

Client Menu

For Delivery Dates
08/29/2017 to 09/04/2017
-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 Stuffed Shells with Marinara, Green Beans, Carrots (1430)

(Calories 377, Fat 15 gm, Sat. Fat - g, Chol 60 mg, Pro 20 gm, Carbs 42 gm, Sodium 1136 mg, Pot 537 mg, Phos 61 mg)

Ingredients: Stuffed Shells with Marinara -shells: ricotta cheese (pasteurized whey, milk and cream), flour (durum semolina, ferrous sulfite, niacin, thiamine mononitrate, riboflavin, folic acid), whole eggs, water, mozzarella cheese (made from pasteurized cultured milk, enzymes and salt), parmesan cheese (pasteurized cultured cow's milk, rennet, salt), romano cheese (part skim cows milk, cheese culture, salt, enzymes, cellulose powder), salt, modified food starch, pepper, parsley, marinara: (tomato sauce, tomato paste, onion, olive oil, basil, thyme, garlic, black pepper, salt), Green Beans, Carrots -carrots, margarine/butter blend. Contains: wheat, milk, egg

Alternate Meal 1: Beef Patty with Gravy, Noodles. Vegetable Blend RENAL (5565)

(Calories 366, Fat 19 gm, Sat. Fat 8 g, Chol 95 mg, Pro 25 gm, Carbs 24 gm, Sodium 121 mg, Pot 350 mg, Phos 213 mg)

Ingredients: Beef Patty with Gravy -ground beef (85% lean), garlic, black pepper, 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), Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic, Vegetable Blend -French green beans, broccoli, mushrooms, onion, red bell pepper, garlic, black pepper. Contains: soy, wheat, egg, milk

Alternate Meal 2: Beef Patty with Gravy, Noodles, Vegetable Blend GI (5502)

(Calories 400, Fat 20 gm, Sat. Fat 8 g, Chol 96 mg, Pro 27 gm, Carbs 29 gm, Sodium 386 mg, Pot 507 mg, Phos 261 mg)

Ingredients: Beef patty with Gravy -ground beef (85% lean), 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), Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Japanese Vegetable Blend -French green beans, broccoli, mushrooms, onion, red bell pepper. Contains: soy, wheat, milk, egg



Entree: Assorted Frozen Entrees (1052)

Alternate Meal 1: Special Assorted Frozen Entrees



Entree: Assorted Frozen Entrees (1052)

Alternate Meal 1: Special Assorted Frozen Entrees



Entree: Copa Bacalao, Red Potatoes with Parsley Buttered, Carrots (1106)

(Calories 510, Fat 18 gm, Sat. Fat 5 g, Chol 92 mg, Pro 33 gm, Carbs 51 gm, Sodium 1095 mg, Pot 1333 mg, Phos 625 mg)

Ingredients: Copa Bacalao -tilapia, tomatoes, onion, celery, parsley, margarine/butter blend, vegetable oil, jalapeno pepper, croutons, black pepper, salt, Roasted Potatoes with Parsley Butter -red potatoes, olive oil, margarine/butter blend, basil, parsley, salt, Carrots -carrots, margarine/butter blend. Contains: fish (tilapia), milk, wheat

Alternate Meal 1: Chicken Stir Fry, Rice, Carrots RENAL (5556)

(Calories 345, Fat 11 gm, Sat. Fat 2 g, Chol 81 mg, Pro 34 gm, Carbs 28 gm, Sodium 342 mg, Pot 659 mg, Phos 336 mg)

Ingredients: Chicken Stir Fry -chicken breast, peas, carrots, mushrooms, green beans, 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, sesame oil, ginger, brown sugar, rice vinegar, turmeric, Rice -rice, margarine/butter blend, garlic, Carrots -carrots, margarine/butter blend. Contains: soy, egg, milk

Alternate Meal 2: Chicken Stir Fry, Rice, Carrots GI (5019)

(Calories 365, Fat 4 gm, Sat. Fat 1 g, Chol 80 mg, Pro 36 gm, Carbs 43 gm, Sodium 300 mg, Pot 600 mg, Phos 311 mg)

Ingredients: Chicken Stir Fry -chicken breast, peas, carrots, mushrooms, green beans, 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), ginger, brown sugar, rice vinegar, turmeric, salt, Rice, Carrots. Contains: soy, egg

Alternate Meal 3: Garden Veggies with Tofu Sauce, Brown Rice (5276)

(Calories 447, Fat 23 gm, Sat. Fat 2 g, Chol 0 mg, Pro 23 gm, Carbs 47 gm, Sodium 19 mg, Pot 519 mg, Phos 401 mg)

Ingredients: Garden Veggies with Tofu Sauce -broccoli, green beans, zucchini, asparagus, walnuts, red bell pepper, tofu sauce (tofu), bell pepper, onion, celery, carrot, lemon juice, parsley, garlic, white pepper, oregano, rosemary, basil, salt, Brown Rice. Contains: soy, tree nuts (walnuts)



Entree: Chicken Posole mi Casa, Zucchini with Red Potatoes, Seasoned Pinto Beans (1653)

(Calories 460, Fat 14 gm, Sat. Fat 4 g, Chol 87 mg, Pro 43 gm, Carbs 42 gm, Sodium 776 mg, Pot 1088 mg, Phos 440 mg)

Ingredients: Chicken Pozole mi Casa -chicken breast, hominy, 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), green chili pepper, corn oil, onion, garlic, oregano, salt, black pepper, Italian Squash with Red Peppers -zucchini squash, onion, sweet red pepper, margarine/butter blend, garlic, black pepper, salt, Seasoned Pinto Beans -pinto beans, diced tomatoes, seasoning salt, cumin, black pepper. Contains: soy, egg, milk

Alternate Meal 1: Chicken Fajitas, Rice, Carrots RENAL (5577)

(Calories 488, Fat 14 gm, Sat. Fat 3 g, Chol 86 mg, Pro 37 gm, Carbs 54 gm, Sodium 320 mg, Pot 627 mg, Phos 328 mg)

Ingredients: Chicken Fajitas -chicken breast, onion, bell pepper, tomatoes, lime juice, canola oil, garlic, cumin, corn starch, limes, Rice -rice, margarine/butter blend, garlic powder, Carrots -carrots, margarine/butter blend, black pepper, celery seed. Contains: milk

Alternate Meal 2: Chicken Fajitas, Rice, Carrots GI (5541)

(Calories 379, Fat 9 gm, Sat. Fat 2 g, Chol 100 mg, Pro 40 gm, Carbs 35 gm, Sodium 137 mg, Pot 661 mg, Phos 350 mg)

Ingredients: Chicken Fajitas -chicken breast, onion, bell pepper, tomatoes, lime juice, canola oil, garlic, cumin, corn starch, limes, Rice, Carrots.

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), 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

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Entree: Beefaroni, Carrots, Seasoned Garbanzo Beans (1568)

(Calories 517, Fat 20 gm, Sat. Fat 7 g, Chol 89 mg, Pro 37 gm, Carbs 48 gm, Sodium 396 mg, Pot 967 mg, Phos 426 mg)

Ingredients: Beefaroni -ground beef (85% lean), tomatoes, macaroni pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), tomato sauce, tomato paste, celery, onion, chili powder, cumin, olive oil, garlic, bay leaf, Carrots -carrots, margarine/butter blend, Seasoned Garbanzo Beans -garbanzo beans, tomatoes, celery, carrot, onion, lemon juice, cumin, ginger, black pepper, salt, cinnamon. Contains: wheat, milk

Alternate Meal 1: Penne with Chicken & Mushroom, Peas 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, 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), mushrooms, margarine/butter blend, black pepper, salt, Peas -peas, margarine/ butter blend, garlic, black pepper. Contains: wheat, egg, milk

Alternate Meal 2: Penne with Chicken & Mushroom, Peas 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, Peas. Contains: wheat, soy, egg

Alternate Meal 3: Cheese Enchilada, Black Beans, Peas (5546)

(Calories 395, Fat 13 gm, Sat. Fat 7 g, Chol 30 mg, Pro 17 gm, Carbs 56 gm, Sodium 1010 mg, Pot 471 mg, Phos 59 mg)

Ingredients: Chicken Enchiladas -corn tortilla (water, corn masa flour (stone ground corn masa flour, cellulose gum, mono and diglycerides, trace of lime)), mechanically separated chicken, water, textured vegetable protein product [soy flour, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), cyanocobalamin (b12)], dehydrated onion, enriched flour (bleached wheat flour, niacin, reduced iron, thiamin, riboflavin, folic acid), flavoring and coloring, jalapeno puree (green jalapeno peppers, citric acid), beef base (roasted beef including natural beef juices, autolyzed yeast extract, hydrolyzed soy, corn and wheat protein, flour, dry whey, caramel color, natural flavorings, corn oil and paprika), chili powder (chili pepper, salt, cumin, oregano, garlic), salt, lite salt (salt, potassium chloride, magnesium carbonate), caramel color, sodium alginate
Peas -peas, margarine/butter blend, Black Beans. Contains: soy, wheat, milk

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Entree: Rojo Chili, Fiesta Beans, Spanish Rice (1654)

(Calories 494, Fat 12 gm, Sat. Fat 2 g, Chol 0 mg, Pro 27 gm, Carbs 72 gm, Sodium 969 mg, Pot 978 mg, Phos 153 mg)

Ingredients: Chili Rojo -tomatoes, tomato puree, tofu, corn, kidney beans, pinto beans, onion, Louisiana hot sauce (distilled vinegar (water, concentrated vinegar), red pepper, salt, guar gum, xanthan gum, ascorbic acid, red #40), vegetable oil, molasses, honey, chili powder, garlic, cumin, cayenne pepper, garlic powder, salt, oregano, Fiesta Beans -onion, red beans, black beans, pinto beans, tomato paste, garlic, thyme, bay leaf, Spanish Rice -converted white 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), onion, tomato sauce, garlic, salt. Contains: soy, egg

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 and 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 -zucchini squash, yellow squash. Contains: wheat

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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