

MENU

WINTER/SPRING 2022

*The new generation of
home-delivered meals*

Serving over 10,000
consumers across Ohio!



Unfortunately, due to supply shortages, Global Meals may change the meals in your delivery based on availability.

*With love from
Global Meals*

Cleveland: 216.292.2003

Columbus: 614.252.4813

Toll-Free: 1.888.928.2323

Email: help@globalmeals.com

Website: www.globalmeals.com

Welcome to Global Meals!

We understand the value of staying independent and the role a home delivered meals program can play in someone's life. By providing nutritious, delicious meals with a variety of flavors from around the globe, we help our consumers achieve healthy, independent lifestyles.

Global Meals provides home delivered meals to consumers across all of Ohio and we work with multiple funding sources.

We're confident you'll love our meals and are excited to have you as part of our Global Meals family!

Let's get started!

Certified Statewide:

PASSPORT, MyCare Ohio, Ohio Home Care Waiver Program: (866) 243-5678
Ohio DODD: (800) 617-6733

Certified by County:

Franklin County Office on Aging: (614) 525-6200
Cuyahoga County Division of Senior & Adult Services: (216) 420-6700
McGregor PACE, Cuyahoga County: (216) 791-3580

How to contact us:


Cleveland: 216.292.2003 Email: help@globalmeals.com
Columbus: 614.252.4813 Website: www.globalmeals.com
Toll-Free: 1.888.928.2323

See Global Meals FAQ on page 11.

Standard 14-MEAL Rotations

If you qualify for 7 meals per week, you will receive 14 meals every other week.

Combine any weeks from this menu to create your custom menu, or try one of our standard rotations first:

You can also select different options for dairy, juice, and bread! 

A 14-Meal Breakfast | Lunch | Dinner Rotation: [6 Weeks]

- DELIVERY 1:** Healthy Choice & Rise & Shine Sandwiches
- DELIVERY 2:** Family Favorites & Good Food Made Simple
- DELIVERY 3:** Marie Callender's & Burritos & Wraps
- DELIVERY 4:** Gourmet Cuisine & All American
- DELIVERY 5:** Classic Comfort & Deli Café
- DELIVERY 6:** Asian Table & Week of the Month

B 14-Meal Dinners Only Rotation: [3 Weeks]

- DELIVERY 1:** Healthy Choice & Family Favorites
- DELIVERY 2:** Marie Callender's & Gourmet Cuisine
- DELIVERY 3:** Asian Table & Classic Comfort

C 14-Meal Live Well Rotation: [2 Weeks]

- DELIVERY 1:** Healthy Balance 1 & Healthy Choice
- DELIVERY 2:** Healthy Balance 2 & Good Food Made Simple

EACH MEAL CONSISTS OF:

- Two ounces of edible cooked meat, fish, fowl, eggs or meat alternate
- Three servings of vegetables and/or fruits, includes juice
- Two servings of starches/grains
- One cup low-fat milk or equivalent
- Fat serving

YOUR DELIVERY INCLUDES:

- 1 or 2- Loaf of Bread
- 2- Sticks of Butter
- 2- Containers of Juice
- 1- Container of Milk
- 1- Package of Cheese

DAIRY OPTIONS:

Part of rotation: • 2% Milk

MILK OPTIONS

- Skim Milk • Soy Milk • Kefir
- Buttermilk • Almond Milk
- Hot Chocolate • Sour Cream

CHEESE OPTIONS:

- Sliced Cheese (Smoked, Edam, Gouda, Dvaro, Rossiysky)
- Cheese Sticks • Cottage Cheese

JUICE/FRUIT & VEGETABLE OPTIONS:

Part of rotation:

- Orange • Apple
- Cranberry • Cherry

On request:

- Tomato

On request (glass jars):

- Peaches • Pickles
- Cherries • Jams

On request:

- Fresh Apples (seasonal)
- Dry Fruits (upon availability)

BREAD OPTIONS:

Part of rotation:

- Gourmet Wheat Bread

On request:

- Rye Bread
- 100% Wheat **or** White Sandwich Bread
- Instant Oatmeal
- Buckwheat
- Cookies



Standard 10-MEAL Rotations

If you qualify for 5 meals per week, you will receive 10 meals every other week.

Combine any weeks from this menu to create your custom menu, or try one of our standard rotations first:

A 10-Meal Breakfast | Lunch | Dinner Rotation: [10 Weeks]

DELIVERY 1: Healthy Choice

DELIVERY 6: Good Food
Made Simple

DELIVERY 2: Family Favorites

DELIVERY 7: Classic Comfort

DELIVERY 3: Rise & Shine
Sandwiches

DELIVERY 8: Burritos & Wraps

DELIVERY 4: Marie Callender's

DELIVERY 9: Asian Table

DELIVERY 5: Gourmet Cuisine

DELIVERY 10: All American

B 10-Meal Dinners Only Rotation: [6 Weeks]

DELIVERY 1: Healthy Choice

DELIVERY 4: Gourmet Cuisine

DELIVERY 2: Family Favorites

DELIVERY 5: Classic Comfort

DELIVERY 3: Marie Callender's

DELIVERY 6: Asian Table

C 10-Meal Live Well Rotation: [4 Weeks]

DELIVERY 1: Healthy Balance 1

DELIVERY 3: Healthy Balance 2

DELIVERY 2: Healthy Choice

DELIVERY 4: Good Food
Made Simple

7-MEAL PACK INCLUDES:

- 7 Meals in each week
- 1 loaf of Bread (Dinner Weeks)
- 1 stick of Butter
- 1 container of Juice
- 1 container of Milk

10-MEAL PACK INCLUDES

Everything in the 7-meal pack PLUS:

- 3 popular meals from the Menu
- 2 Fruit Servings
- 2 Cheese Sticks

◀ You can also select different options for dairy, juice, and bread! (See center panel)

The 10-MEAL PACK = 7-Meal Pack + 3-Meal Pack:

3-MEAL PACK A

1. 100% Beef Meatloaf
2. Beef Lasagna
3. Turkey Chili

3-MEAL PACK B (GLUTEN FREE)

1. BBQ Chipotle Chicken
2. Pesto Chicken w/Creamy Risotto
3. Coconut Ginger Shrimp

3-MEAL PACK C (VEGETARIAN)

1. Multi-grain French Toast, Vegetable or Fruit servings
2. Cheese Pizza or Crepes, Vegetable or Fruit servings
3. Steel Cut Oatmeal, Vegetable or Fruit servings

3-MEAL PACK D

1. Sandwich of the Week, Vegetable or Fruit servings
2. Burrito of the Week, Vegetable or Fruit servings
3. Hot Dog of the Week, Vegetable or Fruit servings

3-meal packs are automatically rotated, not available for individual order.

Standard Rotation

Dinner weeks 1 through 6 are included in rotations A and B.

WEEK 1 HEALTHY CHOICE

Beef Merlot Tender Beef Strips with Russet Potatoes and a Vegetable Medley in rich Merlot Wine Sauce

Grilled Chicken Marinara with Penne Pasta and Broccoli in a zesty Marinara Sauce

Homestyle Chicken & Potatoes Juicy Chicken in Olive Oil with Redskin Potatoes and Vegetables

Sesame Chicken Grilled Chicken with White Rice and Vegetables

Golden Roasted Turkey Breast Turkey Breast with rich Gravy & traditional Stuffing, Green Beans, and Apple Dessert

Grilled Chicken Pesto with freshly made Rotini Pasta, Zucchini and Spinach in a Basil Pesto Sauce

Meal of the Week Rotation of our favorite Healthy Choice Meals

10-Meal Week includes 3-MEAL PACKS A & B

WEEK 2 FAMILY FAVORITES

Italian Style Meatballs & Polenta Beef and Pork Meatballs in Pomodoro Sauce served with creamy Parmesan Polenta and seasoned Broccoli and Carrots

Chicken with Cornbread Stuffing Chicken Breast Strips in a Maple Gravy served with Sweet Cornbread Stuffing, Spinach, Carrots and Peas, Vegetable or Fruit servings

100% Beef Meatloaf with Sweet Potato Mash topped with tangy BBQ Sauce, served with Carrots, Corn and Kale

Cheesy Mac and Beef Cavatappi Pasta, Ground Beef and Broccoli, sliced Tomatoes, topped with velvety White Cheddar Sauce and shredded Cheddar

BBQ Pulled Pork & Beans served with Carrots and Green Beans

Pumpkin Stuffed Gnocchi with roasted Pumpkin Cream Sauce topped with crispy Bacon and Butternut Squash

Chicken Ravioli Chicken and Cheese filled Ravioli with creamy Garlic Alfredo Sauce topped with Peas, Carrots and Onions

10-Meal Week includes 3-MEAL PACKS A & B

WEEK 3 MARIE CALLENDER'S

Country Fried Chicken w/Gravy White Meat Chicken, homestyle Gravy, creamy Mashed Potatoes, and Corn in a delicious Butter Sauce

Beef & Broccoli Beef and Broccoli florets with Gravy and Rice

Steak and Roasted Potatoes Tender Beef in a savory Mushroom Gravy with Roasted Red Potatoes and Green Beans

Salisbury Steak with roasted Potatoes and homestyle Gravy served with Mac & Cheese

Chicken with Mac & Cheese Breaded and Fried Chicken with Cavatappi Pasta in a creamy Cheese Sauce

Chicken Pot Pie Tender White Chicken meat in flaky crust with savory Gravy and Vegetables, Fruit Pie

Meal of the Week Rotation of our favorite Marie Callender's meals

10-Meal Week includes 3-MEAL PACKS A & B



Select any combination of weeks. Your choice is our priority!

WEEK 4 GOURMET CUISINE

Cider Glazed Grilled Chicken in an Apple Cider Glaze Sauce and Vegetable Farro with Butternut Squash, Celery, Carrot & Onion

Chicken Parmesan Penne Pasta with Chicken Parmesan, Peas and Carrot blend and Broccoli

BBQ Turkey Meatballs over Vegetable Brown Rice with Mesquite BBQ Sauce, Peas and Carrots

Lemon Caper Fish Battered Pollack Fish with Lemon Caper Sauce and Orzo Pilaf, served with Green Beans and Cauliflower

Pesto Chicken w/Creamy Risotto Chicken Breast strips in a Pesto Sauce served with Risotto, Spinach, sliced Tomatoes, and shredded Parmesan Cheese

Coconut Ginger Shrimp served with Rice, Green Onion, Celery, and Red Peppers in a Coconut Ginger Sauce

Florentine Stuffed Shells Cheese and Spinach stuffed Shells with Chunky Pomodoro Sauce and Bell Peppers

10-Meal Week includes 3-MEAL PACKS A & B

WEEK 5 CLASSIC COMFORT

Country Style Chicken topped with Gravy and served with Mashed Potatoes, Corn, Green Beans and Broccoli

Spaghetti and Meatballs Turkey Meatballs in a chunky Pomodoro Sauce topped with Parmesan Cheese, Carrots and Broccoli

Salisbury Steak with Mushroom Gravy, served with Mashed Potatoes, Corn and Kale mix, and Cauliflower

Turkey Dinner with Mashed Potatoes & Cranberry Sauce Turkey Dinner with Mashed Potatoes and Stuffing served with a Cranberry Sauce

Italian Style Mac and Cheese Skillet Cavatappi Pasta in White Cheddar Sauce with Broccoli & sliced Cherry Tomatoes with Breadcrumbs and shredded Cheese

BBQ Chipotle Chicken Chipotle pulled Chicken over Brown Rice and Beans, served with Cauliflower & Corn

Beef Lasagna layers of Lasagna sheets with a creamy Cheese filling, in a Beef Meat Sauce topped with diced Celery, Carrots and Onions

10-Meal Week includes 3-MEAL PACKS A & B

WEEK 6 ASIAN TABLE

Honey Chicken White Chicken Meat tossed in a sweet and savory Sauce with crisp Carrots and Red Bell Peppers over Rice

General Tso's Chicken White Chicken Meat, Broccoli and Red Peppers topped with a spicy Asian-style BBQ Sauce over Rice

Pork Potstickers Pork & Vegetable Dumplings seasoned with Ginger, Garlic, and Soy Sauce

Sweet & Sour Chicken White Chicken Meat, Carrots, Pineapple and Green Bell Pepper topped with a tangy sweet and sour Sauce over Rice

Chicken Dumplings Chicken & Vegetable Dumplings seasoned with Ginger, Garlic, and Soy Sauce

Orange Chicken White Chicken Meat, Broccoli and Carrots in a sweet and savory Orange Sauce over Rice

Yokisoba Pork Seasoned Pork, Carrots, fire roasted Red Bell Pepper, Shiitake Mushrooms with a savory Sauce over Noodles

10-Meal Week includes 3-MEAL PACKS A & B



HEATING INSTRUCTIONS

All microwaves are different, adjust time as needed.

1. FROM FROZEN: Peel back one corner of film to vent. Cook on high for 1-2 minutes. Carefully pull back film, stir contents, and cover again. Cook an additional 1.30 minutes or until heated through to 165°F. Remove film, stir, and let stand for 1-2 minutes.

2. FROM THAWED: Thaw meal in the refrigerator overnight for the next day's use. Heat on high for 2-3 minutes. If the meal is not hot enough, heat additional 1 minute, check and add time in 15-30 second intervals until heated through (or to an internal temp of 165°F).



Standard Rotation & Specialty Weeks

NEW WEEK!

WEEK 7 RISE & SHINE SANDWICHES

- Ham, Egg, & Cheese Croissant** Flaky fresh baked Croissant with fried Egg, Deli Ham, and Cheese
 - Sausage, Egg, & Cheese Bagel** Fried Egg, Sausage patty, and Cheese on a soft plain Bagel
 - French Toast, Egg & Sausage** Cinnamon swirl French Toast, fried Egg, Sausage patty and American Cheese
 - Double Sausage Cheese Biscuit** Two Sausage patties with American Cheese on a home style Buttermilk Biscuit
 - Sausage, Egg, & Cheese Waffle** Fried Egg, Sausage Patty, and Cheese on a Maple Chip Waffle
 - Chicken Sausage Egg Muffin** Home style English Muffin with Fried Egg, Chicken Sausage patty and American Cheese
 - Breakfast Burrito** Scrambled Egg, Sausage, grilled Peppers, and Cheddar Cheese in a fresh flour Tortilla
- 10-Meal Week includes 3-MEAL PACKS C & D**
- RISE & SHINE SANDWICHES includes assorted fruit or vegetable servings. (Does not come with bread)

NEW WEEK!

WEEK 8 GOOD FOOD MADE SIMPLE

- Chicken Apple Sausage Burrito** Egg Whites, Chicken Apple Sausage, White Cheddar Cheese, & Vegetables
 - Steel Cut Oatmeal** Unsweetened Organic Oats will fuel you all morning long, Vegetable or Fruit servings
 - Turkey Sausage Flatbread** Egg Whites, Turkey Sausage, hearty roasted Potatoes, organic Vegetables, and Cheddar Cheese
 - Turkey Sausage Scramble Bowl** with roasted Potatoes, Bell Peppers, and White Cheddar Cheese
 - Multi-grain Waffles** Organic Blueberry or tangy Buttermilk, blend of Oats & Ancient Grains, Vanilla and a hint of Cinnamon, Vegetable or Fruit servings
 - Fire Roasted Salsa Scramble Bowl** Egg Whites, Sweet Potatoes, Kale, Black Beans, with fire-roasted red bell pepper salsa
 - Multi-Grain French Toast** Cinnamon or Original, hearty rolled Oats and Honey form each fluffy slice, with Vegetable or Fruit servings
- 10-Meal Week includes 3-MEAL PACK C**

NEW WEEK!

WEEK 9 BURRITOS & WRAPS

- Chicken Burrito** Chicken, Beans, and Cheese in a soft Flour Tortilla
 - Steak Fajita Burrito** Steak, roasted Red and Green Peppers, Onions, Rice, and Cheddar Cheese in a soft Flour Tortilla
 - Taco Burrito** Ground Beef, Pinto Beans, and Cheddar Cheese in a soft Flour Tortilla
 - Italian Wrap** Ham, Pepperoni, Salami, Provolone Cheese, Onions, Banana Peppers in a Flour Tortilla
 - Turkey Bacon Avocado Wrap** Sliced Turkey, Monterey Jack Cheese, Avocado Ranch Dressing, and Bacon crumbles in a Flour Tortilla
 - Chipotle Chicken Wrap** Chicken Breast, Chipotle Ranch Dressing, and Cheddar Cheese in a Flour Tortilla
- Burrito/Wrap of the Week** Rotation of favorite Burrito or Wrap
- 10-Meal Week includes 3-MEAL PACKS C & D**
- BURRITOS & WRAPS includes assorted fruit or vegetable servings. (Does not come with bread)



Rise & Shine!

Breakfast and Lunch weeks 7 through 11 are included in the standard rotation when combined with dinner weeks 1 through 6.

WEEK 10 DELI CAFÉ

Italian Sub Cotto Salami, Pepperoni, Smoked Ham, Provolone Cheese, and mild pepper rings on a Sub Roll

Turkey and Cheese Sub Smoked Turkey and Swiss Cheese on a Sub Roll

Chicken Salad Sandwich Chicken Breast Salad on Wheat Bread

Dagwood Sub Ham, Turkey, Pepperoni, and American Cheese on an Onion Sub Roll

Farmer's Fresh Breakfast Burrito Egg, Breakfast Sausage, Hash Brown Potatoes, & American Cheese wrapped in a soft Tortilla

Bavarian Pretzel Ham & Cheese Smoked Ham with Swiss American Cheese on a Pretzel Bun

Sandwich of the Week Rotation of our favorite Sandwich Shop Sandwiches

10-Meal Week includes 3-MEAL PACKS C & D

DELI CAFÉ includes assorted fruit or vegetable servings. (Does not come with bread)

WEEK 11 ALL AMERICAN

NEW
WEEK!

Pizza of the Week Rotation: Pepperoni or Supreme Pizza on a traditional Crust or French Bread Crust

Hot Dog All Beef Hot Dog on a soft, fresh Hot Dog Bun

All American Sub Sliced deli Turkey, slice deli Ham, and Cheddar Cheese on a Sub Roll

BBQ Pulled Pork Sandwich Homemade Pulled Pork in a sweet BBQ Sauce on a Honey Hamburger Bun

Deluxe Meatball Sub Beef and Pork Meatballs, Pepperoni, Provolone Cheese, Pizza Sauce on a Parmesan-crusting Sub Bun

Fried Chicken Sandwich Southern-style breaded Chicken Breast on a Potato Hamburger Bun

Angus Cheeseburger Premium flame-broiled Beef Steak with American Cheese on a Sesame Bun

10-Meal Week includes 3-MEAL PACKS C & D

ALL AMERICAN includes assorted fruit or vegetable servings. (Does not come with bread)

BRUNCH CLUB

Salmon Lox Gourmet Smoked Salmon on our delicious bread

Breakfast Deli Meat Rotation of our breakfast Deli Meats

Franks of the Week Rotation of our favorite specialty Franks

Crepes or Pierogies of the Week Rotation of Cheese, and Cheese & Mushroom Crepes, or Potato Pierogies,

Breakfast Sandwich of the Week Rotation of our favorite Breakfast Sandwiches

Meat Lovers Breakfast Bowl Potatoes, Sausage, cage-free Eggs, Cheddar Cheese & Bacon

Breakfast Wrap of the Week Rotation of our favorite Breakfast Wraps

10-Meal Week includes 3-MEAL PACKS C & D

BRUNCH CLUB includes assorted fruit or vegetable servings.



Specialty Weeks

Variety is the spice of life! Add any of these weeks to your meal plan.

MEAT LOVERS

Cheesy Mac and Beef Cavatappi Pasta, Ground Beef and Broccoli topped with velvety White Cheddar Sauce and shredded Cheddar

Beef Lasagna layers of Lasagna sheets with a creamy Cheese filling in a Beef Meat Sauce with diced Celery, Carrots, and Onions

Spaghetti and Meatballs Turkey Meatballs in a chunky Pomodoro Sauce topped with Parmesan Cheese, Carrots and Broccoli

100% Beef Meatloaf with Sweet Potato Mash topped with tangy BBQ Sauce, served with Corn & Kale mix

Salisbury Steak with Mushroom Gravy served with Mashed Potatoes and Sweet Corn

Meat Lovers Breakfast Bowl Potatoes, Sausage, cage-free Eggs, Cheddar Cheese and Bacon

Beef Sandwich of the Week Rotation of our favorite Beef Sandwiches

10-Meal Week includes 3-MEAL PACKS A & B

GLOBAL BISTRO

Blintzes Potato & Cheese Thin Crepes filled with mashed Potatoes and Mozzarella Cheese, Sour Cream

Potato Pierogies Filled with Potatoes, Mozzarella Cheese and Onions, Sour Cream

Blintzes with Cottage Cheese Thin Crepes filled with smooth Farmer Cheese, with Sour Cream, Fruit Jam

Potato Cakes with Mushrooms Mashed Potato Patties stuffed with Button Mushrooms & Onion, Sour Cream

Blintzes Mushrooms & Cheese Thin Crepes filled with Button Mushrooms & Mozzarella Cheese, Sour Cream

Cheese Pierogies Filled with creamy cottage cheese

Farmer Cheese Pancakes Cottage Cheese and Raisin Cakes fried to a golden Crust served with Sour Cream and Fruit Jam

10-Meal Week includes 3-MEAL PACK C

GLOBAL BISTRO includes sour cream, and a jar of fruit jam or preserves. (Does not come with bread)

COMFORT SOUPS

New York Chicken with Noodles and Vegetables

A sophisticated mix of seasonings, broth, vegetables and pasta, with Blintzes

Chicken Noodles and Dumplings The ultimate comfort food for lunch, dinner, or anytime, with Blintzes

New England Potato This regional soup has been a longtime family favorite, with Blintzes and a dollop of Sour Cream

Tomato Basil Soup Miles from the canned tomato soup of your childhood, aromatic & savory, with Blintzes and a dollop of Sour Cream

Barley Mushroom Soup Rich and aromatic, with Blintzes and a dollop of Sour Cream

Corn Chowder Soup Thick and creamy, loaded with corn and chunky Potatoes, with Blintzes

Soup of the Week Rotation of our favorite Comfort Soups

10-Meal Week includes 3-MEAL PACKS A & B

COMFORT SOUPS includes Potato or Spinach Blintzes, Sour Cream.



Modified Diets

Our Healthy Balance weeks are diabetic-friendly, low-calorie, low fat, carb-controlled, lower sodium & delicious!

HEALTHY BALANCE 1

Cider Glazed Grilled Chicken in an Apple Cider Glaze Sauce and Vegetable Farro with Butternut Squash, Celery, Carrot & Onion

100% Beef Meatloaf with Sweet Potato Mash topped with tangy BBQ Sauce, served with Carrots, Corn and Kale

Steel Cut Oatmeal Unsweetened Organic Oats will fuel you all morning long, Vegetable or Fruit servings

BBQ Pulled Pork & Beans served with Carrots and Green Beans

BBQ Chipotle Chicken Chipotle pulled Chicken over Brown Rice and Beans, served with Cauliflower & Corn

Turkey Chili Ground Turkey with Red Kidney Beans and Pinto beans in a chunky Tomato Chili sauce & Cheddar Cheese topping served with Green Beans and Carrots

BBQ Turkey Meatballs over Vegetable Brown Rice with Mesquite BBQ Sauce, Peas and Carrots

10-Meal Week includes 3-MEAL PACKS A & B

HEALTHY BALANCE 2

Turkey Sausage Scramble Bowl with roasted Potatoes, Bell Peppers, and White Cheddar Cheese

Florentine Stuffed Shells Cheese and Spinach stuffed Shells with Chunky Pomodoro Sauce and Bell Peppers

Coconut Ginger Shrimp served with Rice, Green Onion, Celery, and Red Peppers in a Coconut Ginger Sauce

Salisbury Steak with Mushroom Gravy, served with Mashed Potatoes, Corn and Kale mix, and Cauliflower

Beef Lasagna layers of Lasagna sheets with a creamy Cheese filling, in a Beef Meat Sauce topped with diced Celery, Carrots and Onions

Chicken Parmesan Penne Pasta with Chicken Parmesan, Peas and Carrot blend and Broccoli

Spaghetti and Meatballs Turkey Meatballs in a chunky Pomodoro Sauce topped with Parmesan Cheese, Carrots and Broccoli

10-Meal Week includes 3-MEAL PACKS A & B

Diabetic Friendly!

Healthy Balance

Our new Healthy Balance weeks are full of:

LEAN PROTEINS
WHOLE GRAINS
VEGETABLES

While lower in:

LOW-CALORIE
LOW FAT
CARB CONTROLLED
LOWER SODIUM

(See back page for nutritional information)

Try our
Modified Diet weeks
pages 9-10,
good for you and
full of flavor!

Try delicious
Buckwheat!



Buckwheat is a tasty, easy-to-prepare **Superfood!** It is gluten-free, has more protein than rice, and is rich in fiber, minerals, and plant compounds.

To try Buckwheat you may request it as your bread option by calling our office or emailing us at help@globalmeals.com!

Heating Instructions: Put one or all 4 bags in boiling water with a little salt and boil on medium heat for 15-20 minutes. Remove the bag (careful it will be hot), empty into a serving dish. Delicious with a pat of butter. Enjoy as a side dish or snack!

Modified Diets

Our Modified Diet weeks are healthy without sacrificing flavor and can be added to your custom meal plan at any time!

VEGETARIAN

Crepes of the Week Rotation of Cheese Crepes, Cheese and Mushroom Crepes, Potato and Cheese Crepes

Florentine Stuffed Shells Cheese and Spinach stuffed Shells with Chunky Pomodoro Sauce and Bell Peppers

Steel Cut Oatmeal Unsweetened Organic Oats will fuel you all morning long

Italian Style Mac and Cheese Skillet Cavatappi Pasta in White Cheddar Sauce with Broccoli and sliced Cherry Tomatoes topped with Breadcrumbs & shredded Cheese

Fresh Mozzarella Manicotti Mozzarella-filled Manicotti with Pink Peppercorn Tomato Sauce topped with roasted red Tomatoes

Spinach & Cheddar Breakfast Flatbread Fresh organic Spinach, all-natural White Cheddar Cheese, cage-free Egg Whites, organic Sweet Potatoes and Salsa

Fire Roasted Salsa Scramble Bowl Egg Whites, Sweet Potatoes, Kale, Black Beans, with fire-roasted red bell pepper salsa

10-Meal Week includes 3-MEAL PACK C

GLUTEN RESTRICTED

(contains no wheat, prepared in commercial kitchen with risk of gluten exposure)

Meat Lovers Breakfast Bowl Potatoes, Sausage, cage-free Eggs, Cheddar Cheese and Bacon

BBQ Chipotle Chicken Chipotle pulled Chicken over Brown Rice and Beans, served with Cauliflower & Corn

Turkey Sausage Scramble Bowl with roasted Potatoes, Bell Peppers, and White Cheddar Cheese

Italian Style Meatballs & Polenta Beef and Pork Meatballs in Pomodoro Sauce served with creamy Parmesan Polenta and seasoned Broccoli and Carrots

Coconut Ginger Shrimp served with Rice, Green Onion, Celery, and Red Peppers in a Coconut Ginger Sauce

Pesto Chicken w/Creamy Risotto Chicken Breast strips in a Pesto Sauce served with Risotto, Spinach, sliced Tomatoes, and shredded Parmesan Cheese

BBQ Pulled Pork & Beans served with Carrots and Green Beans

10-Meal Week includes 3-MEAL PACK B

GLUTEN RESTRICTED includes Buckwheat as a bread alternative.



Vegan Meals
available on
request!



FAQ about Global Meals

When do you deliver? We deliver weekly or bi-weekly on the same day within a 2-3 hours' time frame. If there is a problem with the delivery due to unforeseen circumstances, we will contact you to arrange an alternative date or time.

How many meals will I receive?

The number of meals you receive is authorized by your case manager. We will deliver 10-14 meals weekly or bi-weekly.* Clients who are authorized for 7 meals per week will receive 14 meals every other week. **-We understand how important your meal delivery is, particularly during the COVID-19 pandemic. If you need more meals during the pandemic, contact your case manager to request more meals.**

How do I order, or make a change to my order?

You can order by phone or email at help@globalmeals.com. We suggest you call once every month to make changes to your menu selection.* If you choose to stay on our "Standard Rotation" there is no need for you to call or email.

Can I choose my menu? YES!

We encourage you to start with our "Standard Rotation" to taste a variety of delicious meals before making any changes to your menu selection. You can choose any week in this brochure, including Specialty Weeks and Modified Diets. In addition to your meal choice, you have options for dairy, juices, and bread. (See Page 3) Note: **Your choice is our priority!** However, to protect your health and safety we cannot open prepackaged meals for substitutions.

Can I skip a delivery? YES! Just call or email to let us know you want to skip a delivery and we will put your meals on hold until you are ready to resume your delivery.

What if I cannot be home for my delivery?

In the event you are hospitalized or going out of town, please contact our office to cancel your meals prior to your delivery day.

Can someone else sign for my delivery?

YES! But only with your case manager's authorization. Please contact your case manager before your delivery day and request for a written authorization to be sent directly to Global Meals by fax 614-228-1746 or email at referrals@globalmeals.com for approval of a designated person to sign for your meals.

How do I contact Global Meals?

Please contact our customer care team and your questions will be answered promptly.

Toll-Free: 1-888-928-2323

Cleveland: 216-292-2003

Columbus: 614-252-4813

Fax: 614-228-1746

Email: help@globalmeals.com

Website: www.globalmeals.com

COVID-19 disclosure: If you test positive or have a known COVID-19 exposure please notify us as soon as possible so we can make special arrangements for your next meal delivery.

*** Due to supply shortages, Global Meals may change the meals in your delivery based on availability.**

How is my Wheat Bread White?

Dear Global Meals Consumer,

As always, we try to deliver the best products to you from around the Globe! Enjoy our signature **Gourmet Milk Recipe Wheat Bread**, which contains 100% wheat with the taste and look of a silky white bread. We achieved this by adding skim milk to our unique recipe, providing you with the healthy ingredients of wheat bread and the delicious gourmet taste of white bread!

Please enjoy this amazing bread from Global Meals!

Your Choice is our Priority!

If you would like to try another bread option, call our office or email us at help@globalmeals.com.

Available upon request:

- Rye Bread
- 100% Wheat **or** White Sandwich Bread
- Instant Oatmeal
- Buckwheat
- Cookies



Global Meals Signature Entrees

NUTRITION INFORMATION

Enjoy our low-calorie Signature Entrees with no added sugar!

CHICKEN AND TURKEY MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Cider Glazed Chicken ★	270	5	37	6	650
Chicken with Cornbread Stuffing ▼♥	360	13g	41g	4g	990
Pesto Chicken w/Creamy Risotto ▼♥ⓐⓑ	290	10g	32g	1g	820
Country Style Chicken ▼ⓐ	410	21g	32g	4g	770
Chicken Ravioli ▼ⓐⓑ	430	23g	40g	3g	620
Chicken Parmesan ★	260	7g	34g	4g	650
BBQ Chipotle Chicken ⓐ★	310	4.5g	39g	5g	540
BBQ Turkey Meatballs ★	360	7g	54g	7g	680
Turkey with Mashed Potatoes & Cranberry Sauce ▼♥ⓐ	330	9g	45g	2g	740
Turkey Chili ★	240	8g	24g	8g	350
Spaghetti & (Turkey) Meatballs ▼♥ⓐ	270	6g	36g	4g	750

BEEF MEALS	CAL	FAT	CARBS	FIBER	SODIUM
100% Beef Meatloaf ★	310	12g	36g	5g	230
Beef Lasagna ★	290	9g	36g	2g	490
Cheesy Mac and Beef ▼ⓐ	410	18g	45g	3g	770
Salisbury Steak ▼ⓐⓑ	370	23g	24g	3g	560
PORK MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Italian Style Meatballs & Polenta (Beef and Pork) ▼ⓐ	370	24g	22g	3g	850
BBQ Pulled Pork & Beans ⓐ★	260	5g	31g	9g	570
Pumpkin Stuffed Gnocchi	520	28g	58g	2g	1240
SEAFOOD MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Lemon Caper Fish ▼♥	420	15g	55g	4g	690
Coconut Ginger Shrimp ⓐ★	350	15g	38g	3g	650
VEGETARIAN MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Fresh Mozzarella Manicotti ▼	500	27g	49g	3g	1140
Florentine Stuffed Shells ★	320	16g	28g	3g	570
Italian Style Mac and Cheese Skillet ▼	370	13g	50g	3g	680

- ▼ Low-calorie options are less than 500 calories.
- ♥ Low-fat options are at or less than 16 grams total fat and are at or less than 5 grams saturated fat.
- ⓐ Carb-controlled options are at or less than 45 grams of total carbohydrates.
- ⓑ Gluten-restricted options contain no wheat but are prepared in a commercial kitchen with the risk of gluten exposure.
- ⓓ Sodium-controlled options are at or less than 650 mg of sodium
- ★ **Healthy Balance** options are low calorie, low fat, carb controlled, and lower sodium.

All entrees are certified and approved by a licensed dietitian.



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