



**Spring/Summer Menu**  
March 1, 2019-August 31, 2019

### **-Chicken/Turkey-**

 **#01 Chicken & Cheese Corn Taquito**—This delicious corn taquito is stuffed with diced cooked chicken, Monterey jack cheese, diced tomatoes, pinto beans, diced green chilies, jalapeno puree and just the right amount of delicious spices for the perfect blend of not too spicy flavor, all rolled up in a stoneground, whole-grain corn masa tortilla. We have added our Mexi-rice blend which consists of steamed white rice, black beans, pinto beans, chopped tomatoes, mild tomato salsa and Mexican spices and our chuckwagon vegetable blend.

   **#02 Chicken Cordon Bleu** – This hard to beat classic dish, is a sectioned and formed chicken breast stuffed with a delicious blend of Swiss and American cheeses and a tender slice of cooked ham, lightly coated with golden bread crumbs and par-baked to a golden brown. This delicious stuffed chicken breast is then placed atop our new alfredo pasta blend which includes tri-color cooked rotini pasta noodles, roasted garlic pesto, creamy alfredo spinach and artichoke sauce, diced red peppers and shredded pizza cheese blend. We have added chopped broccoli as the perfect accompaniment for this returning classic entrée.

**#03 Boneless Fried Chicken Dinner** – A request from you all to return one of **your** all-time Spring/Summer favorites. This boneless, skinless chicken breast with rib meat is lightly seasoned and then breaded in fine flour and bread crumbs to create a delicately crisp texture, then browned to perfection in vegetable oil. We serve this wonderful fried chicken breast with a buttermilk biscuit, diced roasted Yukon gold potatoes and our 3-way vegetable blend. **Please remove all packets, wrappers, condiments and bread products before heating.**

    **#04 Sweet & Sour Chicken** – These tender chicken breast pieces are marinated and coated in a crispy gluten-free batter and fully cooked then lightly fried in vegetable oil, we have topped them with our signature sweet & sour sauce. We are pairing this gluten-restricted entrée with our Thai style rice, red quinoa & vegetable blend which includes steamed white rice, cooked brown rice, shelled edamame, diced carrots, diced red bell peppers, cooked red quinoa, Thai style curry seasoning, lemongrass, garlic powder, onion powder, chopped parsley and sliced green onions. We then add our Midori vegetable blend vegetables to create this light delicious Asian meal.

     **#05 Homestyle Turkey Noodle** – A return of an all-time Homestyle/Family favorite. This entrée consists of ample tender cooked and shredded low-sodium turkey thigh meat with diced onion, celery, diced red peppers, sliced mushrooms, chopped parsley, cooked shell pasta, all enveloped in our “Family secret” creamy sauce topped with shredded cheddar cheese and served with our Scandinavian vegetable blend.

     **#06 Heavenly Chicken** – This entrée contains a grilled chicken breast topped with a light white cream sauce including chopped chives and low-sodium diced ham. This entrée is served with one of our new Mediterranean Quinoa & Brown Rice blend. Most folks call **quinoa** (pronounced "keen-whah") a grain, but it's actually a seed — one that originated thousands of years ago in the Andes Mountains. Dubbed "the gold of the Incas," it's treasured because of its nutritive value (more protein than any other grain or seed!). We love it for its yummy, nutty flavor combined with cooked brown rice, our favorite summer vegetables-cut Italian green beans, sliced zucchini, diced yellow squash and diced red peppers combined with a light basil pesto sauce and diced carrots. Truly Heavenly!

### -Fish/Seafood-

  **#07 Tavern Battered Fish & Chips** -With an exclusive blend of brewer's yeast and natural hops produces authentic pub-style flavor. The pollock filets are then covered in a light, crisp batter, then deep fried to perfection. We have supplemented this entrée with our roasted garlic and rosemary diced potatoes and our capri vegetable blend.

      **#08 Citrus Pepper Salmon** -This skinless grilled wild salmon is glazed to create a combination of sweetness and a tang of citrus with mild heat from the cracked black pepper. We have harmonized this beautiful piece of fish with one of our hearty rice and quinoa blends. This blend of quinoa and parboiled tender white rice is mixed with an assortment of delicious vegetables and protein including garbanzo beans, diced sweet potatoes, diced zucchini, diced red peppers and spinach. We complete this entrée with buttery 3-way vegetables. **Please remove all packets, wrappers, condiments and bread products before heating. A margarine pat is included; please remove before heating.**

### -Vegetarian-

     **#09 Homestyle Macaroni & Cheese** – Returning one of the longest standing menu items, tender elbow macaroni in a delicious cheddar cheese sauce garnished with shredded cheddar cheese and chopped parsley, served with fresh Spring cut asparagus. So simple but oh so good!

**NEW**      **#10 Southwest Quinoa Bowl** - Another great new vegetarian entrée we are really excited about. We layer a hearty portion of cooked quinoa with a wonderful combination of black beans, pinto beans, diced green chilies, diced red & green peppers, diced onions, diced tomatoes, corn and our special Southwest sauces topping with shredded cheddar cheese, our Fajita blend vegetables complete this wonderful new dish.

### -Pork-

  **#11 Ham Slice Dinner** – Always a Spring/Summer favorite. I don't know about your family but ham was always served for Easter dinner around our house. We have taken slow-roasted, lean, low-sodium ham adding our new mashed sweet potatoes, riced cauliflower and our mini corn bread loaf to bring our family meal into your home. Please enjoy and think of us. **Please remove all packets, wrappers, condiments and bread products before heating. PLEASE DO NOT OVERHEAT, MIGHT MAKE OUR TENDER PIECE OF MEAT TOUGH.**

 **#12 Pork Chile Verde Taquito**-You requested this entrée to return and we love to get your feedback, so here you go! A flour whole-grain wheat tortilla is stuffed with tender shredded pork, green chilies, Monterey jack cheese, diced tomatillos, diced onion, jalapeno puree, and spices creating the perfect blend of goodness topped with shredded cheddar cheese, then we place this little goodie on our Mexican bean blend containing black beans, pinto beans, diced green chilies, diced green & red peppers and diced onion with our Southwest blend vegetables.

    **#13 Grandpa's BBQ Pork Rib Patty** – A Homestyle classic makes a comeback, this was one of our Grandpa's favorite meals, so we are honoring him. This fully cooked pork rib shaped patty is super tender and covered in tangy BBQ sauce, we have included mashed potatoes, diced carrots and a piece of our garlic toast. **Please remove all packets, wrappers, condiments and bread products before heating.**

**NEW**      **#14 Pork Fried Rice** – We take lean, slow-roasted diced pork, diced onion, diced red peppers, diced celery, tender peas and diced carrots, scrambling in eggs and steamed white rice. We complete this wonderful, gluten restricted entrée with our new Kyoto blend vegetables.

## **-Beef-**

**#15 Homestyle Cheeseburger** – Longest standing menu item. We have been looking for quite some time to find the right combination of items to bring a healthier version of our same genuine Black Angus burger for the masses with cheese. We did it, we are adding a slice of American cheese tucked in our whole-grain hamburger bun with tender diced sweet potatoes.

  **#16 Beef Finger Steak Dinner** – Classic, whole-grain breaded beef round steak fingers are par-fried then baked, added to cubed seasoned potatoes and our 3-way vegetable blend.

**NEW**    **#17 Beef Tamale** – This delicious beef tamale is prepared using a tried-and-true family recipe and only the most delicious and authentic ingredients. Wrapped in cornhusks to preserve the delicious flavor and texture, the masa is always soft and moist. The rich filling is made with shredded beef and seasoned in a delicious red sauce that has been perfected by generations. We pair this amazing new tamale with our gluten-restricted mexi-rice which contains parboiled white rice, canned pinto beans, canned black beans, diced tomatoes, mild salsa, fresh jalapenos, onions and spices. Our capri vegetable blend completes this authentic south of the border meal.

    **#18 Grammy's Beef Goulash** – We added an entrée in Grandpa's honor so we had to include Grammy too, she would be so proud. Nobody made beef goulash like our Grammy. This is her secret recipe which includes lots of love with lean ground beef, diced green peppers, diced onions, tender elbow macaroni in her secret tomato-based sauce, topping with shredded pizza cheese and our cut green beans. Pretty sure it is her love that makes it so good, we hope you can sense that.

 **#19 Old Fashioned Meatloaf** – This classic meatloaf consists of a special blend of ground beef, bread crumbs and a variety of delicious seasonings but what makes it better than most is the addition of diced sweet Vidalia onions. It is served with diced garlic and rosemary potatoes; a whole-wheat bread stick and our Scandinavian vegetable blend. **Please remove all packets, wrappers, condiments and bread products before heating.**

  **#20 Beef & Four Cheese Lasagna** – This entrée is made with tender sheets of lasagna noodles with a mixture of seasoned ground beef, blended with cottage cheese, ricotta, mozzarella and parmesan cheeses topped with marinara sauce an extra garnish of shredded mozzarella cheese then baked to perfection, served with our Italian blend vegetables and a piece of our garlic toast. **Please remove all packets, wrappers, condiments and bread products before heating.**

## -Breakfast-

**NEW**   **#21 Ham & Cheese Breakfast Scramble** -Low-sodium diced ham, shredded cheddar cheese and our light and fluffy scrambled eggs with three crispy hash brown rounds and a dried fruit packet. **Please remove all packets, wrappers, condiments and bread products before heating.**

**#22 Country Fried Steak Fritter Breakfast** – This fully cooked lightly breaded and fried chopped beef fritter is smothered in good old-fashioned country gravy then we add scrambled eggs, roasted Yukon gold potatoes and a dried fruit packet. This returning breakfast entrée is quite satisfying and has become a favorite. **Please remove all packets, wrappers, condiments and bread products before heating.**

**NEW #23 Lemon Poppy Seed Scone** – This scratch made biscuit like scone is blended with tart lemon and poppy seeds throughout the dough and have a crispy crust with a moist soft interior. When they are baking the smell drives us all crazy, so yummy! To finalize this new scone breakfast, we have additionally added our Pacific berry blend and two pork breakfast sausages.

  **#24 Blueberry Streusel Crumb Cake** –This light goody contains real whole blueberries mixed within moist cake batter and finished off with a crunchy streusel topping we have added, plump blueberries and two chicken breakfast sausages. These little trinkets are made from chopped chicken with sausage seasonings, for those of you that do not eat or like pork.

  **#25 Cinnamon Roll Breakfast**-This individually wrapped wholesome cinnamon roll from Otis Spunkmeyer (Otis is a brand we all should know and trust for high quality baked goods) is served with two of our chicken breakfast sausages, for those of you that do not eat or like pork and diced apples. **Please remove all packets, wrappers, condiments and bread products before heating.**

    **#26 Peaches & Sweet Cream Crepe** – This delicate pancake like crepe is hand rolled with sweet cheese filling and folded into a nice little package, we top it with an extra portion of peaches and sweetened whipped topping. We are serving them with a mixture of our fluffy scrambled eggs with real bacon pieces and chunks of cheddar cheese.

 **#27 Ham, Egg & Cheese Croissant Sandwich** – A scrambled egg patty, a lean slice of smoky ham and a slice of American cheese all nested in a buttery, flaky croissant served with diced sweet potatoes.

    **#28 Mango & Strawberry Vanilla Yogurt Parfait** – We are adding to the ever-popular vanilla yogurt layered between diced mango, strawberries and an individual wrapped package of premium granola; consisting of whole-grain oats, cane sugar, spices, canola oil and whole oat flour. Such a great combination to our Spring/Summer menu. \* **This entrée does not require cooking. Please remove all packets, wrappers, condiments and bread products before heating.**

**NEW**    **#29 Mexican Fiesta Breakfast Bowl** – A Mexican party in a bowl, we have combined diced sweet potatoes, black beans, pinto beans, diced green chiles, diced green and red peppers, diced onion and our fluffy scrambled eggs all topped with shredded cheddar cheese, two corn tortillas finish off the party. **Please remove all packets, wrappers, condiments and bread products before heating.**

**#30 Biscuits & Sausage Gravy** – Oh yeah!! Our famous biscuits and gravy have made a comeback. We have created a lower sodium version but we bet you won't even be able to tell. We smother two buttermilk biscuits with our secret sausage and chopped bacon gravy. We add a hearty portion of fluffy scrambled eggs and a packet of dried mixed fruit, to complete this stick to your ribs breakfast. **Please remove all packets, wrappers, condiments and bread products before heating.**

## -Vegetable & Fruit Blend Descriptions-

There are no substitutions on the vegetable and fruit blends and are not sold separately.

**3-Way:** consists of diced carrots, corn and tender green peas.

**Chuckwagon:** consists of corn, diced onion, diced red & green peppers.

**Capri:** consists of carrots, green beans, yellow squash, zucchini.

**Country:** consists of cut corn, cut carrots, whole green beans.

**Fajita Vegetable Blend:** consists of sliced onion, sliced red, green and yellow peppers.

**Italian:** consists of crinkle cut zucchini, cauliflower florets, crinkle cut carrots, cut Italian green beans, baby lima beans and diced red peppers.

**Kyoto:** consists of edamame, broccoli florets, julienne carrots, cut corn, diced red peppers.

**Midori:** consists of shelled edamame, sugar snap peas, baby corn, red pepper strips and water chestnuts.

**Scandinavian Vegetable Blend:** consists of tender green peas, sliced zucchini, cut green beans, diced carrots and diced onions.

**Southwestern Blend:** consists of corn, black beans, diced Poblano peppers, diced red peppers and diced onions.

**Chopped Broccoli, Cut Asparagus Tips, Cut Green Beans, Diced Carrots, Riced Cauliflower, Diced Sweet Potatoes**

**Mixed Fruit Packet:** consists of dried cranberries, golden raisins, dried cherries and dried blueberries.

**Please remove all packets, condiments, wrapping and bread products before heating.**

-  Low-calorie options are at or less than 500 calories
-  Low-fat options are at or less than 16 grams total fat and at/or less than 5 grams saturated fat
-  Carb-controlled options are at our less than 45 grams total carbohydrates
-  Gluten-restricted options contain no wheat but are prepared in a commercial kitchen with risk of gluten exposure
-  Sodium-controlled options are at or less than 750 mg of sodium
-  Renal options are moderate restriction of sodium, potassium and phosphorus