

Consistent Carbohydrate Meals for Individuals with Diabetes



GA Foods' SunMeadow® meals are designed to provide optimal nutrition for good health.

If you have diabetes, your doctor or Registered Dietitian may have set a goal for how many carbohydrate servings you should eat at each meal. Eating a consistent number of carbohydrate foods will help you manage your blood glucose. Each meal contains a total of 3-5 servings of carbohydrate foods.

Week 1 TMS001353

Chargrilled Beef Patty in Pizzaiola Sauce, served with green beans, pineapple Mandarin oranges, grape juice, whole grain bread, and margarine.

Chicken Sausage with Northern Bean Ragout, served with diced sweet potatoes, citrus fruit cup, whole grain bread, and margarine.

Omelet with Cheese, served with roasted parsley potatoes, fruited granola, oatmeal, and orange-pineapple juice.

Sliced Turkey and Gravy, served with cornbread dressing, flat beans, butternut squash, whole grain bread, and margarine.

Meatballs and Penne Pasta in Marinara, served with steamed broccoli, Italian vegetables, applesauce, whole grain bread, and margarine.

Hamburger Patty Au Jus, served with potato wedges, carrots, pear cup, whole grain bun, and graham crackers.

Oven Baked Chicken, served with Southern rice & black-eyed peas, spinach, Mandarin oranges, whole grain bread, and margarine.

Week 2 TMS001354

Chicken Marsala, served with potato onion soufflé, spinach & mushrooms, orange-pineapple juice, whole grain bread, and margarine.

Chili Dog on Whole Grain Bun, served with baked beans, corn with diced tomato, and mixed fruit cup.

Sesame Chicken, served with broccoli, cauliflower with red pepper, pineapple cup, graham crackers, whole grain bread, and margarine.

Meatloaf with Apple Brown Gravy, served with skin-on potatoes, stewed tomatoes, grape juice, whole grain bread, and margarine.

Whole Grain Southern-Style Pollock Fingers, served with steamed carrots, country-style potatoes, applesauce, whole grain bread, and margarine.

Lasagna (with ground turkey), served with broccoli, cauliflower, & bean medley, peach cup, whole grain bread, and margarine.

Sliced Roast Beef with Gravy, served with spring peas, buttered crinkle cut carrots, pear cup, whole grain bread, and margarine.



Consistent Carbohydrate Meals for Individuals with Diabetes



Week 3 TMS001355

Turkey Sausage with Peppers, Onions, and Tomatoes, served with apple chunks & raisins, orange juice, whole grain bread, and margarine.

Grilled Pork Chop with Homestyle Gravy, served with Brussels sprouts, sweet potatoes, Mandarin oranges, whole grain bread, and margarine.

Three Bean Chili con Carne, served with squash medley, mixed fruit cup, whole grain bread, and margarine.

Grilled Veal Chop with Mustard Sage Sauce, served with roasted red potatoes, maple butternut squash, applesauce, whole grain bread, and margarine.

Pasta Bolognese, served with Italian vegetables, peach cup, whole grain bread, and margarine.

Oven Baked Chicken, served with green beans & red pepper mix, yellow rice with tomatoes & chives, pineapple cup, whole grain bread, and margarine.

Western-Style Omelet, served with potatoes O'Brien, strawberry applesauce crisp, orange juice, whole grain bread, and margarine.

This information is not intended to replace medical advice. Please discuss any concerns with your physician.

Week 4 TMS001356

Rib Beef Patty in Spanish Braised Sauce, served with cilantro stewed tomatoes, garden peas, fruit cup, and corn tortillas.

Country Egg Skillet, served with parselied potatoes, mushrooms, spinach & onion, cranberry apples, blended juice, whole grain bread, and margarine.

Medallions of Turkey in CranRaspberry Sauce, served with zucchini & corn, medley of broccoli, cauliflower, & red beans, whole grain bread, and margarine.

Batter-Dipped Crispy Fish Nuggets, served with garlic mashed potatoes, carrots, peach cup, whole grain bread, and margarine.

Homemade Chicken Stew, served with steamed green beans, baked apples with raisins, whole grain bread, and margarine.

NY Steak Patty with Mushroom Gravy, served with garlic mashed potatoes, squash & green bean medley, apple juice, whole grain bread, and margarine.

Twisted Mac and Cheese with Chicken Chorizo, served with pinto beans, carrots, peach cup, whole grain bread, and margarine.

High-Calorie, High-Protein Meals



GA Foods' SunMeadow® meals are designed to provide optimal nutrition for good health.

This meal plan is for those with health conditions that increase their need for calories and protein, such as cancer, HIV, AIDS, wounds, or malnutrition. Most of these nutrient-dense meals provide more than 700 calories and 35 grams of protein.

Week 1

TMS001357

Chicken Sausage with Northern Bean Ragout

served with diced sweet potatoes, orange-pineapple juice, whole grain bread, margarine, and nonfat dry milk.

Macaroni & Beef Casserole, served with spinach, California blend vegetables, mixed fruit cup, whole grain bread, margarine, and nonfat dry milk.

Turkey with Country Pepper Gravy, served with mashed potatoes, green bean almondine, citrus fruit cup, whole grain bread, margarine, mini Moon Pie®, and nonfat dry milk.

Manicotti Alfredo, served with seasoned peas, Italian vegetables, strawberry applesauce, whole grain bread, margarine, and SunMeadow® instant breakfast.

Chargrilled Beef Patty in Pizzaiola Sauce

served with green beans, pineapple Mandarin oranges, grape juice, whole grain bread, margarine, and SunMeadow® instant breakfast.

Meatloaf with Apple Brown Gravy, served with skin-on potatoes, stewed tomatoes, pineapple cup, whole grain bread, and nonfat dry milk.

Oven Baked Chicken, served with Southern rice & black-eyed peas, spinach, Mandarin oranges, apple juice, whole grain bread, margarine, and nonfat dry milk.

Week 2

TMS001358

Chicken Marsala, served with potato onion soufflé, spinach & mushrooms, orange-pineapple juice, whole grain bread, margarine, mini Moon Pie®, and nonfat dry milk.

Chili Dog on Whole Grain Bun, served with baked beans, corn with diced tomato, applesauce, and nonfat dry milk.

Macaroni & Cheese, served with carrot cuts, green peas, grape juice, whole grain bread, margarine, and nonfat dry milk.

Sweet & Sour Chicken, served with steamed white rice, gingered peas, whole grain bread, margarine, and nonfat dry milk.

NY Steak Patty with Picadillo Sauce, served with green peas, diced sweet potatoes, whole grain bread, margarine, and nonfat dry milk.

Lasagna (with ground turkey), served with broccoli, cauliflower & bean medley, peach cup, whole grain bread, and margarine.

Scrambled Eggs with Vegetables, served with turkey sausage links, spiced peaches, orange juice, whole grain bread, margarine, graham crackers, and nonfat dry milk.





Medically
Tailored
Meals

High Calorie, High Protein Meals

Week 3

TMS001359

Turkey Sausage with Peppers, Onions, and Tomatoes, served with whole grain rotini pasta, apple chunks & raisins, orange juice, whole grain bread, margarine, and nonfat dry milk.

Arroz con Pollo (baked chicken and fiesta rice), served with Mexicali corn, orange-pineapple juice, corn tortillas, margarine, and SunMeadow® instant breakfast.

Three Bean Chili con Carne, served with squash medley, whole grain bread, oatmeal raisin cookie, and SunMeadow® instant breakfast.

Pork Chop with Homestyle Gravy, served with Brussels sprouts, diced sweet potatoes, pineapple cup, whole grain bread, margarine, and nonfat dry milk.

Pasta Bolognese, served with Italian vegetables, peach cup, graham crackers, whole grain bread, margarine, and SunMeadow® instant breakfast.

Oven Baked Chicken, served with green beans & red pepper mix, yellow rice with tomatoes & chives, apple juice, whole grain bread, margarine, and nonfat dry milk.

Beef Patty in Rich Brown Gravy, served with mashed potatoes, rutabaga with red pepper, Mandarin oranges, whole grain bread, margarine, and nonfat dry milk.

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Week 4

TMS001360

Chicken Parmesan, served with rosemary potatoes, cheesy spinach, pineapple cup, whole grain bread, margarine, and SunMeadow® instant breakfast.

Batter-Dipped Crispy Fish Nuggets, served with garlic mashed potatoes, carrots, orange juice, whole grain bread, margarine, and nonfat dry milk.

Homemade Chicken Stew, served with steamed green beans, baked apples with raisins, whole grain bread, margarine, and SunMeadow® instant breakfast.

Bean Burrito with Queso, served with spinach soufflé, parslid whole kernel corn, mixed fruit cup, and whole grain dinner roll.

Twisted Mac and Cheese with Chicken Chorizo, served with pinto beans, carrots, peach cup, whole grain bread, margarine, and nonfat dry milk.

NY Steak Patty with Mushroom Gravy, served with garlic mashed potatoes, squash & green bean medley, orange-pineapple juice, whole grain bread, margarine, and SunMeadow® instant breakfast.

Meatballs and Penne Pasta in Marinara, served with broccoli, Italian vegetable blend, applesauce, grape juice, whole grain bread, margarine, and nonfat dry milk.



002-MTM-2020

Low Sodium, Low Fluid Meals for Individuals with Congestive Heart Failure



GA Foods' SunMeadow® meals are designed to provide optimal nutrition for good health.

This meal plan is targeted to people with Congestive Heart Failure (CHF) that need to restrict sodium and fluid intake. Each meal has less than 500 mg of sodium and less than 150 ml of fluids.

Week 1 TMS001351

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

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

Macaroni and Beef Casserole, served with spinach, California blend vegetables, mixed fruit cup, whole grain bread, and margarine.

Hamburger Patty Au Jus, served with potato wedges, carrots, pear cup, whole grain bun, and graham crackers.

Chicken Parmesan, served with rosemary potatoes, cheesy spinach, pineapple cup, whole grain bread, and margarine.

Meatballs and Penne Pasta in Marinara, served with steamed broccoli, Italian vegetables, applesauce, whole grain bread, and margarine.

Oven Baked Chicken, served with Southern rice & black-eyed peas, spinach, Mandarin oranges, whole grain bread, and margarine.

Week 2 TMS001352

Chicken Marsala, served with potato onion soufflé, spinach & mushrooms, strawberry applesauce, whole grain bread, and margarine.

Pasta Bolognese, served with Italian vegetable medley, peach cup, whole grain bread, and margarine.

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

Meatloaf with Apple Brown Gravy, served with skin-on potatoes, stewed tomatoes, mixed fruit cup, whole grain bread, and margarine.

Oven Baked Chicken, served with green beans & red pepper mix, yellow rice with tomatoes & chives, pineapple cup, whole grain bread, and margarine.

Chicken Garden Casserole, served with summer blend vegetables, Mandarin oranges, whole grain bread, and margarine.

Three Bean Chili con Carne, served with squash medley, mixed fruit cup, whole grain bread, and margarine.

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Renal Meals for Individuals with Chronic Kidney Disease



GA Foods' SunMeadow® meals are designed to provide optimal nutrition for good health.

Our renal meal plans are created by our team of Registered Dietitians to meet the guidelines for individuals with chronic kidney disease receiving dialysis (National Kidney Foundation Stage 5D). These meals are prepared by our culinary team to be wholesome and delicious to any palate.

Meals

TMS001350

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

Lasagna Florentine, served with a mix of zucchini & yellow squash, pineapple cup, apple spice cookie, and margarine.

Chicken with Thai Ginger Red Curry Sauce, served with flat green beans, carrots, strawberry applesauce, graham crackers, and margarine.

Grilled Veal Chop with Mustard Sauce, served with roasted red potatoes, maple butternut squash, peach cup, and margarine.

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

Southern-Style Pollock Fingers, served with steamed carrots, cheesy country-style potatoes, mixed fruit cup, graham crackers, and margarine.

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



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Meals for Weight Reduction



GA Foods' SunMeadow® meals are designed to provide optimal nutrition for good health.

These meals are all <650 calories, >20 g protein, <35% calories from fat, minimized refined sugar, and >7 g fiber.

Week 1

TMS001361

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

Chicken Sausage with Northern Bean Ragout, served with diced sweet potatoes, applesauce, and whole wheat bread.

Macaroni and Beef Casserole, served with spinach, California blend vegetables, pear cup, and whole wheat bread.

Sliced Turkey and Gravy, served with cornbread dressing, flat beans, butternut squash, citrus fruit cup, and whole wheat bread.

Pancakes and Egg Patty, served with turkey sausage links, strawberry compote, and whole grain bread.

Meatloaf with Apple Brown Gravy, served with skin-on potatoes, stewed tomatoes, pineapple cup, and whole wheat bread.

Oven Baked Chicken, served with Southern rice & black-eyed peas, spinach, Mandarin oranges, and whole wheat bread.

Week 2

TMS001362

Sweet and Sour Chicken, served with steamed white rice, gingered peas, Mandarin oranges, and whole wheat bread.

Hamburger Patty Au Jus, served with potato wedges, carrots, applesauce, and whole grain bun.

Lasagna (with ground turkey), served with broccoli, cauliflower & bean medley, peach cup, and whole wheat bread.

Sliced Roast Beef with Gravy, served with spring peas, buttered crinkle cut carrots, raisins, and whole wheat bread.

Chicken Marsala, served with potato onion soufflé, spinach & mushrooms, mixed fruit cup, and whole wheat bread.

Grilled Veal Chop with Mustard Sage Sauce, served with roasted red potatoes, maple butternut squash, pear cup, and whole wheat bread.

Western-Style Omelet, served with potatoes O'Brien, strawberry applesauce, whole wheat bread, and graham crackers.





Meals for Weight Reduction

Week 3 TMS001363

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

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

Three Bean Chili con Carne, served with squash medley, citrus fruit cup, and whole wheat bread.

Grilled Pork Chop with Homestyle Gravy, served with Brussels sprouts, diced sweet potatoes, pineapple cup, and whole wheat bread.

Pasta Bolognese, served with Italian vegetables, peach cup, and whole wheat bread.

Oven Baked Chicken, served with green beans & red pepper mix, yellow rice with tomatoes & chives, applesauce, and whole wheat bread.

Beef Patty in Rich Brown Gravy, served with mashed potatoes, rutabaga with red pepper, Mandarin oranges, and whole wheat bread.

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Week 4 TMS001364

Chicken Parmesan, served with rosemary potatoes, cheesy spinach, pineapple cup, and whole wheat bread.

NY Steak Patty in Mushroom Gravy, served with garlic mashed potatoes, zucchini, yellow squash & green bean medley, citrus fruit cup, and whole wheat bread.

Sesame Chicken, served with broccoli & carrots, steamed cauliflower with red pepper, Mandarin oranges, and whole wheat bread.

Twisted Mac and Cheese with Chicken Chorizo, served with pinto beans, steamed carrots, peach cup, and whole wheat bread.

Meatballs and Penne Pasta in Marinara, served with steamed broccoli, Italian vegetables, applesauce, and whole wheat bread.

Homemade Chicken Stew, served with steamed green beans, baked apples with raisin, and whole wheat bread.

Medallions of Turkey in CranRaspberry Sauce, served with zucchini & corn, medley of broccoli, cauliflower, & red beans, pineapple cup, and whole wheat bread.



001-MTMD-2020

Pureed Meals for Individuals with Dysphagia (swallowing disorders)



GA Foods' SunMeadow® meals are designed to provide optimal nutrition for good health.

We use Hormel Health Labs Thick and Easy® shaped frozen foods. These pre-formed menu items are appealing in flavor and appearance.

Meals

TMS000688

Pork Chop, served with mashed potatoes, broccoli, applesauce, and instant breakfast.

Turkey Breast, served with mashed sweet potatoes, green beans, and chocolate pudding.

Macaroni and Cheese, served with strawberry applesauce, broccoli, and chocolate pudding.

Roast Beef, served with whipped potatoes, green peas, and vanilla pudding.

Ham, served with mashed sweet potatoes, carrots, and vanilla pudding.

Chicken Breast, served with garlic mashed potatoes, green beans, applesauce, and instant breakfast.

Beef, served with cheesy mashed potatoes, corn, and applesauce.

SunMeadow® NonFat Dry Milk provided with all meals.

*Liquids may need to be thickened as ordered by physician or speech pathologist.



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