

# Client Menu

For Delivery Dates

10/24/2017 to 10/30/2017

-Menu Subject to Change-

FOODS  
THAT  
PREVENT  
BREAST  
CANCER



"This meal has been prepared in a facility that processes milk, peanuts, tree nuts, fish, wheat, eggs, soy and shellfish."

## Entree: African Curry Chicken, Roasted Potatoes, Green Beans (1660)

(Calories 453, Fat 17gm, Sat. Fat 10g, Chol 68mg, Pro 32gm, Carbs 46gm, Sodium 347mg, Pot 1506mg, Phos 373 mg)

Ingredients: African Curry Chicken - chicken breast, tomatoes, coconut milk, onion, lemon, olive oil, garlic, curry powder, bay leaf, salt, Roasted Potatoes - red potatoes, olive oil, basil, salt, Green Beans. Contains: tree nuts (coconut)

## Alternate Meal 1: Chicken with Lemon, Yellow Rice, Green Beans RENAL (5581)

(Calories 522, Fat 17 gm, Sat. Fat 5 g, Chol 135 mg, Pro 30 gm, Carbs 63 gm, Sodium 304 mg, Pot 603 mg, Phos 274 mg)

Ingredients: Chicken with Lemon - chicken thighs, lemon juice, all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), corn flakes (Milled corn, sugar, malt flavor, contains 2% or less of salt. BHT added to packaging for freshness. Vitamins and Minerals: Iron, vitamin C (sodium ascorbate, ascorbic acid), niacinamide, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B12.), lemon zest, sage, black pepper, Yellow Rice - rice, margarine/butter blend, turmeric, Green Beans. Contains: wheat, milk

## Alternate Meal 2: Chicken & Gravy, Noodles, Green Beans GI (5528)

(Calories 451, Fat 16 gm, Sat. Fat 5 g, Chol 123 mg, Pro 40 gm, Carbs 33 gm, Sodium 547 mg, Pot 644 mg, Phos 364 mg)

Ingredients: Chicken and Gravy - chicken breast, chicken 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), tarragon, basil, thyme, Noodles - egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic powder, salt, Green Beans. Contains: soy, milk, wheat, egg

## Alternate Meal 3: Vegetarian Korma, Seasoned Black Beans, Calabaza (5551)

(Calories 494, Fat 14 gm, Sat. Fat 3 g, Chol 4 mg, Pro 22 gm, Carbs 78 gm, Sodium 476 mg, Pot 1676 mg, Phos 373 mg)

Ingredients: Vegetable Korma - potato, sweet potato, garbanzo beans, eggplant, onion, cauliflower, almonds, yogurt, peas, olive oil, ginger, cumin, cinnamon, cardamom, cloves, turmeric, Seasoned Black Beans - black beans, tomato, salt, black pepper, Calabaza - zucchini squash, bell pepper, onion, margarine/butter blend, garlic, black pepper, salt. Contains: tree nuts (almonds), milk

## Dessert: 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)



## Entree: Assorted Frozen Entrees (1052)

### Alternate Meal 1: Special Assorted Frozen Entrees (5196)

## 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



## Entree: Creamy Omelet Primavera, Peas & Carrots (1667)

(Calories 348, Fat 19 gm, Sat. Fat 7 g, Chol 388 mg, Pro 19 gm, Carbs 27 gm, Sodium 421 mg, Pot 722 mg, Phos 331 mg)

Ingredients: Creamy Omelet Primavera - egg, potatoes, zucchini, carrot, onion, bell pepper, cream cheese, olive oil, sundried tomatoes, basil, garlic powder, Peas, Carrots. Contains: egg, milk

## Alternate Meal 1: Chicken Breast with Sautéed Mushrooms, Yellow Rice, Green Beans RENAL/GI (5168)

(Calories 336, Fat 4 gm, Sat. Fat 1 g, Chol 77 mg, Pro 35 gm, Carbs 37 gm, Sodium 267 mg, Pot 650 mg, Phos 331 mg)

Ingredients: Chicken Breast with Sautéed Mushrooms - chicken breast, mushrooms, chicken 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), white wine, basil, oregano, Yellow Rice - rice, margarine/butter blend, turmeric, Green Beans. Contains: soy, milk, wheat

## Dessert: 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)



## Entree: Tilapia with Tarragon Cream Sauce, Green Rice, Diced Carrots REG/RENAL (1670)

(Calories 375, Fat 17 gm, Sat. Fat 4 g, Chol 60 mg, Pro 18 gm, Carbs 35 gm, Sodium 570 mg, Pot 438 mg, Phos 369 mg)

Ingredients: Tilapia with Tarragon Cream Sauce - tilapia, sour cream, lemon juice, green onion, white wine (sauterne), olive oil, green olives, tarragon, basil, Rice - rice, margarine/butter blend, parsley, Carrots. Contains: milk, fish, milk

## Alternate Meal 1: Chicken Stew and Noodles GI (5587)

(Calories 427, Fat 19 gm, Sat. Fat 5 g, Chol 94 mg, Pro 30 gm, Carbs 34 gm, Sodium 133 mg, Pot 516 mg, Phos 286 mg)

Ingredients: Chicken Stew - chicken breast, carrot, onion, 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), okra, all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), garlic, basil, Noodles - egg noodles (durum semolina, durum flour, egg yolks, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic powder, salt. Contains: soy, egg, wheat, milk

## Alternate Meal 2: Spaghetti with Marina/Parmesan, Seasoned Red Beans, Peas (5591)

(Calories 335, Fat 2 gm, Sat. Fat 1 g, Chol 0 mg, Pro 19 gm, Carbs 61 gm, Sodium 425 mg, Pot 757 mg, Phos 256 mg)

Ingredients: Spaghetti Marinara with Parmesan - marinara (tomato sauce, tomato paste, onion, olive oil, basil, thyme, garlic, black pepper, salt), spaghetti pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), parmesan cheese, Seasoned Red Beans - red beans, tomato, garlic, thyme, seasoning salt, black pepper, canola oil, Peas. Contains: wheat, milk

## Dessert: 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)



## Entree: Maple Mustard Glazed Chicken, Oven Roasted Potatoes, Mustard Greens (1671)

(Calories 412, Fat 12gm, Sat. Fat 3g, Chol 86mg, Pro 35 gm, Carbs 40gm, Sodium 375mg, Pot 106 mg, Phos 332mg)

Ingredients: Maple Mustard Glazed Chicken - Maple-mustard Glazed Chicken: chicken breast, maple syrup, 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), olive oil, garlic, vinegar, whole grain mustard, black pepper, salt, Oven Roasted Potatoes - red potatoes, olive oil, basil, salt, Mustard Greens - mustard greens, garlic, salt. Contains: soy

## Alternate Meal 1: BBQ Chicken, Rice, Corn RENAL (5596)

(Calories 455, Fat 18 gm, Sat. Fat 5 gm, Chol 146 mg, Pro 29 gm, Carbs 44 gm, Sodium 487 mg, Pot 562 mg, Phos 273 mg)

Ingredients: Barbecue Chicken - chicken, barbecue sauce (water, high fructose corn syrup, distilled vinegar, tomato paste, modified food starch, salt, contains less than

1.5% of hydrolyzed soy protein, corn syrup, natural flavors, sodium benzoate and potassium sorbate, dextrose, spices, aged red cayenne peppers, extractives of paprika, caramel color, mustard, garlic, onion, citric and malic acids), lemon juice, Rice - rice, margarine/butter blend, garlic powder, Corn - corn, margarine/butter blend, black pepper. Contains: soy, milk

**Alternate Meal 2: Turkey Patty & Mushroom Gravy, Rice, Corn GI (5425)**

(Calories 380, Fat 10 gm, Sat. Fat 3 g, Chol 79 mg, Pro 28 gm, Carbs 46 gm, Sodium 351 mg, Pot 611 mg, Phos 361 mg)

Ingredients: Turkey Patty with Mushroom Gravy - ground turkey (95%), 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, Corn. Contains: soy, wheat, milk

**Alternate Meal 3: Spicy Asian Tofu Salad, Green Beans, Pearl Onions, Carrots (5507)**

(Calories 740, Fat 32 gm, Sat. Fat 5 g, Chol 1 mg, Pro 36 gm, Carbs 89 gm, Sodium 1038 mg, Pot 793 mg, Phos 314 mg)

Ingredients: Spicy Asian Tofu - tofu, hoshi soba noodles, pineapple, red bell pepper, cilantro, red cabbage, balsamic vinegar, brown sugar, peanuts, green onion, mint, salad oil, soy sauce, garlic, sugar, peanut butter, sesame oil, red pepper flakes, salt, Green Beans with Pearl Onions, Carrots. Contains: soy, wheat, peanuts, milk

**Dessert: 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)

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**Entree: Mexican Penne, Carrots, Calabaza (1668)**

(Calories 518, Fat 20gm, Sat. Fat 20g, Chol 51mg, Pro 28gm, Carbs 61gm, Sodium 461mg, Pot 1412 mg, Phos 405mg)

Ingredients: Mexican Penne - ground beef (85% lean), penne pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), salsa (tomato, onion, lemon juice, canola oil, cilantro, black pepper), black beans, cheddar cheese, jack cheese, Seasoned Black Beans - black beans, tomato, seasoning salt, black pepper, Calabaza - zucchini squash, green bell pepper, onion, margarine/butter blend, garlic, black pepper, salt. Contains: wheat, egg, milk

**Alternate Meal 1: Cuban Mojo Chicken, White Rice, Peas, Pearl Onions RENAL (5615)**

(Calories 577, Fat 25 gm, Sat. Fat 5 g, Chol 112 mg, Pro 43 gm, Carbs 43 gm, Sodium 439 mg, Pot 455 mg, Phos 358 mg)

Ingredients: Cuban Mojo Chicken - chicken breast, garlic, olive oil, orange juice, lime juice, cumin, salt, Rice - rice, margarine/butter blend, garlic, Peas with Pearl Onions. Contains: milk

**Alternate Meal 2: Penne with Chicken & Mushroom, Peas GI (5538)**

(Calories 357, Fat 5 gm, Sat. Fat 2 g, Chol 80 mg, Pro 40 gm, Carbs 40 gm, Sodium 630 mg, Pot 506 mg, Phos 373 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, Peas. Contains: wheat, egg, soy

**Alternate Meal 3: Egypt Lentils in Tomato Sauce, Rice, Zucchini with Red Pepper (5487)**

(Calories 345, Fat 11 gm, Sat. Fat 5 g, Chol 10 mg, Pro 20 gm, Carbs 60 gm, Sodium 570 mg, Pot 881 mg, Phos 275 mg)

Ingredients: Egyptian Lentils in Tomato Sauce - lentils, garbanzo beans, tomato sauce, onion, olive oil, cider vinegar, lemon juice, thyme, garlic, oregano, Rice, Zucchini with Red Peppers - zucchini squash, diced red peppers, margarine/butter blend, onion, garlic, black pepper, salt. Contains: milk

**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

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**Entree: Kushari, Carrots, Green & Wax Beans (1672)**

(Calories 297, Fat 3 gm, Sat. Fat 0 g, Chol 0 mg, Pro 14 gm, Carbs 51 gm, Sodium 690 mg, Pot 444 mg, Phos 90 mg)

Ingredients: Kushari - lentils, rice, tomato, onion, garbanzo beans, macaroni, tomato paste, garlic, vegetable oil, apple cider vinegar, salt, black pepper, red pepper flakes, Carrots, Beans - green and wax beans. Contains: wheat, egg

**Alternate Meal 1: Turkey Mole, Rice, Vegetable Blend RENAL (5616)**

(Calories 403, Fat 9 gm, Sat. Fat 2 g, Chol 74 mg, Pro 34 gm, Carbs 46 gm, Sodium 255 mg, Pot 603 mg, Phos 323 mg)

Ingredients: Turkey 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), onion powder, dehydrated chicken (BHA, propyl gallate and citric acid), turmeric, natural flavorings and coloring, disodium inosinate, disodium guanylate), mole (chile peppers, sesame seeds, bread, sugar, peanuts, cinnamon, spices), Mexican chocolate (sugar, cocoa liquor, soy lecithin, cinnamon flavor), Rice - rice, margarine/butter blend, garlic powder, Japanese Vegetable Blend - French green beans, broccoli, mushrooms, onion, red bell pepper, garlic, black pepper. Contains: soy, egg, wheat, peanuts, milk

**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, iron, thiamine mononitrate, riboflavin, folic acid), Japanese Vegetable Blend - French green beans, broccoli, mushrooms, onion, red bell pepper. Contains: soy, wheat, milk, egg

**Dessert: Fresh Fruit (1021)**

(Calories 72, Fat 0 gm, Sat. Fat 0 g, Chol 0 mg, Pro 1 gm, Carbs 19 gm, Sodium - 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**