

Client Menu

For Delivery Dates

05/15/2018 to 05/21/2018

-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 Chili Verde, Fiesta Beans, Spanish Rice (1168)

(Calories 267, Fat 21 gm, Sat. Fat 4 g, Chol 161 mg, Pro 53 gm, Carbs 55 gm, Sodium 699 mg, Pot 1129 mg, Phos 515 mg)

Ingredients: Turkey Chile Verde -turkey breast, turkey thigh, 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), tomatillo, green chile peppers, onion, vegetable oil, garlic, oregano, cumin, salt, black pepper, Fiesta Beans -onion, red beans, black beans, pinto beans, tomato paste, garlic, thyme, bay leaf, 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. Contains: soy, egg

Alternate Meal 1: Chicken & Apple Stew, Egg Noodles, Carrots 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 (iron), thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic powder. Carrots: carrots, margarine/butter blend. Contains: soy, milk, egg wheat

Alternate Meal 2: Chicken & Apple Stew, Egg Noodles, Carrots 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). Carrots: carrots. Contains: soy, egg, wheat

Alternate Meal 3: Meatless Moussaka, Broccoli (5079)

(Calories 540, Fat 12 gm, Sat. Fat 5 g, Chol 102 mg, Pro 36 gm, Carbs 73 gm, Sodium 1085 mg, Pot 1140 mg, Phos 571 mg)

Ingredients: Meatless Moussaka -eggplant, converted rice, cottage cheese, marinara (tomato sauce, tomato paste, onion, olive oil, basil, thyme, garlic, black pepper, salt), egg, mozzarella cheese, milk, onion, sage, salt, cinnamon
Broccoli -broccoli, margarine/butter blend. Contains: milk, egg

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Entree: Assorted Frozen Entrees (1052)

Alternate Meal 1: Special Assorted Frozen Entrees

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Entree: Chicken Teriyaki, Lentils, Carrots (1558)

(Calories 350, Fat 13 gm, Sat. Fat 4 g, Chol 112 mg, Pro 30 gm, Carbs 29 gm, Sodium 933 mg, Pot 780 mg, Phos 403 mg)

Ingredients: Chicken Teriyaki -chicken thigh, teriyaki sauce (naturally brewed soy sauce (water, wheat, soybeans, salt), wine, high fructose corn syrup, water, vinegar, salt, spices, onion powder, succinic acid, garlic powder, sodium benzoate: less than 1/10 of 1% as a preservative, Lentils, Carrots -carrots, margarine/butter blend. Contains: wheat, soy, milk

Alternate Meal 1: Chicken Breast, Yellow Rice, Mustard Greens Renal/GI (5566)

(Calories 336, Fat 11 gm, Sat. Fat 3 g, Chol 84 mg, Pro 34 gm, Carbs 25 gm, Sodium 122 mg, Pot 391 mg, Phos 230 mg)

Ingredients: Chicken Breast -chicken breast, Yellow Rice -rice, turmeric, Mustard Greens,

Alternate Meal 2: Red Beans & Rice, Mustard Greens (5317)

(Calories 370, Fat 0 gm, Sat. Fat 0 g, Chol 0 mg, Pro 20 gm, Carbs 69 gm, Sodium 1014 mg, Pot 230 mg, Phos 70 mg)

Ingredients: Red Beans and Rice -red beans, vegetable stock (carrot, celery, onion, parsnips, turnips), spices, citric acid, sodium benzoate), bell pepper, onion, green chili pepper, black pepper, garlic, bay leaf, seasoning salt, parsley, Mustard Greens -mustard greens, garlic, salt, Rice -rice, margarine/butter blend. Contains: milk

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Entree: Red Beans and Rice with Smoked Turkey Breast, Mustard Greens (1059)

(Calories 408, Fat 5 gm, Sat. Fat 2 g, Chol 40 mg, Pro 31 gm, Carbs 61 gm, Sodium 690 mg, Pot 968 mg, Phos 380 mg)

Ingredients: Red Beans and Rice with Smoked Turkey Breast -red beans, ham, bell pepper, onion, turkey sausage, turkey breast, green chili pepper, green onion, vegetable stock (carrot, celery, onion, parsnips, turnips), spices, citric acid, sodium benzoate), liquid smoke (water, natural liquid smoke, polysorbate 80), parsley, garlic, black pepper, bay leaf, seasoning salt. Mustard Greens -mustard greens, garlic, salt

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 -rice, margarine/butter blend, turmeric, Zucchini -zucchini squash, onion, margarine/butter blend, garlic, black pepper. Contains: soy, egg, milk

Alternate Meal 2: Beef Patty with Mushroom Gravy, Rice, Corn GI (5393)

(Calories 402, Fat 16 gm, Sat. Fat 6 g, Chol 71 mg, Pro 26 gm, Carbs 40 gm, Sodium 342 mg, Pot 558 mg, Phos 244 mg)

Ingredients: Beef Patty with Mushroom 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), mushrooms Rice, Corn. Contains: soy, wheat, milk

Alternate Meal 3: Spaghetti with Marinara and 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

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Entree: Beef & Bean Burrito, Lentils, Carrots (1563)

(Calories 508, Fat 18 gm, Sat. Fat 6 g, Chol 20 mg, Pro 20 gm, Carbs 67 gm, Sodium 656 mg, Pot 516 mg, Phos 200 mg)

Ingredients: Beef and Bean Burrito -filling[water, ground beef, refried pinto beans(water, pinto beans, lard {with bht and/or citric acid to preserve freshness}, salt, artificial colors{fd&c yellow 6, fd&c red 40, fd&c blue 1}), pasteurized processed american cheese [milk, milkfat, water, sodium citrate, salt, sodium phosphate, sorbic acid as a perservative, oleroresin paprika, annatto, enzymes, cheese culture, with starch added for slice preparation], onions, tomato paste(vine ripe red tomatoes, citric acid), taco seasoning(salt, spices, chili pepper, maltodextrin, garlic), flour, salt, garlic], tortillas(bleached enriched wheat flour{malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid}, water, shortening (partially hydrogenated soybean and cottonseed oil with mono diglycerides), baking powder (sodium bicarbonate, corn starch, sodium aluminum sulfate, calcium sulfate, and monocalcium phosphate), salt, sodium aluminum phosphate, potassium sorbate, vegetable gum(carrageenan, cellulose, malted dextrose), calcium propionate, l-cysteine, sorbic acid]. Lentils, Carrots -carrots, margarine/butter blend. Contains: milk, soy, wheat

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: Italian Strata, Pinto Beans, Carrots VEG
(5311)

(Calories 513, Fat 7 gm, Sat. Fat 2 g, Chol 0 mg, Pro 30 gm, Carbs 83 gm, Sodium 714 mg, Pot 933 mg, Phos 269 mg)

Ingredients: Italian Strata Casserole -spinach, lasagna noodles (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), marinara (tomato sauce, tomato paste, onion, olive oil, basil, thyme, garlic, black pepper, salt), egg, ricotta cheese, parmesan cheese, basil, nutmeg, black pepper, Pinto beans -pinto beans, garlic, thyme, bay leaf, salt, Carrots -carrots, margarine/butter blend. Contains: wheat, egg, milk

Entree: Roasted Herb Chicken, Egyptian Lentils, Brown Rice (1576)

(Calories 525, Fat 14 gm, Sat. Fat 3 g, Chol 63 mg, Pro 37 gm, Carbs 62 gm, Sodium 275 mg, Pot 765 mg, Phos 434 mg)

Ingredients: Roasted Herb Chicken -chicken breast, olive oil, lemon juice, garlic, basil, oregano, salt, Egyptian Lentils -lentils, garbanzo beans, tomato sauce, onion, olive oil, cider vinegar, lemon juice, thyme, garlic, oregano, Brown Rice -rice, margarine/butter blend. Contains: milk

Alternate Meal 1: Beef Stroganoff with Noodles, Rice, Broccoli/Cauliflower Mix 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)

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, Rice -rice, margarine butter blend, garlic powder, Broccoli/Cauliflower Mix- broccoli, cauliflower, Contains: wheat, egg, milk

Alternate Meal 2: Beef Stroganoff with Noodles, Mashed Potatoes. 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, 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: wheat, milk, egg

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

Entree: BBQ Shredded Pork, Seasoned Red Beans,

Collard Greens (1613)

(Calories 485, Fat 12 gm, Sat. Fat 4 g, Chol 84 mg, Pro 45 gm, Carbs 48 gm, Sodium 526 mg, Pot 1194 mg, Phos 489 mg)

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 - 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: 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, Peas - peas, margarine/butter blend. Contains: 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