



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

♥ 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 Whole Grain Bread, Grape Juice and Margarine 	30 71
312	UPDATE Chicken with Mushroom Gravy, Brown Rice and Seasoned Carrots, Gelatin and Vanilla Pudding	46 101
424	Cheesy Chicken, Rice, and Broccoli, and Sweet Pineapple and Apples, Fruit Cup and Chocolate Pudding 	51 100
430	Chicken Patty with Poultry Gravy, Potatoes, and Seasoned Carrots, Orange and Chocolate Pudding	30 82

Soups

*♥ 125	Corn Chowder and Peaches with Cherries, Orange and Vanilla Pudding	59 112
*♥ 280	Creamy Turkey & Rice Soup and Fruit Compote, Gelatin and Vanilla Pudding	58 114
759	Chicken Tortilla Soup and Cinnamon Apples, Gelatin and Chocolate Pudding	47 102

International Flavors

* 060	Curry Vegetables with Pineapple and Brown Rice, String Cheese and Vanilla Pudding	68 103
*♥ 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, String Cheese, Orange and Chocolate Pudding	62 114
173	Chicken and Stir Fry Vegetables with Teriyaki Sauce and White Rice, Orange and Vanilla Pudding 	53 106
*♥ 186	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Gelatin and String Cheese 	65 97
198	Teriyaki Stir Fry Vegetables over Brown Rice and Sweet Pineapple & Apples, Applesauce and String Cheese	91 115

 Customer Favorite

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ITEM	International Flavors (continued)	CARBS (g)	
403	Chicken with Southwestern Vegetable Hash, Ranchero Sauce and Brown Rice, Juice and Chocolate Pudding	62	111
*♥ 747	Pork Stir Fry Rice and Spiced Fruit Medley, String Cheese and Applesauce	90	95
754	Mushroom Risotto and Seasoned Peas & Carrots, Applesauce and Vanilla Pudding	53	108

Breakfast Meals

* 133	Vegetable Egg Scramble and Peaches with Cherries, Gluten Free Multigrain Bread, Peanut Butter and Orange —●	39	89
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

—● Customer Favorite

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 nutritionals.

