



Menu

Heart-Friendly

To Order:
1-888-560-2262
 M-F 8 AM to 6 PM CST

Heart Friendly: These meals provide <800 mg sodium, <30% calories from fat and 10% or less saturated fat per meal (milligrams of sodium noted after meal description).

D Diabetic-Friendly: All meals contain <75g of carbohydrates.

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

Item	Breakfast	Carbs (g)	
95002	Vegetable and Potato Skillet with Mozzarella and Plain Omelet , Orange Juice, Whole Wheat English Muffin and Peanut Butter (602)	34	73 D
95882	Cinnamon Oatmeal with Apples & Raisins and Brown Sugar Peaches , Whole Wheat Bread, Margarine and Orange (330)	73	103
95919	Mini Pancakes with Turkey Sausage and Spiced Blueberry & Apple Crisp , Margarine, Syrup, and Orange (603)	79	128
95954	Cinnamon French Toast Sticks with Chipotle Berry Sauce and Turkey Sausage , Margarine, Orange and Gelatin (727)	66	103
95977	Colby Cheese Omelet with Cinnamon French Toast Sticks , Syrup, Margarine, Mandarin Oranges and Blueberry Applesauce (565)	29	94
95984	Ranch Skillet with Eggs, Cheese, Potatoes, Sweet Potatoes and Black Beans and Apples and Greek Yogurt (570)	59	66 D
95988	Mini Pancakes and Colby Cheese Omelet , Syrup and Orange (605)	26	75 D
95998	Maple Apple Walnut Oatmeal and Scrambled Eggs and Peach Cup (503)	86	105

Lunch/Dinner

Beef

95014	Spaghetti & Meatballs with Marinara Sauce and Italian Style Peas and Orange (319)	53	71 D
95019	NEW Beef Pot Pie and Spiced Blueberry & Apple Crisp , Fruit Juice and Mandarin Orange Cup (794)	77	109
95024	NEW Salisbury Steak with Mushroom Gravy, Mashed Potatoes and Green Beans with Bacon and Onions , Raspberry Applesauce and Gelatin (778)	32	68 D
95042	NEW Beef Goulash and Seasoned Vegetables , Fruit Juice and Pineapple Cup (788)	44	74 D
95062	NEW Beef Bolognese over Gluten Free Rotini Pasta and Seasoned Italian Green Beans & Carrots and Gelatin (561)	45	64 D
95352	Chili Rubbed Beef Steak with Chorizo Spanish Style Rice, Cheesy Potatoes and Refried Beans , Lemon Bar and Applesauce (708)	44	80
95369	Meatball Sandwich and Seasoned Vegetables , Wheat Coney Bun and Orange (557)	23	63 D
95375	Homestyle Beef Meatloaf with Herbed Pasta and Mixed Vegetables , Applesauce & Fig Bar (476)	45	90
95409	NEW Salisbury Steak with Mushroom Gravy, White Rice and Mixed Vegetables , White Bread, Margarine and Applesauce (662)	55	85

Poultry

95006	Improved Chicken & Noodles over Mashed Potatoes and Roasted Vegetable Medley , Fruit Juice and Pineapple Cup (742)	43	73 D
95009	Creole Chicken with Brown Rice and Spiced Blueberries & Apples , String Cheese and Fudge Round (789)	67	90
95012	Cheesy Chicken Broccoli over Rice and Spiced Fruit Crisp , Whole Wheat Dinner Roll and Margarine (787)	71	84
95029	NEW Chicken Breast with Jerk Sauce and Cilantro Rice and Strawberry Rhubarb Applesauce and Chocolate Pudding (675)	69	91
95035	NEW Chicken Marsala with Mashed Potatoes and Italian Green Beans & Carrots , Orange and Oatmeal Raisin Cookie (701)	32	74 D

Continued

Item	Poultry (continued)	Carbs (g)		
95044	Lemon Herb Chicken with Wild Rice and Broccoli & Carrots , Whole Wheat Dinner Roll and Pineapple Cup (596)	28	57	D
95459	Chicken Fajitas with Spanish Rice and Black Beans , Flour Tortillas and Fruit Juice (599)	43	84	
95484	Chicken Pepper Pasta and Brown Sugar Peaches and Oatmeal Raisin Cookie (594)	61	85	
98199	White Chicken with Potatoes and Peas and Red Peppers , Pear Cup, Wheat Bread and Margarine (436)	41	65	D
98282	White Chicken with BBQ Sauce, Candied Sweet Potatoes and Sicilian Vegetables , Pear Cup, White Bread, Margarine and Oatmeal Raisin Cookie (540)	39	92	
98293	Chicken with Pasta in Green Chile Cream Sauce and Green Beans , Mandarin Orange Cup, Fruit Juice and Fig bar (700)	30	94	

Pork

95040	Improved Pork Loin with Marsala Sauce over White Rice and Italian Green Beans & Red Peppers , Pear Cup and Fruit Juice (539)	38	66	D
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Fish

95716	Tuna Casserole with Vegetables and Apples with Topping (479)	88	-	
95721	Salmon Patty with Lemon Dill Sauce, Wild Rice Pilaf and Seasoned Vegetables , Whole Wheat Dinner Roll, Margarine and Orange (698)	56	87	
95885	New England Style Clam Chowder and Spiced Fruit Crisp and Oyster Crackers (669)	64	73	D

Vegetarian

95016	NEW Cheese Lasagna with Marinara Sauce and Seasoned Vegetables , Whole Wheat Dinner Roll, Orange and Fruit Juice (771)	44	91	
95034	NEW Mushroom Risotto and Italian Style Peas and Orange (756)	49	67	D
95046	Quinoa and Garbanzo Salad with Carrots and Applesauce , Pear Cup, Fig Bar and Vanilla Pudding (681)	51	119	
95831	Three Bean Chili with Collard Greens and White Rice and Cinnamon Apples (799)	102	-	
95878	Three Bean Vegetarian Chili and Carrots , Blueberry Applesauce and String Cheese (676)	45	63	D
95881	Vegetarian Red Beans and Rice , Orange, Whole Wheat Dinner Roll and Peanut Butter (579)	63	99	
95887	Vegetable Primavera in Creamy Alfredo Sauce and Strawberry Rhubarb Applesauce and Mandarin Orange Cup (376)	57	74	D
95891	Macaroni & Cheese and Seasoned Vegetable Blend , Peach Cup, Yogurt and Orange (784)	43	87	

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.



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