



Client Menu

For Delivery Dates 07/25/2017 to 07/31/2017
-Menu Subject to Change-



Nutrition Byte: With work, money, school, and relationships, it is easy to get overwhelmed. Stress is your body's natural response to life's challenges and can affect your diet and health. When you are stressed, it is easy to turn to foods that are high in fat and sugar. That is why it is important to find ways to reduce stress. Listening to music, talking to a friend, and exercising are a few simple ways that may help you through stressful times. However, if your stress is severe and/or chronic, it is important to seek professional help. For more information on stress and stress management visit, <https://www.nimh.nih.gov/health/publications/stress/index.shtml> - Bari Scott, Whitman College Dietetic Intern

Entree: Honey Cured Ham, Raisin Apple Chutney, Braised Cabbage, Mashed Potato (1090)

(Calories 495, Fat 7 gm, Sat. Fat 2 g, Chol 25 mg, Pro 25 gm, Carbs 86 gm, Sodium 1094 mg, Pot 161 mg, Phos 513 mg)

Alternate Meal 1: Turkey Patty, Rice, Green Bean, Pearl Onions RENAL (5568)

(Calories 314, Fat 9 gm, Sat. Fat 3 g, Chol 79 mg, Pro 26 gm, Carbs 32 gm, Sodium 75 mg, Pot 477 mg, Phos 292 mg)

Alternate Meal 2: Turkey Patty, Rice, Green Beans, Pearl Onions GI (5426)

(Calories 316, Fat 9 gm, Sat. Fat 3 g, Chol 79 mg, Pro 26 gm, Carbs 32 gm, Sodium 75 mg, Pot 485 mg, Phos 295 mg)

Alternate Meal 3: Pinto Beans & Cheese, Rice, Carrots (5332)

(Calories 366, Fat 6 gm, Sat. Fat 3 g, Chol 15 mg, Pro 17 gm, Carbs 60 gm, Sodium 222 mg, Pot 850 mg, Phos 317 mg)

Dessert: Assorted Cookies (1540)

(Calories 393, Fat 15 gm, Sat. Fat 2 g, Chol 30 mg, Pro 5 gm, Carbs 40 gm, Sodium 0 mg, Pot 0 mg, Phos 0 mg)



Entree: Assorted Frozen Entrees

Alternate Meal 1: Special Assorted Frozen Entrees

Dessert: Fresh Fruit

(Calories 72, Fat 0 gm, Sat. Fat 0 g, Chol 0 mg, Pro 1 gm, Carbs 19 gm, Pot 181 mg, Phos 16 mg)



Entree: Chicken with Mozzarella & Parmesan Cheese, Polenta, Yellow & Summer Squash (1534)

(Calories 605, Fat 25 gm, Sat. Fat 10 g, Chol 126 mg, Pro 54 gm, Carbs 43 gm, Sodium 797 mg, Pot 616 mg, Phos 459 mg)

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)

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)

Alternate Meal 3: Stuffed Shells with Marinara, Faggirole with Tomato, Bell Peppers, Zucchini VEG (5594)

(Calories 487, Fat 16 gm, Sat. Fat 8 g, Chol 61 mg, Pro 29 gm, Carbs 59 gm, Sodium 930 mg, Pot 422 mg, Phos 48 mg)

Dessert: Fresh Fruit

(Calories 72, Fat 0 gm, Sat. Fat 0 g, Chol 0 mg, Pro 1 gm, Carbs 19 gm, Pot 181 mg, Phos 16 mg)



Entree: Cuban Mojo Chicken, Spanish Rice, Carrots (1656)

(Calories 516, Fat 27 gm, Sat. Fat 5 g, Chol 112 mg, Pro 42 gm, Carbs 25 gm, Sodium 616 mg, Pot 554 mg, Phos 336 mg)

Alternate Meal 1: Achiote Chicken, Rice, Vegetable Blend RENAL (5611)

(Calories 412, Fat 10 gm, Sat. Fat 3 g, Chol 99 mg, Pro 40 gm, Carbs 39 gm, Sodium 349 mg, Pot 569 mg, Phos 314 mg)

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)

Alternate Meal 3: Frittata, Lentils, Zucchini & Red Peppers (5609)

(Calories 476, Fat 15 gm, Sat. Fat 6 g, Chol 439 mg, Pro 34 gm, Carbs 52 gm, Sodium 537 mg, Pot 568 mg, Phos 310 mg)

Dessert: Fresh Fruit

(Calories 72, Fat 0 gm, Sat. Fat 0 g, Chol 0 mg, Pro 1 gm, Carbs 19 gm, Pot 181 mg, Phos 16 mg)



Entree: Turkey in Green Mole, Almonds, Rice, Seasoned Pinto Beans (1657)

(Calories 639, Fat 16 gm, Sat. Fat 2 g, Chol 75 mg, Pro 46 gm, Carbs 82 gm, Sodium 231 mg, Pot 1732 mg, Phos 491 mg)

Alternate Meal 1: Chicken Posole Mi Casa, Yellow Rice, Zucchini RENAL (5599)

(Calories 396, Fat 9 gm, Sat. Fat 1 g, Chol 79 mg, Pro 33 gm, Carbs 42 gm, Sodium 472 mg, Pot 607 mg, Phos 254 mg)

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)

Alternate Meal 3: Tricolored Vegetable Terrine, Red Beans, Spinach (5610)

(Calories 430, Fat 11 gm, Sat. Fat 5 g, Chol 185 mg, Pro 26 gm, Carbs 57 gm, Sodium 544 mg, Pot 759 mg, Phos 197 mg)

Dessert: Fresh Fruit

(Calories 72, Fat 0 gm, Sat. Fat 0 g, Chol 0 mg, Pro 1 gm, Carbs 19 gm, Pot 181 mg, Phos 16 mg)



Entree: Alecca, Brown Rice, Peas (1658)

(Calories 638, Fat 28 gm, Sat. Fat 9 g, Chol 16 mg, Pro 37 gm, Carbs 59 gm, Sodium 551 mg, Pot 1065 mg, Phos 420 mg)

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)

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)

Alternate Meal 3: Vegetarian Shepherd's Pie, Vegetable Blend, Carrots (5605)

(Calories 436, Fat 16 gm, Sat. Fat 3 g, Chol 0 mg, Pro 26 gm, Carbs 63 gm, Sodium 1392 mg, Pot 1245 mg, Phos 67 mg)

Dessert: Fresh Fruit

(Calories 72, Fat 0 gm, Sat. Fat 0 g, Chol 0 mg, Pro 1 gm, Carbs 19 gm, Pot 181 mg, Phos 16 mg)



Entree: Italian Shredded Pork Stew, Polenta, Carrots (1659)

(Calories 484, Fat 17 gm, Sat. Fat 7 g, Chol 85 mg, Pro 37 gm, Carbs 50 gm, Sodium 832 mg, Pot 954 mg, Phos 369 mg)

Alternate Meal 1: Cilantro Lime Cod, Green Beans, Rice RENAL (5614)

(Calories 431, Fat 22 gm, Sat. Fat 4 g, Chol 55 mg, Pro 22 gm, Carbs 32 gm, Sodium 254 mg, Pot 570 mg, Phos 205 mg)

Alternate Meal 2: Turkey Patty, Rice, Green Beans Pearl Onions GI (5426)

(Calories 316, Fat 9 gm, Sat. Fat 3 g, Chol 79 mg, Pro 26 gm, Carbs 32 gm, Sodium 75 mg, Pot 485 mg, Phos 295 mg)

Alternate Meal 3: Tofu & Bean Cassoulet, Rice, Zucchini with Red Peppers (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)

Dessert: Assorted Cookies (1540)

(Calories 393, Fat 15 gm, Sat. Fat 2 g, Chol 30 mg, Pro 5 gm, Carbs 40 gm, Sodium 0 mg, Pot 0 mg, Phos 0 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

“These meals have been prepared in a facility that processes milk, peanuts, tree nuts, fish, wheat, eggs, soy and shellfish.”