

# Dishing It Up Dinner Menu February 2010

Take & Bake Now available **Mon—Fri 3:00 p.m.— 6:00 p.m.**

**\$12.50 for an oven ready entree that serves 2-3 people \$16.00 for a complete meal**

**No prepping, no thawing, no baking dishes required**

**Simply pick up a meal, pop it in your oven, skillet, or grill & dinner is done**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>Crunchy Pecan Pork Chops</b> (bake 425* 30-40 min)	<b>2</b> <b>Chicken &amp; Dumplings</b> (bake 400* 30 min)	<b>3</b> <b>Wild &amp; Cheesy Chicken</b> (bake 350* 25-30 min)	<b>4</b> <b>Baked Cornflake Chicken w/Chives</b> (bake 425* 30-40 min)	<b>5</b> <b>Lime Pepper Tilapia</b> (bake 400* 8-10 min)	<b>6</b>
<b>7</b>	<b>8</b> <b>Dijon Breaded Pork Chops</b> (bake 425* 30-40 min)	<b>9</b> <b>Egg &amp; Sausage Casserole</b> (bake 350* 35-40 min)	<b>10</b> <b>Shepherd's Pie</b> (bake 350* 25-30 min)	<b>11</b> <b>Chicken Santa Fe</b> (bake 450* 35-45 min)	<b>12</b> <b>Herb Baked Tilapia</b> (bake 400* 8-10 min)	<b>13</b>
<b>14</b>	<b>15</b> <b>Garlic Sage Pork Chops</b> (bake 425* 30-40 min)	<b>16</b> <b>Oklahoma Ham &amp; Cheese</b> (bake 350* 45 min)	<b>17</b> <b>Cheese Manicotti</b> (bake 350* 45-55 min)	<b>18</b> <b>City Chicken</b> (bake 425* 30-40 min)	<b>19</b> <b>Garlic-Lemon Tilapia</b> (bake 400* 8-10 min)	<b>20</b>
<b>21</b>	<b>22</b> <b>Misty Apple Stuffing Pork Chops</b> (bake 425* 30-40 min)	<b>23</b> <b>Martin's Beef &amp; Noodles</b> (bake 400* 8-10 min)	<b>24</b> <b>Ham &amp; Potato Casserole</b> (bake 350* 1 hour)	<b>25</b> <b>Happy Heart Baked Chicken</b> (bake 350* 35-40 min)	<b>26</b> <b>3-Cheese Noodle Bake</b> (bake 350* 25-30 min)	<b>27</b>
<b>28</b>						

Call for additional dinner choices 579-3474 Visit our website at [www.dishingitup.net](http://www.dishingitup.net)

**NEW HOMEMADE MUFFINS, PIES AND CINAMMON ROLLS!**

### **Feb 1st– 5th**

**Crunchy Pecan Pork Chops** - Our signature thick, juicy pork chops seasoned with Dijon mustard and crusted with bread crumbs & pecans. Yum, Yum

**Chicken & Dumplings**- When we asked our customers to vote for their favorite recipes, this was the winner by a mile. Creamy, yummy chicken & dumplings, the definition of comfort food will make memories at your dinner table.

**Wild & Cheesy Chicken**- A delicious casserole of chicken, mushrooms, green onions, and cheddar cheese rice topped with sliced almonds and baked. A meal in itself, or add salad and bread, if you like. The whole family will go for this dish.

**Baked Cornflake Chicken w/chives**– We're always looking for something a little different, and this yummy chicken dish qualifies. We add cayenne (not too much), garlic and spices to crushed cornflakes and bread our big, boneless chicken breasts in it. Cook it in your oven for an easy home-cooked entrée.

**Lime Pepper Tilapia**- Our customers love Tilapia, and we're always looking for new ways to prepare it. We think this one is a winner with the sparkle of lime juice, the zip of black pepper and the velvety texture of butter. Enjoy!

### **Feb 8th- 12th**

**Dijon Breaded Pork Chops**- We crush saltines and season them just right. Then we dip our beautiful, boneless pork chops in a Dijon mustard mix and roll them in the breading. All we leave for you to do is bake them and enjoy your dinner.

**Egg & Sausage Casserole** - Do you have house guest's coming? Here's a perfect breakfast ready to go into the oven when you get out of bed. Eggs, sausage, cheese, milk, bread & spices make the ideal casserole to serve your guests or treat yourself.

**Shepherd's Pie**- This is a classic all-in-one meal: ground beef, peas, carrots & corn topped with mashed potatoes.

**Chicken Santa Fe** Nutrition-packed black beans and poblano peppers combined with pinto beans, corn and fajita seasonings give this chicken & cheese casserole its very special Santa Fe punch

**Herb Baked Tilapia** – This is a great way to enjoy fish more often. Spread a mayonnaise and Parmesan mixture over these mild-flavored filets, top with perfectly seasoned bread crumbs and bake for 10 short minutes. Absolutely the best fish recipe we've ever had

### **Feb 15th– 19th**

**Garlic Sage Pork Chops**-A hint of garlic and the unmistakable taste of sage blend with butter to make this a special dish.

**Oklahoma Ham & Cheese**- This is a true one-dish meal. Ham, 2 kinds of cheese, spinach, eggs & cream will cook & blend in your casserole dish until everything is hot, fragrant and delicious. Serve it alone, or add your favorite hot bread and green salad if you want to get fancy

**Cheese Manicotti**- Cheeses melt & blend together, marinara sauce goes over and around the cheese-stuffed pasta tubes, and the whole thing bubbles and becomes a little taste of heaven.

**City Chicken** - This dish looks good and tastes better. Boneless chicken breasts are coated in a mixture of onion soup, bread crumbs & parmesan cheese, then baked to tender, juicy goodness.

**Garlic-Lemon Tilapia**- Mild-flavored tilapia fillets are brightened with lemon juice and spiced with garlic. There's no breading to add carbs to your healthy, high-protein dinner.

### **Feb 22nd– 26th**

**Misty's Apple Stuffing Pork Chops**– A fabulous blend of sweet and savory. Boneless pork chops set a top apple slices and are covered with savory stuffing.

**Martins Ground Beef Casserole**– You can't go wrong with beef & noodles. This delicious casserole also contains diced onion, celery, bell pepper, tomatoes & mushrooms. We'll top it with shredded cheese; you just bake it, then bring it to your table bubbling hot and smelling like heaven.

**Ham & Potato Casserole**- This dish combines diced ham with sour cream, onion, cheese & hash browns. It's topped with buttered cornflakes and baked to perfection. You'll be glad to have this very family-friendly casserole in your freezer.

**Happy Heart Baked Chicken**- Your heart will love this very low calorie, low fat & low carb dish. Feta cheese, lemon juice, herbs & spices give it big flavor.

**3-Cheese Noodle Bake** - Mozzarella, Swiss and Parmesan cheeses make this dish fabulous. It's a hearty, satisfying meal in itself, or add the sides of your choice  
Superb