



comfort at your door

**HOMESTYLE**  
direct

## Fall & Winter Menu

September 1, 2019-February 28, 2020

### -Chicken & Turkey

**NEW #01**      **Grilled Chicken 3 Cheese Gluten Free Rotini Pasta**-Rotini “twists” in Italian is short screw-like pasta made with brown rice flour, potato starch and egg for those individuals that love pasta but have a gluten sensitive diet. We have also created a smooth and tangy sauce containing mild cheddar, Parmesan and Romano cheeses blended with fresh and roasted garlic. We add tender juicy grilled chicken and top this new gluten-restricted entrée with shredded cheddar cheese, finishing it off with crisp cut green beans.

**NEW #02**      **Butter & Herb Stuffed Chicken**— We take a boneless, skinless chicken breast with rib meat and stuff it with garlic herb butter, coat it with breadcrumbs and partially bake the prepared chicken. (Please remember to cook thoroughly with an internal temperature of 165 F) We have paired this delicious chicken with our whole-grain seasoned stuffing and fluffy mashed sweet potatoes. Our gourmet twists on Thanksgiving dinner.

**NEW #03 Fried Chicken Drumstick Dinner**—This tender, plumb and juicy chicken drumstick is coated in a whole-grain breading and deep fried to a perfect golden brown, adding tender peas and carrots and our longstanding macaroni and cheese. The best of all worlds creating a perfect comfort food entrée for Fall and Winter.

**#04**     **Chicken Tacos** – We have paired tender pulled chicken breast meat topped with shredded cheddar cheese and two tender corn tortillas to create another gluten-restricted entrée choice. Uniting them with our special gluten-restricted Mexi-rice consisting of light and fluffy steamed white rice, tender black beans, pinto beans, chopped tomatoes, mild salsa and authentic Mexican spices; we also include our fajita blend vegetables. **Please remove all packets, wrappers, condiments and bread products before heating.**

**NEW #05**      **Edamame Kung Pao Chicken** – Tender sweet and slightly spicy chicken chunks are blended with our savory Kung Pao sauce and tossed with crisp edamame, water chestnuts, diced onion and green bell peppers, positioned on top of our hearty Thai and red quinoa mixture containing 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 also includes our Midori vegetable blend.

**NEW #06**   **Homestyle Turkey Gravy** – This new entrée contains tender diced turkey in a rich and creamy gravy poured over classic mashed potatoes alongside our 3-way vegetable blend. We have added our honey wheat biscuit for sopping up the extra gravy. **Please remove all packets, wrappers, condiments and bread products before heating.**

### -Fish/Seafood-

**NEW #07**  **Crab Topped Wild Alaskan Pollock**- This skinless Alaskan Pollock filet is harvested in icy Alaska waters and is a lean, snow-white flesh fish with a delicate texture and mild taste. We have crowned this delicious piece of fish with a flavorful crab and bread crumb stuffing. We finish off this new entrée with our garlic rosemary potatoes, chopped broccoli and our wheat bread stick **Please remove all packets, wrappers, condiments and bread products before heating.**

#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 new hearty, brown rice and quinoa blends, (quinoa is also known as ancient grains, quinoa seeds are rich in protein, dietary fiber, B vitamins, and dietary minerals in amounts greater than in many grains). Taking the quinoa, we add parboiled brown rice shared with a savory sauce including sundried tomatoes, parmesan cheese, minced onion, basil and garlic. Our Scandinavian vegetable blend completes this wonderful entrée.

**-Vegetarian-**

**NEW #09**  **Cheese Manicotti** – We fill flat sheets of pasta with a blend of creamy ricotta, mozzarella, parmesan and Romano cheeses then rolled them up. It is then topped with our signature marinara sauce, garnished with shredded pizza cheese blend together with our Italian vegetables and a slice of garlic toast. **Please remove all packets, wrappers, condiments and bread products before heating.**

**NEW #10**    **Chile Relleno** – We are very excited about this new entrée; it is one of the staff favorites. We take a whole roasted Poblano pepper and stuff it with Monterey Jack cheese coated in a light egg-batter and fried in canola oil to a crispy golden brown. We have incorporated our Mexican bean bake mixture consisting of black and pinto beans, diced green chilis, diced red and green peppers, diced onions and our chuckwagon vegetables.

**-Pork-**

**NEW #11**  **Down Home Pork Chop Dinner** – We have roasted a tender and juicy 4-ounce boneless pork chop coupling it with our down-home baked beans, which contains great northern white beans, pinto beans, brown sugar, molasses, bacon and secret Homestyle spices. We have also included our individually wrapped mini cornbread loaf and our new riced cauliflower and diced sweet potato medley making this a great comfort food selection for the fall and winter.

**PLEASE DO NOT OVERHEAT, MIGHT MAKE OUR TENDER PIECE OF MEAT TOUGH.**  
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**NEW #12**     **Pepperoni & Cheese Pizza Calzone** –A calzone is an Italian oven-baked folded pizza that originated in Naples in the 18th century. Ours consists of homemade pizza sauce, pepperoni, and mozzarella cheese wrapped in a golden-brown whole-grain crust topped with shredded pizza cheese. Bringing in our Capri vegetables to polish off this new Italian entrée.

**#13**    **Ham & Scalloped Potato Casserole**–This old-time family favorite invokes memories of family times together. We take slices of USA grown potatoes and combine them with our creamy mashed potatoes, a rich cheese sauce, sour cream, diced onions and low-sodium diced ham, slow baked then sprinkled with shredded cheddar cheese. We side this family classic with our diced butternut squash and a honey wheat biscuit. We hope it becomes one of your family favorites as well. **Please remove all packets, wrappers, condiments and bread products before heating.**

**NEW #14**     **Korean BBQ Pork** – These tender diced pork pieces are lightly coated in our new gluten-restricted Korean BBQ sauce. Our sauce is created taking tamari soy sauce, brown sugar, vinegar, pineapple juice, garlic, onion powder, spices and toasted sesame oil creating a perfect sweet tart sauce that really compliments the diced pork. We are pairing this new gluten-restricted entrée with our fried rice mixture which contains tender white rice, diced onions, diced red peppers, diced celery, diced carrots, tender green peas, and fluffy scrambled eggs. Our Kyoto vegetable blend is added to finish off this light delicious Asian meal.

**-Beef-**

**#15 Homestyle Cheeseburger** – One of our longest standing menu items. We have found the right combination of items to bring a healthier version of our same genuine Black Angus burger for the masses with cheese. We added a slice of American cheese tucked in our whole-grain hamburger bun with tender diced sweet potatoes. **Please remove all packets, wrappers, condiments and bread products before heating.**

**#16**      **Beef Yankee Pot Roast** – Made with hand-trimmed USDA choice Beef shoulder roast; slow oven-roasted for 8 hours for a deep, rich flavor and fork tender texture, topped with low-sodium

beef gravy. It is then served with fluffy mashed potatoes, diced carrots and an individually wrapped piece of sweet cornbread to conclude this stick to your ribs fall/winter classic.

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**#17**     **Bacon Cheeseburger Pasta** – Another all-time favorite entrée. Ground beef sautéed with diced green peppers, diced onion, bacon bits blended with chopped tomatoes and a light cheddar cheese sauce folded into cooked shell pasta garnished with shredded cheddar cheese. We add our new riced cauliflower medley to complete this classic entrée.

**NEW #18**  **Smothered Beef, Bean & Cheese Burrito** – This burrito is made with seasoned ground beef, pinto beans, cheddar cheese, savory Mexican spices, wrapped in a whole grain-rich tortilla, we smother it in our signature enchilada sauce. Resting on top of our Mexi-rice consisting of light and fluffy steamed white rice, tender black beans, pinto beans, chopped tomatoes, mild salsa and authentic Mexican spices, and a hearty portion of our southwest blend vegetables garnished with shredded cheddar cheese.

**NEW #19**    **Hunan Orange Broccoli Beef** – Hunan cuisine, also known as Xiang cuisine, consists of the cuisines of the Xiang River region, Dongting Lake and Western Hunan Province in China. It is one of the Eight Great Traditions of Chinese cuisines and is well known for its sweet and slightly spicy flavors. We make our Hunan sauce with tamari soy and orange juice for a slightly sweet less spicy gluten-restricted version. This sauce is poured on top of flame seared beef steak strips teaming them up with our quinoa and parboiled white rice blend and chopped broccoli.

**#20**   **Breaded Chicken Fried Steak Dinner** – Again back by your popular demand. We should all be excited about this returning entrée with a tender, breaded and chopped chicken fried steak patty served with mashed potatoes topped with country gravy, alongside tender green peas and a wheat breadstick. Sure, to bring joy to all that eat it. **Please remove all packets, wrappers, condiments and bread products before heating.**

#### **-Breakfast-**

**NEW #21 Bacon, Potato & Cheese Omelet** – This whole egg omelet is filled with cheese, diced potato, bacon topped with more shredded cheddar cheese. We have additionally included our diced hash brown cubes, a package of our dried fruit mix and a honey wheat biscuit. Sure, to fill up even our biggest eaters. **Please remove all packets, wrappers, condiments and bread products before heating.**

**NEW #22**      **Maple Chip Mini Waffle Breakfast** – We are in love with these little goodies. These wholesome wheat waffles are made with tiny maple chips cooked right in for a wonderful sweetness. We have added diced peaches and two pork sausage links. Try these delicious mini maple waffles; we are sure you will not be disappointed.

**#23**   **Blueberry Pancake Breakfast**– These individually wrapped whole-grain rich pancakes are stuffed with fresh blueberries to add just the right amount of sweetness to the wholesome cakes, we have added even more ripe delicious blueberries and two chicken sausage links for those of you that want a healthier sausage version and do not eat or like pork. **Please remove all packets, wrappers, condiments and bread products before heating.**

**NEW #24**   **Whole-Grain 3 Berry Breakfast Bar** – These tasty rolled oat whole-wheat bars are loaded with a delicious medley of cranberries, blueberries and strawberries and are freshly baked just for you. We have supplemented this new breakfast entrée with our bacon and cheddar cheese scrambled eggs and added our Pacific berry blend.

**NEW #25**     **Chorizo Skillet Hash** – We take chorizo style seasoned beef crumbles, hash brown cubes, diced onion, diced red pepper and fluffy scrambled eggs creating a wonderfully flavored hash, alongside two white corn tortillas and a packet of dried mixed fruit. **Please remove all packets, wrappers, condiments and bread products before heating.**

**NEW #26**    **Sausage & Pancake Griddle Sandwich**– An individually wrapped maple seasoned beef sausage patty is placed between two whole-grain griddle pancakes we add it to cheddar hash brown cubes and our dried fruit packet **Please remove all packets, wrappers, condiments and bread products before heating.**

#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 as well as diced sweet potatoes.

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#28     **Apple Topped Sweet Cream Crepe** – This delicate pancake like crepe is hand rolled with sweet cream cheese filling and folded into a nice little package, we top it with an extra portion of diced tart apples and sweetened whipped topping. We are serving it with fluffy scrambled eggs.

#29     **Mixed Berry Yogurt Parfait** – Adding to the ever-popular vanilla yogurt, we layer on our premium granola; consisting of whole-grain oats, cane sugar, spices, canola oil and whole-oat flour. We finish off this version topping it all with our Pacific berry blend; which includes blueberries, blackberries and raspberries. **\*This entrée does not require cooking.**

#30   **Biscuits & Sausage Gravy** – Oh yeah!! Our famous biscuits and gravy have made a comeback. We smother two honey wheat 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-**

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

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

**NEW Cauliflower Medley:** consists of riced cauliflower, peas, diced onion, carrots and green onion.

**NEW Riced Cauliflower and Diced Sweet Potatoes**

**Chuckwagon Blend:** consists of tender yellow corn, diced onions, diced red and green peppers.

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

**Italian Blend:** consists zucchini, cauliflower, carrots, green beans, lima beans and red peppers

**Kyoto Blend:** consists of shelled edamame (shelled soybeans), chopped broccoli, julienned carrots, corn, and diced red peppers.

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

**Scandinavian Blend:** consists of peas, zucchini, green beans, carrots and onion.

**Southwest Blend:** consists of corn, black beans, red and green peppers and onion.

**Broccoli-Chopped, Butternut Squash, Diced Carrots, Diced Sweet Potatoes, Cut Green Beans, Peas and Carrots.**

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

**Pacific Berry Blend:** consists of blueberries, blackberries and raspberries.

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 Low-calorie options are at or less than 500 calories

 Low-fat options are at or less than 16 grams total fat and are at or less than 5 grams saturated fat

 Carb-controlled options are at or less than 45 grams total carbohydrates

 Gluten-restricted options contains no wheat but produced 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