



# Make Take n Bake



**Make, Take, n Bake** helps you to enjoy wholesome, nutritious meals that you prepare yourself. With 12 menu items, most of which are low in fat, carbohydrates and sodium, it is easy to make good choices. With delicious dinners planned each day, it is easy to bring the family back to the table.

### We:

- Provide a set of proposed menus.
- Do the shopping.
- Prep the ingredients.

### You:

- Choose 6 or 12 meals to make.
- Choose a convenient time to assemble them.
- Follow the simple instructions to assemble each entrée.
- Leave the mess behind and we'll clean it up for you!
- Take your meals home to place in your freezer

The menu changes each month and nutritional information is available for all meals.

Please bring a cooler or laundry basket for taking your meals home.

Questions: Call **202-0797** or **624-5574**

### Choose a plan

Small Meals serves 2-3

- Order 2 **\$24** \$4.00/serving
- Order 6 **\$60** \$3.33/serving
- Order 12 **\$108** \$3.00/serving

Large Meals serves 4-6

- Order 2 **\$48** \$4.00/serving
- Order 6 **\$120** \$3.33/serving
- Order 12 **\$216** \$3.00/serving

### Choose a Convenient Time

Session times need to be reserved in advance. Plan on two hours for your first session.

**Sunday** Dec 2<sup>nd</sup> 9<sup>th</sup>  
sunday sessions begin at 6pm & 7pm

**Monday Afternoon**  
Dec 10<sup>th</sup>  
afternoon sessions begin at 1pm & 4pm

**Monday Evening**  
Dec 3<sup>rd</sup> 10<sup>th</sup>  
evening sessions begin at 5pm & 6pm

**Tuesday**  
Dec 4<sup>th</sup> 11<sup>th</sup>  
call for schedule

### Customer Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

# December Dinner Menu

serves 2-3   serves 4-6

## **PASTA BAKE with CHICKEN SAUSAGE “All New” SS**

Small   Large

Big on flavor with a fraction of the fat of the more traditional dish, what could be better? A combo of multigrain pasta, chicken sausage, tender veggies, sauce, and cheese. Casserole or Microwave Bowls.  
288 Calories, 11 Fat, 3g Sat Fat, 17.4g Protein, 857mg Sodium, 26g Carbs, 3.1g Fiber (6 points)

## **CHICKEN TETRAZZINI “Betsy’s Favorite” SS**

Small   Large

Yummy grilled chicken, multigrain pasta, roasted red peppers and mushrooms baked together in a delightful sauce. Topped with your choice of almonds, cheddar, parsley and parmesan. Casserole or Microwave Bowls.  
294 Calories, 9g Fat, 4g Sat Fat, 27 Protein, 509.7mg Sodium, 24.2g Carbohydrates, 2.8 g Fiber (6 points)

## **PORK CHOPS CHERRIES JUBILEE “Linda’s Favorite” SS**

Small   Large

Perfect for holiday dining or a week-night treat. The pork melts in your mouth along with the deep red cherry, balsamic sauce. Cooks quick on the cook top, or grill. (Sauce on the side) Served with rice and toasted pecans.  
205 Calories, 6.6 g Fat, 2g Sat Fat, 23.1g Protein, 720mg Sodium, 12g Carbs 1g Fiber (4 points)  
Brown Rice: 130 Cal, 5g Fat, 0.7g Sat Fat, 2.4g Protein, 10mg Sodium, 18g Carbs, 1.4g Fiber (3 points)

## **BROWN SUGARED PORK TENDERLOIN “All New” SS**

Small   Large

Same great pork, all new recipe. These brown sugar glazed Individual pork roasts make dinner extra special. Served with Cranberry Almond Rice. Grill or oven.  
Pork: 154 Cal, 3.7g Fat, 1.3g Sat Fat, 22.9g Protein, 427mg Sodium, 4g Carbs, 0g Fiber (3 points)  
Brown Rice: 158 Cal, 5g Fat, .6g Sat Fat, 3.1g Protein, 24mg Sodium, 26g Carbs, 2g Fiber (3 points)

## **SALMON WITH MANGO SALSA “All New” SS**

Small   Large

This versatile Salmon can be broiled, grilled, pan-fried or micro waved to perfection. Top it with a slightly sweet mango and cranberry salsa. Served with garlic green beans  
Salmon: 231 Calories 10g Fat, 1.5g Sat Fat, 21g Protein, 45mg Sodium, 13.8 g Carbs, 1.3g Fiber (5 points)  
Green Beans: 35 Calories 2.2g Fat, .3g Sat Fat, 0.8 g Protein, 8 mg Sodium, 3.2g Carbs, 1.6 g Fiber (1 points)

## **ORIENTAL PORK NOODLE BOWL “Troy’s Favorite” SS**

Small   Large

Multi grain noodles, colorful spring veggies, and marinated pork are stir fried together with a wonderful broth. Peanut topping optional.  
320 Calories, 9.9 g Fat, 2.1g Sat Fat, 29.7g Protein, 795mg Sodium, 27.2g Carbs 2.6g Fiber (7 points)

## **COWBOY BOWLS “Dennis’ Favorite” SS**

Small   Large

A three bean hot dish with beef, turkey bacon and a hint of sweetness. Make them in individual containers to pop in the microwave for a quick dinner or in a casserole dish for the whole family to enjoy.  
294 Calories, 8.5g Fat, 3.1g Sat Fat, 26.8g Protein, 639mg Sodium, 28.5g Carbs, 4.6g Fiber (6 points)

## **LAYERED ITALIAN SANDWICHES “Crosby’s Favorite” SS**

Small   Large

Multigrain bread, low fat meats and cheese, and sun dried tomato pesto combine flavors when you heat in the oven, broil, or grill. You will enjoy every delicious bite.  
310 Calories, 9.7g Fat, 4.0g Sat Fat, 20.6g Protein, 1103mg Sodium, 32.5g Carbs, 2.3g Fiber (7 points)

## **COUNTRY HAM STEAKS and STUFFED SWEET POTATOES “Bob’s Favorite” SS**

Small   Large

A sweet potato bar pairs well with these thick slices of ham. You get them all ready for the oven or microwave.  
Ham: 154 Calories 7.7g Fat, 2.6g Sat Fat, 11.5g Protein, 1148mg Sodium, 9g Carbs, 0g Fiber (4 points)  
Sweet pot: 143 Calories 5.7g Fat, .8g Sat Fat, 1.7 g Protein, 35 mg Sodium, 20g Carbs, 2.5 g Fiber (3 points)

## **ITALIAN BEEF HOAGIES “All New” SS**

Small   Large

Load your crock pot with this Chicago inspired beef before work and come home to this delicious family favorite ready to shred and serve on multigrain rolls.. Served with corn. Crock pot or oven.  
Hoagie: 285 Calories, 4.8g Fat, 1.2g Sat Fat, 28.6g Protein, 714mg Sodium, 29g Carbs, 1.9g Fiber (6 points)  
Corn: 80 Calories, .5g Fat, 0g Sat Fat, 2g Protein 60mg Sodium, 18 g Carbs, 2 g Fiber (1 points)

## **CHRISTMAS MORNING DELIGHT “Allen Favorite” SS   Oven Ready Kit**

Small   Large

The breakfast casserole of choice for my family. Turkey sausage and raisin bread egg bake topped with Sweet crunchy pecans. Easy as can be . Put it together the night before and bake in the morning.  
310 Calories, 13g Fat, 3.3g Sat Fat, 12.2g Protein, 414mg Sodium, 34g Carbs 2g Fiber (7 points)

## **BANANA TIRAMISU “All New” “Cathy’s Favorite” Ready to enjoy SS**

Small   Large

This is the perfect holiday dessert to have on hand for your company or your sweet tooth. Layers of cookies, Fat Free whipped cream, coffee Liqueur and bananas are a perfect combination. The best part: keep it frozen until ready to serve, Have one slice or serve it all. Choose Nuts or No Nuts.  
Small Serves 4-6, Large serves 8-10  
273 Calories, 9.7g Fat, 4.2 Sat Fat, 2.7g Protein, 115mg Sodium, 38.5g Carbs, .6g Fiber (6 points)