

Client Menu

For Delivery Dates
12/12/2017 to 12/18/2017
-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: Pork Enchilado, Fiesta Beans, Spinach (1587)

(Calories 458, Fat 14 gm, Sat. Fat 3 g, Chol 55 mg, Pro 33 gm, Carbs 49 gm, Sodium 982 mg, Pot 1108 mg, Phos 377 mg)

Ingredients: Pork Enchilado -pork, onion, enchilada sauce (tomato puree (water, tomato paste), water, red chile puree, less than 2% of: salt, chile pepper, canola oil, onion powder, spices, garlic puree, colored with oleoresin paprika, pectin, cornstarch, natural flavor, lemon juice concentrate, citric acid, guar gum, xanthan gum, garlic powder, autolyzed yeast extract, locust bean gum), black olives, canola oil, Fiesta Beans -red beans, black beans, pinto beans, onion, tomato paste, garlic, thyme, bay leaf, Spinach

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, Rice. Contains: soy, egg

Alternate Meal 2: Chicken with Rosemary & Wine, Rice, Japanese 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, Rice. Contains: egg, soy

Alternate Meal 3: Vegetarian Tofu Curry, White Rice, Buttered Peas (5472)

(Calories 390, Fat 12 gm, Sat. Fat 4 g, Chol 16 mg, Pro 6 gm, Carbs 63 gm, Sodium 483 mg, Pot 597 mg, Phos 155 mg)

Ingredients: Vegetable Tofu Curry -tofu, potatoes, carrots, onion, heavy cream, nonfat yogurt, raisins, peanut oil, honey, ground coriander, ginger, garlic, ground ginger, cardamom, cumin, cinnamon, turmeric, paprika, vegetable stock (carrot, celery, onion, parsnips, turnips), spices, citric acid, sodium benzoate), liquid smoke (water, natural liquid smoke, polysorbate 80), cloves, salt, White Rice, Buttered Peas -peas, margarine/butter blend. Contains: soy, milk, peanuts (peanut oil)

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Entree: Assorted Frozen Entrees (1052)

Alternate Meal 1: Special Assorted Frozen Entrees

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Entree: Southwest Beef Hash, Refried Beans, Mexicorn (1150)

(Calories 657, Fat 25 gm, Sat. Fat 10 g, Chol 104 mg, Pro 44 gm, Carbs 67 gm, Sodium 444 mg, Pot 1561 mg, Phos 576 mg)

Ingredients: Southwest Beef Hash -ground beef (85% lean), onion, potatoes, tomatoes, lemon juice, canola oil, cilantro, black pepper, Refried Beans -pinto beans, vegetable oil, garlic, bay leaf, cheddar cheese, black pepper, salt, Mexicorn -corn, red bell pepper, margarine/butter blend, black pepper, paprika, cumin, salt. Contains: 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: Broccoli Pizza Pie, Whipped Yams, Corn (5003)

(Calories 493, Fat 10 gm, Sat. Fat 3 g, Chol 8 mg, Pro 20 gm, Carbs 90 gm, Sodium 393 mg, Pot 1970 mg, Phos 430 mg)

Ingredients: Broccoli Pizza -potatoes, broccoli, pizza dough (Enriched flour (wheat flour, malted barley flour, iron, niacin, thiamine mononitrate, riboflavin, folic acid), water, vegetable shortening (partially hydrogenated soybean oil with natural flavor and beta carotene), yeast, cornmeal, salt, sugar, vegetable oil (partially hydrogenated soybean oil, salt, soybean lecithin, natural and artificial butter flavors, vitamin A palmitate, beta carotene added for color), dough conditioner (wheat flour, dextrose, diacetyl tartaric acid ester of mono and diglycerides, soy oil, ascorbic acid, enzymes),

partially hydrogenated soybean oil), tofu, marinara (tomato sauce, tomato paste, onion, olive oil, basil, thyme, garlic, black pepper, salt), mozzarella cheese, garlic, lemon juice, oregano, basil, parsley, Whipped yams -yams, margarine/butter blend, cinnamon, Corn -corn, margarine/butter blend. Contains: wheat, soy, milk

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Entree: Sweet & Sour Chicken, Rice, Water Chestnuts, Peas & Snow Peas (1068)

(Calories 560, Fat 6 gm, Sat. Fat 2 g, Chol 121 mg, Pro 52 gm, Carbs 72 gm, Sodium 271 mg, Pot 823 mg, Phos 458 mg)

Ingredients: Sweet and Sour Chicken -chicken breast, carrots, onions, bell pepper, pineapple chunks, red wine vinegar, tomato sauce, cornstarch, soy sauce, Rice -rice, margarine/butter blend, Peas and Sugar Snap Peas with Water Chestnuts. Contains: soy, milk

Alternate Meal 1: Chicken Stew and Noodles RENAL (5583)

(Calories 356, Fat 17 gm, Sat. Fat 3 g, Chol 81 mg, Pro 29 gm, Carbs 24 gm, Sodium 112 mg, Pot 503 mg, Phos 257 mg)

Ingredients: Chicken Stew -chicken breast, carrot, okra, onion, 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), bell pepper, vegetable oil, garlic, black pepper, basil, all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid) margarine/butter blend, garlic powder. Contains: soy, egg, wheat, milk

Alternate Meal 2: Chicken Stew and Noodles GI (5587)

(Calories 427, Fat 19 gm, Sat. Fat 5 g, Chol 94 mg, Pro 30 gm, Carbs 34 gm, Sodium 133 mg, Pot 516 mg, Phos 286 mg)

Ingredients: Chicken Stew -chicken breast, carrot, onion, 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), okra, all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), garlic, basil, Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic powder, salt. Contains: soy, egg, wheat, milk

Alternate Meal 3: Bean & Cheese Burrito, Calabaza, Green Beans VEG (5592)

(Calories 386, Fat 11 gm, Sat. Fat 5 g, Chol 13 mg, Pro 14 gm, Carbs 58 gm, Sodium 815 mg, Pot 736 mg, Phos 102 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, Green Beans. Contains: milk, soy, wheat

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Entree: Chicken Basil Primavera with Farfalle, Green Beans, Carrots (1562)

(Calories 580, Fat 27 gm, Sat. Fat 9 g, Chol 171 mg, Pro 40 gm, Carbs 46 gm, Sodium 504 mg, Pot 1006 mg, Phos 470 mg)

Ingredients: Chicken Basil Primavera with Farfalle -chicken thighs, zucchini squash, broccoli, asparagus, yellow squash, green onions, mushrooms, 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), farfalle pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), carrot, parmesan cheese, garlic, cornstarch, sugar snap peas, Italian parsley, basil, salt, Green Beans -green beans, margarine/butter blend, Carrots -carrots, margarine/butter blend. Contains: soy, egg, milk, wheat

Alternate Meal 1: Chicken Breast, Yellow Rice, Mustard Greens RENAL/GI (5566)

(Calories 336, Fat 11 gm, Sat. Fat 3 g, Chol 84 mg, Pro 34 gm, Carbs 25

gm, Sodium 122 mg, Pot 391 mg, Phos 230 mg)

Ingredients: Chicken Breast -chicken breast, Yellow Rice -rice, turmeric, Mustard Greens.

Alternate Meal 2: Kushari, Fiesta Beans, Zucchini (5588)

(Calories 440, Fat 6 gm, Sat. Fat 1 g, Chol 2 mg, Pro 23 gm, Carbs 75 gm, Sodium 512 mg, Pot 1216 mg, Phos 361 mg)

Ingredients: Kushari -lentils, rice, tomato, onion, garbanzo beans, macaroni, tomato paste, garlic, vegetable oil, apple cider vinegar, salt, black pepper, red pepper flakes, Fiesta Beans -onion, red beans, black beans, pinto beans, tomato paste, garlic, thyme, bay leaf, Zucchini -zucchini squash, onion, margarine/butter blend, garlic, black pepper. Contains: milk

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Entree: Turkeyroni, Seasoned Red Beans, Collard Greens (1592)

(Calories 475, Fat 13 gm, Sat. Fat 4 g, Chol 91 mg, Pro 36 gm, Carbs 52 gm, Sodium 391 mg, Pot 936 mg, Phos 399 mg)

Ingredients: Turkeyroni -ground turkey (90% lean), macaroni (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), celery, onion, tomatoes, tomato sauce, tomato paste, olive oil, garlic, cumin, bay leaf, Seasoned Red Beans -red beans, tomatoes, thyme, seasoning salt, garlic, black pepper, canola oil, Collard Greens -collards, onion, 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), turkey bacon, margarine/butter blend. Contains: wheat, soy, egg

Alternate Meal 1: Chicken & Apple Stew, Egg Noodles RENAL (5562)

(Calories 288, Fat 7 gm, Sat. Fat 2 g, Chol 93 mg, Pro 32 gm, Carbs 25 gm, Sodium 100 mg, Pot 430 mg, Phos 270 mg)

Ingredients: Chicken and Apple Stew -chicken breast, apples, carrots, applesauce, asparagus, chicken broth (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), tarragon, black pepper, ginger, Egg Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic powder. Contains: soy, milk, egg wheat

Alternate Meal 2: Chicken & Apple Stew, Egg Noodles GI (5150)

(Calories 320, Fat 6 gm, Sat. Fat 2 g, Chol 105 mg, Pro 35 gm, Carbs 33 gm, Sodium 86 mg, Pot 417 mg, Phos 300 mg)

Ingredients: Chicken and Apple Stew -chicken breast, apples, carrots, applesauce, asparagus, chicken broth (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), tarragon, black pepper, ginger, Egg Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid). Contains: soy, egg, wheat

Alternate Meal 3: Macaroni & Cheese, Veggie Patty, Peas (5343)

(Calories 547, Fat 18 gm, Sat. Fat 7 g, Chol 30 mg, Pro 28 gm, Carbs 70 gm, Sodium 765 mg, Pot 745 mg, Phos 516 mg)

Ingredients: Macaroni and Cheese -macaroni (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), heavy cream, milk (2%), 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), swiss cheese, margarine/butter blend, parmesan cheese, onion, all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), thyme, canola oil, black pepper, salt, Veggie Patty -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), Peas -peas, margarine/butter blend. Contains: wheat, milk, soy, egg

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Entree: Beef & Eggplant Lasagna with Bechamel Sauce, Broccoli, Lentils (1647)

(Calories 530, Fat 15 gm, Sat. Fat 7 g, Chol 30 mg, Pro 31 gm, Carbs 70 gm, Sodium 691 mg, Pot 937 mg, Phos 537 mg)

Ingredients: Beef and Eggplant Lasagna with Béchamel Sauce -eggplant, ground beef (85% lean), tomato sauce, lasagna noodles (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), ricotta cheese, mozzarella cheese (part skim), parmesan cheese, milk, tomatoes, onion, garlic, all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), margarine/butter blend, olive oil, mint, salt, black pepper, nutmeg, allspice, Broccoli -broccoli, margarine/butter

blend, Lentils -lentils, vegetable stock (carrot, celery, onion, parsnips, turnips), spices, citric acid, sodium benzoate), liquid smoke (water, natural liquid smoke, polysorbate 80), black pepper. Contains: 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, 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: Tofu & Bean Cassoulet, Rice, Zucchini with Red Pepper (5037)

(Calories 651, Fat 19 gm, Sat. Fat 4 g, Chol 2 mg, Pro 37 gm, Carbs 103 gm, Sodium 1470 mg, Pot 1518 mg, Phos 155 mg)

Ingredients: Tofu and Bean Cassoulet -tofu, white beans, potatoes, celery, tomato paste, carrots, bread crumbs, onion, Worcestershire sauce (white vinegar, blackstrap molasses, glucose-fructose, salt, anchovies (fish), onions, tamarind extract, garlic, spices, flavor), margarine/butter blend, thyme, parsley, Dijon mustard, black pepper, Rice -rice, margarine/butter blend, Zucchini with Red Peppers -zucchini squash, diced red peppers, margarine/butter blend, onion, garlic, black pepper, salt. Contains: soy, wheat, fish (anchovies), milk

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

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