



## March 2019 Menu

### Monthly Entrees

#### Buffalo Wing Quesadillas

Half (serves 2-3) \$12.99    Half Whole Wheat (serves 2-3) \$14.49    Full (serves 4-6) \$24.99  
Full Whole Wheat (serves 4-6) \$27.99

All the flavor of a tried & true favorite but without all the mess and napkins! White meat chicken, Monterey Jack cheese, blue cheese crumbles, buffalo wing sauce, shredded carrots and scallions are shuffled off (to Buffalo, get it?) into a tortilla. Get ready for another winner!

**Nutrition Info:** Calories: 354 Fat: 15 g Choles: 72 mg Sodium: 794 mg Carbs: 26 g Fiber: .2 g Sugar: .4 g Protein: 28 g

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#### Cabernet Beef

Full (serves 4-6) \$39.99

This French bistro favorite includes chunks of beef, pearl onions, carrots, celery and red wine that cook long and slow in your crock-pot to make a sublime and easy meal. Includes egg noodles. Can be Gluten Free upon request.

**Nutrition Info:** Calories: 443 Fat: 32 g Sat. Fat: 13 g Carbs: 6 g Choles: 92 mg Fiber: .5 g Protein: 24 g Sodium: 299 g

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#### Chicken Biryani

Half (serves 2-3) \$12.99    Full (serves 4-6) \$24.99  
Bump (add 5 oz. additional chicken) \$3.99

We've got another one dish wonder! Biryani is a traditional Indian/Pakistani dish of basmati rice, white meat chicken, tomatoes, raisins and almonds all simmered together to infuse the flavors. The staff here gave it two thumbs up! (PS: no curry invited & not too spicy either!)

**Nutrition Info:** Calories: 465, Fat: 8 g; Sat. Fat: 1 g; Chol: 69 mg; Sodium: 765; Carb: 63 g; Fiber: 4 g; Sugar: 15 g; Protein: 36 g

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#### Chicken Cordon Bleu

Half (serves 2-3) \$17.49    Full (serves 4-6) \$33.99  
Bump (add one 5 oz chicken breast) \$4.99

We went traditional for this stuffed chicken breast. Ham & Swiss cheese rolled into a chicken breast, topped with a Ritz/panko crumb topping & finished with a Dijon chicken gravy. (on the side) No mess, quick to the table yet impressive! Did I mention they're delicious?

**Nutrition Info:** Calories: 368 Fat: 18 g Sat Fat: 6 g Cholest: 130 mg Sodium: 1038 mg Carbs: 5 g Fiber: .16 g Sugar 1 g Protein: 47 g

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#### Chicken with Spicy Orange Glaze

Half (serves 2-3) \$16.49    Full (serves 4-6) \$31.99  
Bump (add one 5 oz. chicken breast) \$4.99

Boneless chicken breasts are sauteed and then simmered in an incredibly yummy combination of orange juice, honey, garlic and crushed red pepper flakes. While this is simple to make, the flavor is very complex and you'll go back for seconds, guaranteed! Includes rice (please specify white or brown). Can be Dairy Free upon request.

**Nutrition Info:** Nutritionals do not include rice. Calories: 408 Fat: 7 g Sat Fat: 3 g Cholest: 147 mg Sodium: 570 mg Carbs: 30 g Fiber: 0.4 g Sugar 29 g Protein: 55 g

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#### Crazy Thai Chicken Fettuccine

Half (serves 2-3) \$13.99    Full (serves 4-6) \$26.99  
Bump (add 5 oz additional chicken) \$3.99



## March 2019 Menu

Calling all Thai food fans! A combination of some crazy stuff makes this saucy pasta dish a winner! Peanut butter, Picante & honey highlight the sauce. (sounds crazy, right?) Just the right amount of spice, sweet & salt to tantalize the palate. Chunks of white meat chicken & red peppers are tossed with the sauce & fettuccine to make an awesome but quick dish. CONTAINS NUTS. Can be Gluten Free (with rice substitute or GF penne; please specify).

**Nutrition Info:** Calories: 596 Fat: 11 g Choles: 88 mg Sodium: 564 mg Carbs: 72 g Fiber: 3.5 g Sugar: 12 g Protein: 49 g

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### **Flank Steak with Lime-Chipotle Sauce      Half (serves 2-3) \$19.99      Full (serves 4-6) \$38.99**

How about a little tang, a little kick and a little smoke? No, it's not a new line dance, it's an awesome flank steak marinated in lime, cilantro, and chipotle chiles in adobo sauce that is loaded with flavor! Kick up your heels!

**Nutrition Info:** Calories: 307 Fat: 9 g Choles: 39 mg Sodium: 1296 mg Carbs: 27 g Fiber: .66 g Sugar: 23 g Protein: 29 g

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### **New Orleans Style Shrimp & Sausage with Rice      Half (serves 2-3) \$15.49      Full (serves 4-6) \$29.99**

Welcome Spring with this faboo feast! Shrimp & sausage are simmered in beer, onions & steak sauce with loads of herbs & spices to create a flavor explosion. Not into spicy? Ask & we can simply tone it down a bit. (Rice or grits included; please specify)

**Nutrition Info:** Nutritional include starch. Calories: 440, Fat: 16 g, Sat. Fat: 5 g, Carbs: 42 g, Choles: 140 mg, Fiber: 1 g, Protein: 26 g, Sodium: 852 mg, Sugar: 1.5 g

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### **Panko Crusted Chops with Wasabi Sauce~NEW!      Half (serves 2-3) \$12.99      Full (serves 4-6) \$24.99** **Bump (add 6 oz chop) \$3.99**

Hold onto your hats! Our newest pork chop is SO delicious!! Boneless pork chops are coated in panko crumbs so once they are pan sauteed, they are crispy but tender. The scallion sauce (on the side) is sweet & salty with a little kick from wasabi paste. The SK staff gave it two thumbs up! White or brown rice included. Please specify.

**Nutrition Info:** Nutritional do not include rice. Calories: 392 Fat: 13 g Choles: 183 mg Sodium: 1051 mg Carbs: 20 g Fiber: 1.5 g Sugar: 5 g Protein: 43 g

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### **Pecan Crusted Tilapia~NEW!      Small (serves 2) \$11.99      Medium (serves 4) \$23.99      Large (serves 6) \$36.99**

Sometimes the simpler, the better! Two generous portions of flaky white tilapia are coated with crushed pecans and seasonings. This delicious fish can cook from frozen in 25 minutes for the ultimate quick and easy dinner. Super kid friendly too!

**Nutrition Info:** Calories: 440 Fat: 32 g Choles: 55 mg Sodium: 570 mg Carbs: 19 g Fiber: 1 g Sugar: 1 g Protein: 19 g

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### **Raspberry Balsamic Chicken Breasts~NEW!      Half (serves 2-3) \$16.99      Full (serves 4-6) \$32.99** **Bump (add 5 oz chicken breast) \$4.99**

Plump & tender boneless chicken breasts are simmered in a raspberry & balsamic vinegar glaze. Elegant & easy, perfect for company. Great sliced up and served over salad greens too! Long grain/wild rice included.

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**Nutrition Info:** (Nutritionals do not include rice) Calories: 445, Fat: 3 g, Sat. Fat: .8 g, Carbs: 44 g, Choles: 136 mg, Fiber: 1 g, Protein: 57 g, Sodium: 457 mg, Sugar: 0 g

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### Slow Cooked Maple Pork Loin~NEW!

**Full (serves 4-6) \$25.99**

**Bump (add 5 oz pork loin) \$3.99**

Here's an easy and delicious dinner - simmer our made-from-scratch maple-flavored BBQ sauce with chunks of pork loin all day in the crock pot. Serve it up, watch it vanish. Clear the table. Dinner's done. Everybody's happy. (especially the one on dish details if you use a crock pot liner!) Includes wide egg noodles. Gluten Free by substituting rice for noodles.

**Nutrition Info:** (Nutritionals do not include noodles) Calories: 496 Fat: 13 g Choles: 129 mg Sodium: 622 mg Carbs: 43 g Fiber: 0.5 g Sugar: 34 g Protein: 49 g

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### Tex-Mex Chicken Hashbrown Casserole

**Half (serves 2-3) \$15.49**

**Full (serves 4-6) \$29.99**

When we get bored here at SK, we add bacon. One day we decided to add some pizzazz to our cheesy hashbrown casserole so we jazzed it up with chicken, green chiles and bacon. The results: our new fave for lunch! You have GOT to try this!

**Nutrition Info:** Calories: 421 Fat: 25 g Sat Fat: 13 g Cholest: 118 mg Sodium: 589 mg Carbs: 16 g Fiber: 1 g Sugar 0.5 g Protein: 32 g

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## Classic Entrees

### Brunswick Stew

**One Size (serves 2-3) \$11.99**

A Southeastern tradition comes to SK! Slow roasted pork & chicken are shredded and blended with tomatoes, onions, corn, lima beans and lots of yummy seasonings. This thick, hearty stew is perfect on a cold winter night or great at a summer BBQ. And the best part? Just heat & serve! One quart.

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### Garlic Parm Chicken Tenders

**Half (serves 2-3) \$13.99**

**Full (serves 4-6) \$27.99**

A family favorite! Tender & juicy chicken tenders smothered in garlic and a parmesan cheese breading. Easy to make & easier to eat!

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### Potato Crusted Cod Filet

**Half (serves 2-3) \$16.99**

**Full (serves 4-6) \$33.99**

**Bump Up (add one fish filet) \$5.99**

A North Atlantic flaky white fish in a beautiful shredded potato, cheese & herb crust. Simply pop in the oven and you'll fall in love!

**Nutrition Info:** Calories: 200 Fat: 8 g Sat Fat: 3 g Cholest: 30 mg Sodium: 550 mg Carbs: 10 g Fiber: 0 g Sugar 1 g Protein: 21 g

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### Sweet & Sassy Meatloaf

**Half (serves 2-3) \$13.99**

**Full (serves 4-6) \$27.99**

Hate to say it but this is better than what your mom made! Moist and hearty meatloaf smothered in a sweet & tangy sauce. Just bake & serve! Also available in our SK Single Serves.

**Nutrition Info:** Calories: 454, Fat: 21 g, Sat. Fat: 8 g, Carbs: 26 g, Choles: 209 mg, Fiber: 1.4 g, Protein: 38 g, Sodium: 908 mg, Sugar: 15 g

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## March 2019 Menu

### Take & Bakes

#### Baked Ziti with Sausage & Spinach

Half (serves 2-3) \$14.99

Full (serves 4-6) \$29.99

This dish starts with diced tomatoes, garlic, Italian sausage, mozzarella, parmesan cheese and spinach. Our secret ingredient is pesto (of course, the secret's out now...) for a nice touch of basil. Sounds simple? That's why it's SO good! Trust us!

**Nutrition Info:** Calories: 625, Fat: 35 g, Sat. Fat: 15 g, Carbs: 43 g, Choles: 88 mg, Fiber: 4.5 g, Protein: 35 g, Sodium: 1260 mg, Sugar: 1.4 g

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#### Buffalo Wing Casserole

Half (serves 2-3) \$13.99

Full (serves 4-6) \$27.99

Big fan of wings but hate the messy fingers? Then this one is for you! All the same flavors of your favorite snack food but converted for a main dish. Chunks of white meat chicken are blended with rice, tomatoes, celery & wing sauce. Blue cheese or ranch dressing comes on the side to finish it off (PLEASE specify). Our tasting group raved over it!

**Nutrition Info:** Calories: 335 Fat: 12 g Sat Fat: 4 g Cholest: 76 mg Sodium: 516 mg Carbs: 27 g Fiber: 1.5 g Sugar 3.6 g Protein: 27 g

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#### Cheeseburger Pie

Half (Serves 4-5) (one pie) \$13.49

Full (Serves

8-10) (two pies) \$26.99

We introduced it as a single serve with RAVE reviews, now it's time for the whole family to try it! Sautéed ground beef with onions & garlic mixed with sharp cheddar cheese, dill pickles and ketchup baked with an egg custard in a light flaky crust. Pie measures 9". Also available in SK Single Serve.

**Nutrition Info:** Based on 5 servings per pie: Calories: 658 Fat: 39 g Sat Fat: 17 g Cholest: 239 mg Sodium: 1283 mg Carbs: 26 g Fiber: 1 g Sugar 12 g Protein: 48 g

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#### Chicken Tetrazzini

Half (serves 2-3) \$14.99

Full (serves 4-6) \$29.99

Total comfort food...chicken, mushrooms and penne pasta wrapped in a creamy, cheesy velvety sauce. It's a one dish, pop-in-the-oven meal that will have everyone making "yummy" sounds. Totally kid friendly for kids aged 1 to 100!

**Nutrition Info:** Calories: 680 Fat: 34 g Sat Fat: 20 g Cholest: 160 mg Sodium: 669 mg Carbs: 42 g Fiber: 2 g Sugar 2 g Protein: 47 g

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#### Fiesta Bake

Half (serves 2-3) \$14.99

Full (serves 4-6) \$29.99

Roasted & shredded pork, yellow rice, salsa, black beans & cheddar cheese are layered to create a fun fiesta in your mouth! Eat as a one dish meal or pile into a tortilla for a quick burrito.

**Nutrition Info:** Calories: 532 Fat: 19 g Sat Fat: 8 g Cholest: 82 mg Sodium: 1822 mg Carbs: 56 g Fiber: 5 g Sugar 4.5 g Protein: 33 g

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#### Nana's Chicken Pot Pie

Half (serves 3-4) (one pie) \$14.99

Full (serves

6-8) (two pies) \$29.99

One of the simple pleasures in life? Memories of things from the past. My grandmother made the best chicken pot pie and it's time to share it with you. Chunks of chicken, peas & carrots in gravy with pie crust topping. Here's to you Nana! One pie, measures 9".

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**Nutrition Info:** Nutritionals are based on 4 servings per pie. Calories: 450, Fat: 26 g, Sat Fat: 12 g, Cholest: 78 mg, Sodium: 561 mg, Carbs: 33 g, Fiber: 3 g, Sugar 6 g, Protein: 20 g

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### Presto Pesto Chicken Casserole

Half (serves 2-3) \$14.99

Full (Serves 4-6) \$29.99

What do you get when you combine pesto, Alfredo sauce, penne, roasted white meat chicken, spinach, Italian cheese blend, a touch of crushed tomatoes AND pop-in-the-oven ease? An incredible one dish wonder! Topped with flavored bread crumbs and baked til bubbly and beautiful, this is a no-brainer meal!

**Nutrition Info:** Calories: 644 Fat: 31 g Sat Fat: 13 g Cholest: 123 mg Sodium: 928 mg Carbs: 41 g Fiber: 3 g Sugar 2 g Protein: 47 g

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### Shepherd's Pie

Half (serves 4-5) (one pie) \$14.99

Full (serves 8-10) (two pies) \$29.99

Ground beef, onions & mixed vegetables sauteed together and then baked under a blanket of creamy mashed potatoes...oh, yum...Many thanks to the Irish for this one! It's a keeper! Pie measures 9".

**Nutrition Info:** Nutritionals based on 1/5th of pie: Calories: 779 Fat: 40 g Sat Fat: 16 g Cholest: 134 mg Sodium: 1215 mg Carbs: 57 g Fiber: 5 g Sugar 14 g Protein: 46 g

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### Twisted Italian

Half (serves 2-3) \$14.99

Full (serves 4-6) \$29.99

We blended all the traditional Italian treats like ground beef, garlic, bacon, marinara sauce, mozzarella & parmesan cheese with rotini pasta to make a beefy, cheesy, twisty treat!

**Nutrition Info:** Calories: 511 Fat: 19 g Sat Fat: 8 g Cholest: 65 mg Sodium: 686 mg Carbs: 54 g Fiber: 4 g Sugar 3 g Protein: 31 g

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## Side Items

### Asian Cashew Broccoli

One Size (serves 3-4) \$7.99

Our quick & easy side dish...broccoli florets are steamed & then drizzled with a delicate sauce that's sweet & buttery & salty & garlicky all topped with crunchy cashews. It's simply wonderful!

**Nutrition Info:** lorem ipsum

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### Baby Bakers

One Size (serves 3-4) \$4.99

Tiny new potatoes tossed in garlic butter & parmesan cheese, baked to perfection. Warning! These are a little garlicky! (but that's a good thing!)

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### Best Ever Baked Beans

One Size (serves 3-4) \$7.99

You'll never want any other baked beans again! The combination of flavors & spices make these beans the BEST ever. Made with ground beef and onions and lots of secret spices, topped with bacon. Not just for the family BBQ!

**Nutrition Info:** Calories: 176 Fat: 7.5 g Sat Fat: 3 g Cholest: 29 mg Sodium: 574 mg Carbs: 18 g Fiber: 4 g Sugar 3.5 g Protein: 10 g

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### Big Kid Mac & Cheese

One Size (serves 3-4) \$7.29

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## March 2019 Menu

Calling all mac & cheese lovers...give ours a try! Made from scratch like grandma used to make. Finished with a yummy crumb topping, this one is a guaranteed winner! Also available in our SK Single Serve size.

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### Cheesy Hash Brown Casserole

**One Size (serves 3-4) \$7.99**

We mixed cheddar cheese, sour cream and hashbrowns together to make this creamy comfort food. It's topped with crispy corn flakes for added crunch.

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### Crusty French Bread

**One size (serves 2-3) \$1.99**

Mini 6 oz loaf, ready to serve in 10-14 minutes. Simply heat in the oven to get a nice, crisp crust.

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### Easy Veggies

**One size (serves 3-4) \$3.99**

These veggies are a medley of broccoli, cauliflower, orange & yellow carrots that are oven roasted, steamed or microwaved and then tossed with a seasoned butter. Quick, easy & delicious!

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### Must-Have Mashed Potatoes

**One Size (serves 3-4) \$7.49**

Klondike Rose potatoes (yellow/red potatoes) creamy with a few chunks, a touch of chives, sour cream, cream cheese, butter & garlic, of course...to die for!

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### Simply Green Beans

**One size (serves 3-4) \$3.99**

Our green beans are pan sauteed, steamed or microwaved & then tossed with a flavored butter (parmesan/garlic). Quick, easy, healthy & delicious!

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### Smoked Gouda Grits

**One Size (serves 3-4) \$5.99**

Like grits? Then you will LOVE these! Creamy, cheesy, easy to make, what's not to love!

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### Sweet Potato Fries with Honey Butter

**One size (serves 3-4) \$7.99**

Just like the name says - try 'em...they're awesome!!

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## Vegetarian

### Eggplant Parmesan

**Half (serves 2-3) \$14.99**

**Full (serves 4-6) \$29.99**

Layered, sliced, breaded & sauteed eggplant with ricotta, mozzarella cheese, and marinara sauce....yum...Traditional (meatless) Italian that soothes the soul! Also available as a Single Serve.

**Nutrition Info:** Calories: 605 Fat: 25 g Sat Fat: 12 g Cholest: 242 mg Sodium: 1262 mg Carbs: 56 g Fiber: 6 g Sugar 11 g Protein: 35 g

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### Oven 'Fried' Vegetarian Chimichangas

**Half (serves 2-3) \$11.99**

**Full (serves 4-6) \$23.99**



## March 2019 Menu

The healthiest chimichangas you'll ever have! Ours are baked in the oven so the shell is crispy but without all of the calories of deep frying. Stuffed with corn, salsa, black beans, cheese & green onions, these work great with kids and babysitters or as a quick lunch. Another quick meal for that busy life of yours!

**Nutrition Info:** Calories: 360 Fat: 13 g Sat Fat: 6.5 g Cholest: 28 mg Sodium: 959 mg Carbs: 44 g Fiber: 6.5 g Sugar 2 g Protein: 18 g

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### Portabella & Spinach Quesadillas

Half (serves 2-3) \$10.99

Full (serves 4-6) \$21.99

Roasted portabellas blended with spinach, white beans, grated parmesan and pepper jack cheese are tucked into whole wheat tortillas for a quick meatless solution.

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### Quinoa Malibu

One size (serves 3-4) \$8.99

Our newest vegetarian offering is a wonderful blend of cannellini beans, roasted red peppers, onions & quinoa (pronounced keen-wah, not Quinn-o-a!). You can eat it hot, cold or room temp. Also makes a great side dish!

**Nutrition Info:** Calories: 453 Fat: 10 g Sat Fat: 1 g Cholest: 0 mg Sodium: 266 mg Carbs: 75 g Fiber: 13 g Sugar 5 g Protein: 19 g

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### Red Pepper, Corn & Tomato Soup

One size (serves 2-3) \$7.99

Pureed roasted red peppers, corn, onions & tomatoes create a sweet & savory soup. Perfect with a salad and crusty bread. Would also be great served as a sauce over grilled fish! \*\*\*Please note: This item DOES NOT QUALIFY for any coupons or discounts.

**Nutrition Info:** Calories: 223 Fat: 7 g Sat Fat: 1 g Cholest: 6 mg Sodium: 593 mg Carbs: 33 g Fiber: 4 g Sugar: 11 g Protein: 8 g

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### Spinach & Feta Pie

Half (Serves 4-5) (one pie) \$15.99

Full (serves 8-10) (two pies) \$31.99

Spinach, feta and Swiss cheeses combined with eggs & cream in a light & flaky crust make a great breakfast, brunch, lunch OR dinner treat! Popeye would be so pleased with us!! Also available in a 5" Single Serve.

**Nutrition Info:** Calories: 423 Fat: 30 g Sat Fat: 17 g Cholest: 166 mg Sodium: 679 mg Carbs: 19 g Fiber: 1.6 g Sugar 5 g Protein: 19 g

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### Spinach Black Bean Lasagna

Half (serves 2-3) \$13.99

Full (serves 4-6) \$27.99

Loaded with cheese, spinach and black beans, this lasagna is awesome! Made in the traditional lasagna style, this one has a Mexican flair; a bit of a kick from the pepper jack cheese. While this is a vegetarian's dream, it's hearty enough for all!

**Nutrition Info:** Calories: 785, Fat: 28 g, Sat. Fat: 15 g, Carbs: 90 g, Choles: 140 mg, Fiber: 9 g, Protein: 41 g, Sodium: 1337 mg, Sugar: 10 g

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### Sweet Potato Enchiladas

Half (serves 2-3) \$12.99

Full (serves 4-6) \$25.99

Sweet potatoes, black beans & scallions are stuffed in corn tortillas, then slathered with red enchilada sauce & topped with Monterey jack cheese. This non-traditional combination is absolutely fabulous! Also available as a Single Serve.

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## March 2019 Menu

**Nutrition Info:** Calories: 681 Fat: 30 g Sat Fat: 17 g Cholest: 80 mg Sodium: 1233 mg Carbs: 83 g Fiber: 12 g Sugar: 1.8 g Protein: 22 g

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### Single Serves

#### Big Kid Mac & Cheese

**Single Serve \$3.99**

Calling all mac & cheese lovers...give ours a try! Made from scratch like grandma used to make. Finished with a yummy crumb topping, this one is a guaranteed winner!

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#### Cheeseburger Pie

**Single Serve \$4.99**

Here's a fun meal! Sautéed ground beef with onions & garlic mixed with sharp cheddar cheese, dill pickles and ketchup baked with an egg custard in a light flaky crust. Pies measure 5" so they are perfect for one big appetite or 2 little ones!

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#### Chicken Broccoli Casserole

**Single Serve \$3.99**

Comfort food comin' up! This creamy casserole is loaded with shredded chicken, egg noodles and broccoli, all smothered with a chicken flavored sauce. Very kid friendly and hearty for moms & dads!

**Nutrition Info:** Calories: 486 Fat: 18 g Sat Fat: 9 g Cholest: 122 mg Sodium: 623 mg Carbs: 49 g Fiber: 2 g Sugar: 3 g Protein: 30 g

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#### Chicken Tetrazzini

**Single Serve \$3.99**

Total comfort food...chicken and penne pasta wrapped in a creamy, cheesy velvety sauce. It's a one dish treat that will have everyone making yummy sounds. Totally kid friendly for kids aged 1 to 100!

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#### Confetti Spaghetti Casserole

**Single Serve \$3.99**

Angel hair pasta is mixed with cooked chicken, cheddar cheese, Rotel, mushrooms, celery, onions & a light sour cream sauce. Then its topped with panko crumbs & baked til bubbly delicious! And no, not too spicy.

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#### Eggplant Parmesan

**Single Serve \$4.99**

Layered, sliced, breaded & sautéed eggplant with ricotta, mozzarella cheese, and marinara sauce....yum...Traditional (meatless) Italian that soothes the soul!

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#### Flatbread Pizzas

**BBQ Chicken \$5.49**      **Goat Cheese/Sundried**  
**Tomato Chicken \$5.49**      **Cheesy Italian \$4.99**  
**Bacon Ranch \$5.49**

Whether it's a quick lunch, an easy dinner or cut & shared for appetizers, these are the perfect size treat. Comes in four flavors. Approx. 4 x 8" each"

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#### Nana Baby

**Single Serve \$4.99**



## March 2019 Menu

Love our Nana's Chicken Pot Pie? Then say hello to Nana Baby! Our newest SK Single is the same as her mama only just enough for one!

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### Potato Crusted Cod Filet

**Single Serve \$5.99**

A North Atlantic flaky white fish in a beautiful shredded potato, cheese & herb crust. Simply pop in the oven and you'll fall in love!

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### Presto Pesto Chicken Casserole

**Single Serve \$3.99**

What do you get when you combine pesto, Alfredo sauce, penne, roasted white meat chicken, spinach, Italian cheese blend, a touch of crushed tomatoes AND pop-in-the-oven ease? An incredible one dish wonder! Topped with flavored bread crumbs and baked til bubbly and beautiful, this is a no-brainer meal!

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### Sammy's Shepherds Pie

**Single Serve \$3.99**

Our version layers ground beef in a light gravy with peas & carrots, topped with toasted, shredded hash browns.

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### Spinach & Feta Pie

**Single Serve \$4.99**

A mini version of our Spinach & Feta Pie: spinach, feta and Swiss cheeses combined with eggs & cream in a light & flaky crust make a great breakfast, brunch, lunch OR dinner treat! Popeye would be so pleased with us!!

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### Sweet Potato Enchilada

**Single Serve \$3.99**

Sweet potatoes, black beans & scallions are stuffed in corn tortillas, then slathered with red enchilada sauce & topped with Monterey jack cheese. This non-traditional combination is absolutely fabulous!

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### Sweet and Sassy Meatloaf

**Single Serve \$3.99**

Moist and hearty meatloaf smothered in a sweet & tangy sauce. Just heat & serve!

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### Twisted Italian

**Single Serve \$3.99**

A mini version of our Take & Bake...We blended all the traditional Italian treats like ground beef, garlic, bacon, marinara sauce, mozzarella & parmesan cheese with rotini pasta to make a beefy, cheesy, twisty treat!

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### Two Fisted Chimi's

**Single Serve \$3.99**

The healthiest chimichangas you'll ever have! Ours are baked in the oven so the shell is crispy but without all of the calories of deep frying. Stuffed with roasted white meat chicken, salsa, black beans, cheese & green onions, these work great with kids and babysitters or as a quick lunch. Another quick meal for that busy life of yours!

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## March 2019 Menu

**Nutrition Info:** Calories: 354 Fat: 11 g Sat Fat: 5 g Cholest: 67 mg Sodium: 717 mg Carbs: 33 g Fiber: 2 g Sugar: 2 g Protein: 29 g

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### Appetizers

#### Asian Steak Bites

**One Size (serves 3-4) \$14.99**

For all you steak lovers; here is a delicious and quick-cooking appetizer. Bite size chunks of flank steak are marinated with a soy, ginger, honey and garlic mixture. Broil or grill for a quick appie! And a great idea for a fun dinner too!

**Nutrition Info:** Calories: 403 Fat: 28 g Sat. Fat: 9 g Carbs: 6 g Choles: 83 mg Fiber: .3 g Protein: 31 g Sodium: 486 mg

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#### Bloomin' Cheese Bread

**One Size (serves 4-6) \$14.99**

What looks like a bloomin' onion but is loaded with monterey jack cheese, scallions & garlic? This is a must-have for celebrating! A whole loaf of crusty Italian bread is stuffed with cheese & then drizzled with a secret potion (scallions, garlic, poppy seeds & other secret yummys) then tucked into a foil pouch & baked till ooohy & goooohy. This is serious stuff. Really.

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#### Buffalo Chicken Dip

**One Size (Serves 4-6) \$11.99**

All the flavors of a crowd pleaser in a scrumptious dip - no bones about it! Spread on crostini, toasted bread rounds, scoop with taco chips or your finger! Bake & serve!

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#### Cajun Baked Shrimp

**One Size (serves 6-8) \$34.99**

With a marinade chocked full of magical Cajun spices and a hint of honey, this shrimp will bring a smile to your face and a glimmer to your eye! The best part - it can be ready in a flash! We suggest serving it with a side of crusty bread for dipping. (50 pcs)

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#### Crockpot Carnitas

**One Size (serves 6-8) \$24.99**

How about a big pot of mexican-style pulled pork with pinto beans, tomatoes & green chiles that simmers all day? How about that piled high on a plate of taco chips then adding sour cream, cheese & hot sauce? Nachos on a whole new level! (cheese & taco chips included)

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#### Kickin' Wings

**One Size (serves 6-8) \$18.99**

On the grill or in the oven, these wings will rock your world! A combination of paprika, brown sugar, cayenne, black pepper and garlic powder turns these wings into a party on your plate! One order contains 4 lbs of wings (about 40 pcs)

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#### Saucy BBQ Meatballs

**One size (serves 6-8) \$14.99**

We borrowed our BBQ sauce from the Sweetie Q Chicken (a huge hit!) and introduced mini beef meatballs to it. The results? Awesome! Simply thaw, heat & serve. Thirty six meatballs plus sauce.

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## March 2019 Menu

### Steak Quesadillas

**One Size (serves 2-3) \$14.99**

Marinated flank steak thin sliced with blue cheese, Monterey Jack cheese, caramelized onions and a touch of fig preserves. TRUST US! The melding of sweet, salt and sharp will knock your socks off. Have we ever steered you wrong?? Individually wrapped in case you want to treat yourself for lunch! Three quesadillas.

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### Warm Blue Cheese & Bacon Dip

**One Size (serves 6-8) \$13.99**

How can you go wrong with a combination of bacon, blue cheese, chives & cream cheese? Our spread is baked for a warm & delicious spread for crackers or fresh apples or pear slices. Perfect for any gathering! (One pound container)

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### Breakfast Options

#### Blueberry Crepes

**One Size (serves 2-3) \$12.99**

Sweet, creamy ricotta cheese wrapped in thin crepe blankets and finished with a luscious blueberry sauce. Six crepes per order.

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#### Overnight French Toast

**One Size (serves 2-3) \$10.99**

Thick slices of Vienna bread are soaked in a vanilla flavored egg bath. Then butter, brown sugar, cinnamon and nutmeg is drizzled over top. After hibernating in the freezer, this yummy dish is baked in the oven or on the grill for a bubbly, slightly gooey, buttery sensation...calorie information not necessary!

**Nutrition Info:** Calories: 714 Fat: 33 g Choles: 353 mg Sodium: 619 mg Carbs: 86 g Fiber: 2.7 g Sugar: 44 g Protein: 18 g

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#### Rise & Shine Quesadillas

**One Size (serves 3-4) \$9.99**

Start your day with a hearty, quick and delicious treat! We've blended scrambled eggs, breakfast sausage, cheddar cheese and hash browns and tucked them in a flour tortilla. Great source of protein to keep you going all morning!

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### Desserts

#### Apple Crisp

**One Size (Serves 4-6) \$11.99**

Tart & sweet apples covered in rolled oats, brown sugar & butter, baked till bubbly & crisp for a traditional treat. Oven ready.

**Nutrition Info:** Calories: 479 Fat: 16 g Sat Fat: 8 g Cholest: 113 mg Sodium: 1240 mg Carbs: 52 g Fiber: 3 g Sugar 3 g Protein: 30 g

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#### Assorted Cookies

**One Size (Serves 6-12) \$10.99**

We made an assortment of our four flavors so you can enjoy the variety! Three each: Chocolate Chunk, Rocky Road, Heath Crunch & White Chocolate Macadamia. Bake & enjoy!

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## March 2019 Menu

### Chocolate Chunk Cookies

**One Size (serves 6-12) \$8.99**

Traditional chocolate chip cookies with chunks of chocolate for real chocolate lovers. Twelve per order, 1.5 oz. per cookie.

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### Cranberry Cheesecake Bars

**One Size (serves 6-8) \$9.99**

These creamy cheesecake bars are topped with a tart cranberry topping and finished with a yummy crust of oats & white chocolate. Your guests will think you slaved all day!

**Nutrition Info:** Do you really want to know?

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### Frozen Key Lime Pie

**One Size (serves 6-8) \$13.99**

Pucker up baby! This is the BEST key lime pie in town. Served frozen in a graham cracker crust with fresh whipped cream. So refreshing, you'll think you're in the Keys!

**Nutrition Info:** lorem ipsum

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### Heath Crunch Cookies

**One Size (serves 6-12) \$11.99**

Buttery cookies loaded with bits of crushed english toffee. Perfect with a spot of tea or a giant glass of milk. Twelve per order, 2 oz. each.

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### Just For Me Flaky Butter Pastry~NEW!

**One Size (serves 1-2) \$4.99**

Butter & sugar are surrounded in lots of flaky layers to make this beautifully simple treat. Ready in 5 minutes!

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### Just For Me Gluten Free Brownie

**One Size (serves 1-2) \$3.99**

The fudgiest, chocolatiest, yummiest brownie ever with a chocolate cream cheese frosting and it's GLUTEN FREE! Thaw & serve.

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### Just For Me Peanut Butter Mousse

**One Size (serves 1-2) \$4.99**

Creamy, smooth, peanut buttery goodness! Made with a chocolate crust. Can be eaten frozen or thawed. Perfect for a "just me" treat!

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### Just For Me Salted Caramel Brownie / Pretzel Crust

**One size (serves 1-2) \$4.99**

Just as the name says, it's a chocolate lovers dream in a square! Thaw & serve.

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### Just For Me Smores Chocolate Lava Cake

**One Size (serves 1-2) \$6.49**



## March 2019 Menu

Moist & spongy graham cracker cake, filled with smoked chocolate ganache, drizzled with chocolate and topped with marshmallow crème. Twigs and flames not needed!

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### Just For Me Tiramisu

**One size (serves 1-2) \$5.99**

Creamy & dreamy custard with lady finger cookies soaked in coffee. Dusted with cocoa powder. Simply delightful!

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### Mocha Cream Pie~NEW!

**One size (serves 6-8) \$13.99**

Creamy and dreamy! Coffee flavored cream filling with a thin layer of chocolate and pecans hidden on the bottom of the chocolate cookie crust. Topped with whipped cream. Thaw & serve. Calorie count not necessary...

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### Nutty Blondies~NEW!

**One Size (serves 6-8) \$11.99**

Buttery "blond" brownies loaded with chocolate chips, chopped pecans and coconut. Simply thaw, bake & serve!

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### Rocky Road Cookies

**One Size (serves 6-12) \$9.99**

Chocolate brownie cookies with white & milk chocolate chunks, English toffee and chopped almonds. Twelve per order, 1.5 oz. each.

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### White Chocolate Macadamia Cookies

**One size (serves 6-12) \$8.99**

Chunks of white chocolate & macadamia nuts make this a super YUMMY treat! Twelve per order, 1.5 oz. each.

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## Raven's Products

### Raven's Mango Salsa

**One size (16 oz) \$7.99**

Sweet & spicy...mangos, tomatoes and kick. perfect with chips or on grilled chicken or fish for a quick meal!

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### Raven's Raspberry & Jalapeno Jam

**One size (16 oz) \$7.99**

Raspberry jam dressed up with diced jalapenos makes for a sweet & spicy treat. Use with a brick of cream cheese for a quick appetizer or use as a sauce with grilled chicken, fish or pork tenderloin!

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## Delivery Service

### Delivery Service

**One charge-10 mile radius \$14.00    One charge-7 mile radius \$11.50    One charge-5 mile radius \$9.75**

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## March 2019 Menu

PLEASE CALL STORE TO ESTABLISH DESIRED DELIVERY TIME. Flat rate home delivery charge within an approximate radius from our store. Contact the store for details. THIS IS NOT APPLICABLE FOR DAY CARE/OFFICE DELIVERIES. Distances farther than 10 miles will be quoted as needed. Please call store.

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