



922 Vine Street
Los Angeles, CA 90038

Client Menu

For Delivery Dates
12/19/2017 to 12/25/2017
-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: Chicken Milano with Fettuccini, Broccoli, Zucchini with Red Pepper (1644)

(Calories 612, Fat 44 gm, Sat. Fat 19 g, Chol 163 mg, Pro 37 gm, Carbs 22 gm, Sodium 386 mg, Pot 1125 mg, Phos 400 mg)

Ingredients: Chicken Milano with Fettuccini -Chicken breast, 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), heavy whipping cream (40%), sun dried tomatoes, tomatoes, fettuccini noodles (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), basil, garlic, black pepper, salt, Broccoli -broccoli, margarine/butter blend, Zucchini with Red Peppers: zucchini squash, diced red peppers, margarine/butter blend, onion, garlic, black pepper, salt. Contains: soy, egg, milk wheat

Alternate Meal 1: Beef Patty with Mushroom Gravy, Rice, Carrots RENAL (5567)

(Calories 394, Fat 15 gm, Sat. Fat 6 g, Chol 71 mg, Pro 25 gm, Carbs 38 gm, Sodium 440 mg, Pot 618 mg, Phos 264 mg)

Ingredients: Beef Patty with Mushroom Gravy -ground beef (85% lean), garlic, black pepper, 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, garlic powder, thyme, black pepper, Rice - rice, margarine/butter blend, garlic powder, Carrots -carrots, margarine/butter blend, celery seed, black pepper. Contains: soy, wheat, milk

Alternate Meal 2: Beef Patty with Mushroom Gravy, Rice, Carrots GI (5122)

(Calories 385, Fat 15 gm, Sat. Fat 6 g, Chol 71 mg, Pro 25 gm, Carbs 36 gm, Sodium 375 mg, Pot 597 mg, Phos 257 mg)

Ingredients: Beef Patty with Mushroom Gravy -ground beef (85% lean), 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, Carrots. Contains: soy, wheat, milk

Alternate Meal 3: Red Beans, Rice, Calabaza (5376)

(Calories 435, Fat 6 gm, Sat. Fat 2 g, Chol 4 mg, Pro 20 gm, Carbs 80 gm, Sodium 396 mg, Pot 1518 mg, Phos 365 mg)

Ingredients: Red Beans with 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, Calabaza -zucchini squash, bell pepper, onion, margarine/butter blend, garlic, black pepper, salt. Contains: milk

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Entree: Assorted Frozen Entrees (1052)

Alternate Meal 1: Special Assorted Frozen Entrees

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Entree: Mediterranean Herbed Cod, Black Beans, Roasted Potatoes (1552)

(Calories 450, Fat 6 gm, Sat. Fat 1 g, Chol 55 mg, Pro 34 gm, Carbs 65 gm, Sodium 650 mg, Pot 1267 mg, Phos 557 mg)

Ingredients: Mediterranean Herbed Cod -cod filet, sun dried tomatoes, olive oil, capers, lemon juice, kalamata olives, Black Beans, Roasted Potatoes -red potatoes, canola oil, basil, salt. Contains: fish

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

Alternate Meal 2: Sweet Sour Vegetables & Tofu, Rice, Snow Pea Blend (5025)

(Calories 330, Fat 10 gm, Sat. Fat 2 g, Chol 0 mg, Pro 17 gm, Carbs 46 gm, Sodium 474 mg, Pot 281 mg, Phos 107 mg)

Ingredients: Sweet and Sour Vegetables with Tofu -tofu, carrots, broccoli, cabbage, onion, cabbage, bell pepper, pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), walnuts, 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), ginger oil, sesame oil, sesame seeds, ginger, salt, Rice - rice, margarine/butter blend, Peas and Sugar Snap Peas -peas, sugar snap peas, margarine/butter blend, Contains: soy, wheat, tree nuts (walnuts), milk

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Entree: Apricot Chicken, Seasoned Garbanzo Beans, Whipped Yams (1599)

(Calories 538, Fat 10 gm, Sat. Fat 3 g, Chol 91 mg, Pro 39 gm, Carbs 71 gm, Sodium 406 mg, Pot 1305 mg, Phos 391 mg)

Ingredients: Apricot Chicken -chicken breast, apricot preserves, 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), Seasoned Garbanzo Beans -garbanzo beans, tomatoes, celery, carrot, onion, lemon juice, cumin, ginger, black pepper, salt, cinnamon, Whipped Yams - yams, margarine/butter blend, cinnamon. Contains: soy, milk

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, all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), corn flakes (whole grain corn, corn meal, sugar, corn starch, salt, corn syrup, brown sugar syrup, malt syrup, trisodium phosphate, vitamin c (mixed tocopherols) and bht added to preserve freshness. vitamins and minerals: calcium carbonate, zinc and iron (mineral nutrients), vitamin c (sodium ascorbate), a b vitamin (niacinamide), vitamin b6 (pyridoxine hydrochloride), vitamin b2 (riboflavin), vitamin b1 (thiamin mononitrate), vitamin a (palmitate), a b vitamin (folic acid), vitamin b12, vitamin d3, lemon juice, lemon zest, black pepper, sage, Yellow Rice -converted rice, butter, turmeric, Green Beans -green beans, margarine/butter blend, garlic. Contains: wheat, milk

Alternate Meal 2: Chicken with Lemon, Yellow Rice, Green Beans GI (5348)

(Calories 508, Fat 15 gm, Sat. Fat 4 g, Chol 135 mg, Pro 29 gm, Carbs 63 gm, Sodium 493 mg, Pot 444 mg, Phos 247 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 (pyridoxin hydrochloride), vitamin B2, vitamin B1 (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B12.), lemon zest, sage, Yellow Rice -rice, margarine/butter blend, turmeric, Green Beans. Contains: wheat, milk

Alternate Meal 3: Spanikopita, White Beans, Carrots (5351)

(Calories 401, Fat 11 gm, Sat. Fat 3 g, Chol 41 mg, Pro 18 gm, Carbs 58 gm, Sodium 542 mg, Pot 1023 mg, Phos 230 mg)

Ingredients: Spanakopita -spinach, onion, green onion, egg, margarine/butter blend, filo dough (enriched bleached wheat flour (bleached flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, corn starch, canola oil (ascorbic acid, rosemary, and citric acid added to preserve freshness), vital wheat gluten, salt, preservatives (calcium propionate, potassium sorbate), dextrose, maltodextrin, citric acid), feta cheese, parmesan cheese, parsley, nutmeg, White Beans -white beans, margarine/butter blend, black pepper, salt. Carrots. Contains: egg, wheat, milk

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Entree: California Tamale Casserole, Refried Beans, Carrots (1141)

(Calories 808, Fat 34 gm, Sat. Fat 14 g, Chol 148 mg, Pro 54 gm, Carbs 74 gm, Sodium 815 mg, Pot 1331 mg, Phos 580 mg)

Ingredients: California Tamale Casserole -ground beef (85% lean), corn, tomatoes, cheddar cheese, milk, black olives, egg, taco seasoning mix (chili powder, cumin, black pepper, garlic powder, onion powder, red pepper flakes, oregano, paprika, salt), seasoning salt, Refried Beans -pinto beans, vegetable oil, cheddar cheese, garlic powder, black pepper, bay leaf, salt, Carrots - carrots, margarine/butter blend. Contains: milk, egg

Alternate Meal 1: Oven Fried Chicken, Rice, Carrots RENAL (5571)

(Calories 530, Fat 20 gm, Sat. Fat 4 g, Chol 71 mg, Pro 31 gm, Carbs 59 gm, Sodium 347 mg, Pot 427 mg, Phos 260 mg)

Ingredients: Oven Fried Chicken -chicken breast, buttermilk (2%), bread crumbs, herbs d' Provence (thyme, rosemary, sage, marjoram, lavender), black pepper, Rice -rice, margarine/butter blend, garlic, Carrots. Contains: milk, wheat

Alternate Meal 2: Oven Baked Chicken, Rice, Carrots GI (5083)
(Calories 500, Fat 14 gm, Sat. Fat 4 g, Chol 112 mg, Pro 48 gm, Carbs 44 gm, Sodium 340 mg, Pot 550 mg, Phos 381 mg)

Ingredients: Oven Baked Chicken - chicken breast, egg white, mustard, bread crumbs, thyme, black pepper, celery salt, Rice, Carrots. Contains: egg, wheat

Alternate Meal 3: Veggie Patty with Mushroom Gravy, Braised Cabbage, Mashed Potatoes (5486)

(Calories 452, Fat 14 gm, Sat. Fat 4 g, Chol 10 mg, Pro 15 gm, Carbs 62 gm, Sodium 868 mg, Pot 617 mg, Phos 224 mg)

Ingredients: Veggie Patty with Mushroom Gravy -mushrooms, carrot, onion, celery, egg whites, brown rice, rolled oats, bulgur wheat, parmesan cheese, mozzarella (part skim low moisture), canola oil, all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), garlic powder, salt, turmeric, black pepper, kitchen bouquet (caramel color, water, vegetable broth (carrot, celery, onion, parsnips, turnips), spices, citric acid, sodium benzoate), liquid smoke (water, natural liquid smoke, polysorbate 80), 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), Braised Cabbage -red cabbage, cider vinegar, brown sugar, fennel seed, 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.). Contains: egg, wheat, milk

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Entree: Porkolt, Baked Beans, Buttered Noodles (1577)

(Calories 667, Fat 22 gm, Sat. Fat 8 g, Chol 149 mg, Pro 52 gm, Carbs 67 gm, Sodium 785 mg, Pot 1535 mg, Phos 597 mg)

Ingredients: Porkolt -pork, onion, potatoes, sauerkraut, tomato juice, yogurt (nonfat), caraway seed, paprika, olive oil, Baked Beans -white beans, onions, molasses, brown sugar, ketchup, mustard, Buttered Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend. Contains: milk, egg

Alternate Meal 1: Florentine Tart, Noodles, Carrots RENAL/GI (5602)
(Calories 280, Fat 12 gm, Sat. Fat 5 g, Chol 83 mg, Pro 12 gm, Carbs 30 gm, Sodium 463 mg, Pot 514 mg, Phos 216 mg)

Ingredients: Florentine Tart -spinach, egg, parmesan cheese, pine nuts, ricotta cheese, garlic, olive oil, ground mace, seasoning salt, Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic, Carrots -carrots, margarine/butter blend, celery seed, black pepper. Contains: egg, tree nuts (pine nuts), wheat, milk

Alternate Meal 2: Asian Vegetables with Tofu & Coconut Milk, Rice (5404)

(Calories 281, Fat 12 gm, Sat. Fat 7 g, Chol 0 mg, Pro 7 gm, Carbs 41 gm, Sodium 588 mg, Pot 544 mg, Phos 160 mg)

Ingredients: Asian Vegetable with Tofu and Coconut Milk -broccoli, cauliflower, eggplant, coconut milk, sugar snap peas, tofu (firm), mushrooms, soy sauce, green onion, napa cabbage, baby corn, oyster sauce (water, sugar, salt, oyster extractives (oyster, water, salt), modified corn starch, caramel color, sodium benzoate) garlic, sesame oil, Rice -converted rice, margarine/butter blend, salt. Contains: soy, shellfish (oyster), tree nuts (coconut), milk

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Entree: Mahogany Chicken, Lentils with Carrots, Rice (1600)

(Calories 476, Fat 16 gm, Sat. Fat 5 g, Chol 135 mg, Pro 35 gm, Carbs 48 gm, Sodium 851 mg, Pot 713 mg, Phos 380 mg)

Ingredients: Mahogany Chicken -chicken thighs, soy sauce (salt, high fructose corn syrup, hydrolyzed soy protein, caramel color, potassium sorbate), white wine, orange juice, honey, sesame seeds, Lentils with Carrots -lentils, carrots, vegetable stock (carrot, celery, onion, parsnips, turnips), spices, citric acid, sodium benzoate), onion, tomatoes, celery, basil, black pepper, salt, Rice -converted rice, margarine/butter blend. Contains: soy, milk

Alternate Meal 1: Chicken Curry, Noodles, Carrots RENAL (5570)

(Calories 361, Fat 18 gm, Sat. Fat 4 g, Chol 82 mg, Pro 28 gm, Carbs 23 gm, Sodium 167 mg, Pot 420 mg, Phos 238 mg)

Ingredients: Chicken Curry - chicken, lemon juice, onion, carrot, vegetable oil, curry powder, garlic, thyme, black pepper, Noodles - egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, garlic powder, Carrots. Contains: wheat, milk, egg

Alternate Meal 2: Beef Patty with Mushroom Gravy, Rice, Carrots GI (5122)

(Calories 385, Fat 15 gm, Sat. Fat 6 g, Chol 71 mg, Pro 25 gm, Carbs 36 gm, Sodium 375 mg, Pot 597 mg, Phos 257 mg)

Ingredients: Beef Patty with Mushroom Gravy -ground beef (85% lean), 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, Carrots. Contains: soy, wheat, milk

Alternate Meal 3: Cheese Enchiladas, Zucchini, Red Peppers, Pearl Onions, Carrots (5338)

(Calories 360, Fat 18 gm, Sat. Fat 8 g, Chol 31 mg, Pro 12 gm, Carbs 39 gm, Sodium 855 mg, Pot 260 mg, Phos 40 mg)

Ingredients: Cheese Enchiladas -filling [pasteurized process cheese sauce with jalapeño peppers [water, monterey jack cheese with hot peppers and other natural cheese (milk, jalapeño and/or habanero peppers, cheese culture, salt, enzymes), partially hydrogenated soybean oil, whey, modified corn starch, sodium phosphate, contains 2% or less of: jalapeño peppers, salt, onion powder, vinegar, sodium alginate, sugar, lactic acid, anhydrous milkfat, skim milk, calcium chloride, milkfat, tocopherols, natural flavors, xanthan gum, sorbic acid and sodium benzoate (preservatives), color (apocarotenal, annatto and turmeric extract)], onions, green chilis (green chili peppers, water, salt, calcium chloride and citric acid)], tortillas (bleached enriched wheat flour [bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], water, shortening [partially hydrogenated soybean and cottonseed oil, with mono and diglycerides], baking powder [sodium bicarbonate, corn starch, sodium aluminum sulfate, calcium sulfate, monocalcium phosphate], salt, dough conditioner [whey, l-cysteine hydrochloride], calcium propionate (preservative), potassium sorbate, vegetable gum [cellulose gum, maltodextrin, carrageenan], sodium aluminum phosphate [sodium aluminum phosphate, acidic calcium carbonate, precipitated amorphous silica], fumaric acid), sauce [water, wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), chili seasoning (spices, salt, maltodextrin, garlic, torula yeast, autolyzed yeast, disodium inosinate, less than 2% soybean oil and silicon dioxide), modified wheat starch, vegetable gum (guar gum, locust gum), Zucchini with Red Peppers and Pearl Onions -zucchini squash, pearl onions, sweet red peppers, onions, margarine/butter blend. Garlic, black pepper, salt, Carrots -carrots, margarine/butter blend, salt. Contains: milk, soy, wheat

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

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