

Medically-Tailored Meals
For Chronic Conditions

Menu



We're Here To Serve You

It is our pleasure to be your home-delivered meal service. We have been serving meals to older adults, the military, children, disaster victims and others, since 1973. We are the most trusted and experienced meal provider. We look forward to serving you nutritious meals.

Your Meal Benefits

Your meals will be delivered to your home. We will call you to set your delivery day. You can change your delivery day at any time. There is no cost to you. Your case manager has already enrolled you.

What's in the Box

Your meal boxes contain healthy frozen meals and may contain bread, juices, fruit cups, and snacks. This is so you receive the proper nutrition that your body needs.



Tips

- Each meal box contains several different meals
- Meal boxes will change each delivery giving you lots of variety
- If your health plan allows, you may be able to change your box
- See the menu for all meal box choices
- We offer meals that can be stored in your pantry if your freezer becomes too full

How It Works



We will call you to schedule your delivery day of the week. If eligible, you can select from choices of theme meal boxes.



Our Delivery Care Agent, or shipping company, will deliver your meals on your delivery day.



Our Delivery Care Agents can bring the meal box into your home. They can unpack the meals and put them in the freezer. **The shipping company will only deliver the meals to your home.**



Time to eat! Follow the heating instructions on the label and enjoy!

Have Questions or Issues?

If you have any questions, want to select a certain meal box, or need to change your delivery day, please call us between 8am-5pm. We are happy to help and we are here to serve you!

By Phone 1-866-575-2772

By Email carecenter@gafoods.com

Be Well

Medically-Tailored Meals



These meals are suitable for members with:



Renal Disease



Liver Disease



Cardiac Diseases

Like congestive heart failure or poorly controlled high blood pressure.

The nutrient targets for Be Well are:



Protein: <20g/meal



Potassium: <800mg/meal



Sodium: <600mg/meal (most are <500mg)



Phosphorus: <350mg/meal

Week 1

TMS001772

Chicken With Thai Ginger Curry Sauce with green beans, carrots, strawberry applesauce, and margarine.

Meatballs and Pasta in Marinara with broccoli, pears, and whole wheat bread/margarine.

Fish Nuggets with mixed vegetables, cheesy potatoes, strawberry waffle grahams, and margarine.

Grilled Veal Chop With Mustard Sage Sauce with mashed potatoes, butternut squash, mixed fruit, and margarine.

Beef Teriyaki with mixed vegetables, white rice, peaches, and margarine.

Twisted Mac and Cheese With Chicken Chorizo with carrots, and whole wheat bread/margarine.

Cheese Omelet with potatoes, fruited granola, oatmeal, and whole wheat bread/margarine.

Be Well

Medically-Tailored Meals



Week 2
TMS001773

Beef Patty in Pizzaiola Sauce with green beans, pineapple Mandarin oranges, maple waffle grahams, and margarine.

Pancakes With Cheese Omelet with strawberry compote, instant oatmeal, and margarine.

Lasagna Florentine with mixed vegetables, Mandarin oranges, and margarine.

Batter-Dipped Fish Nuggets with garlic mashed potatoes, carrots, and whole wheat bread/margarine.

Manicotti Alfredo with corn, carrots, and whole wheat bread/margarine.

Black Beans and Rice with corn, carrots, mixed fruit, and margarine.

Chicken Marsala with butternut squash, applesauce, and margarine.



Be Well

Medically-Tailored Meals



Week 3

TMS001774

Fish Nuggets with mixed vegetables, cheesy potatoes, peaches, and margarine.

Grilled Veal Chop With Mustard Sage Sauce with mashed potatoes, butternut squash, and whole wheat bread/ margarine.

Chicken With Thai Ginger Curry Sauce with green beans, carrots, mixed fruit, and margarine.

Cheese Omelet with potatoes, fruited granola, oatmeal, and whole wheat bread/ margarine.

Beef Patty in Pizzaiola Sauce with green beans, pineapple Mandarin oranges, strawberry waffle grahams, and margarine.

Lasagna Florentine with mixed vegetables, pears, and margarine.

Twisted Mac and Cheese with Chicken Chorizo with carrots, cinnamon applesauce, and margarine.



Be Well

Medically-Tailored Meals



Week 4
TMS001775

Manicotti Alfredo with corn, carrots, mixed fruit, and margarine.

Beef Teriyaki with mixed vegetables, white rice, apple spice cookie, and margarine.

Chicken Marsala with butternut squash, green beans, strawberry applesauce, and margarine.

Meatballs and Pasta in Marinara with broccoli, peaches, and whole wheat bread/margarine.

Macaroni and Cheese with green beans, carrots, pears, and margarine.

Pancakes With Cheese Omelet with strawberry compote, instant oatmeal, and margarine.

Batter-Dipped Fish Nuggets with garlic mashed potatoes, carrots, maple waffle grahams, and margarine.



Be Healthy

Medically-Tailored Meals



These meals are suitable for members with:



Diabetes



Cardiac Diseases

(Except for Congestive Heart Failure)



Obesity

The nutrient targets for Be Healthy are:



Calories: <650 cal/meal



Fiber: 20-30g/day, >7g/meal



Fat: <20-35% total calories



Protein: >20g/meal



Sat Fat: <7% total calories



Cholesterol: <200mg/day



Carbohydrates: 60-75g/meal



Sodium: <2300mg/day

Week 1

TMS001768

Chargrilled Beef Patty in Pizzaiola Sauce with green beans, pineapple Mandarin oranges, and whole wheat bread/margarine.

Chicken and Rice with green beans with red pepper, yellow rice with tomatoes and chives, and whole wheat bread/margarine.

Lasagna Florentine with mixed vegetables and whole wheat bread/margarine.

Vegetarian Chili with carrots and whole wheat bread/margarine.

Fish Fillet With Seafood Sauce with brown rice, corn, and whole wheat bread/margarine.

Hamburger Patty Au Jus with mashed potatoes, carrots, and whole grain bun.

Sesame Chicken with broccoli, cauliflower with red pepper, pineapples, and graham crackers.

Be Healthy

Medically-Tailored Meals



Week 2

TMS001769

Batter-Dipped Fish Nuggets with garlic mashed potatoes, carrots, and whole wheat bread/margarine.

Pork Chop Patty in Homestyle Gravy with sweet potatoes, Brussel Sprouts, and whole wheat bread/margarine.

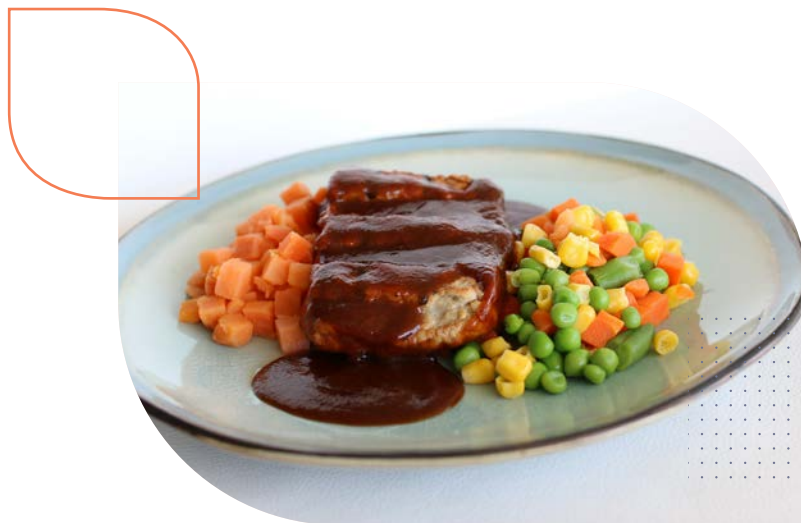
Pasta Bolognese with Italian vegetables, peaches, and whole wheat bread/margarine.

Meatloaf With Apple Brown Gravy with skin-on potatoes, stewed tomatoes, and whole wheat bread/margarine.

Macaroni and Cheese with green beans, carrots, pears, and whole wheat bread.

Honey Mustard Chicken with garlic mashed potatoes, carrots, and whole wheat bread/margarine.

Chicken With Country Pepper Gravy with Brussels Sprouts, diced potatoes, and whole wheat bread/margarine.



Be Healthy

Medically-Tailored Meals



Week 3

TMS001770

Honey Mustard Chicken with garlic mashed potatoes, carrots, and whole wheat bread.

Manicotti Alfredo with corn, carrots, and whole wheat bread/margarine.

Grilled Chicken in Italian Sauce with garlic mashed potatoes, green beans, Mandarin oranges, and whole wheat bread.

Three Bean Beef Chili with squash carrot medley and whole wheat bread/margarine.

Chicken and Rice with green beans & red pepper, yellow rice and tomatoes and chives, and whole wheat bread/margarine.

NY Steak Patty in Mushroom Gravy with garlic mashed potatoes, mixed vegetables, and whole wheat bread/margarine.

Thai Ginger Curry Chicken with carrots, green beans, pineapples, and whole wheat bread.



Be Healthy

Medically-Tailored Meals



Week 4
TMS001771

Pork Chop Patty with Homestyle Gravy with sweet potatoes, Brussels Sprouts, and whole wheat bread/margarine.

Macaroni and Beef Casserole with California blend vegetables, spinach Neapolitan, and whole wheat bread/margarine.

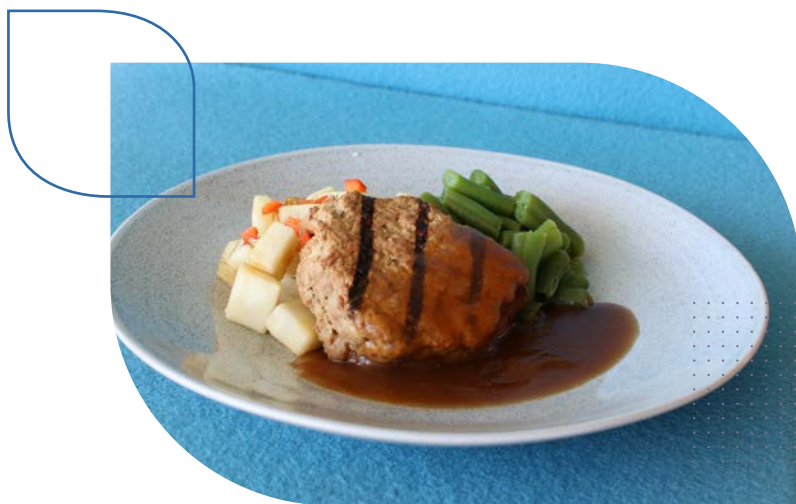
Egg with Sausage Pepper Gravy with diced potatoes, maple-pecan cinnamon apples, and whole wheat bread/margarine.

Chicken Marsala with butternut squash, green beans, pears, and whole wheat bread.

Southern Style Pollack with cheesy mashed potatoes, broccoli, and whole wheat bread/margarine.

Beef Teriyaki with mixed vegetables, white rice, and whole wheat bread/margarine.

Twisted Mac and Cheese With Chicken Chorizo with carrots, and whole wheat bread/margarine.





High-Calorie, High-Protein Meals

This meal plan is for those with health conditions that increase their need for calories and protein, such as **cancer, HIV, AIDS, wound healing, surgical recovery, malnutrition, and failure to thrive.**



>700 calories



>35 grams of protein

TMS0001849

Chargrilled Beef Patty in Pizzaiola Sauce

with green beans, pineapple Mandarin fruit, whole grain bread, margarine, grape juice, and SunMeadow® instant breakfast.

Honey Mustard Chicken with garlic mashed potatoes, carrots, orange-pineapple juice, whole grain bread, margarine, and non-fat dry milk.

Macaroni and Beef Casserole with Spinach Neopolitan, California blend vegetables, mixed fruit cup, whole grain bread, margarine, and non-fat dry milk.

Chicken With Thai Ginger Red Curry Sauce with carrots, green beans, whole grain bread, margarine, citrus fruit, non-fat dry milk, and mini- Moon Pie®.

Manicotti Alfredo with corn, carrots, strawberry applesauce, whole grain bread, margarine, and SunMeadow® instant breakfast.

Meatloaf With Apple Brown Gravy with skin-on potatoes, stewed tomatoes, pineapple cup, whole grain bread, and non-fat dry milk.

Chicken With Country Pepper Gravy with Brussel Sprouts, diced potatoes, Mandarin oranges, apple juice, whole grain bread, margarine, and non-fat dry milk.

TMS0001850

Chicken Marsala with butternut squash, green beans, orange pineapple juice, whole grain bread, margarine, mini Moon Pie®, and non-fat dry milk.

Vegetarian Chili with carrots, applesauce, whole grain bread, margarine, and non-fat dry milk.

Macaroni and Cheese with green beans, carrots, grape juice, whole grain bread, margarine, and non-fat dry milk.

NY Steak Patty With Picadillo Sauce with green peas, diced sweet potatoes, whole grain bread, margarine x2, graham crackers, and non-fat dry milk.

Sweet and Sour Chicken with steamed white rice, green peas, whole grain bread, margarine x2, and non-fat dry milk.

Pork Riblet in BBQ Sauce sweet potatoes, mixed vegetables, whole grain bread, margarine, peaches, and non-fat dry milk.

Western Style Omelet with breakfast potatoes, strawberry applesauce, whole grain bread, margarine, graham crackers, and non-fat dry milk.



High-Calorie, High-Protein Meals

TMS0001851

Meatballs and Penne Pasta in Marinara

with broccoli, whole grain bread, margarine, chocolate chip cookie, grape juice, and non-fat dry milk.

General Tso's Chicken with ginger rice, peas & carrots, whole grain bread, margarine, orange-pineapple juice, and nonfat dry milk.

Three Bean Chili con Carne with squash carrot medley, whole grain bread, oatmeal cookie and SunMeadow® instant breakfast.

Pork Chop With Homestyle Gravy with Brussels sprouts, diced sweet potatoes, peaches, whole grain bread, margarine, waffle graham, and non-fat dry milk.

Pasta Bolognese with Italian vegetables, peaches, graham crackers, whole grain bread, margarine, and SunMeadow® instant breakfast.

Chicken and Rice with green beans and red pepper mix, yellow rice with tomatoes and chives, apple juice, whole grain bread, margarine, and non-fat dry milk.

Beef Patty in Teriyaki Sauce with white rice, mixed vegetables, Mandarin oranges, whole grain bread, margarine x2, and non-fat dry milk.

TMS0001852

Hamburger Patty with mashed potatoes, carrots, hamburger bun, pineapples and SunMeadow® instant breakfast.

Batter-Dipped Crispy Fish Nuggets with garlic mashed potatoes, carrots, orange juice, whole grain bread, margarine, and non-fat dry milk.

Homemade Chicken Stew with carrots, strawberry apple crisp, whole grain bread, margarine, and SunMeadow® instant breakfast.

Bean Burrito With Queso with carrots, parsleyed whole kernel corn, mixed fruit and whole grain dinner roll.

Twisted Mac and Cheese With Chicken Chorizo with pinto beans, carrots, peaches, whole grain bread, margarine, waffle graham, and non-fat dry milk.

NY Steak Patty With Mushroom Gravy with garlic mashed potatoes, mixed vegetables, orange-pineapple juice, whole grain bread, margarine, and SunMeadow® instant breakfast.

Chicken With Italian Sauce with garlic mashed potatoes, green beans, orange juice, whole grain bread, margarine cup, and non-fat dry milk.

THIS INFORMATION IS NOT INTENDED TO REPLACE MEDICAL ADVICE. PLEASE DISCUSS ANY CONCERNS WITH YOUR PHYSICIAN.



Dysphagia Management

(Swallowing Disorders)

We can also serve members that suffer from swallowing conditions, like Dysphagia. We offer Hormel Health Labs Thick and Easy® purée meals that are appealing in flavor and appearance.

TMS000688

Pork Chop with mashed potatoes, broccoli, applesauce, and instant breakfast.

Turkey Breast with mashed sweet potatoes, green beans, and chocolate pudding.

Macaroni and Cheese with strawberry applesauce, broccoli, and chocolate pudding.

Roast Beef with whipped potatoes, green peas, and vanilla pudding.

Ham with mashed sweet potatoes, carrots, and vanilla pudding.

Chicken Breast with garlic mashed potatoes, green beans, applesauce, and instant breakfast.

Beef with cheesy mashed potatoes, corn, and applesauce.

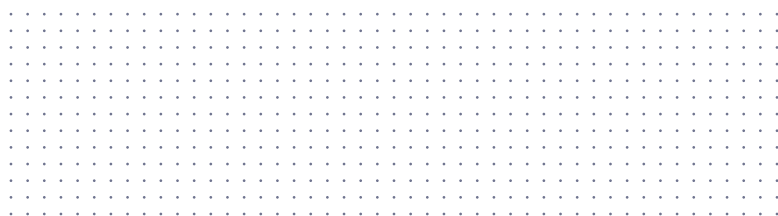
Liquids may need to be thickened as ordered by physician or speech pathologist.

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