

# Client Menu

For Delivery Dates  
03/27/2018 to 04/02/2018  
-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: Beef Meatloaf with Brown Gravy, Rice, Garbanzo Beans (1597)

(Calories 517, Fat 21 gm, Sat. Fat 7 g, Chol 121 mg, Pro 41 gm, Carbs 43 gm, Sodium 401 mg, Pot 772 mg, Phos 383 mg)

Ingredients: Beef Meatloaf -ground beef (85%), carrot, onion, egg, bread crumbs, celery, garlic, oregano, thyme, 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 -rice, margarine/butter blend, Garbanzo Beans. Contains: egg, soy, wheat, milk

## Alternate Meal 1: Chicken Dijon, Rice, Zucchini & Corn RENAL (5598)

(Calories 403, Fat 11 gm, Sat. Fat 3 g, Chol 97 mg, Pro 38 gm, Carbs 35 gm, Sodium 476 mg, Pot 467 mg, Phos 295 mg)

Ingredients: Dijon Chicken - chicken thigh, Dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), Rice - rice, margarine/butter blend, garlic powder, Zucchini and Corn. Contains: 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 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, Pasta - egg pasta (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Zucchini Squash. Contains: wheat, soy, milk, egg

## Alternate Meal 3: Eggplant with Penne, Yellow & Summer Squash (5522)

(Calories 575, Fat 8 gm, Sat. Fat 2 g, Chol 3 mg, Pro 18 gm, Carbs 107 gm, Sodium 1455 mg, Pot 661 mg, Phos 93 mg)

Ingredients: Eggplant with Penne -eggplant, penne pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), hoisin sauce (sugar, water, soybeans, salt, sweet potato, modified corn starch, sesame seeds, garlic, wheat flour, chili pepper, spices, caramel color, acetic acid, fd&c red color no. 40), vegetable oil, garlic, lemon juice, sesame seeds, salt, Yellow and Summer Squash: yellow squash, summer squash, margarine/butter blend, garlic powder. Contains: wheat, soy, milk

## Entree: Assorted Frozen Entrees (1052)

### Alternate Meal 1: Special Assorted Frozen Entrees

## Entree: Rigatoni with Herbed Cheese, Zucchini, Carrots (1440)

(Calories 450, Fat 18 gm, Sat. Fat 7 g, Chol 29 mg, Pro 23 gm, Carbs 51 gm, Sodium 523 mg, Pot 582 mg, Phos 338 mg)

Ingredients: Rigatoni with Herb Cheese Sauce -rigatoni pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), mozzarella cheese, ricotta cheese, milk (2%), tofu (firm), margarine/butter blend, onion, all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), garlic, parsley, black pepper, oregano, basil, salt, Zucchini -zucchini squash, margarine/butter blend, Carrots -carrots, margarine/butter blend. Contains: wheat, milk, soy

## Alternate Meal 1: Chicken Fajitas, Rice, Carrots RENAL (5577)

(Calories 488, Fat 14 gm, Sat. Fat 3 g, Chol 86 mg, Pro 37 gm, Carbs 54 gm, Sodium 320 mg, Pot 627 mg, Phos 328 mg)

Ingredients: Chicken Fajitas -chicken breast, onion, bell pepper, tomatoes, lime juice, canola oil, garlic, cumin, corn starch, limes, Rice - rice, margarine/butter blend, garlic powder, Carrots -carrots, margarine/butter blend, black pepper, celery seed. Contains: milk

## Alternate Meal 2: Turkey Meatloaf, Mashed Potatoes, Carrots GI (5128)

(Calories 504, Fat 20 gm, Sat. Fat 6 g, Chol 158 mg, Pro 29 gm, Carbs 47 gm, Sodium 779 mg, Pot 442 mg, Phos 116 mg)

Ingredients: Turkey Meatloaf -ground turkey (90%), egg, carrots, bread crumbs, oregano, thyme, basil, Mashed Potatoes -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: egg, wheat, milk

## Entree: Chicken Marabella, Yellow Rice, Seasoned Black Beans (1585)

(Calories 754, Fat 37 gm, Sat. Fat 9 g, Chol 166 mg, Pro 38 gm, Carbs 63 gm, Sodium 420 mg, Pot 901 mg, Phos 393 mg)

Ingredients: Chicken Marbella -chicken thigh, prunes, ripe black olives, Spanish olives, red wine vinegar, capers, olive oil, brown sugar, white wine, Yellow Rice -rice, margarine/butter blend, turmeric, Seasoned Black Beans - black beans, tomato, seasoning salt, black pepper, Contains: milk

## Alternate Meal 1: Ginger & White Wine Chicken, Noodles, Green Beans RENAL (5586)

(Calories 382, Fat 18 gm, Sat. Fat 4 g, Chol 96 mg, Pro 33 gm, Carbs 15 gm, Sodium 1104 mg, Pot 541 mg, Phos 293 mg)

Ingredients: Ginger and White Wine Chicken -chicken breast, white wine, canola oil, mint, sesame oil, ginger, paprika, Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Green Beans -margarine/butter blend, garlic. Contains: wheat, egg, milk

## Alternate Meal 2: Ginger & White Wine Chicken, Noodles, Green Beans GI (5509)

(Calories 458, Fat 18 gm, Sat. Fat 4 g, Chol 121 mg, Pro 40 gm, Carbs 26 gm, Sodium 429 mg, Pot 668 mg, Phos 370mg)

Ingredients: Ginger and White Wine Chicken -chicken breast, white wine, canola oil, mint, sesame oil, salt, Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), Green Beans -green beans, margarine/butter blend. Contains: wheat, egg, milk

## Alternate Meal 3: Macaroni Casserole, Carrots, Seasoned Garbanzo Beans (5548)

(Calories 521, Fat 14 gm, Sat. Fat 2 g, Chol 0 mg, Pro 27 gm, Carbs 79 gm, Sodium 800 mg, Pot 775 mg, Phos 227 mg)

Ingredients: Macaroni Casserole -macaroni pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), tofu, celery, onion, bell pepper, corn, tomato paste, capers, olive oil, cumin, caraway seed, chili powder, black pepper, Carrots -carrots, margarine/butter blend, Seasoned Garbanzo Beans - garbanzo beans, tomatoes, celery, carrot, onion, lemon juice, cumin, ginger, black pepper, salt, cinnamon. Contains: wheat, soy, milk

## Entree: Turkey Meatballs with Marinara, Roman Beans, Green Beans (1595)

(Calories 397, Fat 14 gm, Sat. Fat 4 g, Chol 111 mg, Pro 34 gm, Carbs 36 gm, Sodium 506 mg, Pot 947 mg, Phos 354 mg)

Ingredients: Turkey Meatballs with Marinara -ground turkey, egg, toasted bread crumbs, marinara (tomato sauce, tomato paste, onion, olive oil, basil, thyme, garlic, black pepper, salt), Roman Beans -white beans, olive oil, sage, salt, black pepper, Green Beans -green beans, margarine/butter blend. Contains: egg, wheat, milk

## Alternate Meal 1: Mexi-Beef, Rice, Peas RENAL/GI (5367)

(Calories 394, Fat 11 gm, Sat. Fat 4 g, Chol 77 mg, Pro 28 gm, Carbs 40 gm, Sodium 182 mg, Pot 659 mg, Phos 327 mg)

Ingredients: Mexi-Beef -ground beef (85% lean), carrots, corn tortillas, oregano, Rice, Peas -peas, margarine/butter blend, garlic powder, black pepper. Contains: milk

## Alternate Meal 2: Manicotti & Marinara, Roman Beans, Green Beans VEG (5593)

(Calories 513, Fat 17 gm, Sat. Fat 8 g, Chol 38 mg, Pro 32 gm, Carbs 60 gm, Sodium 1007 mg, Pot 1050 mg, Phos 427 mg)

**Alternate Meal 2: Turkey Meatloaf, Mashed Potatoes, Carrots GI (5128)**

(Calories 504, Fat 20 gm, Sat. Fat 6 g, Chol 158 mg, Pro 29 gm, Carbs 47 gm, Sodium 779 mg, Pot 442 mg, Phos 116 mg)

Ingredients: Turkey Meatloaf -ground turkey (90%), egg, carrots, bread crumbs, oregano, thyme, basil, Mashed Potatoes -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: egg, wheat, milk

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**Entree: Beef Patty with Mushroom Gravy, Roasted Red Potatoes, Peas (1363)**

(Calories 424, Fat 16 gm, Sat. Fat 6 g, Chol 75 mg, Pro 25 gm, Carbs 38 gm, Sodium 484 mg, Pot 1161 mg, Phos 345 mg)

Ingredients: Beef Patty with Mushroom Gravy -Beef patty: ground beef (85% lean), mushroom gravy (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). Roasted Red Potatoes -red potatoes, olive oil, garlic, basil, oregano, thyme, salt. Peas -peas, margarine/butter blend. Contains: soy, wheat, milk

**Alternate Meal 1: Chicken Rice Casserole, Peas 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, Peas -peas, margarine/butter blend, garlic powder, black pepper. Contains: milk, soy, wheat, egg, fish (anchovies)

**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: Vegetarian Black Bean Chili, Brown Rice, Peas (5519)**

(Calories 686, Fat 23 gm, Sat. Fat 5 g, Chol 9 mg, Pro 22 gm, Carbs 100 gm, Sodium 1655 mg, Pot 897 mg, Phos 246 mg)

Ingredients: Black bean Chili -black beans, bell pepper, onion, tomato sauce, garlic, olive oil, chili powder, cilantro, oregano, cumin, cayenne pepper, Brown Rice -converted brown rice, Peas: peas, margarine/butter blend. Contains: milk

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**Entree: Chicken Cacciatore, Faggioli, Broccoli (1588)**

(Calories 489, Fat 10 gm, Sat. Fat 2 g, Chol 132 mg, Pro 62 gm, Carbs 38 gm, Sodium 663 mg, Pot 1077 mg, Phos 447 mg)

Ingredients: Chicken Cacciatore -chicken breast, mushrooms, onion, olive oil, tomatoes, tomato paste, tomato sauce, bell pepper, garlic, basil, thyme, oregano, black pepper, salt. Faggioli -cannellini beans, tomatoes, bell pepper, olive oil, basil, Broccoli -broccoli, margarine/butter blend. Contains: milk

**Alternate Meal 1: Turkeyroni, Carrots 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. 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: Tofu & Parmesan Pasta, Lentils, Carrot (5549)**

(Calories 450, Fat 10 gm, Sat. Fat 3 g, Chol 6 mg, Pro 35 gm, Carbs 58 gm, Sodium 647 mg, Pot 813 mg, Phos 313 mg)

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

**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

**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