

Fall/Winter Menu

September 1st, 2022- February 28th, 2023

*We encourage you to provide us your choices at least 2 weeks in advance.
Homestyle Direct strives to provide the best experience
and will only substitute when necessary.*

- ⓪ **Low Calorie** (LC) meals are at or less than 500 calories. Dietitian suggested for weight management.
- ♥ **Low Fat** (LF) meals are at or less than 16 grams total fat and are at or less than 5 grams saturated fat. Dietitian suggested for heart disease prevention or management.
- Ⓢ **Carbohydrate Control** (CC) meals are at or less than 55 grams total carbohydrates. Dietitian suggested for pre-diabetes or diabetes management.
- ⓪ **Gluten Restricted** (GR) meals are wheat free. They are prepared in a commercial kitchen with a risk of gluten exposure.
- ⓪ **Sodium Control** (SC) options are at or less than 750 mg of sodium. Dietitian suggested for hypertension prevention or management.
- Ⓡ **Renal** (R) meals are designed with a moderate restriction in sodium, potassium, and phosphorus. At or less than 750 mg of sodium, 700 mg of potassium, and 230 mg of phosphorus. Dietitian suggested for members on renal diets.
- Ⓚ **Kosher Style** - (KS) meals do not include pork, shellfish or meat and dairy combinations. These meals are not Kosher certified

Nutritional analysis is based on packaging information provided by the food industry and may not contain all comprehensive nutritional information



CHICKEN



Please remove all packets, wrappers, condiments, and bread products before reheating.

- ⓪ ♥ Ⓢ ⓪ Ⓡ **01 Chicken Alfredo**
Creamy garlic alfredo mixed with penne pasta, diced dark and white chicken, and shredded 5-cheese blend. Served with Scandinavian vegetables (green peas, zucchini, carrots, green beans, and diced onion)
Contains: Milk, Soy, Wheat
- ⓪ Ⓢ **02 Chicken Cordon Bleu**
Breaded chicken breast stuffed with ham and a blend of cheeses served with peas and a white dinner roll
Contains: Milk, Soy, Wheat
- ⓪ ♥ Ⓢ ⓪ Ⓡ **03 Teriyaki Chicken Stir Fry**
Diced dark and white chicken mixed with pineapple and teriyaki sauce served over hearty brown rice and quinoa mixture and green beans
Contains: Milk, Soy, Wheat
- 04 Chicken Enchilada Empanada**
Whole grain empanada filled with enchilada sauce, mozzarella cheese and, chicken served with Mexi- rice mixture (black beans, pinto beans, tomatoes, cumin, chili powder, and enchilada sauce), cheddar cheese and peas and carrots
Contains: Milk Soy, Wheat



PORK



Please remove all packets, wrappers, condiments, and bread products before reheating.

- ⓪ Ⓢ Ⓡ **14 Pepperoni & Cheese Calzone**
Whole wheat calzone filled with tomatoes, pork and beef pepperoni and mozzarella cheese served with peas and carrots
Contains: Milk, Soy, Wheat
- ⓪ ♥ ⓪ **15 Hoppin John (Ham, Beans and Rice)**
White rice mixed with black eye peas, ham, peppers, onions, celery, and creamy garlic sauce. Served with 5-way vegetables (corn, green beans, lima beans, carrots, and peas)
Contains: Milk, Soy
- ⓪ ♥ Ⓢ ⓪ Ⓡ **16 Grandpa's BBQ Pork Rib Patty**
Pork rib patty covered in BBQ sauce, green beans, and an individually wrapped cornbread loaf
Contains: Egg, Milk, Soy, Wheat
- ⓪ ♥ Ⓢ ⓪ Ⓡ Ⓡ **17 Pork Loin with Apple Stuffing**
Whole grain breaded pork patty served Idahoan mashed potatoes and traditional stuffing flavored with apples, onions, and celery
Contains: Soy, Wheat



BEEF



Please remove all packets, wrappers, condiments, and bread products before reheating.

- ⓪ Ⓢ **18 Homestyle Cheeseburger**
Whole grain bun, premium beef burger patty and American cheese served with 5-way vegetables (corn, green beans, lima beans, carrots, and peas)
Contains: Milk, Soy, Wheat
- ⓪ ♥ ⓪ **19 Beef Pepper Steak**
White rice, Scandinavian vegetables (green peas, zucchini, carrots, green beans, and diced onion) topped with sliced beef, peppers, and beef gravy
Contains: Milk, Soy
- ⓪ ♥ Ⓢ ⓪ Ⓡ Ⓡ **20 South of the Border Fajita Casserole**
Roasted corn served with white rice, ground beef, black beans, pinto beans, tomatoes all mixed with enchilada sauce and a 5-cheese blend
Contains: Milk, Soy
- ⓪ ♥ **21 Country Fried Steak**
Traditional breaded country fried steak served with Idahoan mashed potatoes, diced carrots and topped with country gravy
Contains: Milk, Soy, Wheat

    **05 Boneless Fried Chicken Dinner**

Golden crispy chicken breast served with diced roasted potatoes and green beans

Contains: Wheat

     **06 Chicken and Black Bean Tacos**

Ground chicken crumbles mixed with black beans, roasted peppers and onions, enchilada sauce and cheddar cheese. Served with roasted corn and corn tortillas

Contains: Milk, Soy

     **07 Pesto Chicken & Vegetable Grain Bowl**

Ground chicken crumbles mixed with brown rice, red quinoa, tomatoes, green pepper, onions, and tomato garlic sauce. Served with roasted sweet potatoes

Contains: Milk

   **08 Homestyle Turkey Dinner**

Diced turkey mixed with low sodium gravy served with Idahoan mashed potatoes and traditional stuffing including onions and celery

Contains: Milk, Soy, Wheat



FISH/SEAFOOD



Please remove all packets, wrappers, condiments, and bread products before reheating.

   **09 Shrimp Ala King**

White rice, peas, and carrots, topped with a creamy ala king sauce including bacon, shrimp, sliced mushrooms, green peppers, and onion

Contains: Milk, Shellfish, Soy

    **10 Tuna Noodle Casserole**

Classic tuna noodle casserole is mixed with a creamy based cheese sauce, elbow macaroni, celery, onion, red peppers, and tuna. Served with peas and a mini garlic toast

Contains: Egg, Fish, Milk, Soy, Wheat



VEGETARIAN/VEGAN



Please remove all packets, wrappers, condiments, and bread products before reheating.

    **11 Macaroni With Plant-Based Protein Sauce**

Elbow pasta topped with plant based Italian flavored crumbles, tomatoes, garbanzo beans, peppers, onions, and marinara sauce. Served with Scandinavian vegetables (green peas, zucchini, carrots, green beans, and diced onion)

Contains: Wheat

    **12 Garbanzo & Kale Sweet Potato Bowl**

A hearty bowl including brown rice, white rice, red quinoa, and barley all mixed with garbanzos, black beans, sweet potatoes, spinach, kale, tomatoes, and a tomato garlic sauce

Contains: Milk

    **13 Homestyle Macaroni and Cheese**

Traditional elbow macaroni noodles mixed with our homemade cheese sauce and served with Scandinavian vegetables (green peas, zucchini, carrots, green beans, and diced onion)

Contains: Milk, Wheat

   **22 Beef Pot Roast**

Tender shredded beef pot roast topped with low sodium beef gravy served with cheesy Idahoan mashed potatoes, peas and carrots, and two mini garlic toast

Contains: Egg, Milk, Soy, Wheat

  **23 Chopped Steak With Mac & Cheese**

Homestyle Mac & Cheese served with Scandinavian vegetables (green peas, zucchini, carrots, green beans, and diced onion) and a premium beef patty





Contains: Milk, Wheat



BREAKFAST



Please remove all packets, wrappers, condiments, and bread products before reheating.

    **24 Ham, Spinach, Egg & Cheese Breakfast Scramble**

Low sodium diced ham, shredded cheddar cheese, chopped spinach, scrambled eggs with roasted potatoes, two corn tortillas and an applesauce pouch

Contains: Egg, Milk, Soy

     **25 French Toast Sticks**

Two cinnamon glazed French toast sticks, scrambled eggs, and an applesauce pouch

Contains: Egg, Milk, Soy, Wheat

  **26 Homestyle Big Breakfast**


Buttermilk pancakes, scrambled eggs, an applesauce pouch, and a pork sausage link

Contains: Egg, Milk, Soy, Wheat

      **27 Mexican Fiesta Breakfast Bowl**

Scrambled eggs, black beans, pinto beans, sweet potatoes, and cheddar cheese all mixed with red enchilada sauce and served with two corn tortillas

Contains: Egg, Milk, Soy

   **28 Glazed Breakfast Bun**

Individually wrapped glazed breakfast sweet bun served with a strawberry banana smoothie cup and a mozzarella stick

Contains: Milk, Soy, Wheat

   **29 Egg & Cheese Breakfast Sandwich**

Individually wrapped egg, and cheese English muffin sandwich served with diced roasted potatoes and sweet potatoes

Contains: Egg, Milk, Soy, Wheat

      **30 Mixed Berry Yogurt Parfait***

Vanilla yogurt topped with blueberries, blackberries, raspberries, and granola pieces

Contains: Milk, Soy

* This entrée does not require cooking

31 Sausage & Gravy Stuffed Biscuit

Country gravy and breakfast sausage stuffed into a buttermilk biscuit served with diced roasted potatoes and sweet potatoes and a pork sausage link

Contains: Egg, Milk, Soy, Wheat