



7-DAY MEAL PLANS

SIDEWALK CAFE

TMS001205

Turkey and Cheese Lasagna, served with broccoli, cauliflower, & bean medley.

Hamburger Patty Au Jus, served with potato wedges and carrots.

Sesame Chicken, served with broccoli & carrots and steamed cauliflower with red peppers.

Chili Dog on Whole Grain Bun, served with baked beans and corn.

Grilled Veal Chop with Mustard Sage Sauce, served with roasted red potatoes, maple butternut squash, and fig bar.

Chicken Marsala, served with potato onion soufflé, spinach & mushrooms, and mini Moon Pie®.

Seafood Gumbo, served with brown rice and corn.

COUNTRY FAVORITES

TMS001214

Oven Baked Chicken, served with Southern rice, black-eyed peas, and spinach.

Beef Patty in Rich Brown Gravy, served with mashed potatoes and rutabaga with red pepper.

Pork Riblet in BBQ Sauce, served with mashed sweet potatoes and zesty lemon spinach.

Macaroni and Beef Casserole, served with spinach and California blend vegetables.

Turkey with Country Pepper Gravy, served with mashed potatoes, green beans almondine, and mini Moon Pie®.

Southern-Style Pollock Fingers, served with steamed carrots and cheesy country-style potatoes.

Chicken Sausage with Northern Bean Ragout, served with diced sweet potatoes.

All meals served with SunMeadow® milk, bread, and fruit, juice, or dessert.

Exclusively provided by  GA foods

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HOMESTYLE COMFORT

TMS000927

Three Bean Chili con Carne, served with squash medley.

Chicken Parmesan, served with rosemary potatoes and cheesy spinach.

Homemade Chicken Stew, served with steamed green beans and baked apples with raisins.

Grilled Pork Chop with Homestyle Gravy, served with Brussels sprouts and diced sweet potatoes.

Meatballs and Penne Pasta in Marinara, served with steamed broccoli and Italian vegetables.

Breaded Fillet of Fish, served with cheesy mashed potatoes and mixed vegetables.

Twisted Mac and Cheese with Chicken Chorizo, served with pinto beans and steamed carrots.

NEIGHBORHOOD RECIPES

TMS001167

Meatloaf with White Pepper Gravy, served with mashed potatoes and mixed greens.

Pasta Bolognese, served with an Italian vegetable medley.

Medallions of Turkey in CranRaspberry Sauce, served with zucchini & corn and a blend of broccoli, cauliflower, & red beans.

NY Steak Patty with Mushroom Gravy, served with garlic mashed potatoes and squash & green bean medley.

Chicken Garden Casserole, served with summer blend vegetables.

Lasagna Florentine, served with a mix of zucchini & yellow squash.

Beef Patty in Teriyaki Sauce, served with steamed white rice and mushroom, onion, & green pepper medley.

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ALL AMERICAN

TMS000692

Batter-Dipped Crispy Fish Nuggets, served with garlic mashed potatoes and carrots.

Sliced Turkey and Gravy, served with cornbread dressing, flat beans, and butternut squash.

Three Cheese Macaroni and Cheese, served with seasoned carrot cuts and green peas.

Western-Style Omelet, served with potatoes O'Brien and strawberry applesauce.

Chargrilled Beef Patty in Pizzaiola Sauce, served with green beans and pineapple Mandarin oranges.

Honey Mustard Chicken, served with potatoes Florentine and mixed vegetables.

Meatloaf with Apple Brown Gravy, served with skin-on potatoes and stewed tomatoes.

LATIN FLAVORS

TMS000711

Huevos Rancheros (scrambled eggs with chicken chorizo, potatoes, pinto beans, and cheese), served with cranberry pears.

Cuban Black Beans and Rice, served with whole kernel corn with red peppers and parslied carrots.

Mexican Bean Burrito with Queso, served with spinach soufflé and parslied whole kernel corn.

Pollo Tropicale (diced chicken in a tropical fruit sauce), served with carrots, green beans, and mini Moon Pie®.

Rib Beef Patty with Spanish Braised Sauce, served with cilantro stewed tomatoes and garden peas.

Arroz con Pollo (baked chicken and fiesta rice), served with Mexicali corn.

Vegetarian Chili, served with pinto bean & carrot blend.

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TEXAS BLUE PLATE TMS001229

Country Egg Skillet, served with potatoes, mushrooms, spinach & tomatoes and cranberry apples.

Oven Baked Chicken, served with green bean & red pepper mix and yellow rice with tomatoes & chives.

Southern-Style Pollock Fingers, served with steamed carrots and cheesy country-style potatoes.

Meatloaf with White Pepper Gravy, served with mashed potatoes and mixed greens.

Pork Riblet in BBQ Sauce, served with mashed sweet potatoes and zesty lemon spinach.

Turkey Sausage with Peppers, Onions and Tomatoes, served with whole grain rotini pasta and apple chunks & raisins.

Sliced Roast Beef with Gravy, served with spring peas and buttered crinkle cut carrots.

RISE AND SHINE

TMS000708

Huevos Rancheros (scrambled eggs with chicken chorizo, potatoes, pinto beans, and cheese), served with cranberry pears.

Scrambled Eggs with Vegetables, served with turkey sausage links and spiced peaches.

Western-Style Omelet, served with potatoes O'Brien and strawberry applesauce.

Country Knife and Fork Breakfast (egg patty & hash brown potatoes with country pepper gravy), served with turkey sausage links and maple-pecan cinnamon apples.

Omelet with Cheese, served with roasted parsley potatoes and fruited granola.

Pancakes and Egg Patty, served with turkey sausage links and warm strawberry compote.

Country Egg Skillet (eggs with potatoes, mushrooms, spinach, & tomatoes), served with cranberry apples.

VEGETARIAN DELIGHT

TMS000705

Three Cheese Macaroni and Cheese, served with seasoned carrot cuts and green peas.

Eggplant Parmesan, served with Italian-style garbanzo beans.

Omelet with Cheese, served with roasted parsley potatoes and fruited granola.

Mexican Bean Burrito with Queso, served with spinach soufflé and parsleyed whole kernel corn.

Manicotti Alfredo, served with seasoned peas and Italian vegetables.

Cuban Black Beans and Rice, served with whole kernel corn with red peppers and parsleyed carrots.

Vegetarian Chili, served with pinto bean & carrot blend.

Please note: Our vegetarian meals contain eggs and dairy products

Meals served with SunMeadow® milk, bread, and fruit, juice, or dessert.