



# 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)	
059	<b>IT'S BACK!</b> Turkey Breast with Orange Wild Rice Salad and Spiced Fruit Medley, Gluten Free Multigrain Bread and Chocolate Pudding	67	116
194	<b>Beef Pepper Steak with Gravy over Brown Rice and Spiced Blueberries &amp; Apples</b> and String Cheese 	74	88
*♥ 251	<b>BBQ Chicken with Potato Medley and Seasoned Green Beans,</b> Apple Juice and Gluten Free Multigrain Bread 	49	91
*♥ 280	<b>IT'S BACK!</b> Creamy Turkey & Wild Rice Soup and Brown Sugar Peaches, Gelatin and Vanilla Pudding	44	99
*♥ 298	<b>Salisbury Steak with Mushroom Gravy, White Rice and Vegetables</b> and Gelatin Cup 	51	83

## International Flavors

*♥ 186	<b>Sweet and Sour Chicken with Stir Fry Vegetables and White Rice,</b> Gelatin and Chocolate Pudding 	54	108
198	<b>Teriyaki Stir Fry Vegetables over Brown Rice and Sweet Pineapple &amp; Apples,</b> Orange and String Cheese	94	126
264	<b>Creole Style Chicken &amp; Sausage Gumbo and Brown Rice,</b> Grape Juice, String Cheese and Chocolate Pudding 	59	109
295	<b>Beef Taco Filling with Cheese and Santa Fe Style Rice,</b> Corn Tortillas, Orange and String Cheese	50	96




 Customer Favorite

 Available for a Limited Time

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ITEM	Breakfast Meals	CARBS (g)	
133	<b>Vegetable Egg Scramble and Peaches with Cherries,</b> Gluten Free Multigrain Bread, Peanut Butter and Orange 	41	90
138	<b>Ham, Egg and Cheese Scramble and Spiced Blueberries &amp; Apples,</b> Orange, Gluten Free Multigrain Bread and Peanut Butter 	38	87
157	<b>Colby Cheese Omelet, Ham Patty and Spiced Fruit Medley,</b> Gluten Free Multigrain Bread, Gelatin and Orange Juice 	34	95
* 297	<b>Sausage, Egg &amp; Cheese Breakfast Burrito and Cinnamon Apples,</b> Corn Tortillas and Orange	46	91

 Customer Favorite

 Available for a Limited Time

**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 due to seasonal changes causing us to utilize alternative options with like nutritional.

