



Menu

Medically-Tailored Meals
For Chronic Conditions



Nourishment. Delivered.
GAfoods.com

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 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

TMS002232

Fish Fillet with broccoli, garlic mashed potatoes, fruit cup, tartar sauce, whole grain roll, and margarine.

Breaded Chicken in Country Pepper Gravy with mixed vegetables & squash medley, Brussels sprouts, graham crackers, and whole grain bread.

Chicken Salisbury Steak in Mushroom Gravy with garlic mashed potatoes, Brussels sprouts, onion, applesauce, whole grain bread, and margarine.

Three-Bean Chili with carrot squash medley, fruit cup, whole grain bread, and margarine.

Pork Riblet in BBQ Sauce with mixed vegetables, garlic mashed potatoes, whole grain roll, and margarine.

Chicken Patty in Picadillo Sauce with green peas, sweet potatoes, and whole wheat bread.

Pork Rib in Korean BBQ Sauce with broccoli, pineapple Mandarin fruit, fruit cup, whole wheat bread, and margarine.

Be Healthy

Medically-Tailored Meals



Week 2

TMS002233

Meatballs & Stuffed Pasta in Italian Sauce with Italian vegetable medley, fruit cup, whole grain roll, and margarine.

Sweet & Sour Pork with corn, fried rice, fruit cup, and margarine.

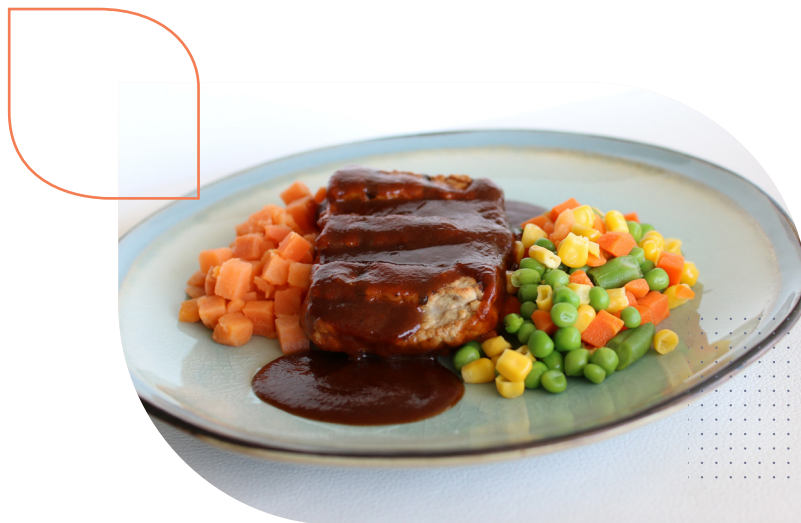
Chicken Marsala with green beans, butternut squash, fruit cup, graham crackers, and whole grain bread.

Twisted Mac & Cheese and Vegan Chorizo with mixed vegetables, whole grain roll, and margarine.

Hamburger Patty with hamburger bun, carrots, diced potatoes, and ketchup & mustard.

Meatballs in Orange Sauce with green beans, white rice, whole wheat bread, and margarine.

Grilled Pork Chop in Gravy with Brussels sprouts, parsleyed mashed potatoes, applesauce, and whole grain roll.



Be Healthy

Medically-Tailored Meals



Week 3

TMS002234

Manicotti Alfredo with corn, carrots, whole grain bread, and margarine.

Chicken in Italian Sauce with diced potatoes, green beans, fruit cup, and whole wheat bread.

Beef Patty in Teriyaki Sauce with white rice, mixed vegetables, and fruit cup.

Pork Chop in Sofrito Sauce with stewed tomatoes, sweet potatoes, Kashi bar, and wheat crackers.

Grilled Veal Chop in Mustard Sage Sauce with butternut squash, diced potatoes, applesauce, and whole grain bread.

Chicken in Thai Ginger Red Curry Sauce with green beans, carrots, fruit cup, whole grain bread, and margarine.

Pasta Bolognese with Italian vegetable medley and Kashi bar.



Be Healthy

Medically-Tailored Meals



Week 4

TMS002235

Chicken & Stuffed Pasta Pot Pie with mixed vegetables, strawberry apple crisp, peanuts, whole grain roll, and margarine.

Dinner Loaf in Stewed Tomatoes with cheesy mashed potatoes, fruit cup, and whole grain bread.

Honey Mustard Chicken with carrots, diced potatoes, fruit cup, and whole wheat bread.

Meatballs and Pasta Marinara with green beans, fruit cup, whole grain roll, and margarine.

Batter-Dipped Crispy Fish Nuggets with carrots, parslid mashed potatoes, ketchup, whole grain bread, and margarine.

Beef Patty in Brown Gravy with mixed vegetables, brown rice, graham crackers, whole wheat bread, and margarine.

Lasagna Florentine with spinach alfredo sauce, mixed vegetables, whole grain bread, and margarine.



Be Healthy

Medically-Tailored Meals



Breakfast

TMS002154

Omelet with Cheese with roasted parsley diced breakfast potatoes, fruit cup, fruited granola, and whole wheat bread.

Oatmeal with peanut butter, raisins, whole wheat bread, and nonfat fortified dry milk.

Pancakes and Cheese Omelet with turkey sausage link, warm strawberry compote, applesauce, and whole wheat bread.

Western-Style Omelet with diced breakfast potatoes, strawberry apple crisp, fruit cup, and nonfat fortified dry milk.

Mini Wheats Cereal with fruit cup, trail mix, and nonfat fortified dry milk.

All Bran Cereal with peanut butter, raisins, wheat bread, and nonfat fortified dry milk.

Egg in Sausage Country Pepper Gravy with diced breakfast potatoes, maple-cinnamon apples, and nonfat fortified dry milk.



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

TMS002236

Fish Fillet with garlic mashed potatoes, broccoli, and margarine.

Breaded Chicken in Country Pepper Gravy with mixed vegetables & squash medley, Brussels sprouts, and fruit cup.

Pasta with Marinara with green beans.

Omelet with Cheese with diced breakfast potatoes, turkey sausage links, fruit cup, and fruited granola.

Pork Riblet in Korean BBQ Sauce with broccoli and pineapple Mandarin fruit, and margarine.

Garden Scrambled Eggs with diced breakfast potatoes with onion, cranberry apples, and margarine.

Bean Burrito in Queso with carrots, parsleyed corn, and mixed fruit.

Be Well

Medically-Tailored Meals



Week 2

TMS002237

Meatballs & Stuffed Pasta in Italian Sauce with Italian vegetable medley.

Sweet & Sour Pork with corn and fried rice.

Chicken Marsala with green beans and butternut squash.

Beef Patty with diced potatoes, carrots, and mustard.

Twisted Mac & Cheese with Vegan Chorizo with mixed vegetables and fruit cup.

Meatballs in Orange Sauce with green beans, white rice, and fruit cup.

Egg in Sausage Country Pepper Gravy with diced breakfast potatoes, maple-cinnamon apples, and oatmeal.



Be Well

Medically-Tailored Meals



Week 3

TMS002238

Manicotti Alfredo with corn, carrots, and fruit cup.

Chicken in Italian Sauce with green beans, diced potatoes, and margarine.

Beef Patty in Teriyaki with mixed vegetables, white rice, and fruit cup.

Ranchero Cheese Omelet with diced breakfast potatoes with onion and cranberry pears.

Southern Fish Nuggets with garlic mashed potatoes and mixed vegetables.

Chicken in Thai Ginger Red Curry with green beans, carrots, and fruit cup.

Plant-Based Chick'n Nuggets with mixed vegetables & squash medley, warm rice salad, and ketchup.



Be Well

Medically-Tailored Meals



Week 4

TMS002239

Chicken & Stuffed Pasta Pot Pie with mixed vegetables, applesauce, and fruit cup.

Grilled Veal Chop in Mustard Sage Sauce with diced potatoes and butternut squash.

Three Cheese Macaroni & Cheese with green beans, carrots, and fruit cup.

Western-Style Omelet with turkey sausage, diced breakfast potatoes, strawberry apple crisp, and fruit cup.

Cheese Lasagna in Alfredo Sauce with mixed vegetables and fruit cup.

Batter-Dipped Crispy Fish Nuggets with carrots, parslid mashed potatoes, ketchup, and whole wheat bread.

Beef Patty in Brown Gravy with mixed vegetables, brown rice, and fruit cup.





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

Week 1

TMS002240

Fish Fillet with broccoli, garlic mashed potatoes, tartar sauce, cookie, and whole grain bread.

Chicken & Rice with green bean & red pepper mix, fruit juice, cookie, whole grain bread, and margarine.

Chicken Salisbury Steak in Mushroom Gravy with garlic mashed potatoes, Brussels sprouts, onion, cookie, whole grain bread, and margarine.

Three Bean Chili with carrot & squash medley, whole grain bread, margarine, and wheat crackers.

Pork Riblet in BBQ Sauce with mixed vegetables, garlic mashed potatoes, fruit juice, whole grain bread, and margarine.

Eggs in Garden Sauce with egg patty with pepper, breakfast potatoes with onion, and cranberry apples, fruit juice, whole grain bread, and margarine x2.

Chicken Patty in Picadillo Sauce with sweet potatoes, green peas, wheat crackers, whole grain bread, fruit juice, and margarine.

All meals served with non-fat fortified dry milk.

Week 2

TMS002241

Meatballs & Stuffed Pasta in Italian Sauce with Italian vegetable medley, cookie, whole grain bread, and margarine.

Sweet & Sour Pork with corn, fried rice, fruit juice, whole grain bread, and margarine x2.

Chicken Marsala with green beans, butternut squash, fruit juice, peanut butter, whole grain bread, and margarine x2.

Twisted Mac & Cheese with Vegan Chorizo with mixed vegetables, fruit juice, cookie, and whole grain bread.

Hamburger Patty with hamburger bun, carrots, diced potatoes, ketchup, mustard, and cookie.

Meatballs in Orange Sauce with green beans, white rice, fruit juice, whole grain bread, and margarine x2.

Grilled Pork Chop in Home-style Gravy with parsnip mashed potatoes, Brussels sprouts, fruit juice, cookie, whole grain bread, and margarine.

All meals served with non-fat fortified dry milk.



High-Calorie, High-Protein Meals

Week 3

TMS002242

Manicotti Alfredo with corn, carrots, cookie, whole grain bread, and margarine.

Chicken in Italian Sauce with green beans, diced potatoes, cookie, whole grain bread, and margarine.

Beef Patty in Teriyaki Sauce with mixed vegetables, white rice, fruit juice, whole grain bread, and margarine x2.

Pork Chop Patty in Sofrito Sauce with sweet potatoes, stewed tomatoes, fruit juice, cookie, and whole grain bread.

Stuffed Pasta in Broccoli Cheese Sauce with cranberry apples, whole grain bread, and margarine.

Chicken in Thai Ginger Red Curry Sauce with green beans, carrots, peanut butter, cookie, whole grain bread, margarine.

Pasta Bolognese with Italian vegetable medley, applesauce, fruit juice, whole grain bread, and margarine x2.

All meals served with non-fat fortified dry milk.

Week 4

TMS002243

Chicken & Stuffed Pot Pie with mixed vegetables, applesauce, fruit juice, peanut butter, and whole grain bread.

Dinner Loaf with Stewed Tomatoes with cheesy mashed potatoes with onion, fruit juice, cookie, whole grain bread, and margarine.

Three Cheese Macaroni & Cheese with green beans, carrots, fruit juice, whole grain bread, and margarine x2.

Honey Mustard Chicken with diced potatoes, carrots, whole grain bread, margarine, and cookie.

Meatballs & Pasta Marinara with green beans, cookie, and whole grain bread.

Batter-Dipped Crispy Fish Nuggets with carrots, parsleyed mashed potatoes, tartar sauce, cookie, and whole grain bread.

Beef Patty in Brown Gravy with mixed vegetables, brown rice, fruit cup, fruit juice, and whole grain bread.

All meals served with non-fat fortified 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® puree meals that are appealing in flavor and appearance.

Pureed Meals

TMS000688

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

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

Macaroni and Cheese with applesauce, broccoli, and pudding.

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

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

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

Beef with cheesy mashed potatoes, corn, and applesauce.

All meals served with non-fat fortified dry milk.

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

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