

Carbs (g): Approximate grams of Carbohydrates are shown for the **entree (tray only)** and the full meal

♥ **Heart Friendly:** <800mg Sodium <30% Fat <10% Sat. Fat
 D **Diabetic-Friendly:** All meals contain <75g of carbohydrates.

Item	Breakfast	Carbs (g)	
95028	Improved Biscuit & Pork Sausage Gravy , Orange Juice, String Cheese and Granola	35	85
95051	NEW Fruit Breakfast Pizza and Turkey Sausage Links and Greek Yogurt	76	83
95055	NEW Pork Sausage, Egg, Potato and Cheddar Skillet and Spiced Fruit Medley , Whole Wheat Bread and Peanut Butter	76	91
95972	Ranch Skillet with Eggs, Cheese, Potatoes, Sweet Potatoes and Black Beans and Apples , Whole Wheat Bread, Peanut Butter and Orange	59	92 ♥

Lunch/Dinner

Beef

95024	NEW Salisbury Steak with Mushroom Gravy, Mashed Potatoes and Green Beans with Bacon and Onions , Orange, Raspberry Applesauce and Gelatin	32	68 ♥ D
95052	NEW Beef Sloppy Joe and Seasoned Mixed Vegetables , Wheat Hamburger Bun, Peach Cup and Vanilla Pudding	21	85
95065	Cheeseburger and Seasoned Mixed Vegetables , Wheat Bun, Applesauce and Granola	18	90
95409	Improved Salisbury Steak with Mushroom Gravy, White Rice and Mixed Vegetables , White Bread, Margarine and Applesauce	55	85 ♥ D

Pork

95039	NEW Pork Loin with Marsala Sauce over White Rice and Italian Green Beans & Red Peppers , Gelatin, Almonds and Vanilla Pudding	38	84
95053	NEW Ham & Bean Soup and Corn Bread Pudding , Applesauce Cup and String Cheese	58	73 D

Fish

95050	NEW Tuna Casserole with Vegetables and Apples with Topping and Pear Cup	88	101 ♥
95054	NEW New England Style Clam Chowder with Spiced Fruit Crisp , Oyster Crackers, String Cheese and Almonds	69	105
95721	Salmon Patty with Lemon Dill Sauce, Wild Rice Pilaf and Seasoned Vegetables , Whole Wheat Dinner Roll, Margarine & Orange	56	87 ♥

Poultry

95011	Creole Style Chicken with Brown Rice and Spiced Blueberries and Apples , String Cheese and Oatmeal Raisin Cookie	67	92
95030	NEW Chicken Breast with Jerk Sauce and Cilantro Rice and Strawberry Rhubarb Applesauce , Animal Crackers and Fruit Juice	69	105 ♥
95036	NEW Chicken Marsala with Mashed Potatoes and Italian Green Beans & Carrots , Blueberry Applesauce, Almonds and Chocolate Pudding	31	74 ♥ D
95045	Lemon Herb Chicken with Wild Rice and Broccoli & Carrots , Peach Cup, Raspberry Applesauce and Oatmeal Chocolate Chip Cookie	28	88 ♥
95057	NEW Grilled Chicken Breast with Orange Wild Rice Salad and Spiced Fruit Medley and Granola	59	94
95619	Chicken Fajita with Spanish Rice and Black Beans , Flour Tortillas and Orange	43	87 ♥
98282	White Chicken with BBQ Sauce, Candied Sweet Potatoes and Sicilian Vegetables , Pear Cup, White Bread, Margarine and Oatmeal Raisin Cookie	39	92 ♥
98293	Chicken with Pasta in Green Chile Cream Sauce and Green Beans , Mandarin Orange Cup, Fruit Juice and Fig Bar	30	94 ♥

All meals contain >600 calories and >25g Protein.

Meals developed based on input from Oncology Specialized Registered Dietitians and in accordance with the American Institute on Cancer Research (AICR) guidelines.

Please select the meals that are most appropriate for your dietary needs.

Menus are subject to change. As with any kitchen, there are times when availability of fresh ingredients can fluctuate due to seasonal availability causing us to utilize alternative options with like nutritional.



* 0 0 7 7 7 0 / 3 3 3 3 *