



Client Menu

For Delivery Dates 07/11/2017 to 07/17/2017
-Menu Subject to Change-



Nutrition Byte: In order to continue to provide fresh, healthy food to our clients, Project Angel Food has three urban gardens in the Los Angeles area. Of course, it would be wonderful if everyone could grow their own garden. In a city, however, it can be difficult to find the space to grow fruits and vegetables. Even so, there are some edible plants that are perfect to grow indoors when space is limited. Beets can be grown indoors because they are small and do well in different environments. Beets are high in folate, an important vitamin for a healthy pregnancy and reducing the risk of serious birth defects of the spine and brain. For more gardening ideas, visit <http://www.minq.com/food/4177/20-edible-plants-that-are-easy-to-grow-indoors/> ~ Bari Scott, Whitman College Dietetic Intern

Entree: Turkey Meatloaf, Mashed Potatoes & Gravy, Black Beans (1565)

(Calories 580, Fat 21 gm, Sat. Fat 6 g, Chol 156 mg, Pro 35 gm, Carbs 60 gm, Sodium 538 mg, Pot 520 mg, Phos 180 mg)

Alternate Meal 1: Chicken a la King, Rice, Carrots RENAL (5597)

(Calories 343, Fat 8 gm, Sat. Fat 2 g, Chol 77 mg, Pro 34 gm, Carbs 32 gm, Sodium 552 mg, Pot 497 mg, Phos 267 mg)

Alternate Meal 2: Turkey Patty, Mashed Potatoes, Carrots GI (5215)

(Calories 265, Fat 9 gm, Sat. Fat 2 g, Chol 78 mg, Pro 25 gm, Carbs 21 gm, Sodium 120 mg, Pot 670 mg, Phos 282 mg)

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)

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, Sodium 0 mg, Pot 181 mg, Phos 16 mg)



Entree: Chicken a la King, Seasoned Black Beans, Mashed Potatoes (1605)

(Calories 519, Fat 11 gm, Sat. Fat 2 g, Chol 67 mg, Pro 42 gm, Carbs 57 gm, Sodium 985 mg, Pot 401 mg, Phos 143 mg)

Alternate Meal 1: Beef Stroganoff with Noodles, Carrots RENAL (5585)

(Calories 449, Fat 19 gm, Sat. Fat 7 g, Chol 109 mg, Pro 29 gm, Carbs 27 gm, Sodium 154 mg, Pot 659 mg, Phos 343 mg)

Alternate Meal 2: Beef Stroganoff with Noodles, Carrots GI (5436)

(Calories 413, Fat 15 gm, Sat. Fat 6 g, Chol 108 mg, Pro 30 gm, Carbs 39 gm, Sodium 130 mg, Pot 671 mg, Phos 345 mg)

Alternate Meal 3: Vegetarian Fajita, Seas 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)

Dessert: Fresh Fruit

(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)



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, Sodium 0 mg, Pot 181 mg, Phos 16 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, Sodium 0 mg, Pot 181 mg, Phos 16 mg)



Entree: Turkey Chili, Brown Rice, Green Beans (1589)

(Calories 431, Fat 12 gm, Sat. Fat 3 g, Chol 92 gm, Carbs 47 gm, Sodium 257 mg, Pot 589 mg, Phos 409 mg)

Alternate Meal 1: Apricot Chicken, Noodles, Carrots RENAL (5558)

(Calories 540, Fat 15 gm, Sat. Fat 3 g, Chol 84 mg, Pro 37 gm, Carbs 64 gm, Sodium 151 mg, Pot 390 mg, Phos 231 mg)

Alternate Meal 2: Apricot Chicken, Noodles, Carrots GI (5537)

(Calories 429, Fat 11 gm, Sat. Fat 3 g, Chol 121 mg, Pro 39 gm, Carbs 43 gm, Sodium 130 mg, Pot 465 mg, Phos 330 mg)

Alternate Meal 3: Baked Mostaccoli, Carrots (5020)

(Calories 713, Fat 13 gm, Sat. Fat 3 g, Chol 7 mg, Pro 30 gm, Carbs 123 gm, Sodium 1259 mg, Pot 926 mg, Phos 376 mg)

Dessert: Fresh Fruit

(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)



Entree: Achote Chicken, Refried Beans with Cheese, Carrots (1526)

(Calories 535, Fat 17 gm, Sat. Fat 7 g, Chol 114 mg, Pro 51 gm, Carbs 45 gm, Sodium 574 mg, Pot 1125 mg, Phos 540 mg)

Alternate Meal 1: Chicken with Jalapeno, Yellow Rice, Peas RENAL (5573)

(Calories 406, Fat 16 gm, Sat. Fat 4 g, Chol 72 mg, Pro 31 gm, Carbs 34 gm, Sodium 170 mg, Pot 380 mg, Phos 236 mg)

Alternate Meal 2: Roasted Herb Chicken, White Rice, Peas GI (5246)

(Calories 385, Fat 10 gm, Sat. Fat 3 g, Chol 98 mg, Pro 41 gm, Carbs 31 gm, Sodium 153 mg, Pot 346 mg, Phos 294 mg)

Alternate Meal 3: Bean and Cheese Burrito, Corn, Spinach (5106)

(Calories 358, Fat 8 gm, Sat. Fat 4 g, Chol 10 mg, Pro 16 gm, Carbs 56 gm, Sodium 1182 mg, Pot 462 mg, Phos 54 mg)

Dessert: Assorted Cookies (1540)

(Calories 383, 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.”