

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

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
October 2026

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 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!

How to contact us:

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Agency Contact Information:

Certified Statewide	Phone
Aging & In-Home Services of Northeast Indiana (AIHS)	800-552-3662
Indiana Professional Management Group (IPMG)	866-672-4764
Inspire Case Management	317-695-0819
Unity of Indiana	317-888-1481
The Columbus Organization	800-229-5116
Anthem Blue Cross and Blue Shield	833-412-4405
Humana Healthy Horizons	866-274-5888
United Healthcare Community Plan of Indiana	800-832-4643

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: Excellent Soups & Rise & Shine

DELIVERY 2: Flavors of the World & Comfort Trays

DELIVERY 3: Meat Lovers & Deli Cafe

DELIVERY 4: Italian Table & All American

14-MEAL DELIVERY INCLUDES:

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

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: Excellent Soups

DELIVERY 2: Flavors of the World

DELIVERY 3: Deli Cafe

DELIVERY 4: Italian Table

10-MEAL DELIVERY INCLUDES

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

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

3-MEAL PACK DINNER

- Turkey Meatballs Tomato Basil
- Beef Stroganoff
- Fettucine & Chicken Alfredo

3-MEAL PACK GLUTEN RESTRICTED

- Creamy Chicken Rice
- Swedish Meatballs
- Egg & Cheese Scramble Burrito, Vegetable or Fruit servings

3-MEAL PACK VEGETARIAN

- Spinach & Cheese Stuffed Shells
- Creamy Parmesan Gnocchi
- Pinto Bean Cheese Burrito, Vegetable or Fruit Servings

3-MEAL PACK SANDWICH

- Sandwich of the Week, Vegetable or Fruit servings
- Burrito of the Week, Vegetable or Fruit servings
- Gourmet Sandwich of the Week, Vegetable or Fruit servings

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
- 1 tsp of butter/margarine

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

DAIRY OPTIONS:

- Low-Fat Milk
- Oat Beverage
- Buttermilk
- Sour Cream
- Sliced Cheese (Svalya, Dvaro, Gouda, Gildija)
- Cheese Sticks
- Cottage Cheese
- Almond Milk
- Kefir
- Chocolate Milk

JUICE/FRUIT & VEGETABLE OPTIONS:

- Orange Juice
- Tomato Juice
- Strawberry-Cranberry Juice
- Cranberry Juice
- Grape Juice
- Peaches Canned
- Apricots Canned
- Fruit Cocktail Canned
- Corn Canned
- Green Beans Canned
- Fresh Apples
- Dried Fruits
- Apple Juice
- Cherry Juice

BREAD OPTIONS:

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

Bread and Dairy Options

*Your Choice
is our Priority!*

Included with every meal plan, several options to choose from.
See Fruit and Veggie options on p.7



Classic Meal Rotations

Excellent Soups

Chicken Noodle Soup

Pasta shells, chicken, chicken soup base, carrots, potatoes, celery, onions.

Broccoli & Cheddar Soup

Broccoli, cheddar cheese sauce, butter, onions, garlic.

Vegetable & Wheat Soup

Pearled wheat, green beans, sweet corn, peas, carrots, onions, tomato sauce, chicken crumbles.

Meatball Pasta Soup

Turkey meatballs, orzo pasta, carrots, celery, onions, butter, lemon juice.

Garbanzo Soup

Chickpeas, pinto beans, tomato sauce, spinach, carrots, celery, onions, lemon juice.

Orzo Wedding Soup

Orzo pasta, turkey meatballs, spinach, carrots, celery, onions, garlic.

Lentil Soup

Lentils, onions, carrots, celery, tomato sauce, tomato paste, red bell peppers, garlic.

10-Meal Week includes 3-MEAL PACK DINNER

HIGH
ENERGY

Flavors of the World

Cheese Cavatappi & Meatballs

Cavatappi pasta, meatballs from chicken and beef, romano cheeses, mozzarella cheese, green snap beans, marinara sauce, carrots.

Korean-Style Ground Chicken Bowl

Jasmine rice, chicken, BBQ sauce, celery seed, green peppers, red peppers, cranberry sauce, soy sauce, ground ginger.

Creamy Orzo & Chicken

Chicken breast cutlet, orzo, broccoli, cauliflower, carrots, cream, parmesan cheese.

Meat Veggie Mac

Elbow macaroni, salisbury steak, beef, cheddar cheese sauce, zucchini, pepper.

Chicken & Egg Penne Bowl

Penne pasta, chicken breast, peas, eggs, marinara sauce, onions, carrots, red & green peppers.

Turkey Red Pesto Pasta

Turkey, rotini pasta, zucchini, green snap beans, pesto, parmesan cheese, romano cheese, garlic, lemon juice, crushed tomato sauce.

Greek Orzo & Chicken

Chicken breast cutlet, orzo, spinach, cream, parmesan cheese, butter, egg yolk, garlic, pepper.

10-Meal Week includes 3-MEAL PACK DINNER

Meat Lovers

Beef Stroganoff

Egg noodles, beef patty crumble, green beans, mushrooms, sour cream, onions.

Pulled Pork w/BBQ Sauce Carrots, green peas, pulled pork, kidney beans, BBQ spice mix.

Swedish Meatballs

Chicken & beef meatballs, carrots, peas, mashed potatoes, dijon mustard, beef broth, garlic.

Sweet & Sour Pork

White rice, pulled pork, sweet & sour sauce, pineapple juice, green beans, corn, tomato paste.

Beef Lasagna

Lasagna noodles, ground beef, tomatoes, ricotta cheese, onions, mozzarella cheese, eggs, romano cheese, olive oil, carrots, green peas.

Meat Lovers Breakfast Bowl

Potatoes, sausage, cage-free eggs, cheddar cheese, bacon.

Beef Sandwich of the Week

Rotation of our favorite beef sandwiches.

10-Meal Week includes 3-MEAL PACK DINNER

MEAT LOVERS includes assorted vegetable and/or fruit servings.

Comfort Trays

Beef Sloppy Joe & Mushroom Tray

Ground beef, black beans, brown rice, tomato paste, mushrooms, cheddar cheese.

Chicken Tetrazzini Tray

Whole wheat penne, chicken breast, mushrooms, green peas, parmesan cheese, sauce.

Tex-Mex Rice & Bean Tray

Rice, pinto beans, sweet potato, salsa, pasta sauce.

Mediterranean Beef Tray

Ground beef, green bell peppers, brown rice, spinach, tomatoes, potatoes, mozzarella cheese, mushrooms, feta cheese.

BBQ Chicken Potato Tray

Chicken breast, tomato puree, brown rice, green beans, cheddar cheese, diced potatoes.

Beef Bolognese Tray

Cannellini beans, ground beef, brown rice, carrots, onion, mushrooms, tomato paste, beef broth, onion.

Tex-Mex Fajita Tray

Spanish rice, chicken breast, tomatoes, pinto beans, salsa, black beans, green bell pepper.

10-Meal Week includes 3-MEAL PACK VEGETARIAN

Italian Table

Creamy Parmesan Gnocchi

Potato gnocchi, parmesan cheese, ricotta cheese, Romano cheese, green peas.

Turkey Meatballs Tomato Basil

Corn, green peas, turkey meatballs, egg whites, Romano cheese, tomatoes.

Chicken Mushroom Marsala

Sweet potatoes, green beans, cooked chicken, chicken broth, mushrooms, whipping cream.

Beef Lasagna

Lasagna noodles, ground beef, tomatoes, ricotta cheese, onions, mozzarella cheese, eggs, Romano cheese, carrots, green peas.

Italian Chicken Tomato Basil

Corn, green beans, cooked chicken, tomatoes, mozzarella cheese, parmesan cheese, tomato paste.

Creamy Chicken & Rice

White rice, cooked chicken, green peas, carrots, heavy whipping cream, parmesan cheese.

Cheese Ravioli

Ricotta cheese, parmesan cheese, Romano cheese, ravioli, tomato paste, green peas, corn, parsley, garlic, basil

10-Meal Week includes 3-MEAL PACK DINNER

Breakfast Trays

Canadian Bacon Breakfast Tray

Brown rice, canadian bacon, egg scramble, cheese, flaxseed, bell peppers, tomatoes.

Bolognese Tray

White rice, mushrooms, shredded carrots, sauce from cannellini beans, onion.

Chicken Apple Sausage Breakfast Tray

Brown rice, chicken apple sausage, white cheddar cheese, salsa, egg whole scrambled, bell pepper, spinach.

Tomatillo Salsa Verde Breakfast Tray

Chicken breast, brown rice, tomatillo puree, black beans, scrambled eggs, sweet potato.

Turkey Sausage Egg Breakfast Tray

Brown rice, turkey sausage, eggs, diced potato, white cheddar cheese, bell peppers, spinach.

Fire Roasted Salsa Breakfast Tray

Sweet potato, chicken breast, brown rice, pepper jack cheese, tomatoes, onions, egg white.

Western Veggie Breakfast Tray

Scrambled eggs, potatoes, brown rice, cheddar cheese, green & red peppers, onions.

10-Meal Week includes 3-MEAL PACK SANDWICH

Gourmet Sandwiches

Rise and Shine Sandwiches

Ham, Egg, & Cheese Croissant

Baked croissant with fried egg, deli ham, cheese.

Sausage, Egg, & Cheese Bagel

Fried egg, sausage patty, cheese, bagel.

French Toast, Egg, Cheese & Sausage

French toast, pork sausage patty, scrambled egg, cheese.

Country Ham & Jam Biscuit

Thick slice ham, jam, egg, cheddar cheese, biscuit.

Waffle Sandwich w/Sausage, Egg, & Cheese

Sausage with a fried egg and cheese on a waffle bun.

Bagel w/Canadian Bacon, Egg, Cheese

Bagel, bacon, scrambled egg patty, Swiss cheese.

Breakfast Burrito

Scrambled egg, sausage, peppers, cheddar cheese, flour tortilla.

10-Meal Week includes 3-MEAL PACK SANDWICH

RISE & SHINE SANDWICHES includes assorted vegetable and/or fruit servings. (Does not come with bread)

Deli Café

Turkey Reuben

Sliced deli turkey w/sauerkraut, Swiss cheese and thousand island dressing on rye bread.

Ham, Spinach, & Feta Breakfast Burrito

Ham, spinach, scrambled eggs, feta cheese on a soft tortilla.

Chicken Salad Sandwich

Chicken breast salad on wheat bread.

Dagwood Sub

Ham, turkey, pepperoni, and American cheese on an onion sub roll.

Turkey & Cheese Sub

Smoked turkey, Swiss cheese on a sub roll.

Ham, Egg, Cheese Sandwich

Smoked ham with American cheese on a brioche bun.

Sandwich of the Week

Rotation of our favorite sandwiches.

10-Meal Week includes 3-MEAL PACK SANDWICH

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

All American

Pizza of the Week

Rotation: pepperoni or supreme pizza on a traditional crust or French bread crust.

Hot Dog

Beef hot dog, hot dog bun.

Ham & Swiss Sliders w/Poppy Seed Glaze

Twin slider buns, deli ham, Swiss cheese, honey mustard, poppy seed glaze.

BBQ Pulled Pork Sandwich

Pulled pork, sweet BBQ sauce, honey hamburger bun.

Steak Hoagie

Beef hoagie patty, pizza sauce, Swiss cheese, hoagie bun.

Turkey Sandwich w/Dijon Mustard

Turkey, cheddar cheese, sourdough bread, dijon mustard.

Angus Cheeseburger

Flame-broiled beef steak, American cheese, sesame bun.

10-Meal Week includes 3-MEAL PACK SANDWICH

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

Fruit and Veggie Options

Your Choice
is our Priority!

Included with every meal plan, several options to choose from.

See complete list of options on page 3.



Modified Diets

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

LOW
CARB

RENAL

CARDIAC

Healthy Balance

Turkey Meatballs Tomato Basil

Corn, green peas, turkey meatballs, egg whites, Romano cheese, tomatoes.

Sweet & Sour Pork

White rice, pulled pork, sweet & sour sauce, pineapple juice, green beans, corn, tomato paste.

Linguine with Chicken Bolognese Sauce

Linguini pasta, tomatoes, green beans, chicken, carrots, parmesan cheese.

Chicken Chop Suey

Cooked chicken, white rice, carrots, snap peas, green peas, green beans, corn, onion, bean sprouts, water chestnuts, red pepper.

Italian Chicken Tomato Basil

Corn, green beans, cooked chicken, tomatoes, mozzarella cheese, parmesan cheese, tomato paste.

Tomatillo Rice & Black Beans

White rice, black beans, green beans, corn, tomatillos, onion, lime juice.

Fettuccine & Chicken Alfredo

Broccoli, carrots, cooked chicken, pasta, whole eggs, parmesan cheese, creamy sauce.

10-Meal Week includes 3-MEAL PACK
GLUTEN RESTRICTED

LOW
CARB

RENAL

CARDIAC

Healthy Fusion

Buffalo Chicken Pasta

Rotini pasta, broccoli, cauliflower, carrots, chicken breast, Worcestershire sauce.

Homestyle BBQ Chicken & Potato

Potatoes, chicken breast, green snap beans, carrots, BBQ sauce.

Attica Chickpea Chicken

Rice, chicken, onion, red, green & yellow peppers, chickpeas.

Teriyaki Chicken Bowl

Jasmine rice, red peppers, chicken breast, broccoli, soy sauce.

Turkey Dinner

Turkey, mashed potatoes, red bell pepper, celery, onion, cranberry sauce.

Seasoned Chicken & White Beans

Carrots, jasmine rice, green peppers, chicken breast, corn, white kidney beans.

Caribbean Style Chicken

Brown rice, cauliflower, carrots, chicken breast, peas, kidney beans, BBQ sauce.

10-Meal Week includes 3-MEAL PACK VEGETARIAN

LOW
CARB

RENAL

CARDIAC

Pollotarian Mix

Teriyaki Tray

Broccoli florets, cabbage, carrots, bell pepper, extra-firm tofu, egg white, white rice, teriyaki sauce.

Mediterranean Tray

Diced hash browns, carrots, green beans, BBQ tofu, BBQ sauce.

Turkey Sausage Breakfast Burrito

Flour tortilla, cooked eggs, turkey sausage, cheese, russet potato, red pepper, green pepper, tomatoes, onion, peas.

BBQ Chicken Tray

Diced chicken breast, green beans, carrots, corn kernels, diced potatoes, BBQ sauce.

Chicken Chop Suey

Cooked chicken, white rice, carrots, snap peas, green peas, green beans, corn, onion, bean sprouts, water chestnuts, red pepper.

Chicken Apple Sausage Burrito

Flour tortilla, eggs, chicken apple sausage, cheese sauce, cheese, russet potato, red pepper, green pepper.

Chicken Enchilada Tray

Chicken, egg whites, zucchini, black beans, butternut squash, enchilada sauce.

10-Meal Week includes 3-MEAL PACK
GLUTEN RESTRICTED

POLLOTARIAN MIX includes assorted vegetable
and/or fruit servings.

LOW
CARB

Gluten Restricted*

Swedish Meatballs

Chicken & beef meatballs, carrots, peas, mashed potatoes, dijon mustard, beef broth.

Creamy Chicken & Rice

White rice, cooked chicken, green peas, carrots, heavy whipping cream, parmesan cheese.

Pulled Pork w/BBQ Sauce

Carrots, green peas, pulled pork, kidney beans, BBQ spice mix.

Enchilada Egg Tray

Potatoes, scrambled egg whites, turkey sausage, shredded cheddar cheese, green pepper, red pepper, onion.

Egg and Cheese Scramble Burrito

Gluten-free tortilla layered w/scrambled eggs, potato, yellow cheddar cheese, pepper.

Creamy Mushroom Pork

Pulled pork, mushroom sauce, rice, corn, broccoli.

Sesame Ginger Tray

Tofu, potato, green beans, corn, green peas, cheddar cheese.

**10-Meal Week includes 3-MEAL PACK
GLUTEN RESTRICTED**

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

Vegetarian

Creamy Parmesan Gnocchi

Potato gnocchi, parmesan cheese, ricotta cheese, Romano cheese, green peas.

Cheese Ravioli

Ricotta cheese, parmesan cheese, Romano cheese, ravioli dough, tomato paste, green peas, corn.

Pasta Primavera

Corkscrew pasta, green beans, carrots, yellow squash, zucchini, parmesan cheese.

Vegetarian Breakfast Bowl

Potato rounds, quinoa, scrambled eggs, mix of vegetables, onions, bell peppers, Mexican blend cheese.

White Cheddar Mac & Cheese

Creamy cavatappi pasta, cheddar cheese sauce, corn, green beans.

Tomatillo Rice & Black Beans

White rice, black beans, green beans, corn, tomatillos, onion, lime juice.

Crepes of the Week

Rotation of our famous Vegetarian Crepes.

10-Meal Week includes 3-MEAL PACK VEGETARIAN

Vegan

Tex-Mex Rice & Bean Tray

Cooked rice, pinto beans, sweet potato, salsa, pasta sauce.

Black Bean, Rice & Veggie Burrito

Black beans, white rice, red pepper, green pepper, juicy salsa, flour tortilla.

Tofu Taco Tray

Pinto beans, black beans, tofu, white rice, vegan cheddar cheese, diced tomato, onion.

Vegan Cheese Quesadilla Stacker Tray

Black beans, pinto beans, traditional corn tortilla with vegan cheddar cheese.

Spinach Scrambler Breakfast Burrito

White tofu, sweet potato, green spinach, vegan cheddar cheese, tomato salsa, flour tortilla.

Bolognese Tray

White rice, mushrooms, shredded carrots, sauce from cannellini beans, onion.

Pinto Bean Vegan Cheese Burrito

Pinto beans, white rice, shredded vegan cheddar cheese, red & green pepper, flour tortilla.

10-Meal Week available on request

VEGAN includes assorted vegetable and/or fruit servings.



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).

FAQ about Global Meals

DELIVERY:

What is the delivery schedule? We generally deliver either 10 or 14 meals on a weekly or every other week 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 service.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.

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 other week.

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 Classic 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.

Phone: 219-332-4725

Fax: 317-219-0644

Email: help.indiana@globalmeals.com

Website: www.globalmeals.com/indiana

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

Nutrition INFORMATION

CHICKEN	CODE	CAL	FAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)
Cheese Cavatappi & Meatballs	Z	610	33	60	4	760
Korean-Style Ground Chicken Bowl	Z	600	27	65	3	700
Creamy Orzo & Chicken	Z	610	33	53	3	800
Chicken & Egg Penne Bowl	Z	600	21	76	7	750
Greek Orzo & Chicken	Z	600	30	60	3	790
Chicken Mushroom Marsala	PP	350	6	20	5	300
Italian Chicken Tomato Basil	PP	330	8	35	6	150
Creamy Chicken & Rice	PP	380	14	33	9	370
Chicken Noodle Soup	Z	140	4	17	1	1620
Vegetable & Wheat Soup	Z	150	6	18	4	760
Garbanzo Soup	Z	180	1	40	11	870
Orzo Wedding Soup	Z	380	13	36	6	1530
Chicken Tetrazzini Tray	FF	610	33	40	8.6	735
BBQ Chicken Potato Tray	FF	560	34	40	9.3	715
Fire Roasted Salsa Breakfast Tray	FF	569	35	39	8.8	693
Chicken Apple Sausage Breakfast Tray	FF	580	27	71	8.6	742
Tomatillo Salsa Verde Breakfast Tray	FF	600	27	76	10.7	685
BBQ Chicken Tray	FF	250	3	29	3	250
Chicken Enchilada Tray	FF	270	9	20	7	580
Fettuccine & Chicken Alfredo	PP	360	6	48	6	410
Buffalo Chicken Pasta	Z	340	13	41	5	640
Homestyle BBQ Chicken & Potato	Z	340	19	33	6	580
Attica Chickpea Chicken	Z	330	6	45	4	310
Teriyaki Chicken Bowl	Z	340	12	45	3	580
Seasoned Chicken & White Beans	Z	340	17	37	6	580

CHICKEN	CODE	CAL	FAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)
Caribbean Style Chicken	Z	350	15	44	7	570
Linguine w/ Chicken Bolognese Sauce	PP	370	8	40	8	500
Chicken Chop Suey	PP	300	4.5	32	5	160
Creamy Chicken & Rice	PP	380	14	33	9	370
Tex-Mex Fajita Tray	FF	610	28	75	8.6	792
TURKEY	CODE	CAL	FAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)
Turkey Red Pesto Pasta	Z	600	35	52	3	720
Turkey Meatballs Tomato Basil	PP	340	8	47	8	590
Meatball Pasta Soup	Z	130	5	14	2	320
Turkey Sausage Egg Breakfast Tray	FF	610	28	75	9	687
Turkey Dinner	Z	350	17	24	4	640
BEEF	CODE	CAL	FAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)
Meat Veggie Mac	Z	600	30	56	4	710
Beef Lasagna	PP	400	17	43	9	690
Beef Bolognese Tray	FF	480	14	67	4	670
Beef Sloppy Joe & Mushroom Tray	FF	600	25	76	7	790
Mediterranean Beef Tray	FF	530	33	36	9	700
Beef Stroganoff	PP	350	16	39	4	350
Swedish Meatballs	PP	250	10	28	7	440
PORK	CODE	CAL	FAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)
Canadian Bacon Breakfast Tray	FF	610	27	75	8	792
Pulled Pork w/ BBQ Sauce	PP	340	10	34	8	270
Sweet & Sour Pork	PP	340	7	46	3	90
Meat Lovers Breakfast Bowl	CSTC	480	37	16	2	1180
Creamy Mushroom Pork	PP	330	11	35	3	290

VEGETARIAN	CODE	CAL	FAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)
Western Veggie Breakfast Tray	FF	370	22	19	7	590
Vegetarian Breakfast Bowl	NUV	610	37	60	5	1100
Pasta Primavera	NUV	430	25	50	4	890
Enchilada Egg Tray	FF	180	3	18	4	620
Sesame Ginger Tray	FF	270	12	21	3	290
Teriyaki Tray	FF	400	17	29	4	490
Spinach & Cheese Stuffed Shells	PP	320	11	43	8	540
White Cheddar Mac & Cheese	PP	350	3.5	69	6	45
Mediterranean Tray	FF	240	3.5	32	3	380
Broccoli & Cheddar Soup	Z	120	7	12	2	1120
Lentil Soup	Z	370	3.5	64	11	590
Cheese Ravioli	PP	380	8	64	9	380
Creamy Parmesan Gnocchi	PP	440	9	75	10	1560
VEGAN	CODE	CAL	FAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)
Tex-Mex Rice & Bean Tray	FF	490	16	53	15	670
Bolognese Tray	FF	210	0.5	44	4	420
Tofu Taco Tray	FF	300	7	30	6	640
Vegan Cheese Quesadilla Stacker Tray	FF	360	4.5	64	13	760
Tomatillo Rice & Black Beans	PP	230	7	48	7	85





Scan for our website

