



low carb
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Dish and Dash at Robinette & Company Caterers

October 2025

LOW CARB / LOW SUGAR MENU

CHECK OUT OUR SATURDAY FREEZER SALE 9AM - 1PM



Monday	Tuesday	Wednesday	Thursday	Friday
<p>All reserved meals are subject to be sold if not picked up after 24hrs; Unless you request us to hold them for an additional amount of time</p>	<p>All Dinners are ready to go 3:00pm - 6:30pm, Monday - Friday; Larges Serve 3 - 4, Smalls Serve 1</p>	<p>01 Italian Sausage Eggplant Casserole LG - \$18.00 / SM - \$11.00</p>	<p>02 Broccoli Chicken Casserole LG - \$18.00 / SM - \$11.00</p>	<p>03 Sloppy Joe Spaghetti Squash LG - \$18.00 / SM - \$11.00</p>
<p>**MONDAY MEAL DEAL** 06 Crack Chicken LG - \$18.00 / SM - \$11.00</p>	<p>07 Philly Cheesesteak Stuffed Bell Peppers LG - \$19.00 / SM - \$12.00</p>	<p>08 Zucchini Pizza Boats LG - \$18.00 / SM - \$11.00</p>	<p>09 Creamy Garlic Chicken w/Sauteed Zucchini LG - \$18.00 / SM - \$11.00</p>	<p>10 Spinach Lasagna LG - \$18.00 / SM - \$11.00</p>
<p>**MONDAY MEAL DEAL** 13 Chicken Tamale Pie LG - \$18.00 / SM - \$11.00</p>	<p>14 Jalapeno Popper Chicken Casserole LG - \$18.00 / SM - \$11.00</p>	<p>15 Spinach Artichoke Salmon w/Mashed Cauliflower LG - \$19.00 / SM - \$12.00</p>	<p>16 BBQ Chicken Casserole LG - \$18.00 / SM - \$11.00</p>	<p>17 Swiss Chicken Casserole LG - \$19.00 / SM - \$12.00</p>
<p>**MONDAY MEAL DEAL** 20 Cheeseburger Casserole LG - \$18.00 / SM - \$11.00</p>	<p>21 Coconut Curry Shrimp w/Cauliflower Rice LG - \$18.00 / SM - \$11.00</p>	<p>22 Eggroll in a Bowl LG - \$19.00 / SM - \$12.00</p>	<p>23 Pork Chops Italiano w/Mashed Cauliflower LG - \$19.00 / SM - \$12.00</p>	<p>24 Beef Enchilada Bake LG - \$18.00 / SM - \$11.00</p>
<p>**MONDAY MEAL DEAL** 27 Cauliflower Sheppard's Pie LG - \$18.00 / SM - \$11.00</p>	<p>28 Ground Beef Zucchini Bake LG - \$18.00 / SM - \$11.00</p>	<p>29 Chicken Alfredo Bake LG - \$18.00 / SM - \$11.00</p>	<p>30 Green Chili Chicken Casserole LG - \$18.00 / SM - \$11.00</p>	<p>31 Mushroom Cheeseburger Casserole LG - \$18.00 / SM - \$11.00</p>



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

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