

# Client Menu

For Delivery Dates  
08/22/2017 to 08/28/2017  
-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: Baked Ziti with Pork Green Beans and Carrots (1681)**

(Calories 520, Fat 18 gm, Sat. Fat 7 g, Chol 50 mg, Pro 26 gm, Carbs 61 gm, Sodium 970 mg, Pot 734 mg, Phos 140 mg)

Ingredients: Baked Ziti with Pork -pork, ziti pasta (semolina (wheat), niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid), marinara (tomato sauce, tomato paste, onion, olive oil, basil, thyme, garlic, black pepper, salt), mozzarella cheese (part skim), parmesan cheese, 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), onion, garlic, Green Beans, Carrots. Contains: wheat, milk, egg

**Alternate Meal 1: Chicken Rice Casserole, Peas RENAL (5569)**

(Calories 482, Fat 21 gm, Sat. Fat 4 g, Chol 73 mg, Pro 31 gm, Carbs 41 gm, Sodium 245 mg, Pot 584 mg, Phos 361 mg)

Ingredients: Chicken and Rice Casserole -chicken breast, converted rice, milk (2%), mushrooms, bell pepper, 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), canola oil, margarine/butter blend, onion, all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), worcestershire sauce, thyme, basil, sage, Peas -peas, margarine/butter blend, garlic powder, black pepper. Contains: milk, wheat, egg, soy

**Alternate Meal 2: Chicken Rice Asparagus Casserole, Peas GI (5068)**

(Calories 551, Fat 9 gm, Sat. Fat 3 g, Chol 100 mg, Pro 43 gm, Carbs 70 gm, Sodium 215 mg, Pot 625 mg, Phos 336 mg)

Ingredients: Chicken rice Asparagus Casserole -chicken breast, asparagus, carrots, converted rice, 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, lemon juice, corn starch, dill, Peas. Contains: soy, egg

**Alternate Meal 3: Red Onion & Cabbage Tart, Yellow Rice, Broccoli (5220)**

(Calories 405, Fat 12 gm, Sat. Fat 6 g, Chol 24 mg, Pro 21 gm, Carbs 54 gm, Sodium 1434 mg, Pot 484 mg, Phos 282 mg)

Ingredients: Red Onion and Cabbage Tart -red cabbage, pie shell (enriched flour: wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), lard, partially hydrogenated lard, water, high fructose corn syrup, salt, soy flour, red onion, parmesan cheese, egg whites, currant jelly, red wine vinegar, orange juice concentrate, olive oil, salt, nutmeg, black pepper, fennel seed, clove, Yellow Rice -converted rice, margarine/butter blend, turmeric, Broccoli. Contains: soy, egg, wheat, milk

**Entree: Assorted Frozen Entrees (1052)**

**Alternate Meal 1: Special Assorted Frozen Entrees**

**Entree: Beef Tamale, Seasoned Pinto Beans, Carrots (1614)**

(Calories 490, Fat 20 gm, Sat. Fat 5 g, Chol 30 mg, Pro 19 gm, Carbs 61 gm, Sodium 829 mg, Pot 650 mg, Phos 178 mg)

Ingredients: Beef Tamale -cooked masa (water, tamale flour (stoneground corn masa flour, trace of lime), soybean oil, salt, chili pepper), filling (beef patty mix (beef, textured vegetable protein (soy flour, caramel color)), water, cooked beef (cooked beef, beef broth, salt), textured vegetable protein (soy flour, caramel color), wheat flour enriched (niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), chili pepper, lard (lard, bht (added to help protect flavor), citric acid), salt, spice, garlic, Seasoned Pinto Beans -pinto beans, tomato, seasoning salt, cumin, black pepper, Carrots. Contains: soy, wheat

**Alternate Meal 1: Roasted Herb Chicken, Yellow rice, Peas & Snow Peas RENAL (5584)**

(Calories 491, Fat 19 gm, Sat. Fat 4 g, Chol 98 mg, Pro 42 gm, Carbs 35 gm, Sodium 106 mg, Pot 499 mg, Phos 323 mg)

Ingredients: Roasted herb chicken: chicken breast, olive oil, lemon juice, garlic, thyme, rosemary, sage, basil, black pepper, Yellow Rice -converted rice, margarine/butter blend, turmeric, Peas and Sugar Snap Peas -peas, sugar snap peas, margarine/butter blend, garlic, black pepper. Contains: milk

**Alternate Meal 2: Roasted Herb Chicken, Yellow Rice, Peas & Snow Peas GI (5496)**

(Calories 375, Fat 10 gm, Sat. Fat 2 g, Chol 63 mg, Pro 31 gm, Carbs 37 gm, Sodium 130 mg, Pot 316 mg, Phos 190 mg)

Ingredients: Roasted Herb Chicken -chicken breast, olive oil, lemon juice, garlic, oregano, basil, salt, Yellow Rice - rice, margarine/butter blend, turmeric, Peas and Sugar Snap Peas. Contains: milk

**Alternate Meal 3: Vegetarian Fajita, Seasoned Black Beans, Peas (5422)**

(Calories 482, Fat 15 gm, Sat. Fat 1 g, Chol 10 mg, Pro 34 gm, Carbs 52 gm, Sodium 573 mg, Pot 735 mg, Phos 209 mg)

Ingredients: Vegetarian Fajita -veggie patties (mushrooms, carrot, onion, celery, egg whites, brown rice, rolled oats, bulgur wheat, parmesan cheese, mozzarella (part skim low moisture), 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), onion, bell pepper, tomatoes, lime juice, lime, canola oil, garlic, corn starch, Seasoned Black Beans -black beans, tomatoes, seasoning salt, black pepper Peas -peas, margarine/butter blend. Contains: egg, wheat, milk

**Entree: Picadillo, Rice, Seasoned Black Beans (1602)**

(Calories 521, Fat 17 gm, Sat. Fat 4 g, Chol 84 mg, Pro 31 gm, Carbs 62 gm, Sodium 735 mg, Pot 838 mg, Phos 345 mg)

Ingredients: Picadillo -ground turkey (90% lean), potato, tomato, Spanish olives, almonds, parsley, raisins, onion, tomato juice, garlic, vegetable oil, cinnamon, cumin, salt, Seasoned Black Beans - black beans, tomato, seasoning salt, black pepper, Rice -white rice, margarine butter blend. Contains: tree nuts (almonds), milk

**Alternate Meal 1: Chicken with Rosemary & Wine, Rice, Vegetable Blend RENAL (5576)**

(Calories 400, Fat 9 gm, Sat. Fat 3 g, Chol 84 mg, Pro 34 gm, Carbs 30 gm, Sodium 105 mg, Pot 401 mg, Phos 275 mg)

Ingredients: Chicken with Rosemary and Wine -chicken breast, 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), white wine, rosemary, basil, oregano, garlic, white pepper, Japanese Vegetable Blend -French green beans, broccoli, mushrooms, onion, bell pepper, garlic, black pepper. Contains: soy, egg

**Alternate Meal 2: Chicken with Rosemary & Wine, Rice, Vegetable Blend GI (5542)**

(Calories 405, Fat 10 gm, Sat. Fat 3 g, Chol 98 mg, Pro 39 gm, Carbs 30 gm, Sodium 344 mg, Pot 429 mg, Phos 312 mg)

Ingredients: Chicken with Rosemary and Wine -chicken breasts, 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), white wine, rosemary, oregano, garlic powder, salt, Japanese Vegetable Blend -French green beans, broccoli, mushrooms, onion, bell pepper. Contains: egg, soy

**Alternate Meal 3: Lentils, Rice, Vegetable Blend (5400)**

(Calories 318, Fat 1 gm, Sat. Fat 0 g, Chol 0 mg, Pro 16 gm, Carbs 60 gm, Sodium 85 mg, Pot 567 mg, Phos 251 mg)

Ingredients: Lentils -lentils, vegetable stock (mirepoix stock: onion concentrate, carrot broth, celery concentrate) dextrin, glucose syrup, salt, olive oil, lecithin (soy), bouquet garni (cloves, laurel leaf, black pepper, thyme, rosemary), black pepper, Rice -rice, margarine/butter blend, Japanese Vegetable Blend -French green beans, broccoli, mushrooms, onion, bell pepper. Contains: soy, milk

**Entree: Beef Patty, Mushroom Gravy, Mashed Potatoes, Corn (1136)**

(Calories 384, Fat 14 gm, Sat. Fat - g, Chol 97 mg, Pro 35 gm, Carbs 27 gm, Sodium 798 mg, Pot 710 mg, Phos 285 mg)

Ingredients: Beef Patty with Mushroom Gravy -Beef patty: ground beef (85% lean), mushroom gravy (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), mushroom), Mashed Potatoes -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), Corn - corn, margarine/butter blend. Contains: soy, wheat, milk

**Alternate Meal 1: Chicken & Gravy, Noodles, Green Beans RENAL (5561)**

(Calories 452, Fat 17 gm, Sat. Fat 5 g, Chol 123 mg, Pro 40 gm, Carbs 33 gm, Sodium 598 mg, Pot 647 mg, Phos 365 mg)

Ingredients: Chicken and Gravy -chicken breast, chicken 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), paprika, tarragon, black pepper, thyme, Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic powder, Green Beans -green beans, margarine/butter blend, garlic. Contains: soy, milk, wheat, egg

**Alternate Meal 2: Chicken & Gravy, Noodles, Green Beans GI (5528)**  
(Calories 451, Fat 16 gm, Sat. Fat 5 g, Chol 123 mg, Pro 40 gm, Carbs 33 gm, Sodium 547 mg, Pot 644 mg, Phos 364 mg)

**Ingredients:** Chicken and Gravy -chicken breast, chicken 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 (a milk derivative), 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), tarragon, basil, thyme, Noodles - egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic powder, salt, Green Beans. Contains: soy, milk, wheat, egg

**Alternate Meal 3: Eggplant Provencal, Buttered Noodles, Green Bean Almond (5162)**

(Calories 378, Fat 16 gm, Sat. Fat 4 g, Chol 25 mg, Pro 18 gm, Carbs 43 gm, Sodium 787 mg, Pot 779 mg, Phos 158 mg)

**Ingredients:** Eggplant Provencal -eggplant, onion, tomato sauce, tofu, garlic, olive oil, oregano, basil, rosemary, black pepper, Buttered Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, Green Beans Almandine -green beans, almonds. Contains: soy, wheat, egg, milk, tree nuts (almonds)



**Entree: Mahogany Chicken, Rice, Corn Blend (1541)**

(Calories 455, Fat 15 gm, Sat. Fat 4 g, Chol 101 mg, Pro 39 gm, Carbs 38 gm, Sodium 2265 mg, Pot 548 mg, Phos 324 mg)

**Ingredients:** Mahogany Chicken -chicken thigh, soy sauce, white wine, orange juice, honey, sesame seed, Rice: rice, margarine/butter blend, Corn Blend -corn, sweet red pepper, margarine/butter blend. Contains: soy, milk

**Alternate Meal 1: Beef Stew, Basic Rice GI/RENAL (5289)**

(Calories 365, Fat 16 gm, Sat. Fat 4 g, Chol 73 mg, Pro 28 gm, Carbs 26 gm, Sodium 487 mg, Pot 577 mg, Phos 292 mg)

**Ingredients:** Chicken and Gravy - chicken breast, chicken 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 (a milk derivative), 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), tarragon, basil, thyme, Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic powder, salt, Green Beans -green beans, margarine/butter blend, garlic. Contains: soy, milk, wheat

**Alternate Meal 2: Vegetarian Stew, Corn (5250)**

(Calories 200, Fat 6 gm, Sat. Fat 1 g, Chol 0 mg, Pro 10 gm, Carbs 25 gm, Sodium 626 mg, Pot 526 mg, Phos 37 mg)

**Ingredients:** Vegetarian Stew -potato, carrot, celery, tofu, white beans, onion, turnips, all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), olive oil, garlic, dill, basil, white pepper, Corn - corn, margarine/butter blend. Contains: soy, wheat, milk



**Entree: Bean & Cheese Burrito, Calabasa, Carrots (1375)**

(Calories 366, Fat 10 gm, Sat. Fat 4 g, Chol 12 mg, Pro 13 gm, Carbs 56 gm, Sodium 791 mg, Pot 519 mg, Phos 68 mg)

**Ingredients:** Bean and Cheese Burrito -filling: water, pinto beans, cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, may contain annatto color), textured vegetable protein product [soy flour, caramel color, zinc oxide, ferrous sulfate, niacinamide, calcium pantothenate, pyridoxine hydrochloride (b6), riboflavin (b2), thiamine mononitrate (b1), vitamin a palmitate, and vitamin b12], flavorings, salt, modified food starch (refined from corn), flour tortilla: enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil, salt, guar gum, baking powder (corn starch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), l-cysteine, Calabaza -zucchini squash, bell pepper, onion, margarine/butter blend, garlic, black pepper, salt, Carrots -carrots, margarine/butter blend. Contains: wheat, milk, soy

**Alternate Meal 1: Turkey Patty & Mushroom Gravy, Rice, Corn RENAL**

(5572)

(Calories 324, Fat 12 gm, Sat. Fat 3 g, Chol 79 mg, Pro 27 gm, Carbs 31 gm, Sodium 90 mg, Pot 460 mg, Phos 312 mg)

**Ingredients:** Turkey Patty with Mushroom Gravy - ground turkey (95%), garlic, oregano, basil, 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), mushroom, Rice -rice, margarine/butter blend, Corn -corn, margarine/butter blend. Contains: soy, wheat, milk

**Alternate Meal 2: Turkey Patty & Mushroom Gravy, Rice, Corn GI (5425)**

(Calories 380, Fat 10 gm, Sat. Fat 3 g, Chol 79 mg, Pro 28 gm, Carbs 46 gm, Sodium 351 mg, Pot 611 mg, Phos 361 mg)

**Ingredients:** Turkey Patty with Mushroom Gravy -ground turkey (95%), 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), mushroom, Corn, Rice. Contains: soy, wheat, milk

**Alternate Meal 3: Veggie Patty with Mushroom gravy, Rice, Carrots (5484)**

(Calories 341, Fat 6 gm, Sat. Fat 1 g, Chol 1 mg, Pro 24 gm, Carbs 47 gm, Sodium 801 mg, Pot 367 mg, Phos 111 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), Rice -converted rice, margarine/butter blend, salt, Carrots -carrots, margarine/butter blend. Contains: egg, wheat, milk, soy



**Dessert:**

**Oatmeal Raisin Cinnamon Cookies (1112)**

(Calories 100, Fat 4.5 gm, Sat. Fat 2 g, Chol 0 mg, Pro 1 gm, Carbs 15 gm, Sodium 80 mg, Pot 35 mg, Phos 2 mg)

**Ingredients:** unbleached enriched flour (wheat flour, niacin, reduced iron, vitamin b1, vitamin b2, folic acid), sugar, palm oil, oatmeal, raisins, corn flour, molasses, salt, baking soda, cinnamon, canola oil, soy lecithin, natural and artificial flavor, caramel color. 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**