



# Dish and Dash at Robinette & Company Caterers October 2021

low carb  
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## LOW CARB / LOW SUGAR MENU



Monday	Tuesday	Wednesday	Thursday	Friday
All Dinners are ready to go 3:00pm – 6:30pm, Monday – Friday;	Larges Serve 3 – 4 Smalls Serve 1	All reserved meals are subject to be sold if not <u>picked</u> up after 24hrs; <u>Unless</u> you request us to hold them for an additional amount of time	<b>STOP BY OUR SATURDAY FREEZER SALE 9AM – 1PM !!</b>	01 <b>Eggroll in a Bowl</b> LG - \$16.50 / SM - \$9.50
<b>**MONDAY MEAL DEAL**</b> 04  <b>Jalapeno Chicken Popper Casserole</b> LG - \$16.50 / SM - \$9.50	05  <b>Tuscan Garlic Chicken w/ Sautéed Spinach</b> LG - \$16.50 / SM - \$9.50	06  <b>Cauliflower Sheppard's Pie</b> LG - \$16.50 / SM - \$9.50	07  <b>Spinach Parmesan Stuffed Pork Loin</b> LG - \$17.50 / SM - \$10.50	08  <b>Spaghetti Squash w/ Chicken Alfredo</b> LG - \$16.50 / SM - \$9.50
<b>**MONDAY MEAL DEAL**</b> 11  <b>Sausage Cabbage Skillet</b> LG - \$16.50 / SM - \$9.50	12  <b>Creamy Chicken Stuffed Red Bell Peppers</b> LG - \$16.50 / SM - \$9.50	13  <b>Creamy Broccoli &amp; Ground Beef Casserole</b> LG - \$16.50 / SM - \$9.50	14  <b>Shrimp Fried Cauliflower Rice</b> LG - \$17.50 / SM - \$10.50	15  <b>Chimichurri Pork Loin w/ Mashed Cauliflower</b> LG - \$17.50 / SM - \$10.50
<b>**MONDAY MEAL DEAL**</b> 18  <b>Chicken Tamale Pie</b> LG - \$16.50 / SM - \$9.50	19  <b>Coconut Curry Shrimp w/ Zucchini Noodles</b> LG - \$17.50 / SM - \$10.50	20  <b>Cashew Chicken w/ Cauliflower Rice</b> LG - \$16.50 / SM - \$9.50	21  <b>Everything Seasoned Salmon w/ Asparagus</b> LG - \$17.50 / SM - \$10.50	22  <b>Italian Eggplant Casserole</b> LG - \$16.50 / SM - \$9.50
<b>**MONDAY MEAL DEAL**</b> 25  <b>Crack Chicken Casserole</b> LG - \$16.50 / SM - \$9.50	26  <b>Philly Cheesesteak Stuffed Bell Peppers</b> LG - \$17.50 / SM - \$10.50	27  <b>Cheeseburger Casserole</b> LG - \$16.50 / SM - \$9.50	28  <b>Shrimp Creole w/ Cauliflower Rice</b> LG - \$17.50 / SM - \$10.50	29  <b>Mexican Chicken Casserole</b> LG - \$16.50 / SM - \$9.50

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Robinette & Company Caterers, Inc. – Dish & Dash Menu

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