



# Fall & Winter Menu

**September 1, 2023 - February 29, 2024**

**To place an order, request a menu, or get more information:**

**1-866-735-0921**

**Large Print Menu Available Upon Request**

**Online ordering available 24/7 at [www.homestyledirect.com](http://www.homestyledirect.com)**



## Diabetes Friendly

Less than 55 grams of total carbohydrates. (Blood Sugar)



## Heart Healthy

Less than 16 grams of total fat, less than 5 grams of saturated fat, and less than 750 mg of sodium. (High Blood Pressure, High Cholesterol)



## Renal Friendly










Less than 750 mg of sodium, less than 700mg of potassium, and less than 230mg of phosphorus. (Kidney Disease)



## Gluten Restricted

Wheat free. Prepared in a commercial kitchen with a risk of gluten exposure.

# BREAKFAST

- 1. Breakfast Egg Scramble**    
Egg scramble with diced ham, potatoes, spinach, and cheddar cheese. Sides: Diced sweet potatoes, pacific berry blend.  
**Contains: Egg, Milk, Soy, Wheat**
- 2. Fiesta Breakfast Bowl**     
Scrambled eggs, pinto beans, black beans, roasted sweet potatoes, red enchilada sauce, and cheddar cheese. Sides: Tortilla strips and blueberries.  
**Contains: Egg, Milk, Soy, Sesame**
- 3. Breakfast Pizza Bagel and Mini Yogurt Parfait**   
Pizza topped bagel with vanilla Greek yogurt fruit parfait (vanilla yogurt with diced apples and strawberries). This meal is vegetarian.  
**Contains: Milk, Wheat, Sesame**
- 4. Lemon Poppyseed Scone**     
Baked lemon poppyseed scone. Sides: Scrambled eggs with cheese and diced strawberries.  
**Contains: Egg, Milk, Soy, Wheat**

## 5. Jimmy Dean Biscuit Roll Up

Two biscuit roll ups with sausage, egg and cheese. Sides: 1 turkey sausage patty and applesauce.

**Contains: Egg, Milk, Soy, Wheat**

## 6. Egg, Sausage, Cheese Burrito

Rolled flour tortilla filled with turkey sausage, egg, cheese. Sides: Roasted potato medley and applesauce.

**Contains: Egg, Milk, Soy, Wheat**

## 7. Chicken and Waffles

Two chicken tenders with a Belgian waffle. Sides: Roasted potato medley and diced strawberries.

**Contains: Egg, Milk, Soy, Sesame, Wheat**

## 8. Berry French Toast

Two French toast sticks with pacific berry blend. Sides: 2 turkey sausage patties, diced potatoes.

**Contains: Egg, Milk, Soy, Wheat**

# POULTRY

## 9. Chicken Alfredo

Penne pasta with garlic alfredo sauce, diced chicken, and Italian cheese blend. Sides: Scandinavian vegetable blend and applesauce.

**Contains: Milk, Soy, Wheat**

## 10. Popcorn Chicken Bowl

Breaded popcorn chicken, fire roasted corn, and mashed potatoes with country gravy and cheddar cheese. Sides: Country mixed vegetables and diced strawberries.

**Contains: Milk, Soy, Wheat**

## 11. Garlic Parmesan Chicken and Rice

Diced chicken, red peppers, garlic cheese sauce, and parmesan cheese. Sides: Meadow vegetable blend and fire roasted fuji apples.

**Contains: Milk, Soy, Sesame**

## 12. Green Chile Chicken Enchilada

2 Chicken cheese enchiladas with green chile sauce and shredded cheese. Sides: Cilantro lime rice with corn and 2 churro bites.

**Contains: Milk, Soy, Sesame, Wheat**

## 13. Chicken Cordon Bleu Meal

Chicken Cordon Bleu. Sides: Orzo vegetable grain and dinner roll.

**Contains: Milk, Wheat**

## 14. Loaded Potato/Chicken Casserole

Diced chicken mixed with potatoes, sour cream, cheese and bacon. Sides: Fiesta vegetable blend and 2 mini brownie bites.

**Contains: Egg, Milk, Soy, Sesame, Wheat**

## 15. Homestyle Turkey Dumplings

Diced turkey with gravy and spätzle dumplings. Sides: Peas/carrots and cheddar mashed potatoes.

**Contains: Egg, Milk, Soy, Sesame, Wheat**

## 16. Turkey Dinner Bowl

Diced turkey, bread stuffing, and gravy. Sides: Country mixed vegetables and roasted potato medley.

**Contains: Milk, Soy, Sesame, Wheat**

# BEEF

## 17. Chopped Steak Patty and Beef Gravy

Charbroiled chopped beef steak patty with brown gravy. Sides: Macaroni and cheese and diced strawberries.

**Contains: Milk, Soy, Sesame, Wheat**

## 18. Classic Meatloaf Dinner

Seasoned beef meatloaf, Idaho mashed potatoes, beef gravy. Sides: Country mixed vegetables, dinner roll.

**Contains: Egg, Milk, Sesame, Soy, Wheat**



## 19. Shepherd's Pie

Ground beef, brown gravy, mixed vegetables, tomatoes, cheddar cheese. Sides: Mashed potatoes and 2 apple strudel bites.

**Contains: Egg, Milk, Sesame, Soy, Wheat**

## 20. Country Fried Steak

Breaded beef country fried steak with mashed potatoes and gravy. Sides: Meadow vegetable blend and diced strawberries.

**Contains: Milk, Sesame, Soy, Wheat**

## 21. Spaghetti and Meatballs

Meatballs (5) in tomato sauce with cheese over spaghetti. Sides: Italian blend and applesauce.

**Contains: Milk, Wheat**

## 22. Idaho Steak Fingers

Battered beef strips (3) with country gravy and tater tots. Sides: Fire roasted corn and diced strawberries.

**Contains: Milk, Soy, Wheat**

## 23. Beef Stroganoff

Ground beef in classic sour cream beef sauce over pasta. Sides: Country mixed vegetables and 2 apple strudel bites.

**Contains: Milk, Soy, Sesame, Wheat**

## SEAFOOD & FISH

### 24. Creamy Garlic Shrimp

Garlic shrimp, white rice, and a creamy sauce. Sides: Kyoto blend, diced mango with raspberry crumble.

**Contains: Sesame, Shellfish**

### 26. Beer Battered Fish and Chips

Beer battered cod and tater tots. Sides: Meadow vegetable blend, diced peaches.

**Contains: Fish, Milk, Sesame, Soy, Wheat**

# PORK

## 29. Grandpa's Pork Rib Patty

Boneless BBQ pork rib patty. Sides: Tater gems, country mixed vegetables and diced mango soon to be blueberries.

**Contains: Soy, Sesame**

## 30. Pepperoni and Cheese Calzone

Whole grain calzones filled with pepperoni, crushed tomatoes, and mozzarella cheese. Sides: Meadow vegetable blend and diced peaches.

**Contains: Milk, Soy, Wheat**

## 31. Pork Tamales

Corn tamales (2) filled with mild red chile pork. Sides: Mexican rice and fire roasted corn.

**Contains: Sesame, Soy**

## 32. Pork Loin Apple Stuffing

Breaded boneless pork chop with apple stuffing. Sides: Roasted root vegetables and cranberry sauce.

**Contains: Soy, Sesame, Wheat**

# VEGETARIAN / VEGAN

## 34. Homestyle Macaroni and Cheese

Elbow macaroni, cheese sauce, extra cheddar cheese. Sides: Meadow vegetable blend and diced strawberries.

**Contains: Milk, Sesame, Wheat**

## 37. Jumbo Florentine Ravioli

Spinach and cheese jumbo ravioli with marinara sauce and cheese. Sides: Meadow vegetable blend and tapioca with pacific berry blend.

**Contains: Egg, Milk, Sesame, Wheat**

## HAND-HELD SANDWICH MEALS

### 38. Jimmy Dean Sausage, Egg, & Cheese Sandwich



DF

English muffin, country pork sausage patty, fried egg, and American cheese. Side: Fuji apples.

**Contains: Egg, Milk, Soy, Wheat**

### 39. Smoked Pulled Pork Sandwich

DF

HH

RF

Smoked pulled pork sandwich with cheese. Sides: Diced sweet potatoes.

**Contains: Milk, Sesame, Wheat**

### 40. Homestyle Cheeseburger



DF

A charbroiled beef patty with American cheese on a hamburger bun. Sides: Scandinavian vegetable blend and 2 brownie bites.

**Contains: Egg, Milk, Sesame, Soy, Wheat**

## MENU REFRESH MEALS

### 41. Homestyle Big Breakfast



DF

Pancakes (2) and turkey sausage patty (1). Sides: Scrambled eggs with cheese and applesauce.

**Contains: Milk, Soy, Wheat**

### 42. Boneless Fried Chicken Dinner



DF

Boneless chicken tenders (3) with mashed potatoes and country gravy. Sides: Country mixed vegetables and fuji roasted apples.

**Contains: Milk, Sesame, Wheat**

### 43. Salisbury Steak Dinner



DF

RF

Salisbury steak covered with brown onion gravy and cheddar mashed potatoes. Side: Peas/carrots and tapioca with pacific berry blend.

***Contains: Milk, Soy, Sesame, Wheat***

### 44. Sunday Ham Dinner



DF

HH

RF

Thick ham slice, pineapple tidbits and dinner roll. Sides: Sweet potato casserole and peas/carrots.

***Contains: Milk, Sesame, Wheat***

# HOMESTYLE GRAIN & VEGETABLE BLENDS

- **Pacific Berry Blend**

Blueberries, blackberries, raspberries.

- **Oven Roasted Potato Medley**

Sweet potatoes, potatoes, redskin potatoes, olive oil, contains less than 2% of dextrose, natural flavor, onion and garlic powder, salt, spice.

- **Scandinavian Mix**

Green peas, zucchini, carrots, green beans, onions.

- **Country Mix**

Carrots, corn, green beans.

- **Meadow Blend Mix**

Carrots, green beans, yellow squash, zucchini.

- **Cilantro Lime Rice with Corn**

Cooked brown rice, corn, cooked black beans, tomato, poblano pepper, onion, contains less than 2% of dehydrated cilantro, dehydrated garlic and onion, lime juice solids, maltodextrin, natural flavors, salt, spices, sugar, vegetable oil (canola oil and/or soybean oil).

- **Country Garden Vegetables with Pasta**

Cooked enriched pasta (water, durum wheat semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), broccoli, corn, red bell pepper.

- **Santa Fe Blend**

Corn, broccoli, cooked black beans, red bell pepper

- **5 Way Blend**

Carrots, corn, green beans, peas, lima beans.

- **Kyoto Blend**

Soybeans, broccoli, carrots, corn, red bell pepper. ***Contains: Soy***

# HOMESTYLE GRAIN & VEGETABLE BLENDS

- **Thai Style Red Quinoa and Vegetable Blend**

Cooked brown rice, shelled edamame, carrots, red bell pepper, cooked red quinoa, vegetable oil (canola oil and/or soybean oil), contains less than 2% of brown sugar, dextrose, garlic powder, green onion, lemongrass powder, natural flavor, onion powder, parsley, salt, spices, sugar, tumeric (for spice and color). ***Contains: Soy***

- **Roasted Root Vegetables**

Potatoes, sweet potatoes, onion, turnips, carrots, olive oil, contains less than 2% of dehydrated onion, garlic powder, natural flavors, potato starch, sea salt, spices, sugar, yeast extract.

- **Ancient Grain and Kale**

Cooked brown and red rice, kale, cooked red quinoa, cooked black barley garlic, vegetable oil (canola oil and/or soybean oil), contains less than 2% of black pepper, potassium chloride salt, sea salt.

- **Italian Blend**

Zucchini, carrots, cauliflower, italian green beans, lima beans, red bell pepper.

- **Fiesta Blend**

Flame roasted corn, black beans, tomato, onion, red pepper, green pepper.

- **Orzo Vegetable Grain**

- Cooked multi-grain blend, broccoli, red bell pepper, carrots, cooked brown and red rice, cooked black barley, yellow carrots, cooked brown lentils, cooked red quinoa, contains less than 2% of brown sugar, canola oil, dehydrated vegetables (garlic, onion, bell pepper, parsley), natural flavor, sea salt, spice.