



# 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	<b>BBQ Chicken with Potato Medley and Seasoned Vegetables,</b> Juice, Gluten Free Multigrain Bread and Margarine	50 92
* 298	<b>Salisbury Steak with Mushroom Gravy, Potatoes and Seasoned Vegetables,</b> Gluten Free Multigrain Bread, Juice and Margarine	32 74
312	<b>Chicken with Mushroom Gravy, Brown Rice and Seasoned Carrots,</b> Gelatin and Vanilla Pudding	48 104
424	<b>Cheesy Chicken, Rice, and Broccoli, and Sweet Pineapple and Apples,</b> Fruit Cup and Chocolate Pudding	48 96
430	<b>Chicken with Poultry Gravy, Potatoes, and Seasoned Carrots,</b> Orange and Chocolate Pudding	32 84
*♥ 512	<b>NEW Calico Beans with Pork and Cinnamon Apples,</b> Grape Juice and Vanilla Pudding	62 112

## Soups

*♥ 125	<b>Corn Chowder and Peaches with Cherries,</b> Applesauce and Vanilla Pudding	57 104
*♥ 280	<b>Creamy Turkey &amp; Rice Soup and Fruit Compote,</b> Gelatin and Vanilla Pudding	55 110
759	<b>Chicken Tortilla Soup and Cinnamon Apples,</b> Gelatin and Chocolate Pudding	45 99

## International Flavors

* 060	<b>Curry Vegetables with Pineapple and Brown Rice,</b> String Cheese and Vanilla Pudding	63 98
*♥ 061	<b>Gluten Free Rotini with Marinara Sauce and Seasoned Scandinavian Blend Vegetables,</b> Gelatin, Gluten Free Multigrain Bread and String Cheese	54 101
*♥ 085	<b>Vegetarian Red Beans and Rice,</b> Orange and Chocolate Pudding	62 114
173	<b>Chicken and Stir Fry Vegetables with Teriyaki Sauce and White Rice,</b> Orange and Vanilla Pudding	53 106
*♥ 186	<b>Sweet and Sour Chicken with Stir Fry Vegetables and White Rice,</b> Gelatin and String Cheese	65 97

Customer Favorite

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ITEM	International Flavors (continued)	CARBS (g)	
198	<b>Teriyaki Stir Fry Vegetables over Brown Rice and Sweet Pineapple &amp; Apples,</b> Applesauce and String Cheese	83	107
403	<b>Chicken with Southwestern Vegetable Hash, Ranchero Sauce and Brown Rice,</b> Juice and Chocolate Pudding	62	111
*♥ 747	<b>Pork Stir Fry Rice and Spiced Fruit Medley,</b> String Cheese and Applesauce	69	93
*♥ 754	<b>Mushroom Risotto and Seasoned Peas &amp; Carrots,</b> Applesauce and Vanilla Pudding	53	108

### Breakfast Meals

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

—● 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.

