

Substitutions or alternatives may
occur depending on the service area.

MENU

*The new generation of
home-delivered meals*



Phone: 219.332.4725

Fax: 317.219.0644

Email: help.indiana@globalmeals.com

Website: www.globalmeals.com/indiana

Menu Release June 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 provide home delivered meals to consumers across all of Indiana 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:

Area Agency on Aging: 800-986-3505

CICOA Aging & In-Home Solutions: 317-254-5465
<https://cicoa.org/>

Anthem Blue Cross and Blue Shield: 833-412-4405
www.anthem.com/inmedicaid

Humana Healthy Horizons: 866-274-5888
Humana.com/HealthyIndiana
INHealthyHorizons@humana.com

United Healthcare Community Plan of Indiana: 800-832-4643
<https://www.uhc.com/communityplan/indiana>

How to contact us:

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Classic 14-MEAL Rotation

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 order.

14-Meal Breakfast | Lunch | Dinner Rotation: [4 Weeks]

DELIVERY 1: Family Favorites & Global Flavor

DELIVERY 2: Gourmet Cuisine & Zesty Bowls

DELIVERY 3: Greek Island & Breakfast Burritos

DELIVERY 4: Protein Paradise & Week of the month

14-MEAL DELIVERY INCLUDES:

- 14 Meals
- 1 or 2 - Loaf of Bread
- 2 - Containers of Juice
- 1- Container of Milk
- 1- Package of Cheese

Classic 10-MEAL Rotation

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 order.

10-Meal Breakfast | Lunch | Dinner Rotation: [4 Weeks]

DELIVERY 1: Global Flavor

DELIVERY 2: Zesty Bowls

DELIVERY 3: Greek Island

DELIVERY 4: Protein Paradise

10-MEAL DELIVERY INCLUDES

- 10 Meals
- 1 - Loaf of Bread
- 1 - Container of Juice
- 1 - Container of Milk
- 2 - Fruit Cups
- 2 - Cheese Sticks

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

3-MEAL PACK DINNER

- Wheatberry Meal
- Island Hearth Turkey
- Orzo Chicken Meal

3-MEAL PACK NO GLUTEN

- Coconut Ginger Shrimp
- Turkey Sausage Bowl
- Egg & Cheese Scramble Burrito

3-MEAL PACK VEGETARIAN

- Cheese Ravioli & Cream Sauce
- Bolognese Bowl
- Southwestern Veggie Burrito

EACH MEAL CONSISTS OF:

- 2-4 ounces of protein
- 3 servings of vegetables/fruits
- 2 servings of starches/grains
- 1 cup low-fat milk or equivalent

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

DAIRY OPTIONS:

- Low-Fat Milk
- Almond Milk
- Oat Beverage
- Dry Milk
- Kefir
- Sliced Cheese Svalya
- Sliced Cheese Dvaro
- Sliced Cheese Gouda
- Sliced Cheese Gildija
- Cheese Sticks

JUICE/FRUIT & VEGETABLE OPTIONS:

- Orange Juice
- Apple Juice
- Tomato Juice
- Peaches Canned
- Apples Canned
- Pear Canned
- Roasted Pepper Appetizer Canned
- Fresh Apples
- Dry Apricots
- Dry Plums
- Dry Dates

BREAD OPTIONS:

- Whole Grain Bread
- Rye Bread
- Instant Oatmeal
- Buckwheat

DAIRY, JUICE/FRUIT/VEGGIE & BREAD

OPTIONS

Your Choice is our Priority!



HEATING INSTRUCTIONS for black meal trays

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).

HEATING INSTRUCTIONS for "Go Green" white trays



1. FROM FROZEN: (DEFOST FIRST):



Defrost then
Heat High



or until internal
temperature reaches 165°F.

2. FROM THAWED:



Heat on High or until the internal temperature reaches 165°F. Do NOT puncture or take off the outer plastic wrap. IT'S NORMAL FOR THE FILM TO PUFF UP.



CONTENTS WILL BE HOT. After heating let plate stand for 1 min. Carefully peel using the pull tab or cut film from plate.

NOTE: Instructions are based on a 1000 watt microwave oven. Heating times may vary. Denser products may require additional heating time.

GO GREEN trays provides a more sustainable solution:

- 30% less waste compared to standard thermoformed trays
- Lower carbon footprint than comparable trays
- Fully recyclable as #5 plastic in most curbside programs

Classic Meal Rotations Family Favorites

Chicken
Pork
Vegetarian

Chicken Penne Parmesan Creamy Chicken Penne Pasta with diced Tomato, Broccoli and Carrots with Parmesan Cheese

BBQ Pulled Pork w/Beans Juicy Pulled Pork mixed with three kinds of beans, Carrots, Green Beans w/Ketchup Sauce, Onion, & Oregano

White Cheddar Mac & Cheese Ultra creamy Cavatappi Pasta covered in Cheddar Cheese Sauce w/sides of Corn, Green Beans

Three Cheese Orzo Chicken Chicken with Orzo Pasta and Broccoli & Carrots coated in a Sauce with Asiago, Parmesan & Romano Cheeses

Cheese Ravioli and Cream Sauce Cheesy filling made with Ricotta, Mozzarella, Romano & Parmesan Cheese plus Green Peas, Carrots in a cream Sauce

Creamy Mushroom Pork Tender Pulled Pork smothered with a creamy Mushroom Sauce, served over Rice with Corn and Broccoli

Scrambled Egg & Chorizo Breakfast Potato, scrambled Egg & Pork Chorizo mixed with Green Bell Pepper & Cheddar Cheese

10-Meal Week includes 3-MEAL PACK DINNER

Classic Meal Rotations Global Flavor

Chicken
Turkey
Beef
Seafood

Chipotle Chicken Smoky chipotle-seasoned Chicken chunks served with fluffy Jasmine Rice, Black Beans, Corn & Green Beans

Shrimp Scampi Succulent Shrimp sautéed with Garlic and Oregano, served over Linguine with steamed Broccoli

Pasta Shell with Chicken Tender Pasta Shells mixed w/seasoned Spinach, Onion & diced Chicken

Wheatberry Meal Nutty Wheatberries w/ Turkey, Bell Peppers, and Carrots, accented by sweet dried Cranberries and Orange Sauce

Whole Wheat Penne Meatball w/Zesty Sauce Juicy Meatballs from Chicken & Beef, Penne Pasta and a medley of crisp Vegetables

Turkey Brown Rice Slow-cooked Turkey mixed with natural Brown Rice, Red Bell Peppers, Celery, and Beans

Orzo Chicken Meal Mediterranean inspired diced Chicken tossed w/tender Orzo Pasta, Bell Peppers, Carrots, fresh Parsley

10-Meal Week includes 3-MEAL PACK NO GLUTEN

Classic Meal Rotations Gourmet Cuisine

Chicken
Beef
Seafood
Vegetarian

Linguine w/Meat Sauce Freshly made Linguini Pasta covered in Beef Meat Sauce w/Tomatoes, Green Beans, Carrots and Basil

Cheddar Chicken & Rice White Rice, tender & juicy Chicken in a creamy Cheese sauce served with Green Beans, Carrots & Peas

Florentine Stuffed Shells Cheese and Spinach stuffed shells with chunky Pomodoro sauce, Green Peas & Carrots

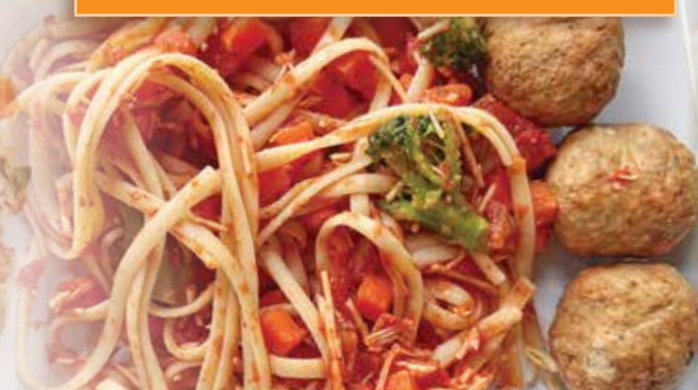
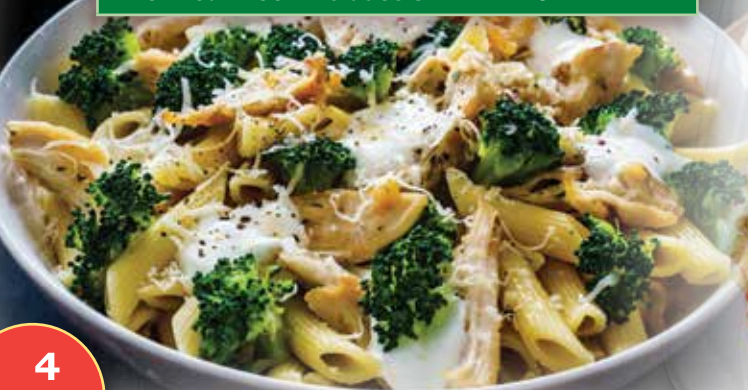
Coconut Ginger Shrimp served with Rice, Broccoli, Corn, Red Bell Pepper, Green Onion in a Coconut Ginger Sauce

Spanish Style Scrambled Egg Skillet Breakfast Skillet with Eggs, Potatoes topped w/ Spanish Salsa, Cheddar Cheese, Paprika, Oregano w/Peaches on the side

Beef & Gravy Stewed Beef with rich Mushroom Gravy over fluffy Mashed Potatoes served with Corn, Carrots

Fettuccine & Chicken Alfredo Fettuccine Pasta tossed in a creamy Cheese Sauce, includes tender Chicken, Broccoli & Carrots

10-Meal Week includes 3-MEAL PACK DINNER



Classic Meal Rotations Zesty Bowls

Chicken
Beef
Turkey
Vegetarian

Chicken and Potato Bowl Juicy Chicken mixed w/Potato, Green Beans, Corn, Green Peas covered with Cheddar Cheese and seasonings

Beef Taco Bowl Mexican-inspired Beef, white Rice, Pinto Beans, Black Beans w/diced Tomato & Cheddar Cheese, Taco seasoning

Tex-Mex Rice & Bean Bowl base of cooked Rice, layered with Pinto beans, Sweet Potato, Salsa in a Pasta Sauce

Macaroni & Beef Bowl featuring tender Elbow Macaroni Pasta combined w/savory Beef, Sweet Potato & Red Pepper

Veggie Egg Western Bowl loaded w/roasted Potato, Eggs, Red Pepper, Green Pepper, yellow Cheddar Cheese and Onion

Turkey Sausage Bowl diced Potatoes, scrambled Egg Whites, Turkey Sausage, shredded Cheddar Cheese w/Green Pepper, Red Pepper & Onion

Bolognese Bowl White Rice, topped w/ a rich Sauce from Cannellini Beans, Mushrooms, Shredded Carrots and Onion

10-Meal Week includes 3-MEAL PACK NO GLUTEN

Classic Meal Rotations Greek Island

Chicken
Beef
Turkey

Meatballs w/Spinach & Orzo Beef and Chicken Meatballs w/Orzo Pasta & Spinach, finished with Tomato, Garlic, Oregano, and Lemon Sauce

Lemon Grove Chicken w/Beans & Rice Chicken simmered w/Green Beans and Jasmine Rice, seasoned with Garlic, Oregano, & Lemon

Island Hearth Chicken & Potatoes Chicken Drumstick w/Peas, Carrots, buttery-soft Potatoes seasoned with Paprika and Garlic

Fasolakia Chicken Bowl a vibrant Grain Bowl with Farro, shredded Chicken, Green Beans and Onion

Market Skillet with Beef & Couscous Ground Beef with Zucchini, Green Peas, Couscous and a variety of Herbs

Attica Chickpea Chicken Stew Chicken with Chickpeas & Tomato over White or Brown Rice, added Peppers, Onion, and seasoning

Mountain Stew with Beef, Lentils & Potatoes Ground Beef with Lentils, Carrots, Tomato & and Potatoes with Herb Spices

10-Meal Week includes 3-MEAL PACK VEGETARIAN

Classic Meal Rotations Breakfast Burritos

Chicken
Turkey
Pork
Vegetarian

Bacon, Egg, and Cheese Burrito Soft Flour Tortilla w/Bacon, Egg, Salsa served w/ melted Cheddar & Pepper Jack Cheeses

Chicken Apple Sausage Breakfast Burrito Eggs, Chicken Apple Sausage, roasted Potato, yellow Cheddar Cheese wrapped in a classic Flour Tortilla

Turkey Sausage Breakfast Burrito Turkey Sausage w/Eggs, Potato, Cheese covered with Cheese Sauce in a Flour Tortilla

Southwestern Veggie Burrito Flour soft Tortilla layered w/Black Beans, Eggs, yellow Cheddar Cheese w/Red and Green Pepper

Cheese and Veggie Breakfast Burrito Soft Flour Tortilla w/Monterey Jack Cheese, yellow Cheddar Cheese, roasted Potato, Eggs

Western Ham Breakfast Burrito Ham diced with Cheddar Cheese, Eggs, Red Pepper, Green Pepper with Cheese Sauce covered with Flour Tortilla

Egg and Cheese Scramble Burrito Flour Tortilla layered scrambled Eggs, Potato, yellow Cheddar Cheese w/Pepper

10-Meal Week includes 3-MEAL PACK NO GLUTEN

BREAKFAST BURRITOS includes assorted vegetable and/or fruit servings. (Does not come with bread)



Classic Meal Rotations Protein Paradise

Pork
Beef

Beef & Gravy Stewed Beef with rich Mushroom Gravy over fluffy Mashed Potatoes served with Corn, Carrots

BBQ Pulled Pork w/Beans Juicy Pulled Pork mixed with three kinds of beans, Carrots, Green Beans w/Ketchup Sauce, Onion, & Oregano

Beef Taco Bowl Mexican-inspired Beef, white Rice, Pinto Beans, Black Beans w/diced Tomato & Cheddar Cheese, Taco seasoning

Western Ham Breakfast Burrito Ham diced with Cheddar Cheese, Eggs, Red Pepper, Green Pepper with Cheese Sauce covered with Flour Tortilla

Creamy Mushroom Pork Tender Pulled Pork smothered with a creamy Mushroom Sauce & served over Rice with Golden Corn and Broccoli

Scrambled Egg & Chorizo Breakfast Potato, scrambled Egg & Pork Chorizo mixed with Green Bell Pepper & Cheddar Cheese

Linguine w/ Meat Sauce Freshly made Linguini Pasta covered in Beef Meat Sauce w/Tomatoes, Green Beans, Carrots and Basil

10-Meal Week includes 3-MEAL PACK DINNER

PROTEIN PARADISE includes assorted vegetable and/or fruit servings.

Classic Meal Rotations Garden Delight

Vegetarian

Cheese Ravioli and Cream Sauce Delicious Cheesy filling made with Ricotta, Mozzarella, Romano & Parmesan Cheese plus Green Peas, Carrots in a Sauce

Bolognaise Bowl White Rice, topped w/a rich Sauce from Cannellini Beans, Mushrooms, Shredded Carrots and Onion

Southwestern Veggie Burrito Flour soft Tortilla layered w/Black Beans, Eggs, yellow Cheddar Cheese w/Red and Green Pepper

Tex-Mex Rice & Bean Bowl base of cooked Rice, layered with Pinto beans, Sweet Potato, Salsa in a Pasta Sauce

White Cheddar Mac & Cheese Ultra creamy Cavatappi Pasta covered in Cheddar Cheese Sauce w/Corn, & Green Beans on the side

Cheese and Veggie Breakfast Burrito Soft Flour Tortilla w/Monterey Jack Cheese, yellow Cheddar Cheese, roasted Potato, Eggs

Florentine Stuffed Shells Cheese and Spinach stuffed Shells with Chunky Pomodoro Sauce, Green Peas & Carrots

10-Meal Week includes 3-MEAL PACK VEGETARIAN

GARDEN DELIGHT includes assorted vegetable and/or fruit servings.

Specialty Diets

Specialty Diet Pollotarian Choices

Chicken
Turkey
Vegetarian

Fettuccine & Chicken Alfredo Fettuccine Pasta tossed in a creamy Cheese Sauce, includes tender Chicken, Broccoli & Carrots

Spanish Style Scrambled Egg Skillet Breakfast Skillet with Eggs, Potatoes topped w/Spanish Salsa, Cheddar Cheese, Paprika, Oregano w/ Peaches on the side

Turkey Sausage Breakfast Burrito Turkey Sausage w/Eggs, Potato, Cheese covered with Cheese Sauce in a Flour Tortilla

Florentine Stuffed Shells Cheese and Spinach stuffed shells with chunky Pomodoro sauce, Green Peas & Carrots

Cheddar Chicken & Rice White Rice, tender & juicy Chicken in a creamy Cheese sauce served with Green Beans, Carrots & Peas

Chicken Penne Parmesan Creamy Chicken Penne Pasta features diced Tomatoes, Broccoli & Carrots w/Parmesan Cheese

Three Cheese Orzo Chicken Chicken and Orzo Pasta w/Broccoli & Carrots coated in a Sauce with Asiago, Parmesan & Romano Cheeses

10-Meal Week includes 3-MEAL PACK DINNER

POLLOTARIAN CHOICES includes assorted vegetable and/or fruit servings.

Variety is the spice of life!

Add any of these weeks to your meal plan.

Specialty Diet
Gluten Sensitive*

Chicken
Turkey
Seafood
Vegetarian

Spanish Style Scrambled Egg Skillet Breakfast Skillet with Eggs, Potatoes topped w/ Spanish Salsa, Cheddar Cheese, Paprika, Oregano w/Peaches on the side

Cheddar Chicken & Rice White Rice, tender & juicy Chicken in a creamy Cheese sauce served with Green Beans, Carrots & Peas

Veggie Egg Western Bowl loaded w/roasted Potato, Eggs, Red Pepper, Green Pepper, yellow Cheddar Cheese and Onion

Turkey Sausage Breakfast Burrito Turkey Sausage w/Eggs, Potato, Cheese covered with Cheese Sauce in a Flour Tortilla

Egg and Cheese Scramble Burrito Flour Tortilla layered scrambled Eggs, Potato, yellow Cheddar Cheese w/Pepper

Coconut Ginger Shrimp served with Rice, Broccoli, Corn, Red Bell Pepper, Green Onion in a Coconut Ginger Sauce

Chicken and Potato Bowl Juicy Chicken mixed w/Potato, Green Beans, Corn, Green Peas covered with Cheddar Cheese and seasonings

10-Meal Week includes 3-MEAL PACK NO GLUTEN

GLUTEN SENSITIVE includes Buckwheat as a bread alternative, assorted vegetable and/or fruit serving. *Contains no wheat, prepared in commercial kitchen with risk of gluten exposure.

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. 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. They can submit via email at help.indiana@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.

*** Substitutions or alternatives may occur depending on the service area.**

MEALS:

How many meals will I get? The quantity of meals you receive is based on your case manager's authorization. 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 **1-219-332-4725** or emailing help.indiana@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, 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.

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Nutrition INFORMATION

All entrees are certified and approved by a licensed dietitian.

	CAL	FAT	CARBS	FIBER	SODIUM
BEEF					
Beef Taco Bowl	445	24g	32g	6g	650
Macaroni & Beef Bowl	360	12g	50g	4g	655
Linguine w Meat Sauce	400	18g	40g	8g	670
Beef & Gravy	330	7g	52g	4g	480
Penne Meatballs with Zesty Sauce	440	15g	57g	7g	450
Meatballs w Spinach & Orzo	360	16g	103g	9g	490
Market Skillet w Beef & Couscous	330	14g	30g	5g	230
Mountain Stew w Beef, Lentils, and Potatoes	390	11g	51g	11g	300
VEGETARIAN					
Southwestern Veggie Burrito	350	8g	35g	3g	440
Cheese & Veggie Breakfast Burrito	330	12g	37g	3g	460
Egg & Cheese Scramble Burrito	330	12g	43g	2g	485
Bolognese Bowl	330	4g	44g	6g	448
Tex-Mex Rice & Bean Bowl	330	2g	48g	9g	500
Veggie Egg Western Breakfast Bowl	330	6g	38g	4g	280
White Cheddar Mac & Cheese	350	3.5g	69g	6g	45
Florentine Stuffed Shells	330	10g	44g	8g	580
Spanish Style Scrambled Egg Skillet	330	12g	39g	5g	770
Cheese Ravioli & Cream Sauce	330	9g	45g	7g	590
Wheatberry Meal	330	5g	58g	9g	410
SEAFOOD					
Coconut Ginger Shrimp	330	3g	57g	6g	660
Shrimp Scampi	500	8g	85g	8g	280

	CAL	FAT	CARBS	FIBER	SODIUM
CHICKEN AND TURKEY					
Chicken Apple Sausage Breakfast Burrito	330	10g	38g	3g	520
Chicken & Potato Bowl	330	8g	30g	4g	470
Three Cheese Orzo Chicken	330	7g	43g	5g	330
Chicken Penne Parmesan	330	5g	49g	7g	370
Fettuccine & Chicken Alfredo	350	5g	51g	6g	390
Cheddar Chicken & Rice	330	10g	35g	5g	340
Orzo Chicken Meal	390	16g	58g	6g	190
Chipotle Chicken	490	2g	90g	5g	420
Pasta Shell with Chicken	510	12g	73g	6g	760
Lemon Grove Chicken	330	1.5g	53g	3g	380
Fasolakia Chicken Bowl	520	5g	84g	18	65
Attica Chickpea Chicken Stew	330	6g	45g	4g	310
Turkey Sausage Breakfast Burrito	330	12g	37g	3g	500
Turkey Sausage Bowl	410	21g	25g	3g	660
Turkey Brown Rice	510	7g	93g	9g	460
Island Hearth Chicken & Potatoes	340	13g	35g	7g	170
PORK					
Western Ham Breakfast Burrito	440	17g	53g	4g	645
Bacon, Egg, and Cheese Burrito	390	20g	34g	2g	560
BBQ Pulled Pork w Beans	350	10g	36g	10g	450
Creamy Mushroom Pork	330	11g	35g	3g	290
Scrambled Egg & Chorizo	330	14g	36g	4g	570

Scan for our website:

