

Client Menu

For Delivery Dates

03/20/2018 to 03/26/2018

-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: 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)

Ingredients: Turkey Meatloaf -ground turkey (90% lean), spinach, carrot, tomato puree, onion, egg, bread crumbs, basil, salt, black pepper. Mashed Potatoes and Gravy -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: 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, Black Beans. Contains: egg, wheat, milk, soy

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, 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)

Ingredients: Turkey Patty -ground turkey (90%), 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: milk

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: 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)

Ingredients: Chicken a la King -chicken breast, milk, 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), red peppers, bell peppers, mushrooms, margarine/butter blend, all-purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), poultry spice, black pepper, salt, Seasoned Black Beans -black beans, tomato, seasoning salt, black pepper, 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). Contains: milk, soy, egg, wheat

Alternate Meal 1: Beef Stroganoff with Noodles, White Rice, Cauliflower & Broccoli Mix RENAL (5585)

(Calories 544, Fat 17 gm, Sat. Fat 7 g, Chol 143 mg, Pro 39 gm, Carbs 55 gm, Sodium 260 mg, Pot 581 mg, Phos 326 mg)

Ingredients: Beef Stroganoff with Noodles -ground beef (85% lean), mushrooms, egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), onion, burgundy wine, sour cream, garlic, rosemary. White Rice -parboiled rice, Cauliflower and Broccoli Mix -cauliflower, broccoli. Contains: wheat, egg, milk

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)

Ingredients: Beef Stroganoff with Noodles -ground beef (85% lean), mushrooms, egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), onion, burgundy wine, sour cream, garlic, rosemary, Carrots. Contains: wheat, milk, egg

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: Beef & Parmesan Pasta, Lentils, Carrots (1550)

(Calories 514, Fat 21 gm, Sat. Fat 8 g, Chol 109 mg, Pro 46 gm, Carbs 36 gm, Sodium 405 mg, Pot 1117 mg, Phos 541 mg)

Ingredients: Beef and Parmesan Pasta -ground beef (85%), tomatoes, zucchini squash, pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), 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), parmesan cheese, Lentils -lentils, vegetable stock (carrot, celery, onion, parsnips, turnips), spices, citric acid, sodium benzoate), liquid smoke (water, natural liquid smoke, polysorbate 80), black pepper, Carrots -carrots, margarine/butter blend. Contains: wheat, soy, milk

Alternate Meal 1: Beef Patty Gravy, Penne, Yellow & Summer Squash RENAL (5574)

(Calories 506, Fat 19 gm, Sat. Fat 7 g, Chol 71 mg, Pro 30 gm, Carbs 52 gm, Sodium 452 mg, Pot 619 mg, Phos 232 mg)

Ingredients: Beef Patty with 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, 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), Penne -penne pasta, margarine/butter blend, Yellow and Summer Squash -yellow squash, summer squash, margarine/butter blend, garlic powder. Contains: soy, wheat, milk

Alternate Meal 2: Beef Patty Gravy, Penne, Yellow & Summer Squash GI (5142)

(Calories 475, Fat 18 gm, Sat. Fat 7 g, Chol 73 mg, Pro 29 gm, Carbs 48 gm, Sodium 162 mg, Pot 446 mg, Phos 181 mg)

Ingredients: Beef Patty with 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, 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), Penne -penne pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), Yellow and Summer Squash -yellow squash, zucchini squash. Contains: soy, wheat, milk

Alternate Meal 3: Egyptian Lentils in Tomato Sauce & Rice, Buttered Peas (5357)

(Calories 448, Fat 12 gm, Sat. Fat 5 g, Chol 12 mg, Pro 19 gm, Carbs 66 gm, Sodium 555 mg, Pot 688 mg, Phos 288 mg)

Ingredients: Egyptian Lentils in Tomato Sauce -lentils, garbanzo beans, tomato sauce, onion, olive oil, cider vinegar, lemon juice, thyme, garlic, oregano, Rice -rice, margarine/butter blend, Buttered Peas -peas, margarine/butter blend. Contains: milk

Entree: Chicken Curry, White Rice, Buttered Peas (1290)

(Calories 490, Fat 16 gm, Sat. Fat 6 g, Chol 105 mg, Pro 39 gm, Carbs 48 gm, Sodium 810 mg, Pot 353 mg, Phos 129 mg)

Ingredients: Curried Chicken -chicken breast, potatoes, carrots, 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), heavy cream, nonfat yogurt, raisins, peanut oil, honey, ginger, garlic, turmeric, paprika, coriander, cardamom, cumin, cinnamon, cloves, White Rice -converted rice, margarine/butter blend, Buttered Peas -peas, margarine/butter blend.

Contains: soy, egg, milk, peanuts (peanut oil)

Alternate Meal 1: Penne with Chicken & Mushrooms, Fusilli, Green Beans RENAL (5557)

(Calories 471, Fat 11 gm, Sat. Fat 4 g, Chol 100 mg, Pro 37 gm, Carbs 53 gm, Sodium 247 mg, Pot 577 mg, Phos 295 mg)

Ingredients: Penne with Chicken and Mushrooms - chicken breast, mushrooms, penne pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), 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), margarine/butter blend, black pepper, salt, Green Beans -green beans, Fusilli - fusilli pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid). Contains: wheat, soy, egg, milk

Alternate Meal 2: Penne with Chicken & Mushrooms, Fusilli, Green Beans GI (5538)

(Calories 427, Fat 5 gm, Sat. Fat 1 g, Chol 79 mg, Pro 38 gm, Carbs 55 gm, Sodium 511 mg, Pot 536 mg, Phos 313 mg)

Ingredients: Penne with Chicken and Mushrooms -chicken breast, mushrooms, penne pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), 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, Green Beans -green beans, Fusilli - fusilli pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid). Contains: wheat, soy, egg

Alternate Meal 3: Roasted Vegetable Lasagna, Broccoli, Green Beans VEG (5595)

(Calories 434, Fat 17 gm, Sat. Fat 6 g, Chol 38 mg, Pro 29 gm, Carbs 48 gm, Sodium 974 mg, Pot 1291 mg, Phos 416 mg)

Ingredients: Roasted Vegetable Lasagna -mushroom, eggplant, cottage cheese (low fat), red bell pepper, green bell pepper, lasagna pasta noodles (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), tofu, parmesan cheese, tomato sauce, spinach, mozzarella cheese (part skim low moisture), onion, tomato paste, olive oil, basil, egg whites, garlic, thyme, black pepper, oregano, nutmeg, Broccoli, Green Beans. Contains: wheat, milk, soy, egg



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

(Calories 431, Fat 12 gm, Sat. Fat 3 g, Chol 92 mg, Pro 35 gm, Carbs 47 gm, Sodium 257 mg, Pot 589 mg, Phos 409 mg)

Ingredients: Turkey Chili -ground turkey (90%), tomatoes, onion, corn, kidney beans, black beans, garbanzo beans, bell pepper, cumin, salt, black pepper, Brown Rice -brown rice, margarine/butter blend, Green Beans -green beans, margarine/butter blend. Contains: milk

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)

Ingredients: Apricot Chicken -chicken, apricot preserves (apricots, corn syrup, sugar, high fructose corn syrup, citric acid, pectin, sodium benzoate), 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), Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic powder, Carrots. Contains: soy, egg, wheat, milk

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)

Ingredients: Apricot Chicken -chicken, apricot preserves (apricots, corn syrup, sugar, high fructose corn syrup, citric acid, pectin, sodium benzoate), 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), Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic powder, salt, Carrots. Contains: soy, egg, wheat, milk

Alternate Meal 3: Baked Mostaccioli, 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)

Ingredients: Baked Mostaccioli -mostaccioli pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), tofu, tomato, tomato sauce, onion, olive oil, parmesan cheese, garlic, basil, Carrots. Contains: wheat, soy, milk



Entree: Achiotte 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)

Ingredients: Achiotte Chicken -chicken thigh, carrots, 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), achiotte paste (Annatto seed, spices, vinegar, iodized salt, water, granulated garlic, corn meal, FD & C Red #40, sodium benzoate as a

preservative), corn, potatoes, corn starch, lemon juice, black pepper, chili powder, cumin, cilantro Refried Beans with Cheese -pinto beans, vegetable oil, cheddar cheese, garlic powder, black pepper, bay leaf, salt, Carrots -carrots, margarine/butter blend. Contains: soy, egg, milk

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)

Ingredients: Chicken with Jalapeno - 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), vegetable oil, onion, jalapeno pepper, nutmeg, black pepper, Yellow Rice - rice, margarine/butter blend, turmeric, Peas - peas, margarine/butter blend, garlic powder, black pepper. Contains: soy, egg, milk

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)

Ingredients: Roasted Herb Chicken - chicken breast, olive oil, lemon juice, garlic, basil, oregano, salt, Rice, Peas.

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)

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, Corn -corn, margarine/butter blend, Spinach. Contains: milk, soy, wheat

Dessert:

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

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

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