



Spring/Summer Menu
March 1, 2020-August 31, 2020

-Chicken/Turkey-

NEW (V) (C) (R) **#01 Chicken & Cheese Empanada** - Experience a delicious burst of flavor when you try these shredded chicken empanadas with cheese. Our empanadas are made with an enriched wheat flour dough stuffed with seasoned chicken breast, cheddar and mozzarella cheeses, dried garlic, dried onion, chipotle pepper puree and authentic Mexican spices. Then battered with yellow corn flour and lightly browned in vegetable oil. Once browned, we then top them with shredded cheddar cheese. 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.

(V) (C) (R) **#02 Broccoli & Cheese Stuffed Chicken** - Tasty pieces of fresh broccoli smothered in an international blend of Swiss, American, Parmesan and Romano cheeses all nestled inside a boneless, hand-shaped chicken breast in crispy, seasoned breading. This delicious stuffed chicken breast is then placed atop our new alfredo artichoke pasta blend, which includes cooked penne pasta noodles, creamy alfredo spinach artichoke sauce and diced red peppers. We have added tender green peas as the perfect accompaniment for this gourmet entrée. **(Please remember to cook thoroughly with an internal temperature of 165 F)**

(V) (C) **#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 returning classic boneless fried chicken breast with an individually wrapped honey wheat biscuit, tri-cut red skin potatoes and our 3-way vegetable blend. **Please remove all packets, wrappers, condiments and bread products before heating.**

NEW (C) (D) **#04 General Tso's Chicken** – General Tso's Chicken is a favorite Chinese food takeout choice that is sweet and slightly spicy with a kick from garlic and ginger. Ours is even more special, as it is made for our gluten restricted menu options. 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 General Tso's sauce containing tamari soy sauce, vinegar, sesame oil, brown sugar, garlic, onion, ginger and spices. 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 new Oriental vegetable blend vegetables to create our version of this light delicious Chinese meal.

(V) (C) (CC) **#05 Homestyle Turkey Noodle** – A return of an all-time Homestyle/Family favorite. This entrée consists of ample tender cooked and diced low-sodium turkey meat with diced onion, celery, diced red & green peppers, sliced mushrooms, cooked shell pasta, all enveloped in our "Family secret" creamy sauce topped with shredded cheddar cheese and served with our Scandinavian vegetable blend. Contains MSG

NEW (V) (CC) (D) **#06 Margherita Chicken** – This new entrée was created from the owners love of the classic Italian margherita pizza, which simply consists of fresh tomato, basil and fresh mozzarella cheese. We have created a gourmet meal using these ingredients and more to bring you a special treat. We take a perfectly grilled chicken breast topping it with our fresh tomato marinara and basil pesto sauce and shredded

mozzarella cheese. We have also created a wonderful gluten restricted three cheese rotini pasta to accompany this wonderful chicken and finish it off with our Italian vegetable blend.

-Fish/Seafood-

NEW    **#07 Boston Style Battered Fish & Chips** -Raise a pint and a plate to St. Patrick the month of March or anytime, with an ale-enhanced fish and 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 garlic, onion and cracked black pepper. We have harmonized this beautiful piece of fish with one of our hearty brown rice and quinoa blends. This blend of quinoa and parboiled tender brown rice is mixed with our sundried tomato and garlic sauce. We complete this entrée with our new buttery Meadow blend 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 all-time favorite menu items, tender elbow macaroni in a delicious cheddar cheese sauce garnished with shredded cheddar cheese, served with chopped broccoli. So simple, but oh so good!

NEW   **#10 Cheese & Green Chile Tamale** - These cheese & green chile tamales are traditionally made by hand, like it's been done for generations. Soft and moist masa, Monterey Jack cheese, fire roasted green chilies are then wrapped in cornhusks to preserve the delicious flavor and texture of our masa. And while making tamales by hand can be a long process, we have done all the work for you, all you have to do is enjoy a taste of authentic Mexico. This tamale is served with our Mexican quinoa and bean bake, cooked golden quinoa with a wonderful combination of black beans, pinto beans, diced red & green peppers, diced onions, diced tomatoes and our special Southwest sauces, our Southwest blend vegetables complete this wonderful new gluten restricted vegetarian entrée

-Pork-

NEW      **#11 Honey Bourbon BBQ Pork** -We take slow cooked tender diced pork coated with our exclusive Honey Bourbon Barbeque Sauce to bring unexpected excitement to the menu. With sweet notes of honey and the wood-smoke flavor of aged Kentucky bourbon, buttery mashed sweet potatoes and riced cauliflower complete this Southern classic. **Please remove all packets, wrappers, condiments and bread products before heating. A margarine pat is included; please remove before heating.**

   **#12 Pork Tamale**-In Mexico, pork tamales are a tradition that usually involves the whole family. Soft masa, perfectly seasoned pork, and rich red sauce are all made by hand using recipes passed down through generations, then assembled and wrapped in cornhusks before being steamed. We then place this little goodie on our Mexican bean blend containing black beans, pinto beans, diced green & red peppers and diced onion stirring in our special Southwest chipotle sauce. We then add our new Santa Fe 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 & Vegetable Egg Roll** – This crispy egg roll is made from 51% whole grains and is filled with freshly ground pork, crisp cabbage, carrots, onion, celery, and Asian seasonings. We are serving it with our signature fried rice which includes, steamed white rice, diced onion, diced red and green peppers, carrots, leeks, peas, edamame, roasted corn, fluffy scrambled eggs seasoned with, soy sauce, garlic, toasted sesame oil and Asian spices. We have added our new Stir fry vegetables to finish of this great Asian entrée.

-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 eating.**

  **#16 Beef Finger Steak Dinner** – Classic, whole-grain breaded beef round steak fingers are par-fried then baked, added to hash brown cubed potatoes and our Midori vegetable blend. Add a little ketchup, cocktail sauce or steak sauce for dipping. Which do you prefer, test ours and let us know? Watch for recipes on our website, www.homestyledirect.com

NEW     **#17 Flame Seared Steak Fajitas** -Texans would probably like to lay claim to the fajita, but history gives credit to Mexican ranch workers living in West Texas (along the Rio Grande on the Texas-Mexico border) in the late 1930s or early 1940s. The fajita is truly a Tex-Mex food (a blending of Texas cowboy and Mexican pancho foods). Although many different versions have become popular, ours are served with the old-style flame seared seasoned strip steak, traditional fajita vegetables, shredded cheddar cheese and two corn tortillas for you to create your own combinations of delicious flavor. We also include our gluten-restricted mexi-rice which contains steamed white rice, black beans, pinto beans, chopped tomatoes, mild tomato salsa and Mexican spices. **Please remove all packets, wrappers, condiments and bread products before eating.**

NEW     **#18 Philly Cheese Steak Casserole** – Philly cheese steak casserole is a low carb casserole recipe that's full of good stuff! Tender slices of beef, cooked ribbon shaped pasta, peppers, onions, our signature creamy garlic sauce and plenty of cheese make this casserole hearty and filling, we have added cut green beans for a nice crisp crunch to this enjoyable entrée.

 **#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 country vegetable blend. **Please remove all packets, wrappers, condiments and bread products before heating.**

  **#20 Beef & Four Cheese Lasagna** – This Italian favorite is made with tender sheets of lasagna noodles, layered with a blended of cottage cheese, spinach, ricotta, mozzarella and parmesan cheeses topped with our signature ground beef marinara sauce, an extra garnish of shredded mozzarella cheese then baked to perfection, served with our Kyoto blend vegetables.

-Breakfast-

   **#21 Ham & Cheese Breakfast Scramble** -Low-sodium diced ham, shredded cheddar cheese and our light and fluffy scrambled eggs with roasted Yukon gold potatoes and a dried fruit packet. **Please remove all packets, wrappers, condiments and bread products before heating.**

NEW   **#22 Cheese & Red Pepper Frittata Breakfast** –What is a frittata anyway? Did you know unlike omelets, frittata fillings are mixed in with the eggs in the pan rather than folded in the center. Our version is single served, just right for one with eggs, roasted red peppers, onion, spices and parmesan and cheddar cheeses. We add hash browned cubed potatoes and a dried fruit packet. **Please remove all packets, wrappers, condiments and bread products before heating.**

NEW **#23 Mini Cinnamon Swirl French Toast** – These are the cutest little things ever! These petite mini French toasts are made with whole grain mini bread loaves, swirled with sweet cinnamon malt and maple syrup baked right in for just the exact amount of sweetness, no need for syrup. We add and a dried fruit packet and two of our ever-popular 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. **Please remove all packets, wrappers, condiments and bread products before heating.**

NEW    **#24 Whole-Grain Apple Crumb Cake** –This baked breakfast goody contains real diced apples and apple sauce within moist cake batter and finished off with a crunchy streusel topping. We have added diced apples and a hearty portion of scrambled eggs blended with turkey sausage crumbles and cheese. **Please remove all packets, wrappers, condiments and bread products before heating.**

    **#25 Cinnamon Roll Breakfast**- Our gooey 3.5 oz whole-grain cinnamon roll is made with good for your wholesome goodness. Then packed with just the right amount of a sweetness to add a little self-indulgence, by adding cinnamon, and a powdered sugar glaze. So, you can eat this knowing it is truly delicious but actually not bad for you. It is served with two of our pork breakfast sausage links, and diced peaches. **Please remove all packets, wrappers, condiments and bread products before heating.**

  **#26 Cranberry Orange Scone** – This biscuit type breakfast treat is made with citrus flavor of orange and tart; juicy cranberries blended throughout, they are baked to a golden brown, the texture is both moist inside and a crisper crust on the outside. We include a mixture of fluffy scrambled eggs blended with diced bacon and cheese and a packet of orange flavored cranberries. **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 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 topping with premium granola; consisting of whole-grain oats, yellow corn flour, brown sugar, cane sugar and honey. Such a great combination to our Spring/Summer menu. * **This entrée does not require cooking**

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

 **#30 Biscuits & Sausage Gravy** – We smother two honey wheat biscuits, yes there will be TWO 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.

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

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

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

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

Italian: consists of sliced carrots, crinkle cut zucchini, cauliflower, cut Italian green beans, lima beans, diced red pepper.

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

Meadow: consists of Crinkle cut carrots, julienned green bean, quarter cut zucchini, quarter cut yellow squash.

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

Oriental: consists of julienned green beans, chopped broccoli, diced red pepper, sliced mushrooms.

Santa Fe: consists of Sweet corn, broccoli florets, black beans, diced red peppers.

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

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

Stir Fry: consists of chopped broccoli, sugar snap peas, water chestnuts, julienned carrots, baby corn, diced onion, diced red pepper, celery, sliced mushrooms, bean sprouts.

Chopped Broccoli, Diced Carrots, Cut Green Beans, Riced Cauliflower, Diced Sweet Potatoes, Tender Green Peas

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/or 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