

# Client Menu

For Delivery Dates  
02/27/2018 to 03/05/2018  
-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: Quiche, Tater Barrels, Peas (1607)**

(Calories 600, Fat 38 gm, Sat. Fat 19 g, Chol 169 mg, Pro 18 gm, Carbs 46 gm, Sodium 668 mg, Pot 320 mg, Phos 297 mg)

Ingredients: Quiche -heavy cream, milk, pie crust (enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), lard, partially hydrogenated lard, water, high fructose corn syrup, salt, soy flour), egg, Swiss cheese, onion, spinach, mustard, salt, nutmeg, black pepper. Tater Barrels -potatoes, vegetable oil (may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil, hydrogenated soybean and/or cottonseed oil), salt, corn flour, dehydrated potato, disodium dihydrogen pyrophosphate (to promote color retention), dextrose, Peas. Contains: wheat, soy, milk, egg

**Alternate Meal 1: Turkey Patty, Gravy, Pasta, Zucchini RENAL (5564)**

(Calories 445, Fat 15 gm, Sat. Fat 3 g, Chol 79 mg, Pro 31 gm, Carbs 47 gm, Sodium 402 mg, Pot 476 mg, Phos 269 mg)

Ingredients: Turkey Patty -ground turkey (90% lean), basil, oregano, garlic powder, 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 & 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, Pasta -durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), Zucchini -zucchini squash, onion, margarine/butter blend, garlic, black pepper, salt. Contains: soy, milk, wheat, milk

**Alternate Meal 2: Turkey Patty, Gravy, Pasta, Zucchini GI (5230)**

(Calories 300, Fat 10 gm, Sat. Fat 3 g, Chol 80 mg, Pro 27 gm, Carbs 26 gm, Sodium 272 mg, Pot 475 mg, Phos 301 mg)

Ingredients: Turkey Patty -ground turkey (90% lean), 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, Pasta -egg pasta (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Zucchini. Contains: wheat, soy, milk, egg

**Alternate Meal 3: Florentine Tart, Tater Barrels, Zucchini VEG (5603)**

(Calories 286, Fat 16 gm, Sat. Fat 7 g, Chol 70 mg, Pro 11 gm, Carbs 25 gm, Sodium 761 mg, Pot 487 mg, Phos 156 mg)

Ingredients: Florentine Tart -spinach, egg, parmesan cheese, pine nuts, ricotta cheese, garlic, olive oil, ground mace, seasoning salt, Tater Barrels -potatoes, vegetable oil (may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil, hydrogenated soybean and/or cottonseed oil), salt, corn flour, dehydrated potato, disodium dihydrogen pyrophosphate (to promote color retention), dextrose, Zucchini -zucchini squash, onion, margarine/butter blend, garlic, black pepper, salt. Contains: egg, tree nuts (pine nuts), soy, milk

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

Alternate Meal 1: Special Assorted Frozen Entrees (5196)

**Entree: Moroccan Chicken, Bulgur Pilaf, Diced Carrots (1579)**

(Calories 480, Fat 30 gm, Sat. Fat 7 g, Chol 160 mg, Pro 32 gm, Carbs 23 gm, Sodium 641 mg, Pot 718 mg, Phos 325 mg)

Ingredients: Moroccan Chicken -chicken thigh, lemon, onion, green olives, lemon juice, olive oil, cilantro, garlic, paprika, turmeric, black pepper, Bulgur Pilaf -bulgur wheat, margarine/butter blend, vermicelli (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), 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), salt, Diced Carrots. Contains: wheat, milk, soy, egg

**Alternate Meal 1: Turkey Meatloaf, Rice, Zucchini RENAL (5575)**

(Calories 348, Fat 17 gm, Sat. Fat 5 g, Chol 133 mg, Pro 30 gm,

Carbs 19 gm, Sodium 188 mg, Pot 620 mg, Phos 350 mg)

Ingredients: Turkey Meatloaf -ground turkey (90% lean), spinach, carrot, tomato puree, onion, egg, bread crumbs, basil, black pepper, Rice -rice, margarine/butter blend, garlic, Zucchini -zucchini squash, margarine/butter blend, onion, garlic, black pepper. Contains: egg, milk

**Alternate Meal 2: Turkey Meatloaf, Rice, Zucchini (5249)**

(Calories 339, Fat 12 gm, Sat. Fat 0 g, Chol 107 mg, Pro 24 gm, Carbs 34 gm, Sodium 255 mg, Pot 598 mg, Phos 308 mg)

Ingredients: Turkey Meatloaf - ground turkey (90% lean), spinach, carrot, tomato puree, onion, egg, bread crumbs, basil, salt, Rice, Zucchini. Contains: egg

**Alternate Meal 3: Nutloaf, Mashed Potatoes with Gravy, Green Beans (5461)**

(Calories 468, Fat 24 gm, Sat. Fat 3 g, Chol 11 mg, Pro 21 gm, Carbs 45 gm, Sodium 895 mg, Pot 536 mg, Phos 254 mg)

Ingredients: Nutloaf -walnuts, onion, tofu (firm), olive oil, lemon juice, bread crumbs, egg, thyme, black pepper, salt, 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), 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), Green Beans. Contains: tree nuts (walnuts), soy, wheat, egg, milk

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

Alternate Meal 1: Special Assorted Frozen Entrees (5196)

**Entree: Yogurt Chicken, Seasoned Lentils & Garbanzo Beans, Diced Carrots (1640)**

(Calories 520, Fat 24 gm, Sat. Fat 8 g, Chol 192 mg, Pro 43 gm, Carbs 32 gm, Sodium 664 mg, Pot 739 mg, Phos 446 mg)

Ingredients: Yogurt Chicken -chicken thighs, yogurt, parmesan cheese, bread crumbs, onion powder, garlic powder, thyme, oregano, seasoning salt, black pepper, Seasoned Lentils and Garbanzo Beans -lentils, garbanzo beans, vegetable stock (carrot, celery, onion, parsnips, turnips), spices, citric acid, sodium benzoate), garlic, canola oil, mint, turmeric, curry powder, cumin, black pepper, Diced Carrots -carrots, margarine/butter blend. Contains: milk, wheat

**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 (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), paprika, tarragon, black pepper, thyme, Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, ferrous sulfate (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 & 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: Vegetarian Korma, Seasoned Black Beans, Calabaza (5551)

(Calories 494, Fat 14 gm, Sat. Fat 3 g, Chol 4 mg, Pro 22 gm, Carbs 78 gm, Sodium 476 mg, Pot 1676 mg, Phos 373 mg)

Ingredients: Vegetable Korma -potato, sweet potato, garbanzo beans, eggplant, onion, cauliflower, almonds, yogurt, peas, olive oil, ginger, cumin, cinnamon, cardamom, cloves, turmeric, Seasoned Black Beans: black beans, tomato, salt, black pepper, Calabaza -zucchini squash, bell pepper, onion, margarine/butter blend, garlic, black pepper, salt. Contains: tree nuts (almonds), milk



### Entree: Jambalaya, Rice, Cuban Black Beans (1603)

(Calories 878, Fat 41 gm, Sat. Fat 5 g, Chol 103 mg, Pro 48 gm, Carbs 82 gm, Sodium 993 mg, Pot 1147 mg, Phos 316 mg)

Ingredients: Jambalaya -chicken breast, turkey sausage (spicy), turkey Italian sausage, converted rice, onion, bell pepper, tomatoes, tomato sauce, green chili peppers, celery, cajun spice, bay leaf, Cuban Black Beans -black beans, white wine, cider vinegar, canola oil, 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, bell pepper, green onion, cumin, oregano, bay leaf, sugar, Rice. Contains: soy, egg, milk

### Alternate Meal 1: BBQ Chicken, Rice, Corn RENAL (5596)

(Calories 455, Fat 18 gm, Sat. Fat 5 g, Chol 146 mg, Pro 29 gm, Carbs 44 gm, Sodium 487 mg, Pot 562 mg, Phos 273 mg)

Ingredients: Barbecue Chicken -chicken, barbecue sauce (water, high fructose corn syrup, distilled vinegar, tomato paste, modified food starch, salt, contains less than 1.5% of hydrolyzed soy protein, corn syrup, natural flavors, sodium benzoate and potassium sorbate (preservatives), dextrose, spices, aged red cayenne peppers, extractives of paprika, caramel color, mustard, garlic, onion, citric and malic acids), lemon juice, Rice -rice, margarine butter blend, garlic powder, Corn -corn, margarine/butter blend, black pepper. Contains: soy, milk

### Alternate Meal 2: Beef Patty with Mushroom Gravy, Rice, Corn GI (5393)

(Calories 402, Fat 16 gm, Sat. Fat 6 g, Chol 71 mg, Pro 26 gm, Carbs 40 gm, Sodium 342 mg, Pot 558 mg, Phos 244 mg)

Ingredients: Beef Patty with Mushroom 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, thiamine 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), mushrooms, Rice, Corn: corn. Contains: soy, wheat, milk

### Alternate Meal 3: Eggplant with Roasted Peppers & Goat Cheese, Yellow Rice, Carrots (5516)

(Calories 370, Fat 18 gm, Sat. Fat 9 g, Chol 23 mg, Pro 15 gm, Carbs 39 gm, Sodium 393 mg, Pot 620 mg, Phos 194 mg)

Ingredients: Eggplant, Roasted Peppers and Goat Cheese Terrine -eggplant, red bell peppers, olives, olive oil, monrchet cheese, Yellow Rice -rice, turmeric, margarine/butter blend, Carrots -carrots, margarine/butter blend. Contains: milk



### Entree: White Chili, Mashed Potatoes, Carrots (1392)

(Calories 540, Fat 11 gm, Sat. Fat 2 g, Chol 70 mg, Pro 41 gm, Carbs 63 gm, Sodium 649 mg, Pot 413 mg, Phos 195 mg)

Ingredients: White Chili -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), onion, masa flour (Corn masa flour, trace of lime), spinach, cider vinegar, cannellini beans, oregano, cumin, garlic, salt, 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), Carrots. Contains: soy, egg, milk

### Alternate Meal 1: Turkeyroni, Carrots, White Rice 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)

Ingredients: Turkeyroni -ground turkey (90% lean), macaroni, onion, tomatoes, celery, tomato sauce, tomato paste, olive oil, cumin, bay leaf, garlic, black pepper, chili powder,

Carrots -carrots, margarine/butter blend, celery seed, black pepper. White Rice -Parboiled rice. Contains: wheat, milk

### Alternate Meal 2: Turkeyroni, Carrots GI (5536)

(Calories 321, Fat 10 gm, Sat. Fat 3 g, Chol 79 mg, Pro 28 gm, Carbs 31 gm, Sodium 310 mg, Pot 681 mg, Phos 315 mg)

Ingredients: Turkeyroni -ground turkey (90% lean), macaroni, onion, tomatoes, celery, tomato sauce, tomato paste, olive oil, cumin, bay leaf, garlic, Carrots. Contains: wheat

### Alternate Meal 3: Veggie Patty, Mashed Potatoes, Peas & Pearl Onions (5420)

(Calories 440, Fat 14 gm, Sat. Fat 4 g, Chol 10 mg, Pro 13 gm, Carbs 60 gm, Sodium 609 mg, Pot 230 mg, Phos 176 mg)

Ingredients: 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), 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.), Peas and Pearl Onions -peas, pearl onions, margarine/butter blend. Contains: egg, wheat, milk



### Dessert:

#### Animal Cracker Pack (1512)

(Calories 120, Fat 1.5 gm, Sat. Fat 0 g, Chol 0 mg, Pro 2 gm, Carbs 24 gm, Sodium 75 mg, Pot 0 mg, Phos 0 mg)

Ingredients: enriched flour (wheat flour, niacin, reduced iron, vitamin b1, vitamin b2, folic acid), sugar, high fructose corn syrup, soybean oil, contains 2% or less of soy lecithin, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), salt, natural flavors. 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