

Dine-In Deals

Feed a family of
4 for around \$10.

Lemony Baked Catfish

\$9.15

\$2.29 per person

Ingredients

1/4 cup fresh lemon juice
(about 1 1/2 to 2 lemons)
1 tablespoon vegetable oil
3 tablespoons natural applesauce
1 egg white, lightly beaten
1 pound catfish fillets, or use tilapia,
roughly, or other firm, mild white fish
1 cup fine dry bread crumbs, seasoned

Directions

Mix first four ingredients together well and add fish fillets. Marinate in the refrigerator for an hour.

Take catfish fillets out; dip in bread crumbs (pre-seasoned or add your own seasonings), then refrigerate for another 30 minutes.

Bake in a preheated 400° oven for about 20 minutes or until fish flakes with a fork.

Serve with your favorite side.

Baked Pork Chop Casserole

\$8.66

\$2.16 per person

Ingredients

8 pork chops
1 onion minced finely
1 egg
6 slices of bread
1/2 cup milk
1 tsp sage powder
Salt and pepper to taste

Directions

Heat a thick-bottomed pan and fry the pork chops in low flame till they become golden brown. Add water to cover the chops and again cook for 30 to 35 minutes. In the meantime soak the bread in water or milk for a couple of minutes.

Dressing:

Whisk an egg along with salt, pepper and sage. To this add the squeezed out bread and whisk till it becomes a smooth mixture.

Arrange the pork chops on a baking tray and pour the egg mixture over it. Place the baking tray in a preheated oven and bake at 350 degree F for an hour and a half or till the dressing becomes golden brown.

Serve with your favorite
Rich Food Canned Vegetables.

Steak in a Package

\$9.92

\$2.48 per person

Ingredients

1 to 1 1/2 pounds chuck steak,
about 1 inch thick
1 envelope onion soup mix
3 carrots, halved lengthwise
and cut in quarters
2 ribs celery, cut in sticks
3 medium potatoes, peeled
and quartered
2 tablespoons butter
1/2 teaspoon salt
1/4 teaspoon paprika

Directions

Tear off a 2 to 3-foot length of 18-inch wide heavy duty foil. Place meat in the center, sprinkle with onion soup mix, then cover with vegetables. Dot with butter and sprinkle with salt and paprika.

Fold foil over and seal well to hold in juices. Place in a shallow baking pan; bake at 400° for 1 to 1 1/2 hours, or until meat is tender.

Serve with your favorite side.

Roast Chicken with Rosemary

\$8.83

\$2.21 per person

Ingredients

1 (3 pound) whole chicken, rinsed
salt and pepper to taste
1 small onion, quartered
1/4 cup chopped fresh rosemary

Directions

Preheat oven to 350 degrees F (175 degrees C).

Season chicken with salt and pepper to taste. Stuff with the onion and rosemary. Place chicken in a 9x13 inch baking dish or roasting dish.

Roast in the preheated oven for 2 to 2 1/2 hours, or until chicken is cooked through and juices run clear. Cooking time will vary a bit depending on the size of the bird.

Serve with baked potatoes and
Rich Food Vegetables.

Prices valid 3/14/10 - 3/20/10

**Basic ingredients such as salt
are not included in the cost.**