

# Menu

The only home-delivered meal program to offer choice of every meal... we think you deserve it!



**ORDER DEADLINE:** Tuesday at 5 PM CST for delivery the following week

**TO PLACE AN ORDER**

or if you have comments or concerns, please call:

**1-866-204-6111** M-F 7 AM to 6 PM CST



**Carbs (g):** Approximate grams of carbohydrates are shown for the **tray only** and the full meal including milk  
**\* Lower Sodium:** <800mg sodium **♥ Heart friendly:** <800mg Sodium <30% Fat <10% Sat. Fat  
**V Vegetarian:** Free from meat protein - may include dairy, eggs, beans, plant protein and nuts  
**D Diabetes friendly:** ≤65g of carbohydrates for the **tray only** and ≤110 for the full meal including milk.  
**P+ Protein Plus:** >600 calories and >25g Protein


ITEM		American Classics	CARBS (g)				
*	D	025	Salisbury Steak with Mushroom Gravy, Potatoes and Seasoned Vegetables and Fudge Round 	31	66		
*	♥	DP+	114	BBQ Chicken with Potato Medley and Seasoned Vegetables and Oatmeal Cream Pie 	54	92	
*	♥	D	146	Beef Stew and Cornbread, Juice and Cookie 	40	94	
*		DP+	172	Homestyle Meatloaf with Potatoes and Seasoned Vegetables and Whole Wheat Bread 	48	74	
*		D	219	Swedish Style Meatballs with Creamy Mushroom Gravy over Pasta and Seasoned Vegetables and Juice	47	74	
*		VD	258	Creamy Macaroni & Cheese and Blueberry Applesauce and Oatmeal Cream Pie	58	97	
*	♥		P+	259	Beef Goulash over Whole Wheat Pasta and Seasoned Vegetables and Cookie	46	86
*		DP+	291	Beef Pepper Steak with Gravy over Pasta and Spiced Fruit Crisp 	70	82	
		DP+	311	Chicken with Mushroom Gravy, Rice and Seasoned Vegetables, Whole Wheat Bread and Juice	45	86	
*		D	423	Cheesy Chicken and Rice with Broccoli and Sweet Pineapple & Apples and Fudge Round	49	84	
*		D	498	Chicken Tender over Potatoes and Roasted Peppers & Onions and Smokehouse Creamed Corn and Oatmeal Cream Pie 	38	77	
		DP+	804	Ham Patty, Cheesy Potatoes, and Cinnamon Apples, Whole Wheat Dinner Roll and Peanut Butter	37	70	
*		D	904	Beef Little Smokies with Baked Beans and Seasoned Vegetables and Oatmeal Cream Pie	44	82	

### Soup or Sandwich

		DP+	065	Cheeseburger and Seasoned Vegetables, Whole Wheat Bun and Orange 	13	72
*		VD	124	Corn Chowder and Peaches & Cherries and Fudge Round 	57	92
*		D	278	Creamy Turkey & Rice Soup and Cinnamon Apples and Oatmeal Cream Pie	53	91
*	♥	DP+	315	Meatball Marinara Sandwich and Sweet Pineapple & Apple Crisp and Whole Wheat Bun 	47	88
*		D	495	Chicken & Vegetable Pot Pie Soup and Cinnamon Apple Crisp, Whole Wheat Bread and Margarine	60	86
		D	605	Cheeseburger Soup and Pretzel Bites and Oatmeal Cream Pie	35	73
*		D	699	White Bean and Ham Soup and Cornbread and Cookie	41	80
*		D	726	Beef Chili with Beans and Cornbread with Fudge Round	41	76
*	♥	VD	922	Tomato Soup with Pretzel Bites, Oatmeal Cream Pie and Orange	42	98

 Customer Favorite

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ITEM	International Flavors		CARBS (g)	
*♥ DP+ 013	Pasta & Meatballs with Marinara Sauce and Seasoned Peas and Oatmeal Cream Pie		53	91
* VDP+ 060	Curry Vegetables with Pineapple and Rice, String Cheese and Vanilla Pudding		64	99
DP+ 074	Chicken Teriykai with Stir Fry Vegetables and White Rice, Juice and Fudge Round 		56	106
V 095	Teriyaki Stir Fry Vegetables over Rice and Sweet Pineapple & Apples, Orange and String Cheese		83	114
*♥V P+ 188	Cheese Lasagna with Marinara Sauce and Spiced Fruit Crisp 		78	90
VD 238	Four Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Green Beans, Applesauce and Cookie		35	87
*♥VDP+ 257	Vegetable Primavera and Sweet Pineapple & Apples, Whole Wheat Bread and Peanut Butter		63	95
*♥ P+ 303	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice and Cookie		66	97
*♥ DP+ 402	Southwestern Style Chicken with Vegetable Hash and White Rice and Fig Bar		62	106
*♥ DP+ 427	Chicken Alfredo Pasta and Seasoned Vegetables and Fig Bar		45	89
DP+ 559	Pasta Primavera with Ham and Cornbread and Cookie		59	90
DP+ 599	Chicken Parmesan over Pasta and Seasoned Vegetables, Whole Wheat Bread and Margarine		53	79
*♥ 745	Pork Stir Fry Rice and Spiced Fruit Medley and Fudge Round		69	104
*♥VD 751	Creamy Risotto with Mushroom and Seasoned Vegetables and Fig Bar		49	93
D 768	Korean Style BBQ Meatballs, White Rice and Seasoned Vegetables and Cookie		55	86
* VD 893	NEW Rotini with Pesto Sauce and Seasoned Vegetables, Whole Wheat Bread and Juice		44	86
*♥VD 895	NEW Rotini with Marinara Sauce and Seasoned Vegetables, Juice and Cookie		54	109
DP+ 800	Mexican Style Beef Macaroni and Cheese with Fiesta Blend Vegetables		55	67
DP+ 905	Beef Soft Tacos with Cheese and Santa Fe Style Rice and Flour Tortillas		47	85


## Breakfast Meals

D 110	Biscuits & Pork Sausage Gravy, Gelatin and Fig Bar		24	88
*♥VD 160	Colby Cheese Omelet, French Toast Sticks and Brown Sugar Peaches & Apples, Juice and Syrup 		46	102
DP+ 175	Cheesy Egg Scramble with Ham and Cranberries & Apples, Orange, Whole Wheat Bread and Peanut Butter		29	79
* DP+ 274	Breakfast Skillet (Pork Sausage, Scrambled Eggs, Potatoes, Cheese) and Spiced Fruit Crisp 		62	74
* D 277	Whole Grain Pancakes with Pork Sausage Patty and Cranberry-Apple Crisp and Syrup		59	99

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ITEM	Breakfast Meals (continued)		CARBS (g)	
*♥ D 418	Cowboy Breakfast Skillet and Cranberry Apple Crisp and Fig Bar		51	95
DP+ 513	Breakfast Burrito and Spiced Fruit Medley and Flour Tortillas		37	75
DP+ 592	Farmer's Breakfast Scramble (Eggs, Pork, Breakfast Gravy, Cheese and Biscuit) and Cinnamon Apple Crisp		53	65
* VDP+ 593	Cinnamon Apple Oatmeal and Scrambled Eggs, Whole Wheat Bread and Peanut Butter		49	81
DP+ 594	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Whole Wheat Bread and Peanut Butter		37	69
* DP+ 772	Colby Cheese Omelet with Ham Patty and Spiced Fruit Medley and Granola		30	72
*♥ DP+ 896	French Toast Sticks, Turkey Sausage Links and Chipotle Berry Sauce, Granola and Margarine		57	99
*♥V 919	Buttermilk Pancakes with Egg Patty and Cinnamon Apple Crisp and Syrup 		76	116
DP+ 924	Breakfast Sandwich (Pork Sausage, Egg, Cheese) and Brown Sugar Peaches & Apple Crisp and Whole Wheat English Muffin		33	68

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All Meals Include Milk.

**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 ingredients can fluctuate causing us to utilize alternative options with like nutritional.



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**REFRIGERATE MEALS UPON ARRIVAL.**