

MENU

*The new generation of
home-delivered meals*

*Bon Appétit!
With Love,
Global Meals*

**In the event of a supply shortage,
Global Meals reserves the right to
modify your delivery.**



Cleveland: 216.292.2003

Columbus: 614.252.4813

Toll-Free: 1.888.928.2323

Email: help@globalmeals.com

Website: www.globalmeals.com

Menu Release Jan 2023

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: (844) 644-6582
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:


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Toll-Free: 1.888.928.2323

See Global Meals FAQ on page 12.

Classic 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 Classic 14 or 10 meal 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 & Hearty & Rise & Shine Sandwiches

DELIVERY 2: Family Favorites & Good Food Made Simple

DELIVERY 3: Homestyle Dinners & 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 & Hearty & Family Favorites

DELIVERY 2: Homestyle Dinners & Gourmet Cuisine

DELIVERY 3: Asian Table & Classic Comfort

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

DELIVERY 1: Healthy Balance 1 & Healthy & Hearty

DELIVERY 2: Healthy Balance 2 & Good Food Made Simple

EACH MEAL CONSISTS OF:

- Three 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 (Edam, Gouda, Dvaro)
- 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:

- Wheat Bread

On request:

- Instant Oatmeal
- Buckwheat
- Cookies



Classic 10-MEAL Rotations

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



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

DELIVERY 1: Healthy & Hearty

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: Homestyle Dinners

DELIVERY 9: Asian Table

DELIVERY 5: Gourmet Cuisine

DELIVERY 10: All American



10-Meal Dinners Only Rotation: [6 Weeks]

DELIVERY 1: Healthy & Hearty

DELIVERY 4: Gourmet Cuisine

DELIVERY 2: Family Favorites

DELIVERY 5: Classic Comfort

DELIVERY 3: Homestyle Dinners

DELIVERY 6: Asian Table



10-Meal Live Well Rotation: [4 Weeks]

DELIVERY 1: Healthy Balance 1

DELIVERY 3: Healthy Balance 2

DELIVERY 2: Healthy & Hearty

DELIVERY 4: Good Food
Made Simple

Combine any weeks from this menu to create your custom menu, or try one of our Classic Rotations first.

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. Chicken with Cornbread Stuffing

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. Black Bean & Veggie Burrito, 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. Gourmet Sandwich of the Week, Vegetable or Fruit servings

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

CLASSIC MEAL ROTATIONS HEALTHY & HEARTY

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

BBQ Seasoned Steak with Potatoes Tender Beef with roasted Potatoes, crisp Vegetables in a tangy BBQ Sauce

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

Beef Teriyaki mixed with Rice, Carrots, crisp Broccoli, and delicious Water Chestnuts

Chicken Margherita Grilled Chicken with Pasta, roasted Garlic, Tomatoes, and a Balsamic Vinaigrette Sauce

Meal of the Week Rotation of our favorite Healthy & Hearty Meals

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

CLASSIC MEAL ROTATIONS 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 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

CLASSIC MEAL ROTATIONS HOMESTYLE DINNERS

Grilled Chicken Alfredo Bake Pasta, tender Chicken Breast, and wholesome Veggies, with Fettucini Noodles and a four Cheese Alfredo sauce

Swedish Meatballs Egg Noodles and Sour Cream sauce combined with warmly spiced Swedish Meatballs

Sesame Chicken Bowl Tender Noodles, Tempura Chicken Breast Fritters, crisp Carrots with a signature sweet Sesame sauce

Beef & Broccoli Beef and Broccoli florets with Gravy and Rice

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 Homestyle Dinners meals

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

Classic Meal Rotations

CLASSIC MEAL ROTATIONS 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

CLASSIC MEAL ROTATIONS 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, 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

CLASSIC MEAL ROTATIONS ASIAN TABLE

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

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

Meal of the Week Rotation of our favorite Asian Table meals

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



CLASSIC MEAL ROTATIONS 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, Cheese & Ham French Toast, Egg & Cheese Omelet, sliced Ham

Double Sausage Cheese Biscuit Two Sausage patties with American Cheese on a home style Buttermilk Biscuit

Egg, Cheese & Bacon Ciabatta Fried Egg, Canadian Bacon, and American Cheese on a soft Ciabatta Bun

Sausage Egg Muffin Home style English Muffin with Fried Egg, Pork 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)

CLASSIC MEAL ROTATIONS 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

Multi-Grain Waffles Organic Blueberry or tangy Buttermilk, blend of Oats & Ancient Grains, Vanilla and a hint of Cinnamon, Vegetable or Fruit servings

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

Turkey Sausage Flatbread Egg Whites, Turkey Sausage, hearty roasted Potatoes, organic Vegetables, and Cheddar Cheese

Black Bean & Veggie Burrito Vegetables, roasted Potatoes, Pepper Jack and Cheddar Cheese with organic Salsa in a Flour Tortilla

Bowl of the Week Rotation of our favorite Bowls

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

GOOD FOOD MADE SIMPLE includes assorted fruit or vegetable servings.

CLASSIC MEAL ROTATIONS BURRITOS & WRAPS

Chicken Burrito Chicken, Beans, and Cheese in a soft Flour Tortilla

Chicken Philly Burrito Fresh Flour Tortilla with white Chicken Meat, fire-roasted Peppers, Onions, and Mozzarella Cheese

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)

Classic Meal Rotations

CLASSIC MEAL ROTATIONS 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)

CLASSIC MEAL ROTATIONS ALL AMERICAN

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

Ham & Swiss with Honey Mustard on Croissant Sliced Ham, Swiss Cheese, with Honey Mustard on a soft Croissant

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

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

Country Fried Steak Country fried Steak Fritter with Country Cream Gravy on a soft 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)

How is my Wheat Bread White?

Dear Global Meals Consumer,

We strive to deliver the highest quality products from around the world right to your door. The delicious wheat bread has a smooth, silky texture and is made with 100% wheat. By adding skim milk to our unique recipe, you receive the healthy benefits of wheat bread and the gourmet taste of white bread!

You can request another bread option upon request:

- **Instant Oatmeal**
- **Buckwheat** – *Gluten Free*
- **Cookies**

***Your Choice is
our Priority!***



Specialty Weeks

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

- SPECIALTY WEEK - BRUNCH CLUB

Salmon Lox Gourmet Smoked Salmon on our delicious bread

Breakfast Deli Meat Rotation of our breakfast Deli Meats

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

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

Breakfast Sandwich of the Week Rotation or our favorite Breakfast Sandwiches

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

Breakfast Wrap of the Week Rotation or our favorite Breakfast Wraps

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

BRUNCH CLUB includes assorted fruit or vegetable servings.

- SPECIALTY WEEK - 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

NEW
WEEK!

- SPECIALTY WEEK - GLOBAL BISTRO

Chocolate & Hazelnut Crepes Tender Crepes stuffed with a creamy Chocolate-Hazelnut spread, Sour Cream

Crepes Potato & Mushroom Thin Crepes filled with mashed Potatoes and fried Mushrooms, Sour Cream

Cherry Crepes Thin Crepes filled with pitted juicy Cherries, Sour Cream, Fruit Jam

Potato Pierogies filled with Potatoes, fried Mushroom, Onions, Sour Cream

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

Crepes with Apples & Cinnamon Tender diced Apples, Brown Sugar and Cinnamon, Sour Cream

Meal of the Week Rotation of our favorite Global Bistro Meals

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)

Modified Diets

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

- SPECIALTY WEEK - 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 tomato soup of your childhood, aromatic & savory, with Blintzes and a dollop of Sour Cream

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

Corn Chowder Soup Thick & creamy, loaded with corn and 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.

Vegan Meals
available on
request!

- MODIFIED DIETS - 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

- MODIFIED DIETS - GLUTEN RESTRICTED*

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. *Contains no wheat, prepared in commercial kitchen with risk of gluten exposure

Modified Diets

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

Nutrition INFORMATION

- MODIFIED DIETS - 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

Fire Roasted Salsa Scramble Bowl Egg Whites, Sweet Potatoes, Kale, Black Beans, with fire-roasted Red Bell Pepper Salsa

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

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

- MODIFIED DIETS - 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!

- ▼ **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.



Healthy Balance

Our Healthy Balance weeks are full of:
**LEAN PROTEINS, WHOLE GRAINS
& VEGETABLES**

While being:

**LOW-CALORIE, LOW FAT
CARB CONTROLLED,
& LOWER SODIUM**

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

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 ▼ C	410	18g	45g	3g	770
Salisbury Steak ▼ C S	370	23g	24g	3g	560
Meat Lovers Salisbury Steak	510	9g	53g	5g	1340
Swedish Meatballs ▼ S	460	8g	47g	5g	610
Beef & Broccoli ▼	360	2g	56g	3g	810
Beef Merlot ▼ S	180	1.5g	24g	4g	575
Asian Beef Teriyaki ▼ S	270	1.5g	43g	2g	450
Barbecue Seasoned Steak w/Potatoes ▼ S	300	1.5g	49g	4g	450
PORK MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Italian Style Meatballs & Polenta (Beef & Pork) ▼ G	370	24g	22g	3g	850
BBQ Pulled Pork & Beans G ★	260	5g	31g	9g	570
Pumpkin Stuffed Gnocchi	520	28g	58g	2g	1240
Yakisoba Pork Bowl ▼	380	3.5g	56g	5g	950
Pork Potstickers	510	3.5g	56g	2g	740
SEAFOOD MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Lemon Caper Fish ▼	420	15g	55g	4g	690
Coconut Ginger Shrimp G ★	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
Vermont Macaroni and Cheese ▼	500	8g	67g	4g	1650
Black Bean & Veggie burrito ▼ S	300	5g	41g	5g	310
Blueberry Waffles ▼ S	180	.5g	19g	2g	370
Buttermilk Waffles ▼ S	170	.5g	17g	2g	390
Fire Roasted Salsa Scramble Bowl ▼ S	160	0	23g	4g	460
Spinach & Cheddar Flatbread ▼ S	210	3g	27g	3g	420
Steel Cut Oatmeal ▼ S	170	.5g	30g	4g	60

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 ▼ C G	290	10g	32g	1g	820
Country Style Chicken ▼ C	410	21g	32g	4g	770
Chicken Ravioli ▼ S	430	23g	40g	3g	620
Chicken Parmesan ★	260	7g	34g	4g	650
BBQ Chipotle Chicken G ★	310	4.5g	39g	5g	540
BBQ Turkey Meatballs ★	360	7g	54g	7g	680
Turkey w/Mashed Potatoes & Cranberry Sauce ▼ S	330	9g	45g	2g	740
Spaghetti & (Turkey) Meatballs ▼ C	270	6g	36g	4g	750
Fettuccini Chicken & Broccoli ▼ C	440	6g	43g	2g	1040
Chicken Pot Pie ▼ S	440	11g	40g	4g	650
Chicken Teriyaki ▼	350	1g	58g	4g	760
Sweet & Sour Chicken	550	2.5g	88g	3g	1060
Buffalo Chicken Mac & Cheese	590	8g	64g	4g	1320
Grilled Chicken Alfredo Bake ▼ C	390	5g	37g	4g	790
Sesame Chicken Bowl	530	3g	76g	3g	700
Creamy Chicken & Dumplings Bowl ▼ C	370	6g	39g	3g	1390
Sweet Sesame Chicken ▼ S	300	1.5g	43g	3g	460
Chicken Marinara ▼ S	280	1.5g	36g	4g	550
Grilled Chicken Pesto w/ Veg. ▼ S	290	2g	36g	3g	590
Steamers Chicken Margherita ▼ S	270	1g	36g	5g	360
Grilled Chicken Marsala ▼ S	180	1g	21g	4g	460
Chicken Potstickers ▼	340	3.5g	50g	1g	760
Sweet & Sour Chicken Bowl ▼ S	390	4g	74g	1g	220
General Tso's Chicken Bowl ▼	390	1g	73g	2g	730
Honey Chicken Bowl ▼ S	390	1g	66g	2g	620
Chicken Apple Sausage Burrito ▼ S	290	5g	38g	3g	590
Honey Glazed Turkey & Potatoes ▼ S	240	.5g	42g	5g	400
Turkey Sausage Flatbread ▼ S	230	3g	26g	2g	480
Turkey Sausage Scramble Bowl ▼ S	220	5g	15g	2g	540

FAQ about Global Meals

What is the delivery schedule? We typically deliver 10 or 14 meals weekly or bi-weekly. The day and time of delivery depend on where you live. If unforeseen circumstances prevent the delivery, we will contact you to arrange an alternative date or time.

How many meals will I receive? The number of meals you receive is determined by your case manager. Clients authorized for 7 meals a week will receive 14 meals every other week.

How do I place an order or make changes to my order? Orders can be placed by phone at **1-888-928-2323** or by email at **help@globalmeals.com**. Please let us know about any changes you would like to make to your menu selection. *If you choose our Classic 14 or 10-Meal Rotation, you do not need to contact us.

What menu options do I have? Before you make any changes to your menu selection, we encourage you to start with our Classic 14 or 10-Meal Rotation to experience a variety of delicious meals. You will find many options in this brochure, including Specialty Weeks and Modified Diets, as well as choices for dairy, juice, and bread (See page 3). To ensure your safety and health, we cannot open prepackaged meals for substitutions.

Can I still receive my delivery if I'm not at home? Please inform our office if you are hospitalized or leaving town before delivery day. If you are hospitalized, the program does not cover the cost of meal deliveries. If you are hospitalized and someone accepts your meals, you might be responsible for that payment.

Can I skip a delivery? To skip a delivery, call or email us and we will hold your meals until you are ready to resume them.

Who can sign for my delivery? Your Case Manager may authorize the delivery to be left with a friend or family member. Global Meals requires prior authorization from your case manager. Send authorization by fax to **614-228-1746** or email to **help@globalmeals.com**.

Do I have Patient Liability? Patient Liability, or PL, is defined in Ohio Administrative Code 5160:1-6-07.1 as a person's "share of cost when the individual is not living in a medical institution." To make sure you are not responsible for any part of the payment for your home-delivered meals, check with your case manager and the program that covers the cost of your meals.

What is the best way to contact Global Meals? If you need to contact us, please use email, fax, website, phone, or Facebook.

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

Facebook: www.facebook.com/GlobalMeals

*** In the event of a supply shortage, Global Meals reserves the right to modify your delivery.**



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).



Scan for our website

