

HOMESTYLE FRUIT, GRAIN AND VEGETABLE BLENDS

(FOR INGREDIENT DESCRIPTION PURPOSES ONLY)

- **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 Vegetables**
Carrots, Corn, Green Beans.
- **5 Way Blend**
Carrots, Corn, Green Beans, Peas, Lima Beans.
- **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.
- **Flame-Roasted Corn And Black Bean Fiesta Blend**
Sweet Corn, Cooked Black Beans, Tomato, Onion, Green Bell Pepper, Red Bell Pepper, Contains Less Than 2% Of Brown Sugar, Citric Acid, Dehydrated Vegetables (Onion, Bell Pepper, Garlic), Lime Juice Powder (Lime Juice Concentrate, Modified Food Starch, Maltodextrin, Citric Acid), Natural Flavor (Including Grill And Smoke), Olive Oil, Salt, Spices, Sugar, Yeast Extract.
- **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, Turmeric (For Spice And Color).
Contains: Soy.

TO SEE EACH MEAL'S SPECIFIC SIDE DISHES, REFER TO MENU.



NUTRITIONAL ANALYSIS SUMMER MENU 2024

July 1st - October 31st

ORDER NOW

 [homstyledirect.com](https://www.homstyledirect.com)

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Homestyle Direct Summer 2024					Reviewed by:	Lisa Johnson RDN, LD, MBA 4/12/24		Values may change with menu modifications												
CF	DF	GF	HH	RF	Spring 2024	Cal	gm	gm	gm	mg	gm	gm	gm	gm	mg	µg RAE	mg	mg	mg	mg
	*	*			1. Breakfast Scramble	481	21	10	0.39	237	49	7	12	24	1110	3994	13	3	235	536
	*				2. Homestyle Big Breakfast	468	22	8.3	0.19	276	41	2	15	23	1053	252	0	4	224	243
	*				3. Mixed Berry Scone	487	24	10	0.15	226	48	5	18	20	835	189	35	4	168	360
	*		*	*	4. Southwest Omelet	444	16	5	0	255	45	16	15	20	♥ 560	3107	46	5	226	700
*	*				5. Biscuit and Sausage Gravy	548	29	13	0.2	201	54	3	17	21	1543	371	22	3	194	258
*	*				6. Chicken and Waffle	536	22	4	0	45	64	7.5	9.6	21	1032	127	82	3	108	594
*			*	*	7. Cinnamon French Toast Sticks with Berries	520	16	5	0.03	59	66	7	16	22	♥ 666	3.3	6	3	72	374
*	*				8. Salmon Benedict	505	17	3	0.13	266	48	3	7	24	1356	140	49	3	145	436
	*		*	*	9. Chicken Alfredo	463	15.8	5	0.09	91	49	2	13	31	♥ 420	331	8	3	186	556
	*				10. Popcorn Chicken Bowl	471	21	5	0.2	35.4	48	7	9	23	♥ 544	372	41	4	183	1076
	*	*	*	*	11. Garlic Parmesan Chicken and Rice	463	16	5	0.14	79	55	5.2	16	30	♥ 750	3938	18	2	313	317
	*				12. Boneless Fried Chicken Dinner	473	19	4	0.01	51	53	3	9	22	851	3949	7	2	80	256
	*				13. Chicken Teriyaki	470	9	3	0	109	59	5	6	39	855	326	20	2	83	571
	*		*		14. Chicken Cottage Pie	484	19	9	0.22	98	47	4	19.5	34	♥ 337	1491	14	3	163	270
*	*				15. Potato Nachos	575	28	12	0.41	66	55	2.7	9	21	1211	128	37	2	240	747
	*				16. Turkey Dinner Bowl	448	14	4	0.16	66	53	4	7	25	1567	65	6	3	292	505
	*		*	*	17. Swedish Meatballs	467	16	5	0	25	57	5	17	15	♥ 426	885	13	3	75	559
	*		*	*	18. Chopped Steak Patty and Beef Gravy	471	15	5	0.33	57	38	3	7	21	♥ 749	95	35	3	248	268
	*				19. Classic Meatloaf Dinner	472	16	6.7	0.22	59	50	2.8	7.4	26	963	79	9	3	179	709
	*		*	*	20. Salisbury Steak Dinner	480	21	10	0.16	49	50	7	16	23	♥ 750	917	15	3	200	455
	*				21. Country Fried Steak	485	16.9	7	0.16	46	55	2	11.8	20.6	1014	65	5	4	141	196
	*	*	*	*	22. Pasta Meatball Bake	473	16	5	0.12	46	53	5	17	26	♥ 563	378	12	5	188	659
*	*		*	*	23. Salmon Casserole	532	16	5	0.02	25	55	3.9	11	24	♥ 574	1229	5	4	246	475
	*		*	*	24. Shrimp Ala King	400	13	5	0.02	90	54	7	15	23	849	88	17	2	52	540
	*		*	*	25. Fish and Chips	478	12	3	0	23	55	4	9	16	♥ 636	15	39	3	19	595
*	*				26. Sweet and Sour Pork	493	16	3	0	28	55	6	17	21	1053	186	43	4	71	369
	*				27. Grandpa's Pork Rib Patty	516	23	6	0	35	55	6	13	21	1193	65	37	3	73	855
			*	*	28. Pepperoni and Cheese Calzone	472	15	5	0	27	63	8	11	20	♥ 593	831	108	5	233	251
	*	*			29. Pork Tamale	478	17	7	0.21	44	55	8	7	17	1070	416	47	3	191	201
	*		*	*	30. Vanilla Yogurt Parfait with Sweet Pancake Bites	432	14.5	5	0	149	55	4	25	19	♥ 582	2	368	2	110	126
	*		*	*	31. Homestyle Macaroni and Cheese	480	14	4.5	0.47	70	53	2	15	22	♥ 650	1064	8	2	349	276
					32. Gnocchi Pasta Meal	489	18	9	0	67	64	7	18	18	1140	361	11	2	355	945
			*	*	33. Cheesy Vegetable	434	14	5	0	31	63	8	30	21	♥ 665	63	22	2	183	700
*	*				34. Jimmy Dean Sausage, Egg and Cheese Sandwich	503	11	4	0	162	40	3	8	21	982	3192	6	2	165	382
*	*		*	*	35. Homestyle Cheeseburger	501	15	5	0.05	55	45	4	13	24	♥ 750	399	8	4	244	483
					Enhancement-Power Drink (1 serving)	103	0	0	0	12.5	21.8	0	15	4	100	105	30	0	12	188

BREAKFAST
POULTRY
BEEF
SEAFOOD & FISH
PORK
VEGETARIAN
MEATS & HEALTH

CF -Cancer Friendly- At or near 600 Calories and 25 gms protein including supplement

DF -Diabetic Friendly- At or less than 55 gm carbohydrates

GR -Gluten Restricted- Contains no wheat but may be produced in a commercial kitchen with risk of gluten exposure.

HH -Heart Healthy- At or less than 16 grams total fat and at or less than 5 gm saturated fat and Sodium Control - At or less than 750 mg sodium

RF -Renal Friendly- At or less than 750 mg of sodium,700 mg of potassium and 230 mg of phosphorus

♥ -Reduced Sodium- At or below 750 mg.

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

All entree nutritional values include sides but not enhancements. Nutritional value of enhancements are shown separately.

Homestyle Direct may make menu substitutions or changes without prior approval.

Reviewed by:



4/12/24