Menu
Diabetic-Friendly

Home Alone Connection

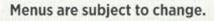**To Order:**
1-888-560-2262
M-F 8 AM to 6 PM CST

Diabetic-Friendly: All meals contain <75g of carbohydrates.
♥ **Heart Friendly:** <800mg Sodium <30% Fat <10% Sat. Fat
Carbs (g): Approximate grams of carbohydrates are shown for the **entree (tray only)** and the full meal

Breakfast

Item		Carbs (g)		
95002	Vegetable and Potato Skillet with Mozzarella and Plain Omelet, Orange Juice, Whole Wheat English Muffin and Peanut Butter	34	73	♥
95884	Cinnamon Oatmeal with Apples & Raisins and Brown Sugar Peaches and String Cheese	73	74	♥
95983	Colby Cheese Omelet and Cinnamon French Toast Sticks and Peach Cup	29	48	
95984	Ranch Skillet of Eggs, Cheese, Potatoes, Sweet Potatoes and Black Beans, Apples and Greek Yogurt	59	66	♥
95985	Southwestern Egg Scramble with Bacon, Refried Beans and Breakfast Potatoes, Applesauce and Vanilla Pudding	28	65	♥
95987	Banana and Walnut Buckwheat Pancakes and Turkey Sausage, Honey, Greek Yogurt and Orange	31	68	♥
95988	Mini Pancakes with Colby Cheese Omelet, Syrup and Orange	26	75	♥

Lunch/Dinner
Beef

Item		Carbs (g)		
95014	Spaghetti & Meatballs with Marinara Sauce and Italian Style Peas and Orange	53	71	♥
95026	NEW Salisbury Steak with Mushroom Gravy, White Rice and Mixed Vegetables and Applesauce	55	69	♥
95042	NEW Beef Goulash and Seasoned Vegetables, Fruit Juice and Pineapple Cup	44	74	♥
95062	NEW Beef Bolognese over Gluten Free Rotini Pasta and Seasoned Italian Green Beans & Carrots and Gelatin	45	64	♥
95360	Chili Rubbed Beef Steak with Chorizo Spanish Rice, Cheesy Potatoes with Refried Beans and Fruit Juice	44	59	♥
95368	Chili Rubbed Beef Steak with Chorizo Spanish Rice, Cheesy Potatoes with Refried Beans and Vanilla Pudding	44	67	♥
95369	Meatball Sandwich and Seasoned Vegetables, Wheat Coney Bun and Orange	23	63	♥
95378	Beef & Noodles and Cheesy Broccoli-Cauliflower Blend, Almonds and Pineapple Cup	31	50	

Poultry

Item		Carbs (g)		
95006	Improved Chicken & Noodles over Mashed Potatoes and Roasted Vegetable Medley, Fruit Juice and Pineapple Cup	43	73	♥
95010	Creole Style Chicken with Brown Rice and Spiced Blueberries and Apples and Greek Yogurt	67	74	♥
95035	NEW Chicken Marsala with Mashed Potatoes and Italian Green Beans & Carrots, Orange and Oatmeal Raisin Cookie	32	74	♥
95044	Lemon Herb Chicken with Wild Rice and Broccoli & Carrots, Whole Wheat Dinner Roll and Pineapple Cup	28	57	♥
95058	NEW Grilled Chicken Breast with Orange Wild Rice Salad and Spiced Fruit Medley and Almonds	59	63	
95464	Chicken with Pasta in Green Chile Cream Sauce and Green Beans and Fruit Juice	30	45	♥

Item	Poultry (continued)	Carbs (g)		
95485	**Chicken Pepper Pasta and Brown Sugar Peaches** and String Cheese	**61**	62	♥
95674	**Chicken with Pasta in Green Chile Cream Sauce and Green Beans,** Oatmeal Raisin Cookie and Orange	**30**	72	
95698	**Turkey Bolognese and Carrots,** Gelatin and Greek Yogurt	**45**	64	♥
98165	**Chicken with BBQ Sauce, Candied Sweet Potatoes and Sicilian Vegetables,** Almonds and Applesauce	**39**	57	♥
98199	**White Chicken with Potatoes and Peas & Red Peppers,** Pear Cup, Whole Wheat Bread and Margarine	**41**	65	♥

Pork

95040	**Improved** Pork Loin with Marsala Sauce over White Rice and Italian Green Beans & Red Peppers, Pear Cup and Fruit Juice	**38**	66	♥
95556	**Ham & Bean Soup, Cornbread Pudding** and Fruit Juice	**58**	73	

Fish

95718	**Salmon Patty with Lemon-Dill Glaze, Wild Rice Pilaf and Seasoned Vegetables** and Mandarin Orange Cup	**56**	73	♥
95885	**New England Style Clam Chowder with Spiced Fruit Crisp** and Oyster Crackers	**64**	73	♥

Vegetarian

95034	**NEW** Mushroom Risotto and Italian Style Peas and Orange	**49**	67	♥
95856	**Quinoa and Garbanzo Salad with Carrots and Applesauce,** Almonds and String Cheese	**51**	56	
95878	**Three Bean Vegetarian Chili and Carrots,** Blueberry Applesauce and String Cheese	**45**	63	♥
95887	**Vegetable Primavera in Creamy Alfredo Sauce and Strawberry Rhubarb Applesauce** and Mandarin Orange Cup	**57**	74	♥

Please select the meals that are most appropriate for your dietary needs.

Menus are subject to change.

As with any kitchen, there are times when availability of fresh ingredients can fluctuate due to seasonal availability causing us to utilize alternative options with like nutritionals.

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