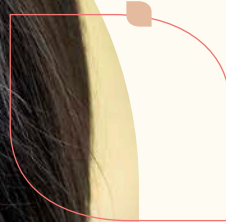




Healthy Meal Plans Menu 2023



Nourishment. Delivered.
GAfoods.com

We're Here To Serve You

It is our pleasure to be your home-delivered meal service. We have been serving meals to older adults, the military, children, disaster victims and others, since 1973. We are the most trusted and experienced meal provider. We look forward to serving you nutritious meals.

Your Meal Benefits

Your meals will be delivered to your home. We will call you to set your delivery day. You can change your delivery day at any time. There is no cost to you. Your case manager has already enrolled you.

What's in the Box

Your meal boxes contain healthy frozen meals and may contain bread, juices, fruit cups, and snacks. This is so you receive the good nutrition that your body needs.



Tips

- Each meal box contains several different meals
- Meal boxes will change each delivery giving you lots of variety
- We offer meals that can be stored in your pantry if your freezer becomes too full

How It Works



We will call you to schedule your delivery day of the week. If eligible, you can select from choices of theme meal boxes.



Our Delivery Care Agent, or shipping company, will deliver your meals on your delivery day.



Our Delivery Care Agents can bring the meal box into your home. They can unpack the meals and put them in the freezer. **The shipping company will only deliver the meals to your home.**



Time to eat! Follow the heating instructions on your meal label and enjoy!

Have Questions or Issues?

If you have any questions, want to select a certain meal box, or need to change your delivery day, please call us between 8am-5pm. We are happy to help and we are here to serve you!

By Phone: 1-866-575-2772

By Email: carecenter@gafoods.com



All American

TMS001887

- Western-Style Omelet** with breakfast potatoes, turkey sausage, and strawberry apple crisp.
- Meatloaf with Apple Brown Gravy** with skin-on potatoes and stewed tomatoes.
- Chicken Fajita** with black beans and butternut squash.
- Three Cheese Macaroni and Cheese** with green beans and carrots.
- Batter-Dipped Crispy Fish Nuggets** with garlic mashed potatoes and carrots.
- Beef Patty with Pizzaiola Sauce** with green beans and pineapple Mandarin oranges.
- Honey Mustard Chicken** with garlic mashed potatoes and carrots.

Homestyle Comfort

TMS001869

- Chicken with Italian Sauce** with garlic mashed potatoes and green beans.
- Breaded Pollock** with cheesy potatoes and mixed vegetables.
- Homemade Chicken Stew** with carrots and strawberry apple crisp.
- Meatballs and Penne Pasta in Marinara** with steamed broccoli.
- Grilled Pork Chop with Home-style Gravy** with Brussels sprouts and sweet potatoes.
- Three Bean Chili con Carne** with squash medley.
- Twisted Mac and Cheese with Chicken Chorizo** with steamed carrots.

Based on product availability, substitutions may be made.

Texas Blue Plate

TMS001878

- Beef Patty with Brown Gravy** with brown rice and mixed vegetables.
- Baked Chicken** with yellow rice with tomatoes and chives, and green beans with red pepper.
- Pork Riblet in BBQ Sauce** with sweet potatoes and mixed vegetables.
- Eggs with Sausage Country Pepper Gravy** breakfast potatoes and maple pecan cinnamon apples.
- Veal Chop with Mustard Sage Sauce** with mashed potatoes and butternut squash.
- Breaded Chicken with Country Pepper Gravy** with skin-on potatoes and Brussel Sprouts.
- Southern Style Fish Fillet** with cheesy potatoes and broccoli.

Neighborhood Recipes

TMS001860

- Pasta Bolognese** with an Italian vegetable medley.
- Cuban Black Beans and Rice** with whole kernel corn with red peppers and carrots.
- NY Steak Patty with Mushroom Gravy** with garlic mashed potatoes and mixed vegetables.
- Chicken Marsala** with butternut squash and green beans.
- Hamburger Patty on Bun** with mashed potatoes and carrots.
- Manicotti Alfredo** with corn and carrots
- Beef Patty in Teriyaki Sauce** with steamed white rice and mixed vegetables.
- Available in **5-day** meal plan.
- Available in **2-day** meal plan.



Sidewalk Cafe

TMS001980

- Twisted Mac and Cheese** with Chicken Chorizo with steamed carrots.
- Hamburger Patty on Bun** with mashed potatoes and carrots.
- Sesame Chicken** with broccoli and carrots and steamed cauliflower with red peppers.
- Meatballs with Orange Sauce** and rice and green peas.
- Grilled Veal Chop with Mustard Sage Sauce** with mashed potatoes and butternut squash.
- Chicken Marsala** with diced butternut squash and green beans.
- Pork Chop with Gravy** with sweet potatoes and brussel sprouts.

- Available in **5-day** meal plan.
- Available in **2-day** meal plan.

Based on product availability, substitutions may be made.

Country Favorites

TMS001822

- NY Steak Patty with Herbed Mushroom Gravy** with garlic mashed potatoes and mixed vegetables.
- Pork Riblet in BBQ Sauce** with sweet potatoes and mixed vegetables.
- Baked Chicken** with yellow rice with tomatoes and chives, and green beans with red pepper.
- Garden Scrambled Eggs** with diced potatoes and cranberry apples.
- Southern-Style Pollock Fingers** with cheesy potatoes and broccoli.
- NY Steak Patty with Picadillo Sauce** with sweet potatoes and peas.
- Macaroni and Beef Casserole** with spinach Neopolitan and California blend vegetables.





Rise and Shine

TMS01582

- Rancheros Cheese Omelet** with chicken chorizo, potatoes and pinto beans with cranberry pears.
- Cheese Omelet with Garden Sauce** with sausage, potatoes and spiced peaches.
- Western-Style Omelet** with breakfast potatoes, turkey sausage, and strawberry apple crisp.
- Egg with Sausage Country Pepper Gravy** with breakfast potatoes and maple-pecan cinnamon apples.
- Omelet with Cheese** with roasted parsley potatoes, turkey sausage, and fruited granola.

Pancakes and Cheese Omelet with turkey sausage and warm strawberry compote.

Garden Scrambed Eggs with potatoes and and cranberry apples.

- Available in **5-day** meal plan.

Based on product availability, substitutions may be made.

PLEASE NOTE: OUR VEGETARIAN MEALS CONTAIN EGGS AND DAIRY PRODUCTS.

Vegetarian Delight

TMS001608

- Manicotti Alfredo** with seasoned peas and Italian vegetables.
- Cuban Black Beans and Rice** with whole kernel corn with red peppers and carrots.
- Three Cheese Macaroni and Cheese** with green beans and carrots.
- Lasagna Florentine** with mixed vegetables.
- Meatless Ground Beef and Pasta Casserole** with pinto beans and steamed carrots.

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

Vegetarian Chili with carrot blend.





Asian Fusion Cafe

TMS001859

Sesame Chicken with broccoli & carrots and cauliflower with red pepper.

Pork Rib Patty in Korean BBQ Sauce with broccoli and pineapple Mandarin coconut fruit.

Chicken with Thai Ginger Curry Sauce with green beans and carrots.

Fish in Sweet and Sour Sauce with gingered brown rice and edamame.

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

General Tso's Chicken with ginger rice and peas & carrots.

Meatballs in Orange Sauce with white rice and peas.

Latin Flavors

TMS001857

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

Homemade Chicken Stew with carrots and strawberry applesauce crisp.

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

Three Bean Beef Chili with squash medley.

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

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

Western-Style Omelet with breakfast potatoes, turkey sausage, and strawberry apple crisp.

Latin Kitchen Favorites

TMS001858

Chicken Enchilada with Mexicali corn.

Vegetarian Chili with carrots.

Chicken Fajita with buttered squash and black beans.

Pork Chop Patty in Sofrito Sauce with cilantro stewed tomatoes and sweet potatoes.

Twisted Mac & Cheese with Chicken Chorizo with carrots.

Rancheros Omelet with cranberry pears.

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

Based on product availability, substitutions may be made.



Pantry Meals offer a nutritious, shelf-stable meal in minutes with minimal preparation. Prepackaged in easy-to-open containers, these meals are convenient to have on hand as no refrigeration is required. Meals feature brands such as Nature Valley®, Kashi® and Keebler.

Option 1 (SS000893)

- Red Beans and Rice** with fruit juice, mixed fruit cup, whole wheat tortilla, and granola bar.
- Beef Hash** with fruit juice, applesauce, and oatmeal.
- Beef Stew** with applesauce, whole wheat crackers, peanuts, and granola bar.
- Chili Mac** with raisins, whole wheat tortilla, and sunflower seeds.
- Chicken Stew** with fruit juice, mixed fruit cup, graham crackers, wheat crackers, peanut butter, jelly, and granola bar.
- Chicken Salad** with raisins, peach cup, and whole wheat crackers.
- Cheesy Potatoes and Turkey Ham** with sunflower seeds, granola berry crunch, and animal crackers.

Option 2 (SS000891)

- Beef Stew** with applesauce, whole wheat crackers, peanuts, and granola bar.
- Spaghetti and Meatballs** with fruit juice, graham crackers, and peanut butter.
- Lasagna** with fruit juice, graham crackers, wheat crackers, and chocolate pudding.
- Chili Mac** with raisins, whole wheat tortilla, and sunflower seeds.
- Chicken Stew** with fruit juice, mixed fruit cup, graham crackers, wheat crackers, peanut butter, jelly, and granola bar.
- BBQ Beef** with fruit juice, raisins, whole wheat crackers, and sunflower seeds.
- Cheesy Potatoes and Turkey Ham** with sunflower seeds, granola berry crunch, and animal crackers.

- Available in **5-day** meal plan.
- Available in **2-day** meal plan.

Based on product availability, substitutions may be made.





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