

Client Menu

For Delivery Dates
10/31/2017 to 11/06/2017
-Menu Subject to Change-

TYPE 2 DIABETES



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

Entree: Thai Turkey with Sweet Potatoes, Buttered Noodles, Peas with Pearl Onions (1673)

(Calories 931, Fat 54 gm, Sat. Fat 26 g, Chol 182 mg, Pro 56 gm, Carbs 61 gm, Sodium 864 mg, Pot 1254 mg, Phos 722 mg)

Ingredients: Thai Turkey with Sweet Potatoes -ground turkey (90% lean), sweet potato, coconut milk, onion, peas, peanuts, thai basil, sage, brown sugar, fish sauce, canola oil, red curry paste, Buttered Noodles -egg noodles (durum semolina, durum flour, egg yolks, niacin, iron, thiamine mononitrate, riboflavin, folic acid), margarine/butter blend, Peas with Pearl Onions. Contains: peanuts, wheat, egg, fish, tree nuts (coconut), milk

Alternate Meal 1: Turkey & Rice Patty, Yellow Rice, Zucchini & Corn RENAL (5617)

(Calories 419, Fat 14 gm, Sat. Fat 4 g, Chol 76 mg, Pro 27 gm, Carbs 47 gm, Sodium 215 mg, Pot 596 mg, Phos 266 mg)

Ingredients: Turkey and Rice Patty- ground turkey (95% lean), 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, carrot, celery, olive oil, basil, thyme, oregano, Yellow Rice - rice, unsalted butter, turmeric, Zucchini and Corn. Contains: egg, soy, milk

Alternate Meal 2: Turkey Meatloaf, Rice, Zucchini (5249)

(Calories 339, Fat 12 gm, Sat. Fat - g, Chol 107 mg, Pro 24 gm, Carbs 34 gm, Sodium 255 mg, Pot 598 mg, Phos 308 mg)

Ingredients: Turkey Meatloaf- ground turkey (90% lean), spinach, carrot, tomato puree, onion, egg, bread crumbs, basil, salt, Rice, Zucchini. Contains: egg

Alternate Meal 3: Florentine Tart, Tater Barrels, Zucchini VEG (5603)

(Calories 286, Fat 16 gm, Sat. Fat 7 g, Chol 70 mg, Pro 11 gm, Carbs 25 gm, Sodium 761 mg, Pot 487 mg, Phos 156 mg)

Ingredients: Florentine Tart - spinach, egg, parmesan cheese, pine nuts, ricotta cheese, garlic, olive oil, ground mace, seasoning salt, Tater Barrels - potatoes, vegetable oil (may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil, hydrogenated soybean and/or cottonseed oil), salt, corn flour, dehydrated potato, disodium dihydrogen pyrophosphate (to promote color retention), dextrose, Zucchini - zucchini squash, onion, margarine/butter blend, garlic, black pepper, salt. Contains: egg, tree nuts (pine nuts), soy, milk

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Entree: Assorted Frozen Entrees (1052)

Alternate Meal 1: Special Assorted Frozen Entrees

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Entree: Hoisin BBQ Chicken, Brown Rice, Broccoli (1674)

(Calories 515, Fat 25 gm, Sat. Fat 6 g, Chol 139 mg, Pro 29 gm, Carbs 44 gm, Sodium 291 mg, Pot 577 mg, Phos 362 mg)

Ingredients: Hoisin Barbecue Chicken - chicken, hoisin sauce, rice vinegar, soy sauce, ketchup, brown sugar, garlic, Brown Rice, Broccoli. Contains: soy

Alternate Meal 1: Chicken a la King, Rice, Carrots RENAL (5597)

(Calories 343, Fat 8 gm, Sat. Fat 2 g, Chol 77 mg, Pro 34 gm, Carbs 32 gm, Sodium 552 mg, Pot 497 mg, Phos 267 mg)

Ingredients: Chicken a la King - chicken breast, mushrooms, green bell pepper, red bell pepper, milk (nonfat), all purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), margarine/butter blend, poultry spice, black pepper, salt, 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, Rice-rice, margarine/butter blend, garlic powder, Carrots - carrot, margarine/butter blend, celery seed, black pepper. Contains: milk, wheat, egg, soy

Alternate Meal 2: Beef Stroganoff with Noodles, 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, Carrots. Contains: wheat, milk, egg

Alternate Meal 3: Manicotti & Marinara, Spinach, Summer & Yellow Squash VEG (5607)

(Calories 431, Fat 17 gm, Sat. Fat 9 g, Chol 40 mg, Pro 28 gm, Carbs 47 gm, Sodium 1082 mg, Pot 880 mg, Phos 434 mg)

Ingredients: Manicotti with Marinara -ricotta cheese, manicotti shells (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), egg whites, mozzarella cheese, romano cheese, parmesan cheese, marinara (tomato sauce, tomato paste, onion, olive oil, basil, thyme, garlic, black pepper, salt), bread crumbs, basil, parsley, black pepper, salt, Spinach, Summer and Yellow Squash -zucchini squash, yellow squash, diced red pepper, margarine/butter blend, onion, garlic, black pepper, salt. Contains: milk, egg, wheat

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Entree: Creamy Turkey Tetrazzini, Broccoli, Peas (1675)

(Calories 516, Fat 19 gm, Sat. Fat 8 g, Chol 71 mg, Pro 33 gm, Carbs 49 gm, Sodium 959 mg, Pot 962 mg, Phos 506 mg)

Ingredients: Creamy Turkey Tetrazzini - turkey, 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), Neufchatel cheese, penne pasta, (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), mushroom, parmesan cheese, white wine, all-purpose flour (bleached wheat flour, malted barley flour, niacin, riboflavin, folic acid), panko bread crumbs, carrot, peas, onion, celery, margarine/butter blend, black pepper, salt, Broccoli, Peas. Contains: milk, wheat, egg, soy

Alternate Meal 1: Peruvian Chicken, Plain White Rice, Green Beans with Pearl Onions RENAL (5618)

(Calories 448, Fat 23 gm, Sat. Fat 6 g, Chol 130 mg, Pro 25 gm, Carbs 34 gm, Sodium 345 mg, Pot 515 mg, Phos 289 mg)

Ingredients: Peruvian Roasted Chicken -chicken, soy sauce, garlic, lime juice, canola oil, cumin, paprika, oregano, Roasted Potatoes -red potatoes, olive oil, basil, salt, Peas. Contains: soy

Alternate Meal 2: Roasted Herb Chicken, Rice, Green Beans & Pearl Onions GI (5363)

(Calories 381, Fat 10 gm, Sat. Fat 3 g, Chol 98 mg, Pro 38 gm, Carbs 32 gm, Sodium 161 mg, Pot 507 mg, Phos 315 mg)

Ingredients: Roasted Herb Chicken - chicken, soy sauce, garlic, lime juice, cumin, paprika, canola oil, oregano, Rice, Green Beans and Pearl Onions. Contains: soy

Alternate Meal 3: Summer Vegetable Terrine, Garbanzo & Lentil Beans, Zucchini VEG (5608)

(Calories 353, Fat 12 gm, Sat. Fat 1 g, Chol 1 mg, Pro 11 gm, Carbs 43 gm, Sodium 895 mg, Pot 1231 mg, Phos 241 mg)

Ingredients: Summer Vegetable Terrine - beets, white wine, carrot, leek, celery, shallots, chives, beans (haricot vert), wax beans, olive oil, basil, green peppercorn, gelatin, black pepper, salt, Garbanzo Beans and Lentils -garbanzo beans, lentils, salt, Zucchini -zucchini squash, margarine/butter blend, onion, garlic, pepper, salt. Contains: milk

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Entree: Beef Stroganoff, Mashed Potatoes, Green Beans (1450)

(Calories 314, Fat 12 gm, Sat. Fat 5 g, Chol 75 mg, Pro 25 gm, Carbs 23 gm, Sodium 241 mg, Pot 887 mg, Phos 298 mg)

Ingredients: Beef Stroganoff - ground beef (85% lean), mushrooms, egg noodles, 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, calcium stearoyl-2-lactylate. Preserved with sodium bisulfate and BHT. Green Beans. Contains: milk, egg, wheat

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, margarine/butter blend, garlic powder. Carrots. Contains: wheat

Alternate Meal 2: Beef Patty, Mashed Potatoes, Carrots GI (5127)
(Calories 350, Fat 18 gm, Sat. Fat 6 g, Chol 71 mg, Pro 22 gm, Carbs 21 gm, Sodium 114 mg, Pot 385 mg, Phos 171 mg)

Ingredients: Beef Patty -ground beef (85% lean), 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, ascorbic acid, calcium stearoyl-2-lactylate. Preserved with sodium bisulfate and BHT. Carrots. Contains: milk

Alternate Meal 3: Roasted Vegetable Lasagna, Broccoli, Green Beans VEG (5595)

(Calories 434, Fat 17 gm, Sat. Fat 6 g, Chol 38 mg, Pro 29 gm, Carbs 48 gm, Sodium 974 mg, Pot 1291 mg, Phos 416 mg)

Ingredients: Roasted Vegetable Lasagna - mushroom, eggplant, cottage cheese (low fat), red bell pepper, green bell pepper, lasagna pasta noodles (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), tofu, parmesan cheese, tomato sauce, spinach, mozzarella cheese (part skim low moisture), onion, tomato paste, olive oil, basil, egg whites, garlic, thyme, black pepper, oregano, nutmeg, Broccoli, Green Beans. Contains: wheat, milk, soy, egg

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Entree: Peruvian Roasted Chicken, Roasted Potatoes, Peas (1678)

(Calories 472, Fat 24 gm, Sat. Fat 6 g, Chol 130 mg, Pro 25 gm, Carbs 35 gm, Sodium 475 mg, Pot 1079 mg, Phos 370 mg)

Ingredients: Peruvian Roasted Chicken -chicken, soy sauce, garlic, lime juice, canola oil, cumin, paprika, oregano, Roasted Potatoes - red potatoes, olive oil, basil, salt. Peas. Contains: soy

Alternate Meal 1: Asian Noodles with Chicken, Vegetable Blend RENAL (5613)

(Calories 465, Fat 7 gm, Sat. Fat 2 g, Chol 101 mg, Pro 39 gm, Carbs 61 gm, Sodium 316 mg, Pot 622 mg, Phos 306 mg)

Ingredients: Asian Noodles with Chicken - chicken breast, bean thread noodles (mung bean flour starch, water), carrot, 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), oyster sauce (water, sugar, salt), oyster extractives (oyster, water, salt), modified corn starch, caramel color, sodium benzoate), sesame oil, ginger, paprika, sugar, Japanese Vegetable Blend -French green beans, broccoli, mushrooms, onion, red bell pepper, garlic, black pepper. Contains: egg, shellfish (oyster)

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: Baked Mostaccioli, Carrots VEG(5020)

(Calories 713, Fat 13 gm, Sat. Fat 3 g, Chol 7 mg, Pro 30 gm, Carbs 123 gm, Sodium 1259 mg, Pot 926 mg, Phos 376 mg)

Ingredients: Baked Mostaccioli - mostaccioli pasta (durum wheat semolina, niacin, ferrous lactate, thiamine mononitrate, riboflavin, folic acid), tofu, tomato, tomato sauce, onion, olive oil, parmesan cheese, garlic, basil, Carrots. Contains: wheat, soy, milk

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Entree: Japanese Pork, Noodles, Japanese Vegetable Blend (1676)

(Calories 519, Fat 17 gm, Sat. Fat 5 g, Chol 113 mg, Pro 38 gm, Carbs 53 gm, Sodium 844 mg, Pot 1195 mg, Phos 480 mg)

Ingredients: Japanese Pork - pork, celery, onion, 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, soy sauce, honey, peanut oil, ginger, 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, bell pepper. Contains: soy, egg, peanuts, wheat

Alternate Meal 1: Chicken with Jalapeño, Yellow Rice, Peas RENAL (5573)

(Calories 406, Fat 16 gm, Sat. Fat 4 g, Chol 72 mg, Pro 31 gm, Carbs 34

gm, Sodium 170 mg, Pot 380 mg, Phos 236 mg)

Ingredients: Chicken with Jalapeno -chicken 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), vegetable oil, onion, jalapeno pepper, nutmeg, black pepper, Yellow Rice -rice, margarine/butter blend, turmeric, Peas - peas, margarine/butter blend, garlic powder, black pepper. Contains: soy, egg, milk

Alternate Meal 2: Roasted Herb Chicken, Yellow Rice, Peas GI (5246)

(Calories 385, Fat 10 gm, Sat. Fat 3 g, Chol 98 mg, Pro 41 gm, Carbs 31 gm, Sodium 153 mg, Pot 346 mg, Phos 294 mg)

Ingredients: Roasted Herb Chicken - chicken breast, olive oil, lemon juice, garlic, basil, oregano, salt, Rice, Peas.

Alternate Meal 3: Cuban Black Bean Salad with Tofu, Yellow Rice, Calabaza VEG (5369)

(Calories 463, Fat 20 gm, Sat. Fat 4 g, Chol 3 mg, Pro 21 gm, Carbs 61 gm, Sodium 368 mg, Pot 869 mg, Phos 163 mg)

Ingredients: Cuban Black Beans with Tofu - black beans, converted rice, olive oil, lemon juice, green bell pepper, red bell pepper, celery, red onion, tofu, Louisiana hot sauce, sun dried tomato, garlic, cumin, Yellow Rice -rice, margarine/butter blend, turmeric, Calabaza -zucchini squash, green bell pepper, onion, margarine/butter blend, garlic, black pepper, salt. Contains: soy, milk

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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