

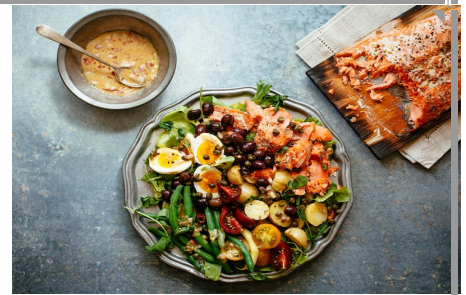
# Client Menu

For Delivery Dates

04/24/2018 to 04/30/2018

-Menu Subject to Change-

“This meal has been prepared in a facility that processes milk, peanuts, tree nuts, fish, wheat, eggs, soy and shellfish.”



## Entree: Quiche, Tater Barrels, Peas (1607)

(Calories 600, Fat 38 gm, Sat. Fat 19 g, Chol 169 mg, Pro 18 gm, Carbs 46 gm, Sodium 668 mg, Pot 320 mg, Phos 297 mg)

Ingredients: Quiche - heavy cream, milk, pie crust (enriched wheat flour: niacin, iron, thiamine mononitrate, riboflavin, folic acid), lard, partially hydrogenated lard, water, high fructose corn syrup, salt, soy flour), egg, Swiss cheese, onion, spinach, mustard, salt, nutmeg, black pepper, Tater Barrels - potatoes, vegetable oil (may contain: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil, hydrogenated soybean and/or cottonseed oil), salt, corn flour, dehydrated potato, disodium dihydrogen pyrophosphate, dextrose, Peas. Contains: wheat, soy, milk, egg

## Alternate Meal 1: Chicken Dijon, Rice, Zucchini & Corn RENAL (5598)

(Calories 403, Fat 11 gm, Sat. Fat 3 g, Chol 97 mg, Pro 38 gm, Carbs 35 gm, Sodium 476 mg, Pot 467 mg, Phos 295 mg)

Ingredients: Dijon Chicken - chicken thigh, Dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), Rice - rice, margarine/butter blend, garlic powder, Zucchini and Corn. Contains: milk

## Alternate Meal 2: Turkey Patty, Gravy, Pasta, Zucchini GI (5230)

(Calories 300, Fat 10 gm, Sat. Fat 3 g, Chol 80 mg, Pro 27 gm, Carbs 26 gm, Sodium 272 mg, Pot 475 mg, Phos 301 mg)

Ingredients: Turkey Patty - ground turkey (90% lean), Gravy - modified food starch, partially hydrogenated soybean and/or cottonseed oil, corn syrup solids, salt, whey, hydrolyzed vegetable protein (corn, soy and/or wheat), chicken fat (preserved with BHA, propyl gallate, and citric acid), chicken meat (preserved with BHA, propyl gallate, and citric acid), yeast extract, onion, enriched bleached flour (wheat flour, niacin, reduce iron, thiamin mononitrate, riboflavin, folic acid), sugar, nonfat milk, sodium caseinate, maltodextrin, mono and diglycerides, corn starch, spice, soy flour, dextrose, dipotassium phosphate, sodium citrate, natural flavor, disodium inosinate, disodium guanylate, color added, autolyzed yeast extract, carrageenan, garlic, turmeric, gum arabic, artificial flavor, sauterne wine solids, Pasta - egg pasta (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Zucchini Squash. Contains: wheat, soy, milk, egg

## Alternate Meal 3: Vegetarian Pasta al Putanesca, Green Beans, Hubbard Squash (5493)

(Calories 513, Fat 23 gm, Sat. Fat 4 g, Chol 0 mg, Pro 23 gm, Carbs 59 gm, Sodium 589 mg, Pot 414 mg, Phos 114 mg)

Ingredients: Pasta al Putanesca - tofu, pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), tomato, olive oil, black olive, Worcestershire sauce (white vinegar, blackstrap molasses, glucose-fructose, salt, anchovies (fish), onions, tamarind extract, garlic, spices, flavor), parsley, capers, garlic, oregano, salt, black pepper, Green Beans, Hubbard Squash. Contains: soy, wheat, fish (anchovies)

## Entree: Assorted Frozen Entrees (1052)

### Alternate Meal 1: Special Assorted Frozen Entrees (5196)

## Entree: Butter Chicken, Broccoli & Cauliflower, Yellow Rice (1677)

(Calories 902, Fat 64 gm, Sat. Fat 21 g, Chol 201 mg, Pro 32 gm, Carbs 45 gm, Sodium 355 mg, Pot 1073 mg, Phos 399 mg)

Ingredients: Butter Chicken - chicken, heavy cream, tomato, chicken stock (dextrose, corn starch, chicken fat, palm oil and soybean oil, monopotassium glutamate, chicken flavor (maltodextrin, chicken meat, yeast extract, egg solids, beef extract, natural flavor, dried yeast), onion powder, dehydrated chicken (BHA, propyl gallate and citric acid), turmeric, natural flavorings and coloring, disodium inosinate, disodium guanylate), plain yogurt, margarine/butter blend, green chile pepper, almonds, lemon juice, garam masala (cumin, ground coriander, ground cardamom, black pepper, cinnamon, ground cloves, nutmeg), cumin, garlic, ginger, turmeric, canola oil, tomato paste, cinnamon, whole cumin seed, Broccoli/Cauliflower Mix, Yellow Rice - rice, margarine/butter blend, turmeric. Contains: milk, tree nuts (almond), wheat, egg, soy

## Alternate Meal 1: Penne with Chicken & Mushroom, Green Beans, Fusilli RENAL (5557)

(Calories 389, Fat 13 gm, Sat. Fat 4 g, Chol 86 mg, Pro 34 gm, Carbs 32 gm, Sodium 513 mg, Pot 431 mg, Phos 332 mg)

Ingredients: Penne with Chicken and Mushrooms - chicken breast, mushrooms, penne pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), chicken stock (dextrose, corn starch, chicken fat, palm oil and soybean oil, monopotassium glutamate, chicken flavor (maltodextrin, chicken meat, yeast extract, egg solids, beef extract, natural flavor, dried yeast), onion powder, dehydrated chicken (BHA, propyl gallate and citric acid), turmeric, natural flavorings and coloring, disodium inosinate, disodium guanylate), margarine/butter blend, black pepper, salt, Green Beans - green beans, Fusilli - fusilli pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid). Contains: wheat, soy, egg, milk

## Alternate Meal 2: Penne with Chicken & Mushroom, Green beans, Fusilli GI (5538)

(Calories 357, Fat 5 gm, Sat. Fat 2 g, Chol 80 mg, Pro 40 gm, Carbs 40 gm, Sodium 630 mg, Pot 506 mg, Phos 373 mg)

Ingredients: Penne with Chicken and Mushrooms - chicken breast, mushrooms, penne pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), chicken stock (dextrose, corn starch, chicken fat, palm oil and soybean oil, monopotassium glutamate, chicken flavor (maltodextrin, chicken meat, yeast extract, egg solids, beef extract, natural flavor, dried yeast), onion powder, dehydrated chicken (BHA, propyl gallate and citric acid), turmeric, natural flavorings and coloring, disodium inosinate, disodium guanylate), salt, Green Beans - green beans, Fusilli - fusilli pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid). Contains: wheat, soy, egg, milk

## Alternate Meal 3: Rigatoni with Herbed Cheese Sauce, Mustard Green, Fiesta Beans VEG (5619)

(Calories 556, Fat 17 gm, Sat. Fat 6 g, Chol 27 mg, Pro 31 gm, Carbs 72 gm, Sodium 493 mg, Pot 527 mg, Phos 354 mg)

Ingredients: Rigatoni with Herb Cheese Sauce - rigatoni pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), tofu, milk, mozzarella cheese, ricotta cheese, margarine/butter blend, all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), green onion, parsley, garlic, oregano, basil, salt, black pepper, Mustard Greens - mustard greens, garlic, salt, Fiesta Beans - red beans, black beans, pinto beans, onion, tomato paste, thyme, bay leaf, garlic. Contains: milk, wheat

## Entree: Beef Chili and Potatoes, Green Peas, Diced Carrots (1682)

(Calories 640, Fat 20 gm, Sat. Fat 7 g, Chol 70 mg, Pro 40 gm, Carbs 79 gm, Sodium 1000 mg, Pot 1434 mg, Phos 454 mg)

Ingredients: Beef Chili with Roasted Potatoes - ground beef (85% lean), potato, onion, bell pepper, tomato, diced green chile, pinto beans, corn, cheddar cheese, sour cream, taco seasoning (chili powder, cumin, black pepper, paprika, garlic powder, onion powder, red pepper flakes, oregano, salt), green onion, Green Peas, Carrots. Contains: milk

## Alternate Meal 1: Oven Fried Chicken, Rice, Carrots RENAL (5571)

(Calories 530, Fat 20 gm, Sat. Fat 4 g, Chol 71 mg, Pro 31 gm, Carbs 59 gm, Sodium 347 mg, Pot 427 mg, Phos 260 mg)

Ingredients: Oven Fried Chicken - chicken breast, buttermilk (2%), bread crumbs, herbs d'Provence (thyme, rosemary, sage, marjoram, lavender), black pepper, Rice - rice, margarine/butter blend, garlic, Carrots. Contains: milk, wheat

## Alternate Meal 2: Apricot Chicken, Noodles, Carrots GI (5537)

(Calories 429, Fat 11 gm, Sat. Fat 3 g, Chol 121 mg, Pro 39 gm, Carbs 43 gm, Sodium 130 mg, Pot 465 mg, Phos 330 mg)

Ingredients: Apricot Chicken - chicken, apricot preserves (apricots, corn syrup, sugar, high fructose corn syrup, citric acid, pectin, sodium benzoate), chicken stock (dextrose, corn starch, chicken fat, palm oil and soybean oil, monopotassium glutamate), chicken flavor (maltodextrin, chicken meat, yeast extract, egg solids, beef extract, natural flavor, dried yeast), onion powder, dehydrated chicken (BHA, propyl gallate and citric acid), turmeric, natural flavorings and coloring, disodium inosinate, disodium guanylate), Noodles - egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic powder, salt, Carrots. Contains: soy, egg, wheat, milk

## Alternate Meal 3: Spanikopita, White Beans, Carrots (5351)

(Calories 401, Fat 11 gm, Sat. Fat 3 g, Chol 41 mg, Pro 18 gm, Carbs 58 gm, Sodium 542 mg, Pot 1023 mg, Phos 230 mg)

Ingredients: Spanakopita - spinach, onion, green onion, egg, margarine/butter blend, filo dough (enriched bleached wheat flour: niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, corn starch, canola oil (ascorbic acid, rosemary, and citric acid added to preserve freshness, vital wheat gluten, salt, preservatives (calcium propionate, potassium sorbate), dextrose, maltodextrin, citric acid), feta cheese, parmesan cheese, parsley, nutmeg, White Beans - white beans, margarine/butter blend, black pepper, salt, Carrots. Contains: egg, wheat, milk

## Entree: Orange Szechwan Chicken with Broccoli, Green Beans, Yellow Rice (1679)

(Calories 398, Fat 9 gm, Sat. Fat 2 g, Chol 87 mg, Pro 37 gm, Carbs 41 gm, Sodium 753 mg, Pot 781 mg, Phos 298 mg)

Ingredients: Orange Szechwan Chicken with Broccoli - chicken breast, broccoli, orange juice, green onion, soy sauce, corn starch, vegetable oil, orange zest, sugar, ginger, red pepper flakes, salt, Green Beans, Yellow Rice - rice, margarine/butter combo, turmeric. Contains: soy, wheat

**Alternate Meal 1:** Florentine Tart, Noodles, Carrots RENAL/GI (5602)  
(Calories 280, Fat 12 gm, Sat. Fat 5 g, Chol 83 mg, Pro 12 gm, Carbs 30 gm, Sodium 463 mg, Pot 514 mg, Phos 216 mg)

**Ingredients:** Florentine Tart -spinach, egg, parmesan cheese, pine nuts, ricotta cheese, garlic, olive oil, ground mace, seasoning salt, Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic. Carrots -carrots, margarine/butter blend, celery seed, black pepper. Contains: egg, tree nuts (pine nuts), wheat, milk

**Alternate Meal 2:** Veggie Patty with Mushroom Gravy, Braised Cabbage, Mashed Potato (5486)  
(Calories 452, Fat 14 gm, Sat. Fat 4 g, Chol 10 mg, Pro 15 gm, Carbs 62 gm, Sodium 868 mg, Pot 617 mg, Phos 224 mg)

**Ingredients:** Veggie Patty with Mushroom Gravy -mushrooms, carrot, onion, celery, egg whites, brown rice, rolled oats, bulgur wheat, parmesan cheese, mozzarella (part skim), canola oil, all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), garlic powder, salt, turmeric, black pepper, kitchen bouquet (caramel color, water, vegetable broth (carrot, celery, onion, parsnips, turnips), spices, citric acid, sodium benzoate), liquid smoke (water, natural liquid smoke, polysorbate 80), brown gravy (food starch-modified, maltodextrin, partially hydrogenated soybean and/or cottonseed oil, salt, enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), whey, hydrolyzed vegetable protein (corn, soy and/or wheat), autolyzed yeast extract, onion, color added, natural flavor, sugar, dextrose, disodium guanylate, disodium inosinate, chicken fat, gelatin), Braised Cabbage -red cabbage, cider vinegar, brown sugar, fennel seed, Mashed Potatoes -potatoes, whey produce (contains one or more of the following: whey solids, sodium caseinate, calcium caseinate, calcium phosphate, calcium hydroxide), mono and diglycerides, sodium acid pyrophosphate, vitamin c, calcium stearoyl-2-lactylate. Preserved with sodium bisulfate and bht. Contains: egg, wheat, milk



**Entree:** Chicken Coq Au Vin, Peas & Snow Peas, Garbanzo Beans (1583)  
(Calories 536, Fat 15 gm, Sat. Fat 4 g, Chol 93 mg, Pro 46 gm, Carbs 50 gm, Sodium 848 mg, Pot 967 mg, Phos 498 mg)

**Ingredients:** Coq Au Vin -chicken breast, carrots, pearl onions, mushrooms, burgundy, shallots, margarine/butter blend, olive oil, garlic, marjoram, parsley, all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), bay leaf, thyme, black pepper. Peas and Sugar Snap Peas, Garbanzo Beans. Contains: milk, wheat

**Alternate Meal 1:** Chicken Breast, Couscous, Mixed Summer Squash RENAL (5182)  
(Calories 478, Fat 18 gm, Sat. Fat 0 g, Chol 81 mg, Pro 26 gm, Carbs 56 gm, Sodium 355 mg, Pot 415 mg, Phos 273 mg)

**Ingredients:** Chicken Breast -chicken breast, canola oil, basil, thyme, oregano, sage, Couscous -couscous (durum wheat, semolina), Mixed Summer Squash -zucchini, yellow squash, patty pan. Contains: wheat

**Alternate Meal 2:** Chicken Breast, Couscous, Yellow & Summer Squash GI (5183)  
(Calories 495, Fat 14 gm, Sat. Fat 4 g, Chol 86 mg, Pro 39 gm, Carbs 56 gm, Sodium 295 mg, Pot 475 mg, Phos 350 mg)

**Ingredients:** Chicken Breast -chicken breast, Couscous -couscous (durum wheat, semolina), Yellow and Summer Squash. Contains: wheat

**Alternate Meal 3:** Asian Vegetables with Tofu & Coconut Milk, Mixed Squash, Rice (5404)  
(Calories 281, Fat 12 gm, Sat. Fat 7 g, Chol 0 mg, Pro 7 gm, Carbs 41 gm, Sodium 588 mg, Pot 544 mg, Phos 136 mg)

**Ingredients:** Asian Vegetable with Tofu and Coconut Milk -broccoli, cauliflower, eggplant, coconut milk, sugar snap peas, tofu (firm), mushrooms, soy sauce, green onion, napa cabbage, baby corn, oyster sauce (water, sugar, salt, oyster extractives (oyster, water, salt), modified corn starch, caramel color, sodium benzoate) garlic, sesame oil, Mixed Squash -yellow squash, zucchini squash, Rice -converted rice, margarine/butter blend, salt. Contains: soy, shellfish (oyster), tree nuts (coconut), milk



**Entree:** Oven Fried Chicken, Braised Cabbage, Mashed Potatoes (1533)  
(Calories 419, Fat 16 gm, Sat. Fat 5 g, Chol 103 mg, Pro 37 gm, Carbs 30 gm, Sodium 355 mg, Pot 632 mg, Phos 330 mg)

**Ingredients:** Oven Fried Chicken -chicken breast, buttermilk (2%), toasted bread crumbs, herbs d' Provence, seasoning salt, black pepper, Braised Cabbage -cabbage, apple cider vinegar, brown sugar, fennel seed. Mashed Potatoes -potatoes, whey produce (contains one or more of the following: whey solids, sodium caseinate, calcium caseinate, calcium phosphate, calcium hydroxide), mono and diglycerides, sodium acid pyrophosphate, vitamin C, calcium stearoyl-2-lactylate. Preserved with sodium bisulfate and BHT. Contains: milk, wheat

**Alternate Meal 1:** Turkeyroni, White Rice, Carrots RENAL (5563)  
(Calories 392, Fat 12 gm, Sat. Fat 3 g, Chol 72 mg, Pro 25 gm, Carbs 45 gm, Sodium 349 mg, Pot 583 mg, Phos 312 mg)

**Ingredients:** Turkeyroni -ground turkey (90% lean), macaroni, onion, tomatoes, celery, tomato sauce, tomato paste, olive oil, cumin, bay leaf, garlic, black pepper, chili powder, Rice -parboiled rice, Carrots -carrots, margarine/butter blend, celery seed, black pepper. Contains: wheat, milk

**Alternate Meal 2:** Turkeyroni, Rice, Carrots GI (5536)  
(Calories 321, Fat 10 gm, Sat. Fat 3 g, Chol 79 mg, Pro 28 gm, Carbs 31 gm, Sodium 310 mg, Pot 681 mg, Phos 315 mg)

**Ingredients:** Turkeyroni -ground turkey (90% lean), macaroni, onion, tomatoes, celery, tomato sauce, tomato paste, olive oil, cumin, bay leaf, garlic, Rice, Carrots. Contains: wheat

**Alternate Meal 3:** Cheese Enchiladas, Zucchini Red Peppers, Pearl Onion, Carrots (5338)  
(Calories 321, Fat 10 gm, Sat. Fat 3 g, Chol 79 mg, Pro 28 gm, Carbs 31 gm, Sodium 310 mg, Pot 260 mg, Phos 40 mg)

**Ingredients:** Cheese Enchiladas -filling (pasteurized process cheese sauce with jalapeño peppers, water, monterey jack cheese with hot peppers and other natural cheese, milk, jalapeño and/or habanero peppers, cheese culture, salt, enzymes), partially hydrogenated soybean oil, whey, modified corn starch, sodium phosphate, contains 2% or less of: jalapeño peppers, salt, onion powder, vinegar, sodium alginate, sugar, lactic acid, anhydrous milkfat, skim milk, calcium chloride, milkfat, tocopherols, natural flavors, xanthum gum, sorbic acid and sodium benzoate, color (apo-carotenal, annatto and turmeric extract), onions, green chilis (green chili peppers, water, salt, calcium chloride and citric acid), tortillas (bleached enriched wheat flour: niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, shortening (partially hydrogenated soybean and cottonseed oil, with mono and diglycerides), baking powder (sodium bicarbonate, corn starch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate), salt, dough conditioner (whey, l-cysteine hydrochloride), calcium propionate, potassium sorbate, vegetable gum (cellulose gum, maltodextrin, carrageenan), sodium aluminum phosphate (sodium aluminum phosphate, acidic calcium carbonate, precipitated amorphous silica, fumaric acid), sauce (water, wheat flour: bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), chili seasoning (spices, salt, maltodextrin, garlic, torula yeast, autolyzed yeast, disodium inosinate, less than 2% soybean oil and silicon dioxide), modified wheat starch, vegetable gum (guar gum, locust gum)  
Zucchini with Red Peppers and Pearl Onions -zucchini squash, pearl onions, sweet red peppers, onions, margarine/butter blend. Garlic, black pepper, salt, Carrots -carrots, margarine/butter blend, salt. Contains: milk, soy, wheat

**Dessert:**  
**Animal Cracker Pack (1512)**

(Calories 120, Fat 1.5 gm, Sat. Fat 0 g, Chol 0 mg, Pro 2 gm, Carbs 24 gm, Sodium 75 mg, Pot 0 mg, Phos 0 mg)

**Ingredients:** enriched flour (wheat flour, niacin, reduced iron, vitamin b1, vitamin b2, folic acid), sugar, high fructose corn syrup, soybean oil, contains 2% or less of soy lecithin, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), salt, natural flavors. Contains: wheat, soy

**Lorna Doone Shortbread Cookies (1215)**  
(Calories 140, Fat 7 gm, Sat. Fat 1.5 g, Chol 0 mg, Pro 1 gm, Carbs 19 gm, Sodium 150 mg, Pot 25 mg, Phos 0 mg)

**Ingredients:** unbleached enriched flour (wheat flour, niacin, reduced iron, vitamin b1, vitamin b2, folic acid), sugar, soybean oil, partially hydrogenated cottonseed oil, corn flour, palm oil, salt, high fructose corn syrup, baking soda, soy lecithin, cornstarch, artificial flavor. Contains: wheat, soy

**Fresh Fruit (1021)**  
(Calories 72, Fat 0 gm, Sat. Fat 0 g, Chol 0 mg, Pro 1 gm, Carbs 19 gm, Sodium -0 mg, Pot 181 mg, Phos 16 mg)

#### FROZEN MEAL REHEATING INSTRUCTIONS

- Frozen meals **must be put in your freezer as soon as you get them from your driver**. Do not leave them out and do not put one in your refrigerator unless you plan to thaw it.
- You may thaw a frozen meal before you cook it-but **always** thaw it in the refrigerator. **DO NOT** leave a meal out on the counter to thaw.
- It will take at least 8 hours for your meal to thaw in the refrigerator.
- **DO NOT** let a meal thaw in the refrigerator for more than 24 hours. You should eat a frozen meal within 24 hours of it being placed in the refrigerator.
- **DO NOT REFREEZE** a meal once it is thawed.
- How to cook a frozen or thawed meal:
  - **OVEN:** Preheat your oven to 350° F. Cook thawed meals for 30 minutes. Frozen meals will take about 45 minutes. Some meals, like casseroles, may take up to an hour. Keep the plastic film on to prevent food from drying out.
  - **MICROWAVE:** Heat thawed meals for approximately 3-4 minutes on high power. A frozen meal may take 5-7 minutes in some microwaves. If you cook the meal too long it can dry out. Keep the plastic film on and cut a small slit in the middle. If the microwave does not turn on its own, then turn the meal half way through cooking to help the food to heat evenly.

If you are unable to receive delivery and you need to put service on hold please contact:  
Client Services: (323) 845- 1810