loin, sweet chili sauce, sesame oil, garlic, beef broth, rice wine vinegar, ginger, garlic, cornstarch, green onions, sugar, cilantro, peanut butter, lime juice. Served with rice and peas.

Calories: 381, Total fat: 8.3g, Sat. Fat: 2.4g, Cholesterol: 87mg, Sodium: 275mg, Potassium: 269mg, Total Carbs: 44.2g, Dietary Fiber: 6.1g, Sugars: 4.6g, Protein: 32.7g

Taste of Morocco Pork Cubes with Couscous (Stovetop)

Pork coated with turmeric, paprika, coriander, cumin, ginger, and lemon sauteed and added to tomatoes, garbanzos, carrots, onion, chicken broth, and a dash of cinnamon and allspice and served over couscous.

Calories: 381, Total Fat: 8.3, Sat. Fat: 2.4g, Cholesterol: 54mg, Sodium: 1217mg, Total Carbs: 44.2g, Dietary Fiber: 6.1g, Sugars: 4.6g, Protein: 32.7g

SEAFOOD

Crispy Shrimp with Pineapple Rum Salsa (Stovetop)

Pan fry our shrimp in a potato flake crust and serve over rice with pineapple, jalapeno, rum, red onion salsa. With Peas. (Stovetop) (Lighter*: with California blend)

Calories: 356, Total fat: 18.7g, sat. Fat: 1.3g, Cholesterol: 239mg, Sodium: 286mg, Total carbs: 16.7g, Fiber: 1.1g, Sugars: 7.4g, Protein: 26.8g

Crunchy Baked Tilapia with Parmesan Polenta (oven, stovetop)

Panko crusted tilapia baked in the oven and served with parmesan polenta. Served with California blend.

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

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 carbs: 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

Green Chile and Cheese Casserole (oven)

Layers of soft corn tortillas, roasted green chilis, and sautéed onions, smothered in creamy Monterey Jack cheese, baked to a golden perfection. This hearty, meat-free casserole is ideal for a satisfying dinner.

Calories: 345, Total Fat: 15.6, Sat. Fat: 9.4g, Cholesterol: 40mg, Sodium: 602mg, Total Carbohydrates: 33.9g, Fiber: 0g, Sugars: 5.3g, Protein: 18.5g

BREAD PUDDING

Dutch Apple Pie Bread Pudding(oven)

A heartwarming blend of Dutch apples and cinnamon, baked into a rich and custardy bread pudding. Topped with a golden Streusel crust for a delightful finish.

Calories: 560, Total Fat: 28g, Sat. Fat: 17g, Cholesterol: 73mg, Sodium: 161mg, Total Carbohydrates: 52g, Fiber: 1g, Sugars: 427g, Protein: 4g