

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

MENU

*The new generation of
home-delivered meals*

*Bon Appétit!
With love, Global Meals*



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 2024

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:

Cleveland: 216.292.2003 Email: help@globalmeals.com
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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:

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

DELIVERY 1: Healthy & Hearty & Rise & Shine Sandwiches

DELIVERY 2: Family Favorites & Comfort Bowls

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 & Comfort Bowls

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 (Svalya, Edam, Gouda, Dvaro)
- Cheese Sticks
- Cottage Cheese

JUICE/FRUIT & VEGETABLE OPTIONS:

PART OF ROTATION:

- Orange
- Apple
- Cherry
- Strawberry-Cranberry

ON REQUEST:

- Tomato Juice
- Pineapples or Peaches Canned
- Cherries Canned
- Red Roasted Peppers Canned
- Jams
- Fresh Apples (*seasonal*)
- Dry Fruits

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.

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

DELIVERY 1: Healthy & Hearty

DELIVERY 2: Family Favorites

DELIVERY 3: Rise & Shine Sandwiches

DELIVERY 4: Homestyle Dinners

DELIVERY 5: Gourmet Cuisine

DELIVERY 6: Comfort Bowls

DELIVERY 7: Classic Comfort

DELIVERY 8: Burritos & Wraps

DELIVERY 9: Asian Table

DELIVERY 10: All American

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

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

DELIVERY 1: Healthy & Hearty

DELIVERY 2: Family Favorites

DELIVERY 3: Homestyle Dinners

DELIVERY 4: Gourmet Cuisine

DELIVERY 5: Classic Comfort

DELIVERY 6: Asian Table

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

DELIVERY 1: Healthy Balance 1

DELIVERY 2: Healthy & Hearty

DELIVERY 3: Healthy Balance 2

DELIVERY 4: Comfort Bowls

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

3-MEAL PACK A

1. Beef Meatloaf
2. Country-style Chicken
3. Beef Lasagna

3-MEAL PACK B (GLUTEN FREE)

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

3-MEAL PACK C (VEGETARIAN)

1. Vegetarian Crepes, Vegetable or Fruit servings
2. Cheese Pizza, Vegetable or Fruit servings
3. Vegetarian Sandwich or Burrito, 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

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

Honey Glazed Turkey & Potatoes Turkey bathed in a honey glaze, with Potatoes, Green Beans, and Cranberries

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

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

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

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

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 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

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

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

Honey Chicken tossed in a sweet and savory sauce with crisp Carrots and Red Bell Pepper

Chicken Egg Rolls Savory Chicken and Cabbage, Carrots and Onions rolled inside a crispy wrapper

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 & Sausage French Toast, with a Pork Sausage patty, scrambled Egg and American Cheese

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

Double Waffle Sandwich Two Sausage and Cheese Sandwiches with Waffle Buns

Glazed Donut w/Ham, Egg, Cheese A Glazed Donut ring with Ham, Scrambled Egg 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
COMFORT BOWLS

Chicken, Potato & Veggie Bowl Chicken with Potatoes, Green Beans, Peas, and Cheddar Cheese

Beef Taco Bowl Beef crumbles, Cheddar Cheese, Rice, Beans, Tomato, Onion

Chicken & Fried Rice Bowl Chicken with Fried Rice, Eggs, Carrots, Onions, Peas and Corn

Veggie Western Egg White Scramble Bowl Egg Whites, roasted Potatoes, green & red Peppers, Onion, Cheese

Chicken, Apple Sausage & Egg Bowl Chicken, Egg, Apple Sausage, Potatoes, Peppers, Onion, Cheese

Turkey Sausage & Egg Bowl Turkey Sausage, Eggs, Potatoes, Peppers, Onion, Cheese

Chicken Parmesan Bowl Chicken, Pasta, Tomato Sauce, Mozzarella and Parmesan Cheese

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



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
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-crusting Sub Bun

Salisbury Steak Sandwich A Beef patty with Mushroom Gravy and White Cheese 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)

**Fruit and Veggie
Servings**

Included with our sandwich boxes.



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**



Specialty Weeks

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

- 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

- SPECIALTY WEEK - BETTER FOR YOU

VEGAN

Herbed Potatoes with Zesty Plant-based Meat Potatoes with Kale and zesty Plant-based Meat, seasoned with Italian herbs and lemon juice

Ginger Kissed Asian Noodles w/Plant-based Meat Tender Plant-based Meat and Asian Noodles, with Red and Green Bell Peppers

Perfect Couscous w/Sautéed Plant-based Meat Couscous with aromatic herbs and spices, Peas, Carrots, and savory Plant-based Meat

Wheat Penne with Plant-based Meat Ragù Whole Wheat Pasta and a Meat ragù, with Onions, Bell Peppers, Carrots, Sun-dried Tomatoes

Italian Orzo w/Tomato Sauce & Plant-based Meat Orzo in Tomato Sauce, with Carrots, Bell Peppers, Onions, and parsley with Meat

Lemon Herb Wheat Berry with Plant-based Meat Pearled Wheat, Kale, Bell Pepper, and Meat, with Italian herbs and a splash of lemon juice

Plant-based Fajita over Rice Rice with Onions, Bell Peppers, seasoned with paprika, onion, garlic, and lime with Fajita Shreds

10-Meal Week available on request



Modified Diets

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

- 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

Pasta Duet Spinach and Cheese filled pastas topped with Tomato Basil Sauce & Mozzarella

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

Root Vegetable Chili with Sweet Potato Mash topped with tangy BBQ Sauce, served with Carrots, Corn, and Kale

Butternut Squash Ravioli Ravioli with a creamy Sage Sauce served with Butternut Squash and Asiago Cheese

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

FRUIT & VEGGIE OPTIONS

Your Choice is our Priority!



Modified Diets

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

Nutrition INFORMATION

- ✔ **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!

- 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

Root Vegetable Chili with Sweet Potato Mash topped with tangy BBQ Sauce, served with Carrots, Corn, and Kale

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

Butternut Squash Ravioli Ravioli with a creamy Sage Sauce served with Butternut Squash and Asiago Cheese

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

BEEF MEALS	CAL	FAT	CARBS	FIBER	SODIUM
100% Beef Meatloaf	310	12g	36g	5g	230
Beef Taco Bowl	370	23g	24g	3g	560
Beef Lasagna	450	25g	28g	6g	700
Cheesy Mac and Beef	410	18g	45g	3g	770
Salisbury Steak	370	23g	24g	3g	560
Swedish Meatballs	460	8g	47g	5g	610
Beef & Broccoli	360	2g	56g	3g	810
Beef Merlot	180	1.5g	24g	4g	575
Asian Beef Teriyaki	270	1.5g	43g	2g	450
Barbecue Seasoned Steak w/Potatoes	300	1.5g	49g	4g	450
PORK MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Italian Style Meatballs & Polenta (Beef & Pork)	370	24g	22g	3g	850
BBQ Pulled Pork & Beans	260	5g	31g	9g	570
Yakisoba Pork Bowl	380	3.5g	56g	5g	950
Pork Potstickers	510	3.5g	56g	2g	740
VEGETARIAN MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Fresh Mozzarella Manicotti	500	27g	49g	3g	1140
Pasta Duet	390	18g	41g	4g	910
Root Vegetable Chili	240	3.5g	40g	4g	890
Butternut Squash Ravioli	350	11g	50g	3g	730
Veggie Western Egg White Scramble Bowl	350	11g	50g	3g	730
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
PLANT-BASED MEAT MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Herbed Potatoes w/Plant-based Meat	410	13g	45g	9g	390
Ginger Kissed Asian Noodles w/Plant-based Meat	370	5g	54g	8g	680
Perfect Couscous w/Sauteed Plant-based Meat	340	5g	49g	9g	460
Wheat Penne w/Plant-based Meat Ragù	440	11g	53g	10g	650
Italian Orzo w/Tomato Sauce & Plant-based Meat	370	5g	54g	8g	680
Lemon Herb Wheat Berry w/Plant-based Meat	380	8g	48g	11g	380
Plant-based Fajita over Rice	400	9g	55g	7g	470

CHICKEN AND TURKEY MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Cider Glazed Chicken	270	5	37	6	650
Pesto Chicken w/Creamy Risotto	290	10g	32g	1g	820
Orange Chicken	340	11g	46g	1g	650
Chicken Egg Rolls	140	3.5g	22g	1g	520
Chicken, Potato & Veggie Bowl	290	8g	30g	4g	450
Chicken & Fried Rice Bowl	290	3.5g	28g	2g	600
Chicken Apple Sausage & Egg Bowl	390	20g	22g	3g	500
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 w/Mashed Potatoes & Cranberry Sauce	330	9g	45g	2g	740
Spaghetti & (Turkey) Meatballs	270	6g	36g	4g	750
Chicken Pot Pie	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	390	5g	37g	4g	790
Sesame Chicken Bowl	530	3g	76g	3g	700
Creamy Chicken & Dumplings Bowl	370	6g	39g	3g	1390
Sweet Sesame Chicken	300	1.5g	43g	3g	460
Grilled Chicken Pesto w/ Veg.	290	2g	36g	3g	590
Steamers Chicken Margherita	270	1g	36g	5g	360
Chicken Potstickers	340	3.5g	50g	1g	760
Sweet & Sour Chicken Bowl	390	4g	74g	1g	220
General Tso's Chicken Bowl	390	1g	73g	2g	730
Honey Chicken Bowl	390	1g	66g	2g	620
Honey Glazed Turkey & Potatoes	240	.5g	42g	5g	400
SEAFOOD MEALS	CAL	FAT	CARBS	FIBER	SODIUM
Coconut Ginger Shrimp	350	15g	38g	3g	650

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).



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