



**Homestyle Direct**  
Your Health. Your Meals. Your Choice.

2032 Highland Ave. E., Twin Falls, ID 83301

Summer Menu July 1st to October 31st

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July 1st - October 31st

# SUMMER MENU 2024



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## Cancer Friendly

At or near 600 calories and 25 grams protein including supplement



## Diabetes Friendly

55 grams or less total carbohydrates. (Blood Sugar)



## Gluten Restricted

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



## Heart Healthy

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



## Renal Friendly

750 mg or less sodium, 700 mg or less potassium, and 230 mg or less phosphorus. (Kidney Disease)

## BREAKFAST

### 1. Breakfast Egg Scramble

Egg scramble with diced ham, potatoes, spinach and cheddar cheese. Sides: diced sweet potatoes and pacific berry blend.

Allergens: egg, milk, soy, pork

### 2. Homestyle Big Breakfast

Buttermilk pancakes with cheesy scrambled eggs. Sides: turkey sausage patty and applesauce.

Allergens: egg, milk, soy, wheat

### 3. Mixed-Berry Scone

Baked mixed-berry scone. Sides: scrambled eggs with cheese, turkey sausage patty and strawberries.

Allergens: egg, milk, wheat

### 4. Southwest Omelet

Folded egg topped with tomato chunks, cheese, spices and roasted peppers and onions. Sides: sweet potato hash and fiesta blend, strawberries and mini cinnamon sugar donuts.

Allergens: eggs, milk, soy, wheat

### 5. Biscuit and Sausage Gravy

Biscuit covered with Jimmy Dean sausage gravy. Sides: cheesy scrambled eggs and diced mango.

Allergens: egg, milk, pork, sesame, soy, wheat

### 6. Chicken and Waffle

Chicken tenders with a Belgian waffle. Sides: roasted potato medley and strawberries.

Allergens: egg, milk, sesame, soy, wheat

### 7. Cinnamon French Toast Sticks with Berries

French toast sticks with pacific berry blend. Sides: turkey sausage patty and diced potatoes.

Allergens: egg, milk, soy, wheat

### 8. Salmon Benedict

English muffin topped with egg patty, salmon, asparagus tips and hollandaise sauce. Sides: strawberries

Allergens: egg, fish, milk, sesame, soy, wheat

## POULTRY

### 9. Chicken Alfredo

Half cut penne pasta with garlic alfredo sauce, diced chicken and Italian cheese blend.

Sides: green beans and applesauce.

Allergens: milk, soy, wheat

### 10. Popcorn Chicken Bowl

Breaded popcorn chicken, corn and mashed potatoes with country gravy and cheddar cheese.

Sides: green beans and strawberries.

Allergens: milk, soy, wheat

Homestyle Direct may make meal substitutions without prior notice.

**11. Garlic Parmesan Chicken and Rice**    

Diced chicken, red peppers, garlic cheese sauce and parmesan cheese.

Sides: broccoli and berry tapioca pudding.

Allergens: milk, sesame, soy

**12. Boneless Fried Chicken Dinner** 

Chicken tenders with mashed potatoes and country gravy.

Sides: Parisian carrots and blueberries.

Allergens: milk, sesame, wheat

**13. Teriyaki Chicken** 

Diced chicken and pineapple with teriyaki sauce over ancient grain rice mix.

Sides: green beans and peanut butter/chocolate rice krispy treat.

Allergens: milk, peanuts, sesame, soy, wheat

**14. Chicken Cottage Pie**  

Diced chicken, chicken gravy and vegetables with mashed potatoes.

Sides: corn and apple strudel bites.

Allergens: milk, sesame, soy, wheat

**15. Potato Nachos**  

Sidewinder potatoes with seasoned chicken crumbles, fiesta blend vegetables, salsa and cheese sauce.

Sides: churro bites and strawberries.

Allergens: egg, milk, soy, wheat

**16. Turkey Dinner Bowl** 

Diced turkey, bread stuffing and gravy.

Sides: green beans and cheddar mashed potatoes.

Allergens: milk, sesame, soy, wheat

**BEEF****17. Swedish Meatballs**   

Beef and chicken meatballs with savory sauce over 1/2 cut penne pasta.

Sides: peas and carrots and berry tapioca pudding.

Allergens: milk, sesame, soy, wheat, pork

**18. Chopped Steak Patty and Beef Gravy**   

Charbroiled chopped beef steak patty and cheddar mashed potatoes with brown gravy.

Sides: macaroni and cheese and strawberries.

Allergens: milk, sesame, soy, wheat

**19. Classic Meatloaf Dinner** 

Seasoned beef meatloaf, cheddar mashed potatoes and beef gravy.

Sides: broccoli and dinner roll.

Allergens: egg, milk, sesame, soy, wheat

**20. Salisbury Steak Dinner**  

Salisbury steak and cheddar mashed potatoes with brown onion gravy.

Sides: peas and berry tapioca blend.

Allergens: milk, sesame, soy, wheat

**21. Country Fried Steak** 

Breaded beef steak with cheddar mashed potatoes and country gravy.

Sides: corn and applesauce.

Allergens: milk, soy, wheat

**22. Pasta Meatball Bake**   

Half cut penne pasta with meatballs in cheesy tomato sauce.

Sides: peas and carrots and applesauce.

Allergens: milk, wheat, pork

**SEAFOOD & FISH****23. Salmon Casserole**    

Salmon mixed with 1/2 cut penne, spinach, peas and carrots and sauce.

Sides: applesauce and peanut butter/chocolate rice krispy treat.

Allergens: fish, milk, soy, peanuts, wheat

**24. Shrimp ala King** 

Shrimp in a creamy alfredo sauce with bacon and mushrooms, onions and green pepper served over white rice.

Sides: Parisian carrots and blueberries.

Allergens: milk, pork, shellfish

**25. Fish and Chips**   

Battered pollock and tater tots.

Sides: corn, chocolate chip cookie, and strawberries.

Allergens: fish, milk, sesame, soy, wheat

**PORK****26. Sweet and Sour Pork**  

Tempura pork, pineapple and vegetables in a sweet and sour sauce.

Sides: hearty thai rice and riced cauliflower, and mini chocolate chip cookies.

Allergens: egg, milk, sesame, soy, wheat

**27. Grandpa's Pork Rib Patty**  

Boneless BBQ pork rib patty with tater tots.

Sides: dinner roll and strawberries.

Allergens: sesame, soy, wheat

**28. Pepperoni and Cheese Calzone**  

Whole grain calzone filled with pepperoni, crushed tomatoes and mozzarella cheese.

Sides: 5-way vegetables, diced mango and peanut butter/chocolate rice krispy treat.

Allergens: milk, peanuts, soy, wheat

**29. Pork Tamale**  

Corn tamale filled with pork and mexican rice.

Sides: blueberries and corn.

Allergens: pork, sesame, soy

**VEGETARIAN****30. Vanilla Yogurt Parfait with Sweet Pancake Bites**   

Vanilla greek yogurt fruit parfait (vanilla yogurt with diced apples and strawberries).

Sides: sweet pancake bites and a 3 cheese egg bite.

Allergens: egg, milk, wheat, sesame, soy

**31. Homestyle Macaroni and Cheese**   

Elbow macaroni, cheese sauce and extra cheddar cheese.

Sides: green beans and brownie bites.

Allergens: milk, sesame, wheat

**32. Gnocchi Pasta Meal**

Cheese filled gnocchi with pink alfredo sauce.

Sides: peas and carrots and blueberries.

Allergens: egg, milk, soy, wheat

**33. Cheesy Vegetable Plate**  

Monterey vegetable mix covered with cheese sauce.

Sides: strawberries and brownie bites.

Allergens: egg, milk, soy, wheat

**HAND-HELD MEALS (single compartment tray)****34. Jimmy Dean Sausage, Egg, and Cheese Sandwich**  

English muffin, country pork sausage patty, fried egg and American cheese.

Side: diced sweet potatoes.

Allergens: egg, milk, pork, soy, wheat

**35. Homestyle Cheeseburger**    

A charbroiled beef patty with American cheese on a hamburger bun.

Sides: green beans and 1 brownie bite.

Allergens: egg, milk, sesame, soy, wheat