Client Menu

For Delivery Dates
4/25/2017 to 5/1/2017
~Menu Subject to Change~

Nutrition Byte: April is Alcohol Awareness Month! If you are watching your weight, limiting your alcohol intake will help control unnecessary calories. So be sure to consume alcohol only in moderation. The 2015 Dietary Guidelines for Americans suggest limiting alcohol to 1 drink per day for women and 2 drinks per day for men. What is considered ONE drink? It's either a 1.5 oz shot glass, 5 oz wine, 8 oz malt liquor or 12 oz beer. Each drink provides about 100-150 calories. ~Katelyn Tran, MPH, RD, CNSC

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)
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)
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)
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)

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: Assorted Frozen Entrees
Alternate Meal 1: Special Assorted Frozen Entrees

Dessert: Assorted Cookies
(Calories 393, Fat 15 gm, Sat. Fat 2 g, Chol 30 mg, Pro 5 gm, Carbs 40 gm, Sodium 0 mg, Pot 0 mg, Phos 0 mg)

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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)
Alternate Meal 1: Turkey Meatloaf, Mashed Potatoes, Carrots RENAL (5582)
(Calories 440, Fat 20 gm, Sat. Fat 5 g, Chol 121 mg, Pro 30 gm, Carbs 30 gm, Sodium 215 mg, Pot 564 mg, Phos 313 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)

Dessert: Fresh Fruit
(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: 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)
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 104 mg, Pot 541 mg, Phos 293 mg)
Alternate Meal 2: Ginger & White Wine Chicken, Noodles, Green Beans GI (5509)
(Calories 461, Fat 18 gm, Sat. Fat 4 g, Chol 121 mg, Pro 40 gm, Carbs 27 gm, Sodium 429 mg, Pot 674 mg, Phos 371 mg)
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)

Dessert: Assorted Cookies
(Calories 393, Fat 15 gm, Sat. Fat 2 g, Chol 30 mg, Pro 5 gm, Carbs 40 gm, Sodium 0 mg, Pot 0 mg, Phos 0 mg)

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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)
Alternate Meal 1: Mexican-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)
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)

Dessert: Fresh Fruit
(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: Beef Patty with Mushroom Gravy, Roast 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)
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)
Alternate Meal 2: Chicken Rice 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)
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)

Dessert: Fresh Fruit
(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: Chicken Cacciatore, Faggiole, 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)
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)
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)
Alternate Meal 3: Tofu & Parmesan Pasta, Lentils, Carrots (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)

Dessert: Fresh Fruit
(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 350º 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