

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.

TMS001590

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

Chicken Garden Casserole, served with Summer blend vegetables, pineapple fruit cup, whole grain bread, and margarine.

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

Sliced Turkey w/Country Pepper Gravy, served with mashed potatoes, green beans, whole grain bread, and margarine.

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

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

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



TMS001591

Chicken Marsala, served with diced butternut squash, green beans, 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 broccoli, cheesy mashed potatoes, applesauce, whole grain bread, and margarine.

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

Chicken with Country Gravy, served with Brussels sprouts, diced potatoes, whole grain bread, and margarine.



Consistent Carbohydrate Meals for Individuals with Diabetes

TMS001592

Honey Mustard Chicken, served with potatoes Florentine, mixed vegetables, 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 & carrot medley, mixed fruit cup, whole grain bread, and margarine.

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

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

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, orange juice, whole grain bread, and margarine.

TMS001593

Beef Teriyaki, served with white rice, mixed vegetables, whole grain bread, and mixed fruit cup.

Western Omelet, served with potatoes O'Brien, strawberry applesauce, whole grain bread, and margarine.

Macaroni & Cheese, served with green beans, mixed fruit cup, whole grain bread, and margarine.

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

Homemade Chicken Stew, served with steamed green beans, apple raisin fruit, whole grain bread, and margarine.

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

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

Medically
Tailored
Meals

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.

TMS001594

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

Honey Mustard Chicken, served with potatoes Florentine, mixed vegetables, 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 beans, citrus fruit cup, whole grain bread, margarine, nonfat dry milk, and mini-Moon Pie®.

Manicotti Alfredo, served with seasoned peas, Italian vegetables, strawberry applesauce, 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.

Chicken w/Country Pepper Gravy, served with Brussel Sprouts, diced potatoes, Mandarin oranges, apple juice, whole grain bread, margarine, and nonfat dry milk.

Chicken Marsala, served with diced butternut squash, green beans, 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 green beans, grape juice, whole grain bread, margarine, and nonfat dry milk.

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

TMS001595

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.

Western Style Omelet, served with potatoes O'Brien, strawberry applesauce, whole grain bread, margarine, graham crackers, and nonfat dry milk.



Medically
Tailored
Meals

High Calorie, High Protein Meals

TMS001596

Sliced Turkey and Gravy, served with cornbread dressing, butternut squash, flat beans, orange juice, whole grain bread, margarine, and nonfat dry milk.

Sesame Chicken, served with broccoli, cauliflower w/red pepper, orange-pineapple juice, whole grain bread, margarine, and SunMeadow® instant breakfast.

Three Bean Chili con Carne, served with squash carrot medley, whole grain bread, 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.

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 Teriyaki Sauce, served with white rice, mixed vegetables, Mandarin oranges, whole grain bread, margarine, and nonfat dry milk.

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TMS001597

Hamburger Patty, served with mashed potatoes, parslied carrots, hamburger bun, pineapple cup, 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 green beans, apple raisin fruit, whole grain bread, margarine, and SunMeadow® instant breakfast.

Bean Burrito with Queso, served with carrots, parslied 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, mixed vegetables, orange-pineapple juice, and SunMeadow® instant breakfast.

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



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.

TMS001588

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

Seafood Gumbo, served with corn, brown rice, corn tortillas, and citrus fruit cup.

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

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

Chicken Parmesan, served with diced potatoes, green beans, pineapple cup, whole grain bread, and margarine.

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

Thai Ginger Chicken, served with green beans, carrots, Mandarin oranges, whole grain bread, and margarine.

Chicken Marsala, served with butternut squash, green beans, strawberry applesauce, whole grain bread, and margarine.

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

Chicken Stew, served with green beans, baked apple fruit, Mandarin oranges, 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.

TMS001589

Baked Chicken, served with green beans, yellow rice w/tomatoes and 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.

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.

TMS001598

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

Chicken Garden Casserole, served with Summer blend vegetables, pineapple cup, and whole wheat bread.

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

Sliced Turkey and Country Pepper Gravy, served with mashed potatoes green beans, citrus fruit cup, and whole wheat bread.

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

Chicken Garden Casserole, served with Summer blend vegetables, Mandarin oranges, and whole wheat bread.



TMS001599

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

Hamburger Patty Au Jus, served with mashed potatoes, carrots, applesauce, and whole grain bun.

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

Beef Patty in Teriyaki Sauce, served with mixed vegetables, white rice, raisins, and whole wheat bread/

Chicken Marsala, served with green beans, butternuts squash, mixed fruit cup, and whole wheat bread.

Grilled Veal Chop with Mustard Sage Sauce, served with diced 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.

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Meals for Weight Reduction



TMS001600

Manicotti Alfredo, served with peas, Italian vegetables, mixed fruit cup, and whole wheat bread.

Sweet & Sour Chicken, served with steamed white rice, green peas, pear cup, and whole wheat bread.

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.

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

Whole Grain Fish Fillet, served with cheesy mashed potatoes, mixed vegetables, Mandarin oranges, and whole wheat bread.

TMS001601

Chicken Parmesan, served with diced potatoes, green beans, pineapple cup, and whole wheat bread.

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

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

Twisted Mac and Cheese with Chicken Chorizo, served with pinto beans with red & green peppers, carrots, peach cup, and whole wheat bread.

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

Homemade Chicken Stew, served with steamed green beans, apple raisin fruit, and whole wheat bread.

Veggie Chili, served with carrots, pineapple cup, and whole wheat bread.

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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.

Beef Patty in Teriyaki Sauce, served with steamed rice, mixed vegetables, margarine, and Mandarin oranges.

Chicken Lasagna, served with mixed vegetables, pineapple cup, margarine, and apple spice cookie.

Chicken Breast wth Thai Ginger Sauce, served with flat beans, carrots, strawberry applesauce, margarine, and graham crackers.

Grilled Veal Chop w/Mustard Sage Sauce, served with diced potatoes, margarine, maple butternut squash, and peach cup.

TMS001373

Beef Patty w/Pizzaiola Sauce, served with green beans, margarine, pineapple Mandarin oranges, and maple waffle graham.

Whole Grain Breaded Pollock, served with broccoli, cheesy mashed potatoes, margarine, fruit cup, and graham crackers.

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

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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.
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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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