

Client Menu

For Delivery Dates
02/06/2018 to 02/12/2018

-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: 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 and Rice Casserole, Broccoli/Cauliflower Blend, Penne 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. Broccoli/cauliflower blend: broccoli, cauliflower. Penne: penne pasta: (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid). Contains: milk, soy, egg, fish (anchovies), wheat

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: Chicken Dijon, Corn, Spinach (1037)

(Calories 329, Fat 10 gm, Sat. Fat 3 g, Chol 97 mg, Pro 40 gm, Carbs 23 gm, Sodium 494 mg, Pot 944 mg, Phos 369 mg)

Ingredients: Chicken Dijon -chicken thighs, Dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), Corn -corn, margarine/butter blend, Spinach -spinach, canola oil, garlic. Contains: 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, 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: Lentils, Rice, Oriental 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: Roast Turkey Breast with Gravy, Mashed Potatoes, Blackeyed Peas (1560)

(Calories 352, Fat 2 gm, Sat. Fat 1 g, Chol 41 mg, Pro 34 gm, Carbs 52 gm, Sodium 1158 mg, Pot 769 mg, Phos 227 mg)

Ingredients: Roast Turkey Breast with Gravy -turkey breast, 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 & 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), 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 (ascorbic acid), calcium stearoyl-2-lactylate. Preserved with sodium bisulfate and BHT), Blackeye Peas -blackeye peas, 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, black pepper. Contains: soy, milk, wheat, egg

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), 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 Provençal, 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 Provençal -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: Beef Bourguignon, Noodles, Green Beans Almandine (1003)

(Calories 465, Fat 16 gm, Sat. Fat 9 g, Chol 130 mg, Pro 42 gm, Carbs 14 gm, Sodium 281 mg, Pot 853 mg, Phos 392 mg)

Ingredients: Beef Bourguignon -ground beef (85%), mushrooms, carrot, pearl onion, onion, tomato paste, burgundy wine, beef stock (roasted beef, salt, hydrolyzed soy protein, corn, corn syrup solids, thiamine hydrochloride, disodium inosinate, disodium guanylate, sugar, monosodium glutamate, onion powder, caramel color, soybean oil, garlic powder, natural flavorings, beef extract), strawberry jelly, tomato paste, margarine/butter blend, (all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), rosemary, black pepper, salt, Buttered Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, Green Beans Almandine: green beans, slivered almonds. Contains: soy, milk, wheat, tree nuts (almonds)

Alternate Meal 1: Beef Stew, Rice, Penne 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: Beef stew: ground beef (85% lean), green beans, carrot, beef stock (roasted beef, salt, hydrolyzed soy protein, corn, corn syrup solids, thiamine hydrochloride, disodium inosinate, disodium guanylate, sugar, monosodium glutamate, onion powder, caramel color, soybean oil, garlic powder, natural flavorings, beef extract), olive oil, red wine, thyme, marjoram, salt. Rice: converted rice, margarine/butter blend. Penne: penne pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid). Contains: soy, milk, wheat

Alternate Meal 2: Vegetarian Stew, Rice, Green Beans (5250)

(Calories 299, Fat 6 gm, Sat. Fat 1 g, Chol 0 mg, Pro 10 gm, Carbs 51 gm, Sodium 233 mg, Pot 616 mg, Phos 104 mg)

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



Entree: Ham Slice, Macaroni & Cheese, Peas (1638)

(Calories 455, Fat 12 gm, Sat. Fat 6 g, Chol 46 mg, Pro 38 gm, Carbs 50 gm, Sodium 1245 mg, Pot 706 mg, Phos 807 mg)

Ingredients: Ham slice -pork, Macaroni and Cheese -macaroni pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), heavy cream, milk (2%), swiss 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, all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), parmesan cheese, canola oil, thyme, black pepper, salt, Peas. Contains: wheat, milk, soy, egg

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