

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

# MENU

*The new generation of  
home-delivered meals*



Cleveland: 216.292.2003

Columbus: 614.252.4813

Toll-Free: 1.888.928.2323

Email: [help@globalmeals.com](mailto:help@globalmeals.com)

Website: [www.globalmeals.com](http://www.globalmeals.com)

Menu Release Jan 2025

## 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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See **Global Meals FAQ** on the back page.

## 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 meal rotations first:

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

**DELIVERY 1:** Healthy & Hearty & Rise & Shine Sandwiches

**DELIVERY 2:** Flavors of the World 1 & Comfort Bowls

**DELIVERY 3:** Homestyle Dinners & Burritos & Wraps

**DELIVERY 4:** Gourmet Cuisine & All American

**DELIVERY 5:** Flavors of the World 2 & Deli Café

**DELIVERY 6:** Asian Table & Week of the Month

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

**DELIVERY 1:** Healthy & Hearty & Flavors of the World 1

**DELIVERY 2:** Homestyle Dinners & Gourmet Cuisine

**DELIVERY 3:** Asian Table & Flavors of the World 2

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

**DELIVERY 1:** Healthy Balance & Healthy & Hearty

**DELIVERY 2:** Healthy Fish & Comfort Bowls

### EACH MEAL CONSISTS OF:

- 2-4 ounces of protein
- 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:

### DAIRY OPTIONS

- Low-Fat Milk • Soy Milk
- Kefir • Chocolate Milk
- Buttermilk • Almond Milk
- Hot Chocolate • Sour Cream

### CHEESE OPTIONS

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

## JUICE/FRUIT & VEGETABLE OPTIONS:

### JUICE OPTIONS:

- Orange
- Apple
- Cherry
- Strawberry-Cranberry

### CANNED OPTIONS:

- Peaches
- Pineapples
- Cherries
- Pickles
- Ratatouille

### OTHER:

- Jams
- Fresh Apples
- Dry Fruits

## BREAD OPTIONS:

### ON REQUEST:

- Rye Bread
- Wheat Bread
- 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 4:** All American

**DELIVERY 2:** Comfort Bowls

**DELIVERY 5:** Flavors of the World 2

**DELIVERY 3:** Homestyle Dinners

**DELIVERY 6:** Asian Table

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

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

**DELIVERY 1:** Healthy & Hearty

**DELIVERY 4:** Gourmet Cuisine

**DELIVERY 2:** Flavors of the World 1

**DELIVERY 5:** Flavors of the World 2

**DELIVERY 3:** Homestyle Dinners

**DELIVERY 6:** Asian Table

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

**DELIVERY 1:** Healthy Balance

**DELIVERY 3:** Healthy Fish

**DELIVERY 2:** Healthy & Hearty

**DELIVERY 4:** Comfort Bowls

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

### 7-MEAL PACK INCLUDES:

- 7 Meals in each week
- 1 loaf of Bread (Dinner Wks)
- 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

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

### 3-MEAL PACK A

1. Beef Meatloaf
2. Country-style Chicken
3. Fresh Mozzarella Manicotti

### 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 B (GLUTEN FREE)

1. Italian Style Meatball Polenta
2. Coconut Ginger Shrimp
3. Pesto Chicken w/Creamy Risotto

### 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

## Classic Meal Rotations Healthy and Hearty

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

**Pineapple Chicken** Tender White Meat Chicken, fluffy White Rice, sweet Pineapple, Red Peppers, Edamame, Water Chestnuts

**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

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

10-Meal Week includes 3-MEAL PACK B

## Classic Meal Rotations Flavors of the World 1

**Herbed Chicken w/Garden Vegetables** Combination of herbed Red Skin Potatoes, breaded Chicken, and a mix of Vegetables commonly found in the Normandy region

**Turkey & Brown Rice Fiesta Bowl** Combination of Brown Rice, minced/diced Turkey, Black Beans, Carrots, and chopped Greens

**Chicken over Rice** Rice, Pinto Beans, Chicken, a light Aioli Sauce, and Broccoli

**Cheesy Beef Penne Delight** Whole Wheat Penne combined with shredded Beef, creamy Cheese Queso, Red Peppers, and Onions

**Homestyle Meatloaf & Pasta Bowl** Savor a warm bowl of Pasta Shells with Beef Meatloaf, Spinach, and Onions

**Harvest Medley Chicken & Orzo Salad** Chicken strips with Orzo, chopped Peppers, and diced Carrots

**Classic Meatball Pasta** Linguine with Garlic Butter Chicken and Beef Meatballs scampi style, served with Onions, Carrots, and Broccoli

10-Meal Week includes 3-MEAL PACK A

## 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

**Slow Roasted Beef** tender Beef with creamy Mashed Potatoes and Vegetables in a savory gravy

**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 Teriyaki Bowl** Tender Chicken Breast and Rice combined with juicy Pineapple, Broccoli, and Carrots

**Fettucini w/Chicken & Broccoli** Fettuccini tossed with White-meat Chicken and crisp Broccoli in a cheesy Alfredo sauce

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

10-Meal Week includes 3-MEAL PACK A



## 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 PACK A

## Classic Meal Rotations Flavors of the World 2

**Traditional Spaghetti and Meatballs** Linguine with Turkey Meatballs in a chunky Tomato Sauce, with Parmesan Cheese, Broccoli and Carrots

**Salisbury Steak** with mashed Potatoes, a delicious medley of Cauliflower and Corn, steamed Kale, in a decadent Mushroom Gravy

**Turkey Dinner** Flavorful Turkey Breasts, with creamy Garlic Mashed Potatoes, classic Cranberry sauce, finished with seasoned Red Bell Peppers

**Country Style Chicken** Slow-cooked Chicken Breast with creamy Mashed Potatoes, tender Broccoli, and Sweet Corn in a delicate garlic sauce

**Italian-Inspired Mac & Cheese** Casarecce Pasta in our signature Cheddar Cheese sauce, combined with Broccoli Florets and Bell Peppers

**Chipotle Chicken** Chicken Breast coated in a mildly spicy, tangy Chipotle-inspired sauce, with Rice and a vibrant mix of Vegetables

**BBQ Pork with Rice** Pulled Pork in a slightly sweet barbecue sauce on a bed of Rice, topped with sautéed Onions and Celery

10-Meal Week includes 3-MEAL PACK A

## 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 Potstickers** 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 PACK B



*Classic Meal Rotations*  
**Rise and 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

**Waffle Sandwich w/Sausage, Egg, & Cheese** Juicy Sausage with a Fried Egg and Cheese on a Waffle Bun

**Maple Glazed Donut w/Canadian Bacon, Egg, Cheese** Glazed Donut ring w/Bacon, Scrambled Egg patty, Swiss American Cheese

**Breakfast Burrito** Scrambled Egg, Sausage, grilled Peppers, and Cheddar Cheese in a fresh flour Tortilla

**10-Meal Week includes 3-MEAL PACK D**

RISE & SHINE SANDWICHES includes assorted vegetable and/or fruit 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, and Vegetables

**10-Meal Week includes 3-MEAL PACK C**

*Classic Meal Rotations*  
**Burritos and Wraps**

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

**Steak Burrito** Flour Tortilla with rice, beans, beef steak and veggie mix

**Taco Burrito** Ground Beef, Pinto Beans, and Cheddar Cheese in a soft Flour Tortilla

**Chicken Teriyaki Wrap** Chicken with a Rice and Vegetable Blend - Broccoli, Carrot, Cauliflower in a soft Tortilla

**Bruschetta Chicken Wrap** with Chicken, Provolone and Parmesan Cheeses, and a Bruschetta topping 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 PACK D**

BURRITOS & WRAPS includes assorted vegetable and/or fruit 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

**Ham, Egg, Cheese Sandwich** Smoked Ham with American Cheese on a Brioche Bun

**Sandwich of the Week** Rotation of our favorite Sandwich Shop Sandwiches

**10-Meal Week includes 3-MEAL PACK D**

DELI CAFÉ includes assorted vegetable and/or fruit 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

**Steak Hoagie** A Beef Hoagie patty with Pizza Sauce & Swiss Cheese on a Hoagie Bun

**Sundried Tomato Turkey Sandwich** Turkey & Provolone with slices of Sun-Dried Tomatoes on Sourdough Bread

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

**10-Meal Week includes 3-MEAL PACK D**

ALL AMERICAN includes assorted vegetable and/or fruit 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

**BBQ Pulled Pork & Beans** served with Carrots and Green Beans

**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 PACK A**

MEAT LOVERS includes assorted vegetable and/or fruit servings.

VEGAN

## - Specialty Week - Better For You

**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

Enjoy these healthy weeks without sacrificing flavor.  
Add them 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

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

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

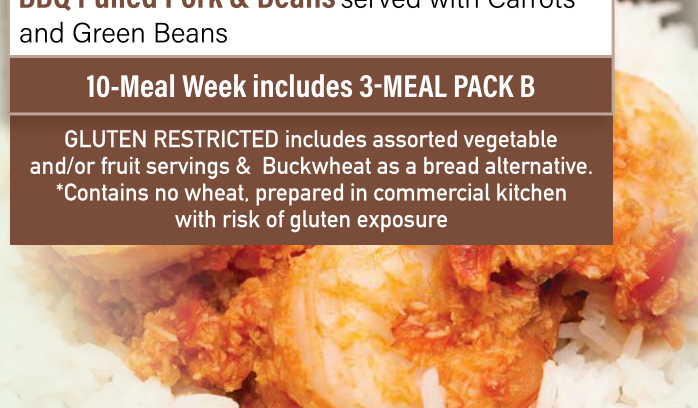
**Coconut Ginger Shrimp** served with Rice, Green Onion, Celery, and Red Peppers in a Coconut Ginger Sauce

**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 assorted vegetable and/or fruit servings & 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!





# 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

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

### - Modified Diets - Healthy Balance

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

**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

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

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

**BBQ Pulled Pork & Beans** served with Carrots and Green Beans

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

10-Meal Week includes 3-MEAL PACK B



### - Modified Diets - Healthy Fish

NEW WEEK COMING SOON!

**Norwegian Salmon Fillet w/Lentils** and flavored Vegetable Ragout from Zucchini, Paprika, Carrots, Tomatoes, and Onions

**Risotto w/Seafood and Pomodorina sauce** Northeast Atlantic Shrimp, Mussel Meat, Mollusk Meat with Rice, Tomatoes, and Onions

**Pike Cutlet w/Mashed Potatoes and Vegetable Ragout** Tender patty of Pike with creamy mashed Potato, and mix of Zucchini, Carrots, Tomatoes, and Onions

**Seafood Wok with Egg noodles** Squid, Shrimp, Mollusk Meat with Carrots, Green Beans, and Yellow Beans in an Oyster sauce

**Trout Fillet w/Mashed potatoes and Vegetable Ragout** Rainbow Trout fillet on creamy Potato Puree with Peppers, Carrots, Onions, Zucchini, and Tomato sauce

**Salmon Cutlet w/Green Pea Puree & Lentils** Atlantic Salmon on a creamy Green Pea Puree w/Lentils under Anchovy sauce

**Vegetarian Wok w/Egg Noodles** Turkey Carrots, Green Beans, Yellow Beans with Egg Noodles covered in an Oyster sauce

10-Meal Week includes 3-MEAL PACK B



# Nutrition INFORMATION

All entrees are certified and approved by a licensed dietitian.

|                                     | CAL   | FAT | CARBS | FIBER | SODIUM |      |
|-------------------------------------|---|-----|-------|-------|--------|------|
| <b>BEEF</b>                         | 100% Beef Meatloaf                              | 310 | 12g   | 36g   | 5g     | 230  |
|                                     | Beef Taco Bowl                                  | 370 | 23g   | 24g   | 3g     | 560  |
|                                     | Beef Lasagna                                    | 450 | 25g   | 28g   | 6g     | 700  |
|                                     | 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  |
|                                     | Beef Teriyaki                                   | 270 | 1.5g  | 43g   | 2g     | 450  |
|                                     | Barbecue Seasoned Steak w/Potatoes              | 300 | 1.5g  | 49g   | 4g     | 450  |
|                                     | Cheesy Beef Penne Delight                       | 320 | 12g   | 29g   | 4g     | 480  |
|                                     | Classic Meatball Pasta                          | 530 | 32g   | 43g   | 6g     | 610  |
|                                     | Harvest Medley Chicken & Orzo Salad             | 400 | 14g   | 48g   | 9g     | 690  |
|                                     | Homestyle Meatloaf & Pasta Bowl                 | 400 | 22g   | 36g   | 7g     | 690  |
|                                     | Salisbury Steak                                 | 380 | 26g   | 28g   | 5g     | 770  |
| Traditional Spaghetti and Meatballs | 520   | 31g | 65g   | 5g    | 1070   |      |
| <b>PORK</b>                         | BBQ Pork w/ Rice                                | 380 | 16g   | 46g   | 1g     | 770  |
|                                     | Italian Style Meatballs & Polenta (Beef & Pork) | 370 | 24g   | 22g   | 3g     | 850  |
|                                     | BBQ Pulled Pork & Beans                         | 260 | 5g    | 31g   | 9g     | 570  |
|                                     | Pork Potstickers                                | 510 | 3.5g  | 56g   | 2g     | 740  |
| <b>VEGETARIAN</b>                   | 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 |
| Italian-Inspired Mac & Cheese       | 390   | 15g | 50g   | 5g    | 870    |      |
| <b>PLANT-BASED</b>                  | 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 Ragu             | 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  |

|                               | CAL  | FAT | CARBS | FIBER | SODIUM |      |
|-------------------------------|--|-----|-------|-------|--------|------|
| <b>CHICKEN AND TURKEY</b>     | Cider Glazed Chicken                                 | 270 | 5g    | 37g   | 6g     | 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  |
|                               | 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  |
|                               | Spaghetti & (Turkey) Meatballs                       | 270 | 6g    | 36g   | 4g     | 750  |
|                               | Chicken Pot Pie                                      | 440 | 11g   | 40g   | 4g     | 650  |
|                               | Grilled Chicken Alfredo Bake                         | 390 | 5g    | 37g   | 4g     | 790  |
|                               | Sesame Chicken Bowl                                  | 530 | 3g    | 76g   | 3g     | 700  |
|                               | Grilled Chicken Pesto w/ Veg.                        | 290 | 2g    | 36g   | 3g     | 590  |
|                               | Chicken Potstickers                                  | 280 | 6g    | 40g   | 1g     | 1120 |
|                               | 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  |
|                               | Pineapple Chicken                                    | 290 | 4.5g  | 45g   | 3g     | 470  |
|                               | Turkey Sausage & Egg Bowl                            | 390 | 20g   | 22g   | 3g     | 450  |
|                               | Chicken Parmesan Bowl                                | 380 | 14g   | 35g   | 3g     | 450  |
|                               | Chicken Teriyaki Bowl                                | 360 | 6g    | 57g   | 4g     | 860  |
|                               | Chicken Over Rice                                    | 410 | 20g   | 37g   | 4g     | 550  |
|                               | Herbed Chicken w/ Garden Vegetables                  | 400 | 22g   | 23g   | 4g     | 450  |
|                               | Turkey & Brown Rice Fiesta Bowl                      | 280 | 11g   | 31g   | 4g     | 800  |
| Chipotle Chicken              | 350  | 12g | 48g   | 4g    | 630    |      |
| Country Style Chicken         | 430  | 25g | 38g   | 4g    | 740    |      |
| Turkey Dinner                 | 350  | 17g | 24g   | 4g    | 640    |      |
| <b>SEAFOOD</b>                | Coconut Ginger Shrimp                                | 350 | 15g   | 38g   | 3g     | 650  |
|                               | Norwegian Salmon Fillet w/ Lentils                   | 440 | 14g   | 40g   | 8g     | 600  |
|                               | Risotto w/ Seafood and Pomodorina sauce              | 280 | 4g    | 23g   | 1g     | 1100 |
|                               | Pike Cutlet w/ Mashed Potatoes and Vegetable Ragout  | 180 | 3g    | 11g   | 2g     | 580  |
|                               | Seafood Wok with Egg noodles                         | 360 | 9g    | 56g   | 1g     | 2000 |
|                               | Trout Fillet w/ Mashed potatoes and Vegetable Ragout | 260 | 12g   | 16g   | 1g     | 200  |
|                               | Salmon Cutlet w/ Green Pea Puree & Lentils           | 360 | 14g   | 34g   | 6g     | 860  |
| Vegetarian Wok w/ Egg Noodles | 360  | 10g | 60g   | 2g    | 1700   |      |

# FAQ about Global Meals

## DELIVERY:

**What is the delivery schedule?** We generally deliver either 10 or 14 meals on a weekly or bi-weekly basis. The day and time of your delivery will be determined by your delivery address and route optimization. If any unexpected issues arise that could delay the delivery, we will get in touch with you to reschedule for a different date or time.

**Can I still receive my delivery if I'm not home?** Yes, your case manager needs to provide written authorization. Please inform our office if you are hospitalized or have plans to be away before your delivery day. Keep in mind that if you are in the hospital, the program does not cover the cost of your meal deliveries. If someone is accepting your meals on your behalf while you are hospitalized, you will be responsible for the payment.

**Who is allowed to sign for my delivery?** Your Case Manager can authorize your delivery to be left with a friend or family member. However, Global Meals requires prior authorization from your Case Manager for this. They can submit the request via fax at **614-228-1746** or email at [support@globalmeals.com](mailto:support@globalmeals.com).

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

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

## MEALS:

**How many meals will I get?** The quantity of meals you receive is based on your case manager's assessment. If you're authorized for 7 meals per week, you will receive 14 meals every two weeks.

**How can I place an order or modify my existing one?** You can place orders by calling **1-888-928-2323** or emailing [help@globalmeals.com](mailto:help@globalmeals.com). Please ensure you make any menu changes at least 3 business days before your delivery date. \*If you're enrolled in one of our Meal Rotations, there's no need to reach out unless you wish to make a change.

**What menu choices are available to me?** We recommend starting with our Comfort 14 or 10 Meal Rotation to enjoy a diverse selection of tasty meals. In this brochure, you'll find numerous options, including Specialty Weeks and Modified Diets, along with selections for dairy, juice, and bread (refer to page 3). Please note that for your safety and well-being, we are unable to make substitutions for prepackaged meals.

**Is it okay to store my meals in the fridge?** They can last in the refrigerator for up to 7 days, or you can put them in the freezer if necessary.

**Toll-Free: 1-888-928-2323**  
**Cleveland: 216-292-2003**  
**Columbus: 614-252-4813**  
**Fax: 614-228-1746**  
**Email: [help@globalmeals.com](mailto:help@globalmeals.com)**  
**Website: [www.globalmeals.com](http://www.globalmeals.com)**

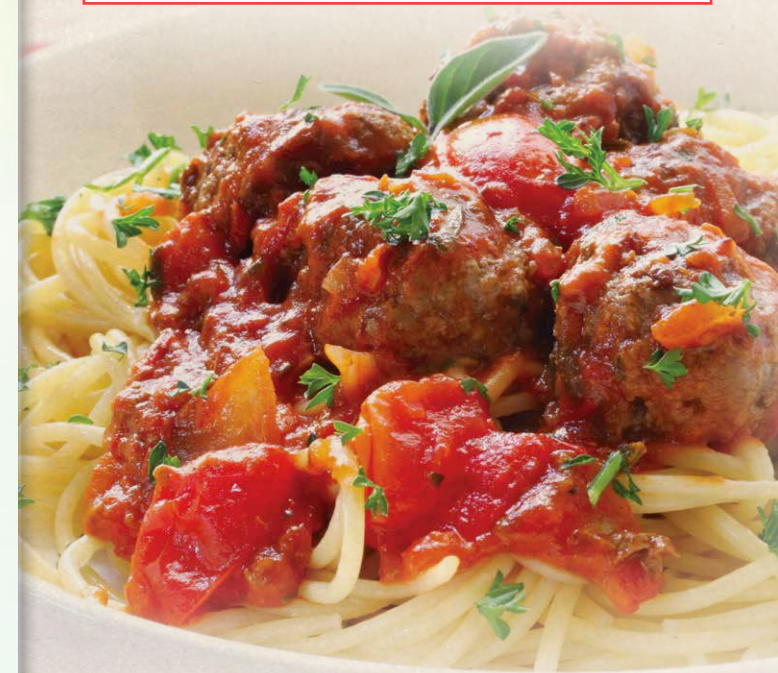


## HEATING INSTRUCTIONS

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

