



NUTRITION INFORMATION

GA Foods takes pride in preparing nutritious meals with the finest ingredients in a USDA-inspected facility. All of our meals are healthy choices and are low in sodium, fat, cholesterol, and sugar*.

BEEF ENTREES

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

430 CALORIES	53g CARBS	35mg CHOLESTEROL	20g PROTEIN	480mg SODIUM	17g FAT	4g FIBER
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Beef Patty in Teriyaki Sauce, served with steamed rice and mushroom, onion, & green pepper medley.

450 CALORIES	56g CARBS	35mg CHOLESTEROL	21g PROTEIN	780mg SODIUM	17g FAT	5g FIBER
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Chargrilled Beef Patty in Pizzaiola Sauce, served with green beans and pineapple Mandarin oranges.

390 CALORIES	46g CARBS	50mg CHOLESTEROL	20g PROTEIN	230mg SODIUM	15g FAT	7g FIBER
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Grilled Veal Chop with Mustard Sage Sauce, served with diced potatoes and maple butternut squash.

430 CALORIES	66g CARBS	85mg CHOLESTEROL	26g PROTEIN	630mg SODIUM	11g FAT	3g FIBER
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Hamburger Patty Au Jus, served with mashed potatoes and carrots.

360 CALORIES	37g CARBS	35mg CHOLESTEROL	18g PROTEIN	350mg SODIUM	17g FAT	8g FIBER
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Macaroni and Beef Casserole, served with spinach and California blend vegetables.

467 CALORIES	46g CARBS	72mg CHOLESTEROL	25g PROTEIN	319mg SODIUM	19g FAT	6g FIBER
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Meatballs and Penne Pasta, served with broccoli and Italian vegetable blend.

343 CALORIES	40g CARBS	48mg CHOLESTEROL	20g PROTEIN	336mg SODIUM	12g FAT	8g FIBER
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Meatloaf with Apple Brown Gravy, served with skin-on potatoes and stewed tomatoes.

412 CALORIES	41g CARBS	62mg CHOLESTEROL	19g PROTEIN	402mg SODIUM	20g FAT	5g FIBER
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Meatloaf with Gravy, served with mashed potatoes and mixed greens.

410 CALORIES	37g CARBS	65mg CHOLESTEROL	24g PROTEIN	510mg SODIUM	21g FAT	8g FIBER
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NY Steak Patty with Mushroom Gravy, served with garlic mashed potatoes and squash & green bean medley.

359 CALORIES	38g CARBS	36mg CHOLESTEROL	18g PROTEIN	432mg SODIUM	16g FAT	6g FIBER
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NY Strip Patty with Picadillo Sauce, served with green peas and diced sweet potatoes.

482 CALORIES	66g CARBS	35mg CHOLESTEROL	23g PROTEIN	513mg SODIUM	15g FAT	13g FIBER
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Pasta Bolognese, served with Italian vegetable medley.

390 CALORIES	43g CARBS	58mg CHOLESTEROL	23g PROTEIN	431mg SODIUM	14g FAT	10g FIBER
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Rib Beef Patty with Spanish Braised Sauce, served with cilantro stewed tomatoes and garden peas.

448 CALORIES	53g CARBS	36mg CHOLESTEROL	24g PROTEIN	633mg SODIUM	16g FAT	15g FIBER
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Salisbury Steak in Brown Gravy, served with turnip greens and succotash.

410 CALORIES	37g CARBS	35mg CHOLESTEROL	22g PROTEIN	570mg SODIUM	20g FAT	9g FIBER
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*This information is not intended to replace medical advice. Please discuss any concerns with your physician.

BEEF

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

304
CALORIES39g
CARBS44mg
CHOLESTEROL22g
PROTEIN419mg
SODIUM7g
FAT11g
FIBER

Sloppy Joe, served with mixed greens and black-eyed peas.

370
CALORIES44g
CARBS85mg
CHOLESTEROL30g
PROTEIN290mg
SODIUM10g
FAT13g
FIBER

Three Bean Chili con Carne, served with squash medley.

404
CALORIES44g
CARBS61mg
CHOLESTEROL25g
PROTEIN193mg
SODIUM16g
FAT9g
FIBER

SEAFOOD ENTREES

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

481
CALORIES52g
CARBS60mg
CHOLESTEROL24g
PROTEIN566mg
SODIUM20g
FAT5g
FIBER

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

496
CALORIES83g
CARBS51mg
CHOLESTEROL23g
PROTEIN417mg
SODIUM9g
FAT10g
FIBER

Seafood Gumbo, served with brown rice and corn.

390
CALORIES63g
CARBS45mg
CHOLESTEROL20g
PROTEIN330mg
SODIUM7g
FAT12g
FIBER

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

360
CALORIES48g
CARBS60mg
CHOLESTEROL18g
PROTEIN540mg
SODIUM12g
FAT9g
FIBER

Tuna Noodle Casserole, served with zesty green beans.

330
CALORIES40g
CARBS30mg
CHOLESTEROL23g
PROTEIN360mg
SODIUM5g
FAT6g
FIBER

BREAKFAST ENTREES

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

403
CALORIES49g
CARBS398mg
CHOLESTEROL18g
PROTEIN567mg
SODIUM18g
FAT5g
FIBER

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

380
CALORIES61g
CARBS205mg
CHOLESTEROL16g
PROTEIN350mg
SODIUM13g
FAT7g
FIBER

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

480
CALORIES70g
CARBS283mg
CHOLESTEROL21g
PROTEIN462mg
SODIUM15g
FAT10g
FIBER

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

335
CALORIES45g
CARBS243mg
CHOLESTEROL11g
PROTEIN402mg
SODIUM11g
FAT5g
FIBER

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

451
CALORIES51g
CARBS37mg
CHOLESTEROL16g
PROTEIN605mg
SODIUM11g
FAT5g
FIBER

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

298
CALORIES21g
CARBS357mg
CHOLESTEROL21g
PROTEIN597mg
SODIUM17g
FAT2g
FIBER

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

380
CALORIES46g
CARBS245mg
CHOLESTEROL13g
PROTEIN454mg
SODIUM15g
FAT5g
FIBER

PORK ENTREES

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

600 CALORIES	50g CARBS	94mg CHOLESTEROL	31g PROTEIN	504mg SODIUM	28g FAT	10g FIBER
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Grilled Pork Chop with Homestyle Gravy, served with Brussels sprouts and diced sweet potatoes.

346 CALORIES	32g CARBS	57mg CHOLESTEROL	24g PROTEIN	533mg SODIUM	15g FAT	6g FIBER
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Pork Riblet in BBQ Sauce, served with mashed sweet potatoes and zesty lemon spinach.

430 CALORIES	49g CARBS	35mg CHOLESTEROL	22g PROTEIN	510mg SODIUM	19g FAT	8g FIBER
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Chick'n Nuggets, served with warm rice salad and diced sweet potatoes.

480 CALORIES	82g CARBS	0mg CHOLESTEROL	17g PROTEIN	450mg SODIUM	10g FAT	4g FIBER
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Cuban Black Beans and Rice, served with whole kernel corn with red peppers and parsleyed carrots.

340 CALORIES	53g CARBS	<1mg CHOLESTEROL	16g PROTEIN	1021mg SODIUM	15g FAT	17g FIBER
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Eggplant Parmesan, served with Italian-style garbanzo beans.

400 CALORIES	48g CARBS	25mg CHOLESTEROL	17g PROTEIN	890mg SODIUM	17g FAT	7g FIBER
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Lasagna Florentine, served with a mix of zucchini & yellow squash.

320 CALORIES	41g CARBS	45mg CHOLESTEROL	24g PROTEIN	450mg SODIUM	7g FAT	6g FIBER
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Manicotti Alfredo, served with seasoned peas and Italian vegetables.

311 CALORIES	52g CARBS	54mg CHOLESTEROL	27g PROTEIN	504mg SODIUM	16g FAT	13g FIBER
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Meatless Ground Beef & Pasta Casserole, served with pinto beans and steamed carrots.

460 CALORIES	71g CARBS	20mg CHOLESTEROL	26g PROTEIN	470mg SODIUM	8g FAT	17g FIBER
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Mexican Bean Burrito with Queso, served with carrots and parsleyed whole kernel corn.

687 CALORIES	103g CARBS	35mg CHOLESTEROL	27g PROTEIN	1080mg SODIUM	23g FAT	12g FIBER
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Three Cheese Macaroni and Cheese, served with seasoned carrot cuts and green peas.

449 CALORIES	61g CARBS	41mg CHOLESTEROL	24g PROTEIN	569mg SODIUM	13g FAT	9g FIBER
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Vegetarian Chili, served with pinto bean & carrot blend.

601 CALORIES	105g CARBS	22mg CHOLESTEROL	27g PROTEIN	536mg SODIUM	12g FAT	25g FIBER
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POULTRY ENTREES

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

333 CALORIES	43g CARBS	55mg CHOLESTEROL	24g PROTEIN	61mg SODIUM	7g FAT	9g FIBER
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Breaded Chicken with Country Pepper Gravy, served with turnip greens and diced sweet potatoes.

440 CALORIES	73g CARBS	35mg CHOLESTEROL	21g PROTEIN	490mg SODIUM	18g FAT	5g FIBER
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Chicken Garden Casserole, served with summer blend vegetables.

333 CALORIES	45g CARBS	82mg CHOLESTEROL	29g PROTEIN	152mg SODIUM	4g FAT	5g FIBER
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Chicken Marsala, served with diced butternut squash and green beans.

240
CALORIES18g
CARBS15mg
CHOLESTEROL21g
PROTEIN554mg
SODIUM12g
FAT4g
FIBER

Chicken Parmesan, served with rosemary potatoes and green beans.

300
CALORIES31g
CARBS25mg
CHOLESTEROL24g
PROTEIN530mg
SODIUM15g
FAT5g
FIBER

Chicken with Thai Ginger Red Curry Sauce, served with flat beans and carrots.

260
CALORIES35g
CARBS55mg
CHOLESTEROL19g
PROTEIN196mg
SODIUM9g
FAT9g
FIBER

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

513
CALORIES83g
CARBS86mg
CHOLESTEROL38g
PROTEIN701mg
SODIUM7g
FAT16g
FIBER

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

370
CALORIES36g
CARBS55mg
CHOLESTEROL22g
PROTEIN270mg
SODIUM15g
FAT7g
FIBER

Lasagna (with ground turkey), served with broccoli, cauliflower & bean medley.

401
CALORIES42g
CARBS69mg
CHOLESTEROL26g
PROTEIN639mg
SODIUM14g
FAT7g
FIBER

Medallions of Turkey in CranRaspberry Sauce, served with corn with red pepper and diced sweet potatoes.

360
CALORIES83g
CARBS35mg
CHOLESTEROL28g
PROTEIN920mg
SODIUM9g
FAT4g
FIBER

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

410
CALORIES43g
CARBS98mg
CHOLESTEROL32g
PROTEIN137mg
SODIUM15g
FAT4g
FIBER

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

397
CALORIES39g
CARBS102mg
CHOLESTEROL37g
PROTEIN211mg
SODIUM16g
FAT10g
FIBER

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

239
CALORIES23g
CARBS55mg
CHOLESTEROL21g
PROTEIN507mg
SODIUM8g
FAT6g
FIBER

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

421
CALORIES62g
CARBS82mg
CHOLESTEROL29g
PROTEIN641mg
SODIUM9g
FAT9g
FIBER

Sweet and Sour Chicken, served with steamed white rice and ginger peas.

410
CALORIES65g
CARBS61mg
CHOLESTEROL26g
PROTEIN575mg
SODIUM4g
FAT11g
FIBER

Turkey with Country Pepper Gravy, served with mashed potatoes and green beans almondine.

275
CALORIES41g
CARBS56mg
CHOLESTEROL26g
PROTEIN460mg
SODIUM6g
FAT5g
FIBER

Turkey Pot Pie, served with succotash.

260
CALORIES32g
CARBS35mg
CHOLESTEROL17g
PROTEIN840mg
SODIUM8g
FAT4g
FIBER

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

497
CALORIES63g
CARBS44mg
CHOLESTEROL24g
PROTEIN821mg
SODIUM19g
FAT12g
FIBER