



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)
025	Salisbury Steak with Mushroom Gravy, Potatoes and Seasoned Green Beans, Orange and Vanilla Pudding —	36 89
*♥ 049	Salisbury Steak with Mushroom Gravy, White Rice and Mixed Vegetables, Gelatin and Gluten Free Brown Bread	53 101
059	Turkey Breast with Orange Wild Rice Salad and Spiced Fruit Medley, Gluten Free Brown Bread and Chocolate Pudding —	58 107
*♥ 194	Beef Pepper Steak with Gravy over White Rice and Spiced Blueberries & Apples, Pineapple Cup and Vanilla Pudding —	69 119
*♥ 251	BBQ Chicken with Potato Medley and Seasoned Green Beans, Apple Juice and Gluten Free Bread —	48 91

Soup

125	Corn Chowder and Peaches with Cherries, Gluten Free Brown Bread, Peanut Butter and Mandarin Oranges	79 133
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International Flavors

*♥ 061	Gluten Free Rotini with Meat Sauce and Seasoned Italian Green Beans, Gelatin, Gluten Free Brown Bread and String Cheese —	44 93
085	Vegetarian Red Beans and Rice, Orange, String Cheese and Chocolate Pudding	68 121
* 103	Coconut Curry Vegetables and Brown Rice, Gluten Free Brown Bread, Pineapple Cup and Peanut Butter	50 96
173	Chicken with Teriyaki Sauce over White Rice and Stir Fry Vegetables, Gelatin, String Cheese and Apple Juice —	50 99
*♥ 186	Sweet and Sour Chicken over White Rice with Stir Fry Vegetables, Gelatin and Chocolate Pudding —	52 107

— Customer Favorite

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ITEM	International Flavors (continued)	CARBS (g)	
198	Teriyaki Stir Fry Vegetables over Brown Rice and Brown Sugar Peaches, Orange, String Cheese and Apple Juice	73	119
264	NEW Creole Style Chicken & Sausage Gumbo and Brown Rice, Grape Juice, String Cheese and Chocolate Pudding	46	96
*♥ 266	NEW Pork Taco Kit (Shredded Pork with Ranchero Sauce) and Fiesta Corn with Brown Rice, Corn Tortillas and Orange	51	96

Breakfast Meals

133	Vegetable Egg Scramble and Peaches with Cherries, Gluten Free Brown Bread, Peanut Butter and Orange —●	41	91
138	Ham, Egg and Cheese Scramble and Spiced Blueberries & Apples, Orange, Gluten Free Brown Bread and Peanut Butter —●	37	87
157	Colby Cheese Omelet, Ham Patty and Spiced Fruit Medley, Gluten Free Brown Bread, Peanut Butter and Orange Juice —●	27	73

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

