



Menu


Gluten Free

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


All meals meet current FDA guidelines with <20ppm gluten.

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

♥ **Heart-friendly:** <800mg Sodium <30% Fat <10% Sat. Fat * **Lower Sodium:** <800mg sodium

ITEM	American Classics	CARBS (g)
*♥ 251	BBQ Chicken with Potato Medley and Seasoned Vegetables, Juice, Gluten Free Multigrain Bread and Margarine 	50 92
* 298	Salisbury Steak with Mushroom Gravy, Potatoes and Seasoned Vegetables, Gluten Free Multigrain Bread, Juice and Margarine 	31 72
312	Chicken with Mushroom Gravy, Rice and Seasoned Carrots, Gelatin and Vanilla Pudding	45 101
424	Cheesy Chicken, Rice, and Broccoli, and Sweet Pineapple and Apples, Fruit Cup and Chocolate Pudding 	48 96
430	Chicken with Poultry Gravy, Potatoes, and Seasoned Carrots, Orange and Chocolate Pudding	32 84
*♥ 512	Calico Beans with Pork and Cinnamon Apples, Grape Juice and Vanilla Pudding	62 112
589	NEW Ham Patty, Cheesy Potatoes, and Cinnamon Apples, Orange and Chocolate Pudding	38 90

Soups

*♥ 125	Corn Chowder and Peaches with Cherries, Applesauce and Vanilla Pudding	57 104
*♥ 280	UPDATE Creamy Turkey & Rice Soup and Cinnamon Apples, Gelatin and Vanilla Pudding	53 108
759	Chicken Tortilla Soup and Cinnamon Apples, Gelatin and Chocolate Pudding 	45 99

International Flavors

* 060	Curry Vegetables with Pineapple and Rice, String Cheese and Vanilla Pudding	63 98
*♥ 061	Gluten Free Rotini with Marinara Sauce and Seasoned Scandinavian Blend Vegetables, Gelatin, Gluten Free Multigrain Bread and String Cheese 	54 101
*♥ 085	Vegetarian Red Beans and Rice, Orange and Chocolate Pudding	62 114
173	Chicken and Stir Fry Vegetables with Teriyaki Sauce and White Rice, Orange and Vanilla Pudding 	56 109


 Customer Favorite

 Available for a Limited Time




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ITEM	International Flavors (continued)	CARBS (g)	
*♥ 186	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Gelatin and String Cheese 	66	97
198	Teriyaki Stir Fry Vegetables over Rice and Sweet Pineapple & Apples, Applesauce and String Cheese	81	106
403	Chicken with Southwestern Vegetable Hash, Ranchero Sauce and Rice, Juice and Chocolate Pudding	60	109
*♥ 747	Pork Stir Fry Rice and Spiced Fruit Medley, String Cheese and Applesauce	69	93
*♥ 754	UPDATE Creamy Risotto with Mushroom and Seasoned Peas & Carrots, Applesauce and Vanilla Pudding	54	101

Breakfast Meals

* 133	Vegetable Egg Scramble and Peaches with Cherries, Gluten Free Multigrain Bread, Peanut Butter and Orange 	38	87
138	Ham, Egg and Cheese Scramble and Cranberries & Apples, Orange, Gluten Free Multigrain Bread and Peanut Butter 	29	78
157	Cheese Omelet, Ham Patty and Spiced Fruit Medley, Gluten Free Multigrain Bread, Gelatin and Orange Juice 	30	91
* 595	Cheesy Egg and Turkey Scramble with Cranberry Rice Pudding, Gluten Free Multigrain Bread and Peanut Butter	37	69

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REFRIGERATE MEALS UPON ARRIVAL.

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.

