



March 2025... looking for some luck o' the Irish!!

**** New Menu Item! ****

Personal Pizzas!

We give you three pizza crusts and you get to make your favorite pizza with any of the following toppings: Marinara Sauce, Mozzarella Cheese, Pepperoni, Green Peppers, Sliced Mushrooms, Onions, Sliced Black Olives

Diet Points: Due to the number of different combinations, we have skipped trying to figure out the diet points on this offering

****Beef****

Corned Beef Casserole (Oven)

All the traditional Irish fixings in a casserole! Corned beef, mashed potatoes, cabbage, cheese, and a hint of mustard!

Diet Points: 13 GF! Calories: 398, Total Fat: 16.6g, Sat. Fat: 7.6g, Trans Fat: 0.0g, Cholesterol 73mg, Sodium: 700mg, Total Carbs: 42.0g, Dietary Fiber: 3.8g, Sugars: 3.0g, Protein: 20.4g

Gaelic Steak with Irish Whiskey Sauce *Lighter Version (less sauce)...with California blend (Stovetop) ...with corn and egg noodles

Our lean flank steak marinating in Irish whiskey, topped with a sauce of cream, spices, tomatoes, and a splash of Irish whiskey!

Diet Points: 12 (*10) Gluten free! Calories: 434 (*387), Total Fat: 20.1g (*16.3), Sat. Fat: 9.9g(*7.5), Trans Fat: 0.0g, Cholesterol 111mg(*97), Sodium: 100mg (*93), Total Carbohydrates: 3.7g(*1.9), Dietary Fiber: 0.9g(*0.5), Sugars: 1.8g(*0.9), Protein: 43.1g(*42.6)

Luck o' the Irish Pot Roast (Crockpot, Oven, or Instant Pot)

Beef, carrots, onions, and potatoes simmered in beef broth, beer, and spices.

Diet Points: 15 GF! Calories: 426, Total Fat: 6.8g, Sat. Fat: 2.2g, Trans Fat: 0.0g, Cholesterol 33mg, Sodium: 459mg, Total Carbs: 59.5g, Dietary Fiber: 8.1g, Sugars: 22.1g, Protein: 16.3g

Red Curry Thai Beef and Sweet Potatoes (Stovetop)

An amazing mix of spice from the red curry, the brown sugar, coconut milk, basil, lime juice, peanuts, and sweet potatoes

Diet Points: 15 GF! Calories: 503, Total Fat: 26.2g, Sat. Fat: 10.6g, Cholesterol 86mg, Sodium: 1113mg, Potassium: 639mg, Total Carbs: 31g, Dietary Fiber: 3.7g, Sugars: 10g, Protein: 35.9g

****Chicken****

Baked Chicken with Peaches Lighter *...with California blend (Oven) ...with corn and penne

A taste of spring! Our chicken breasts are seared and then glazed and baked with peaches and basil

Diet Points: 6 Gluten free with rice sub for penne! Calories: 289, Total Fat: 10.4g, Sat. Fat: 2.9g, Trans Fat: 0.0g, Cholesterol 122mg, Sodium: 440mg, Total Carbohydrates: 5.8g, Dietary Fiber: 1.0g, Sugars: 3.3g, Protein: 40.7g

Butter Chicken Casserole (Oven)

Chicken, rice, tomatoes, smoked paprika, butter, garlic, garam masala, ginger, red pepper, green onions, cilantro, chicken broth...

Diet Points: 15 Calories: 530, Total Fat: 14g, Sat. Fat: 8g, Trans Fat: 0g, Cholesterol 120mg, Sodium: 1151mg, Potassium: 212mg, Total Carbohydrates: 59g, Dietary Fiber: 2g, Sugars: 4g, Protein: 42g

Coconut Crusted Chicken with Pineapple Rice *Lighter (less rice, panko) (Stovetop and Oven)

Crusted chicken with coconut, panko, and seasonings...serve over rice with pineapple, roasted red peppers, and green onions.

Diet Points: 13(*10) Gluten free! Calories: 476(*375), Total Fat: 11.1g(*10.7), Sat. Fat: 6.7g(*6.6), Trans Fat: 0.0g(*0), Cholesterol 92mg(*92), Sodium: 646mg(*601), Total Carbohydrates: 55.5g(*33.9), Dietary Fiber: 3.5g(*3), Sugars: 5.9g(*5.5), Protein: 38.6g(*36.7)

Crockpot Creamy Spinach and Sundried Tomato Chicken (Crockpot or Oven)

Chicken thighs, spinach, sundried tomatoes, parmesan, cream cheese, Italian seasonings with campanelle pasta...delicious!

Diet Points: 20 Gluten free with rice! Calories: 671, Total Fat: 27g, Sat. Fat: 11.5g, Trans Fat: 1.0g, Cholesterol 136.3mg, Sodium: 937.8mg, Total Carbohydrates: 64.2g, Dietary Fiber: 5.2g, Sugars: 4.8g, Protein: 47.4g

Crockpot Chicken and Bacon Macaroni and Cheese (Crockpot or Oven)

Macaroni and cheese in the crockpot with cheddar, swiss, Parmesan, chicken, bacon, and homemade ranch dressing.... it's good!!!

Diet Points: 36 Calories: 944, Total Fat: 75.3g, Sat. Fat: 40.7g, Trans Fat: 1.0g, Cholesterol 254mg, Sodium: 1144mg, Total Carbohydrates: 38g, Dietary Fiber: 1.7g, Sugars: 6.6g, Protein: 52g

Irish Stuffed Chicken with Mushroom Irish Cream *Lighter Version (less cheese, bacon, and sauce) (Oven, stovetop)

Bacon and cheese stuffed chicken topped with a cream sauce with sautéed mushrooms and Irish Cream liqueur! This tasty dish is served with potatoes in cheese sauce and green beans topped with bacon and peanuts

Diet Points: 20 (*13) (includes potatoes) Gluten free! Calories: 632 (*464), Total Fat: 34.9g (*22.3), Sat. Fat: 18.2g(*9.3), Trans Fat: 0.0g, Cholesterol 184mg(*132), Sodium: 933mg (*638), Total Carbohydrates: 29.1g(*25.3), Dietary Fiber: 5.5g(*5.3), Sugars: 6.5g(*4.5), Protein: 49.2g(*41.1)

Parmesan, Panko and Pesto Fried Chicken Breasts *Lighter Version...with California blend (Stovetop) ...with vegetable medley and rice

Pan fry the Chicken Breasts coated in parmesan, panko and pesto.

Diet Points: 12 Gluten free with gluten free breadcrumbs substituted for panko! Calories: 436, Total Fat: 25.4g, Sat. Fat: 7.8g, Trans Fat: 0.1g, Cholesterol 96mg, Sodium: 329mg, Total Carbohydrates: 14.3g, Dietary Fiber: 1.1g, Sugars: 2.5g, Protein: 35.4g

****Pork****

Crockpot Pork Lo Mein (Crockpot or Stovetop)

Really tasty with broccoli, carrots, snap peas, water chestnuts simmering in sauce soy sauce, brown sugar, sesame oil, chili garlic sauce, BBQ, Chinese 5 spice... serve over lo mein noodles and top with sesame seeds!

Diet Points: 11 Gluten free with rice! Calories 375, Total Fat: 12.6g, Sat. Fat: 4.5g, Trans Fat: 0.0g, Cholesterol 73.2mg, Sodium: 644.1mg, Total Carbohydrates: 32.7g, Dietary Fiber: 4.0g, Sugars: 11.8g, Protein: 32.9g

Ginger Honey Lime Pork Roast *Lighter, with California blend (Crockpot, Oven, Instant Pot)with medley and egg noodles

So tasty! This pork roast cooks in a honey, lime, ginger, and soy sauce marinade... thicken and use as a gravy on top

Diet Points: 8 Gluten free! Calories: 322, Total Fat: 11.1g, Sat. Fat: 4.3g, Trans Fat: 0g, Cholesterol 73mg, Sodium: 582mg, Potassium: 480mg, Total Carbohydrates: 28g, Dietary Fiber: 0.1g, Sugars: 23.9g, Protein: 28.6g

Glazed Pork Tenderloin with Honey Ale Slaw *Lighter (less sauce)...no rice (Oven) ...with rice

Pork tenderloin marinating in beer and 5 spice powder then baked and glazed with honey, ginger, and Guinness. Served with cole slaw with a dressing made with low sodium soy sauce, honey, ginger, and beer

Diet Points: 14 (*10) Gluten free with GF soy sauce! Calories: 370 (*297), Total Fat: 5.4g (*5.4), Sat. Fat: 2.0 (2.0g), Trans Fat: 0.0g, Cholesterol 67mg(*67), Sodium: 1450mg (1448), Total Carbohydrates: 52.0g(*34.0), Dietary Fiber: 1.9g(*1.9), Sugars: 43.2g(*25.8), Protein: 25.8g(*25.8)

Smothered in Gravy Pork Roast and Mashed Potatoes *Lighter, no potatoes (Crockpot, Oven, or Instant Pot)...with green beans

Pork roast rubbed with onion powder, ginger, thyme, pepper, Kosher salt and cooking all day in chicken broth, lemon juice, red wine vinegar, beef broth...then simmer and thicken the sauce for gravy for the mashed potatoes!

Diet Points: 17 Gluten free! Calories: 496, Total Fat: 25.9g, Sat. Fat: 14.5g, Trans Fat: 0g, Cholesterol 116.8mg, Sodium: 1501mg, Potassium: 600.2mg, Total Carbohydrates: 36.4g, Dietary Fiber: 4.9g, Sugars: 4.0g, Protein: 30.4g

Thai Sweet Chili Pork Chops *Lighter Version...with green beans (Stovetop) ...with green beans and penne

Sweet heat from Thai sweet chili, soy sauce, garlic, sugar, pepper, and lime juice that thickens as you cook these pork chops!

Diet Points: 7 Gluten free! Calories: 179, Total Fat: 4g, Sat. Fat: 1g, Trans Fat: 0g, Cholesterol 0mg, Sodium: 89mg, Total Carbohydrates: 22g, Dietary Fiber: 0g, Sugars: 20g, Protein: 14g

****Seafood****

Potato Crusted Tilapia *Lighter Version...with California blend (Stovetop) ... with vegetable medley and egg noodles

Shredded potatoes, horseradish, and Dijon make the crust on the tilapia...sauté in skillet until done!

Diet Points: 2 Gluten free! Calories: 111, Total Fat: 2.5g, Sat. Fat: 0.6g, Trans Fat: 0.0g, Cholesterol 43mg, Sodium: 289mg, Total Carbohydrates: 6.0g, Dietary Fiber: 0.8g, Sugars: 1.0g, Protein: 16.4g

Shrimp and Andouille Gumbo on Polenta *Lighter (less sausage) (Stovetop)

Shrimp, sausage, okra, and tomatoes simmered and served on polenta!

Diet Points: 11(*9) (includes polenta) Gluten free! Calories: 409 (*344), Total Fat: 9.6g (*4.4), Sat. Fat: 3.1g (*1.3), Trans Fat: 0.0g, Cholesterol 175mg (*165), Sodium: 560mg (*332), Total Carbohydrates: 50.6g (*49.8), Dietary Fiber: 2.8g (*2.8), Sugars: 2.6g (*2.4), Protein: 28.1g (*24.5)

****Ground Turkey or Ground Beef****

Irish Meatloaf *Lighter Version...with carrots (Oven) ...with peas and rice

Ground beef or ground turkey meatloaf with an Irish twist...and a splash of Guinness in the glaze!

TURKEY Diet Points: 9 Gluten free! Calories: 319, Total Fat: 13.2g, Sat. Fat: 2.2g, Trans Fat: 0.0g, Cholesterol 116mg, Sodium: 1056mg, Total Carbohydrates: 20.6g, Dietary Fiber: 1.2g, Sugars: 11.3g, Protein: 33.0g

BEEF Diet Points: 8 Gluten free with GF breadcrumbs! Calories: 307, Total Fat: 7.8g, Sat. Fat: 2.8g, Trans Fat: 0.0g, Cholesterol 101mg, Sodium: 1009g, Total Carbohydrates: 20.5g, Dietary Fiber: 1.2g, Sugars: 11.2g, Protein: 36.4g

****Vegetarian** Please note, any of the above meat selections can be made to suit our vegetarian friends!**

Quinoa with Hominy and Black Beans (Stovetop)

Quinoa cooked with lemon zest and tossed with hominy, black beans, and cilantro in a honey, lime, cumin dressing.

Diet Points: 12 Calories: 411, Total Fat: 12.9g, Sat. Fat: 1.2g, Trans Fat: 0.0g, Cholesterol 0.0mg, Sodium: 639mg, Total Carbs: 61.5g, Dietary Fiber: 9.3g, Sugars: 7.9g, Protein: 13.7g

Bread Pudding of the Month

Salted Caramel Irish Coffee Bread Pudding (Oven)

We've combined Irish Cream and salted caramel chips in bread pudding with a glaze of Bailey's Salted Caramel, coffee, sugar, and cream!

Diet Points: 17 Calories: 373, Total Fat: 18g, Sat. Fat: 11g, Trans Fat: 0g, Cholesterol 71mg, Sodium: 131mg, Total Carbs: 25g, Dietary Fiber: 0g, Sugars: 25g, Protein: 2g

CalorieCount.com. Diet Points calculated on calculatorcat.com. Unless otherwise noted, nutritional information is for entrée only.