

Client Menu

For Delivery Dates
01/02/2018 to 01/08/2018
-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: Assorted Frozen Entrees (1052)
Alternate Meal 1: Special Assorted Frozen Entrees



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Entree: Turkey Meatballs with Marinara, Roman Beans, Green Beans (1595)

(Calories 397, Fat 14 gm, Sat. Fat 4 g, Chol 111 mg, Pro 34 gm, Carbs 36 gm, Sodium 506 mg, Pot 947 mg, Phos 354 mg)

Ingredients: Turkey Meatballs with Marinara -ground turkey, egg, toasted bread crumbs, marinara (tomato sauce, tomato paste, onion, olive oil, basil, thyme, garlic, black pepper, salt), Roman Beans -white beans, olive oil, sage, salt, black pepper, Green Beans -green beans, margarine/butter blend. Contains: egg, wheat, milk

Alternate Meal 1: Mexi-Beef, Rice, Peas RENAL/GI (5367)

(Calories 394, Fat 11 gm, Sat. Fat 4 g, Chol 77 mg, Pro 28 gm, Carbs 40 gm, Sodium 182 mg, Pot 659 mg, Phos 327 mg)

Ingredients: Mexi-Beef -ground beef (85% lean), carrots, corn tortillas, oregano, Rice, Peas -peas, margarine/butter blend, garlic powder, black pepper. Contains: milk

Alternate Meal 2: Manicotti & Marinara, Roman Beans, Green Beans VEG (5593)

(Calories 513, Fat 17 gm, Sat. Fat 8 g, Chol 38 mg, Pro 32 gm, Carbs 60 gm, Sodium 1007 mg, Pot 1050 mg, Phos 427 mg)

Ingredients: Manicotti and Marinara -ricotta cheese, manicotti shells (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), egg whites, mozzarella cheese, romano cheese, parmesan cheese, marinara (tomato sauce, tomato paste, onion, olive oil, basil, thyme, garlic, black pepper, salt), bread crumbs, basil, parsley, black pepper, salt, Roman Beans -white beans, olive oil, sage, salt, black pepper, Green Beans -green beans, margarine/butter blend. Contains: milk, wheat, egg



Entree: Beef Patty with Mushroom Gravy, Roasted Red Potatoes, Peas (1363)

(Calories 424, Fat 16 gm, Sat. Fat 6 g, Chol 75 mg, Pro 25 gm, Carbs 38 gm, Sodium 484 mg, Pot 1161 mg, Phos 345 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). Roasted Red Potatoes -red potatoes,

olive oil, garlic, basil, oregano, thyme, salt. Peas -peas, margarine/butter blend. Contains: soy, wheat, milk

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 (white vinegar, blackstrap molasses, glucose-fructose, salt, anchovies (fish), onions, tamarind extract, garlic, spices, flavor), thyme, basil, sage, Peas -peas, margarine/butter blend, garlic powder, black pepper. Contains: milk, soy, wheat, egg, fish (anchovies)

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: Vegetarian Black Bean Chili, Brown Rice, Peas (5519)

(Calories 686, Fat 23 gm, Sat. Fat 5 g, Chol 9 mg, Pro 22 gm, Carbs 100 gm, Sodium 1655 mg, Pot 897 mg, Phos 246 mg)

Ingredients: Black bean Chili -black beans, bell pepper, onion, tomato sauce, garlic, olive oil, chili powder, cilantro, oregano, cumin, cayenne pepper, Brown Rice -converted brown rice, Peas: peas, margarine/butter blend. Contains: milk



Entree: Chicken Cacciatore, Faggiolo, Broccoli (1588)

(Calories 489, Fat 10 gm, Sat. Fat 2 g, Chol 132 mg, Pro 62 gm, Carbs 38 gm, Sodium 663 mg, Pot 1077 mg, Phos 447 mg)

Ingredients: Chicken Cacciatore -chicken breast, mushrooms, onion, olive oil, tomatoes, tomato paste, tomato sauce, bell pepper, garlic, basil, thyme, oregano, black pepper, salt. Faggioli -cannellini beans, tomatoes, bell pepper, olive oil, basil, Broccoli -broccoli, margarine/butter blend. Contains: milk

Alternate Meal 1: Turkeyroni, Carrots RENAL (5563)

(Calories 325, Fat 11 gm, Sat. Fat 3 g, Chol 79 mg, Pro 28 gm, Carbs 31 gm, Sodium 330 mg, Pot 654 mg, Phos 318 mg)

