



7-DAY MEAL PLANS

ALL AMERICAN

TMS001651

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

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

Three Cheese Macaroni and Cheese, served with green beans and carrots.

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

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

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

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

TEXAS BLUE PLATE

TMS001659

Baked Chicken, served with yellow rice with tomatoes and chives, and green beans with red pepper.

Salisbury Steak in Brown Gravy, served with mixed vegetables and lima beans.

Country Egg Scramble, served with potatoes and veggies, and cranberry apples.

Pork Riblet in BBQ Sauce, served with sweet potatoes and mixed vegetables.

Grilled Veal Chop with Mustard Sage Sauce, served with skin-on potatoes and butternut squash.

Breaded Chicken with Country Pepper Gravy, served with skin-on potatoes and Brussels sprouts.

Southern-Style Pollock Fingers, served with country-style potatoes, and broccoli.

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



Exclusively provided by  GA foods

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7-DAY MEAL PLANS



HOMESTYLE COMFORT
TMS001490

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

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

Three Bean Chili con Carne, served with squash medley.

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

Chicken Parmesan, served with potatoes and green beans.

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

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

NEIGHBORHOOD RECIPES
TMS001663

Pasta Bolognese, served with Italian vegetables.

Chicken Marsala, served with butternut squash and green beans.

Hamburger Patty on Whole Grain Bun, served with mashed potatoes and carrots.

NY Steak Patty with Mushroom Gravy, served with garlic mashed potatoes and mixed vegetables.

Chicken Garden Casserole, served with summer blend vegetables.

Lasagna Florentine, served with creamed spinach.

Beef Patty in Teriyaki Sauce, served with steamed white rice and mixed vegetables.

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



7-DAY MEAL PLANS

SIDEWALK CAFE

TMS001205

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

Hamburger Patty, served with mashed potatoes 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 diced potatoes and maple butternut squash.

Chicken Marsala, served with diced butternut squash and green beans.

Seafood Gumbo, served with brown rice and corn.

COUNTRY FAVORITES

TMS001655

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

NY Steak Patty with Herbed Gravy, served with garlic mashed potatoes and mixed vegetables.

Pork Riblet in BBQ Sauce, served with sweet potatoes and mixed vegetables.

Southern-Style Fish Fillet, served with country-style mashed potatoes, and broccoli.

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

NY Strip Patty with Picadillo Sauce, served with green peas and sweet potatoes.

Egg and Cheese Scramble with Veggies, served with cranberry apples.

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

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Potato Salad Recipe

6 cups cubed cooked
1/2 cup diced celery
3/4 cup chopped onion
1/2 cup chopped pickles
2 tbsp. minced onion
4 hard-boiled eggs
1 1/2 tsp. salt
1/4 tsp. pepper
1 tsp. mustard
1 tbsp. lemon juice
1 cup mayonnaise
10 diced green onions

Place all ingredients in a
serving bowl. Mix well.
Add Mayo. Refrigerate
early in day or overnight.

7-DAY MEAL PLANS

LATIN FLAVORS TMS001605

Rancheros Cheese Omelet (cheese omelet with chicken chorizo, potatoes, and pinto beans), served with cranberry pears.

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

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

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

Beef Patty with Picadillo Sauce, served with green peas and sweet potatoes.

Baked Chicken, served with green bean & red pepper mix.

Vegetarian Chili, served with pinto bean & carrot blend.

RISE AND SHINE

TMS01582

Rancheros Cheese Omelet (cheese omelet with chicken chorizo, potatoes, and pinto beans), served with cranberry pears.

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

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

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

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

Pancakes and Cheese & Sausage Egg Bites, served with warm strawberry compote.

Country Egg Skillet, served with potatoes & veggie mix, and cranberry apples.

VEGETARIAN DELIGHT

TMS001608

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.

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

Lasagna Florentine, served with mixed vegetables.

Meatless Ground Beef & Pasta Casserole, served with pinto beans and steamed carrots.

Chick'n Nuggets, served with warm rice salad and sweet potatoes.

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.