

# Client Menu

For Delivery Dates

10/17/2017 to 10/23/2017

-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: Ham, Raisin and Apple Chutney, Braised Cabbage, Mashed Potatoes (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)

Ingredients: Ham -pork, Raisin/Apple Chutney -apples, raisins, onion, brown sugar, cider vinegar, margarine/butter blend, cloves, Braised Cabbage -cabbage, cider vinegar, brown sugar, fennel seed. Contains: milk

**Alternate Meal 1: Turkey Patty, Rice, Green Beans, 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)

Ingredients: Turkey Patty -ground turkey (90%), oregano, basil, garlic, Rice - rice, margarine/butter blend, garlic powder, Green Beans with Pearl Onions -green beans, onion, garlic, black pepper. Contains: milk

**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)

Ingredients: Turkey Patty -ground turkey (90%), Rice, Green Beans with Pearl Onions

**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)

Ingredients: Pinto Beans and Cheese -pinto beans, cheddar cheese, garlic, thyme, bay leaf, salt, Rice: converted rice, margarine/butter blend, Carrots -carrots, margarine/butter blend. Contains: milk

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

Alternate Meal 1: Special Assorted Frozen Entrees

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**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)

Ingredients: Chicken with Mozzarella and Parmesan -chicken breast, egg whites, mozzarella cheese (part skim, low moisture), penne pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), bread crumbs, parmesan cheese, marinara (tomato sauce, tomato paste, onion, olive oil, basil, thyme, garlic, black pepper, salt), parsley, Polenta-polenta (corn meal), margarine/butter blend, parmesan cheese, salt, Yellow and Summer Squash -yellow squash, zucchini squash, margarine/butter blend, garlic powder. Contains: egg, milk, wheat

**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)

Ingredients: Roasted Herb Chicken -chicken breast, olive oil, lemon juice, garlic, thyme, rosemary, sage, basil, black pepper, Yellow rice: converted rice, margarine/butter blend, turmeric, Peas and Sugar Snap Peas -peas, sugar snap peas, margarine/butter blend, garlic, black pepper. Contains: milk

**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)

Ingredients: Roasted Herb Chicken -chicken breast, olive oil, lemon juice, garlic, oregano, basil, salt, Yellow Rice -rice, margarine/butter blend, turmeric, Peas and Sugar Snap Peas. Contains: milk

**Alternate Meal 3: Stuffed Shells with Marinara, Faggirole with Tomatoes, Bell Pepper 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)

Ingredients: Stuffed Shells with Marinara - shells: ricotta cheese (pasteurized whey, milk and cream), flour (durum semolina, ferrous sulfite, niacin, thiamine mononitrate, riboflavin, folic acid), whole eggs, water, mozzarella cheese (made from pasteurized cultured milk, enzymes and salt), parmesan cheese (pasteurized cultured cow's milk, rennet, salt), romano cheese (part skim cows milk, cheese culture, salt, enzymes, cellulose powder), salt, modified food starch, pepper, parsley, marinara: (tomato sauce, tomato paste, onion, olive oil, basil, thyme, garlic, black pepper, salt), Faggioli with

Tomatoes -cannellini beans, tomatoes, bell peppers, olive oil, basil, Zucchini -zucchini squash, onions, margarine/butter blend, garlic, black pepper, salt. Contains: milk, wheat, egg

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**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)

Ingredients: Cuban Mojo Chicken -chicken breast, olive oil, orange juice, lime juice, garlic, ground cumin, salt, Spanish Rice -converted white 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), onion, tomato sauce, garlic, salt, Carrots. Contains: soy, egg

**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)

Ingredients: Achiote Chicken -chicken thighs, onion, potatoes, achiote paste, corn, carrots, 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), corn starch, lemon juice, cumin, chili powder, salt, black pepper, cilantro, Rice, Japanese Vegetable Blend -French green beans, broccoli, mushrooms, onion, red bell pepper. Contains: soy, egg

**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)

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, 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), Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), Japanese Vegetable Blend -French green beans, broccoli, mushrooms, onion, red bell pepper. Contains: soy, wheat, milk, egg

**Alternate Meal 3: Frittata, Lentils, Zucchini & Red Pepper (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)

Ingredients: Frittata -egg, potatoes, spinach, ricotta cheese, black pepper, salt, Lentils -lentils, vegetable stock (carrot, celery, onion, parsnips, turnips), spices, citric acid, sodium benzoate), salt, Zucchini with Red Peppers -zucchini squash, onion, red bell pepper, garlic, margarine/butter blend, black pepper, salt.. Contains: egg, milk

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**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)

Ingredients: Turkey in Green Mole -turkey 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), tomatillo, poblano pepper, corn oil, dried pumpkin seeds, blanched almonds, parsley, salt, Rice -converted white rice, margarine butter blend, Seasoned Pinto Beans -pinto beans, diced tomatoes, seasoning salt, cumin, black pepper, Contains: soy, egg, tree nuts (almonds)

**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)

Ingredients: Chicken Pozole Mi Casa -chicken breast, hominy, 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), green chili pepper, corn oil, onion, garlic, oregano, salt, black pepper, Yellow

Rice-converted rice, margarine/butter blend, turmeric, Zucchini -zucchini squash, onion, margarine/butter blend, garlic, black pepper. Contains: soy, egg, 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, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), Zucchini. Contains: wheat, soy, milk, egg

**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)

Ingredients: Tricolor Vegetable Terrine -carrots, peas, spinach, egg yolk, heavy cream, black pepper, nutmeg, salt, Red Beans -red beans, black pepper, garlic, salt, Spinach -spinach, margarine/butter blend. Contains: egg, milk

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**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)

Ingredients: Alecca -ground beef (85% lean), tomatoes, onion, green cabbage, celery, potatoes, green beans, bell pepper, lemon juice, lime juice, canola oil, cumin, ginger, curry powder, salt, garlic powder, black pepper, Brown Rice, Peas. Contains:

**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)

Ingredients: Chicken and Apple Stew -chicken breast, apples, carrots, applesauce, asparagus, chicken broth (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), tarragon, black pepper, ginger, Egg Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic powder. Contains: soy, milk, egg wheat

**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)

Ingredients: Chicken and Apple Stew -chicken breast, apples, carrots, applesauce, asparagus, chicken broth (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), tarragon, black pepper, ginger, Egg Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid). Contains: soy, egg, wheat

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

(Calories 510, Fat 17 gm, Sat. Fat 3g, Chol 3 mg, Pro 25 gm, Carbs 70 gm, Sodium 1684 mg, Pot 1369 mg, Phos 37 mg)

Ingredients: Vegetarian Shepherd's Pie -butter beans, tofu, 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), corn, capri blend vegetables (green beans, carrots, zucchini), tomato paste, onion, olive oil, white ground pepper, poppy seed, salt, Japanese Vegetable Blend -french green beans, broccoli, mushrooms, onion, bell pepper. Carrots -carrots, margarine/butter blend. Contains: soy, milk

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**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)

Ingredients: Italian Shredded Pork Stew -pork cushion meat, sweet potatoes, cannellini beans, onion, kale, garlic, salt, Polenta -polenta, parmesan cheese, olive oil, thyme, salt, black pepper, Carrots.

**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)

Ingredients: Cilantro Lime Cod -cod fish, mayonnaise, lime juice, cilantro, Green Beans, Rice -rice, garlic powder. Contains: fish, egg

**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)

Ingredients: Turkey Patty: ground turkey (90%), Rice, Green Beans with Pearl Onions

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

Ingredients: Tofu and Bean Cassoulet:- tofu, white beans, potatoes, celery, tomato paste, carrots, bread crumbs, onion, Worcestershire sauce (white vinegar, blackstrap molasses, glucose-fructose, salt, anchovies (fish), onions, tamarind extract, garlic, spices, flavor), margarine/butter blend, thyme, parsley, Dijon mustard, black pepper, Rice -rice, margarine/butter blend, Zucchini with Red Peppers -zucchini squash, diced red peppers, margarine/butter blend, onion, garlic, black pepper, salt. Contains: soy, wheat, fish (anchovies), 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

**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