



Menu

*****All entrees are \$35 and serve 6 adults. Delivery included!!*****

Chili Pie

- Yellow cornmeal polenta crust mixed with cheese and corn, filled with ground chicken and bean chili and topped with Monterey jack cheese. A hearty one-dish meal!

Tortilla Torte

- Ground chicken, salsa, bean and cheese filling, layered between crushed white corn tortilla chips and topped with cheese. A family favorite!

Southwestern Salsa Meatloaf

- Ground chicken mixed with green peppers, corn, salsa, black beans and cheese; and baked into a tasty loaf!

Baked Penne, Italian Style!

- Brown rice penne-style noodles, tossed in a tomato meat sauce, mixed and topped with Italian cheeses.

Macaroni & Cheese

- Traditional recipe Mac & Cheese, made with gluten free brown rice macaroni noodles. A kid pleaser!

Chicken Tetrazzini

- Roasted Chicken tossed with brown rice noodles and vegetables, tossed in a creamy white sauce flavored with Parmesan cheese and sherry. Like your mother used to make!

Shrimp and Grits

- Creamy corn grits topped with shrimp sautéed in a spicy tomato sauce.

Chicken and Wild Rice

- Roasted chicken, vegetables and wild rice pilaf, topped with a creamy mushroom sauce. Perfect comfort food!

Jambalaya

- A Creole favorite, made with chicken, andouille sausage, vegetables and brown rice in a tomato broth. A spicy weeknight staple...

*****All entrees are \$35 and serve 6 adults, payable by check and cash only! Delivery included!!*****

****Please include contact information (email or phone) and delivery address when placing your order****

Frequently Asked Questions

What is Home Free Foods?

- Home Free Foods is a company that produces **home-style, gluten-free** frozen entrees. All of the recipes we've developed are tried and true favorites made with gluten-free substitutions to make them safe for people on gluten-free diets.

Is your kitchen a GF facility?

- Home Free Foods makes every effort to create a safe environment for gluten-free food production, which includes a thorough cleansing of work surfaces and using equipment and ingredients that are stored separately and used only for the production of gluten-free dishes.

Who is behind Home Free Foods, and what is your background?

- My name is Caroline Ewing and I have been working as a personal chef since 2003. After becoming aware of celiac disease in 2004, and the complications of living a gluten-free life, I decided to develop a line of products to provide every-night dinners that are delicious, healthful and safe to eat for the families and individuals that need them!

Why are your prices more expensive than what I might find in a grocery store?

- What you pay for each dish provides you with the freshest ingredients we can find and extremely careful production. In addition, gluten-free ingredients can be expensive which unfortunately increases the prices we must charge. We are constantly looking for new ingredient sources to reduce our cost and provide you with a reasonably priced product. Remember, however, **FREE DELIVERY** is always included in the price, no matter if you order **two** or **ten** entrées!!

How do I place my order?

- Please place your order by **email or phone** at the information listed below. Once you place your order by phone or email you will receive a reply email confirming your order within 24 hours.

When must I place my order? When is the food delivered?

- Delivery days are typically **Thursdays**, and orders must be received via **phone or email** by midnight the previous **Sunday**.
- If you are unable to receive your order and make payment in person, it is possible for you to leave your payment, with a cooler or keys to a garage fridge/freezer for storing your entrees until you return home.
- **Phone: 404.806.0551**
- **Email: caroline@homefreefoods.com**

Do you cater, or take special orders?

- **Yes!** Contact us directly and we can discuss your individual needs.

Are gift certificates available?

- Gift certificates are not only available but make great gifts for new parents, sick friends and relatives, or even busy friends! Please contact us to discuss the details.

****Orders payable by check and cash only! Credit cards coming soon!****