

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

**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 \* **Lower Sodium:** <800mg sodium

ITEM	American Classics	CARBS (g)
* 025	<b>Salisbury Steak with Mushroom Gravy, Roasted Potatoes and Seasoned Green Beans,</b> Gluten Free Brown Bread, Gelatin and Fruit Juice	34 97
*♥ 049	<b>Salisbury Steak with Mushroom Gravy, White Rice and Mixed Vegetables,</b> Orange and Gluten Free Brown Bread	55 100
*♥ 059	<b>Grilled Chicken Breast with Orange Wild Rice Salad and Spiced Fruit Medley,</b> Gluten Free Brown Bread and Chocolate Pudding	60 109
*♥ 093	<b>Ham with Parsley Potatoes and Seasoned Mixed Vegetables,</b> Gluten Free Brown Bread, Margarine, Applesauce and Gelatin	28 90
*♥ 115	<b>BBQ Chicken with Roasted Potato Medley and Seasoned Country Blend Vegetables,</b> Pineapple Cup and Chocolate Pudding	51 100
155	<b>Turkey Breast with Apple and Cranberry Sauce over Rice and Seasoned Vegetables,</b> Gluten Free Bread and Peanut Butter	76 108
125	<b>Corn Chowder and Peaches with Cherries,</b> Gluten Free Brown Bread, Peanut Butter and Mandarin Oranges	71 125

### International Flavors

*♥ 061	<b>Beef Bolognese over Rotini Pasta and Seasoned Italian Green Beans &amp; Carrots,</b> Gelatin and Gluten Free Brown Bread	48 96
069	<b>Chicken Marsala with Rotini Pasta and Seasoned Vegetables,</b> Gelatin and Vanilla Pudding	51 107
085	<b>Vegetarian Red Beans and Rice,</b> Orange, String Cheese and Chocolate Pudding	70 123
* 103	<b>Coconut Curry Vegetables and Brown Rice,</b> Gluten Free Brown Bread, Pineapple Cup and Peanut Butter	49 95
*♥ 108	<b>Moroccan Spiced Carrots and Raisins with Quinoa and Sweet Pineapple and Apples,</b> Orange, String Cheese and Fruit Juice	75 121
119	<b>Pineapple Chicken over Rice and Green Beans &amp; Sweet Potatoes,</b> String Cheese and Gelatin	60 94
150	<b>Red Beans and Rice with Andouille Sausage,</b> String Cheese and Orange	68 99

### Breakfast

* 133	<b>Vegetable Egg Scramble and Peaches with Cherries,</b> Gluten Free Brown Bread, Peanut Butter and Orange	43 93
138	<b>Ham, Egg and Cheese Scramble and Spiced Blueberries and Apples,</b> Orange, Gluten Free Brown Bread and Peanut Butter	37 87
157	<b>Colby Cheese Omelet &amp; Sliced Ham and Spiced Fruit Medley,</b> Gluten Free Brown Bread, Margarine, Peach Cup and Orange	28 93

#### Customer Favorite

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 fresh ingredients can fluctuate due to seasonal availability causing us to utilize alternative options with like nutritional.

Refrigerate meals  
upon arrival.



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