



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 themed 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



Cardiac Diseases

Like congestive heart failure or poorly controlled high blood pressure.



Liver Disease

The nutrient targets for Be Well are:



Protein: <20g/meal



Potassium: <800mg/meal



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



Phosphorus: <350mg/meal

Week 1

TMS002385

Beef Patty in Teriyaki Sauce with white rice, mixed vegetables, and pears

Chicken Patty in Picadillo Sauce with corn, sweet potatoes, and margarine.

Meatballs & Pasta in Marinara with green beans and pears.

Cheese Omelet Skillet with Garden Sauce with diced breakfast potatoes, sliced peaches, and margarine

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

Eggs in Garden Sauce with diced breakfast potatoes with onion, cranberry apples, and peaches.

Mexican Bean Burrito with Queso with carrots and parsleyed corn.

Be Well

Medically-Tailored Meals



Week 2

TMS002386

Meatballs & Stuffed Pasta in Italian Sauce with Italian vegetable medley, and mixed fruit.

Honey Mustard Chicken with diced potatoes, carrots, and pears.

Chicken Marsala with green beans, butternut squash, and peaches.

Beef Patty with diced potatoes, carrots, ketchup and mustard.

Twisted Mac & Cheese with Vegan Chorizo with mixed vegetables and pears.

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

TMS002387

Manicotti Alfredo with corn, carrots, and fruit cup.

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

Mexican Bean Burrito with Southwest Sauce with green bean and red pepper mix, and Papas con chile.

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

Stuffed Pasta in Broccoli Cheese Sauce with corn and pears.

Chicken in Thai Ginger Red Curry with green beans, carrots, whole wheat bread, 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
TMS002388

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

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

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

Western-Style Omelet with diced breakfast potatoes, strawberry applesauce, and fruit cup.

Manicotti with Tomato Sauce with mixed vegetables, whole wheat bread, and peaches.

Batter-Dipped Crispy Fish Nuggets with carrots, green beans with red peppers, and tartar sauce.

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



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



Protein: >20g/meal



Fat: <20-35% total calories



Cholesterol: <200mg/day



Carbohydrates: 60-75g/meal



Sodium: <2300mg/day



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

Week 1

TMS002377

Honey Orange Glazed Fish with broccoli, garlic mashed potatoes, whole grain roll, and margarine.

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

Beef Patty in Mushroom Gravy with Brussels sprouts, garlic mashed potatoes, peaches, whole grain bread, and margarine.

Meatballs in Stuffed Pasta in Italian Sauce with Italian vegetable 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 corn and sweet potatoes.

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

Be Healthy

Medically-Tailored Meals



Week 2

TMS002378

Three Bean Chili con Carne with carrot squash medley, fruit cup, and whole grain roll.

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

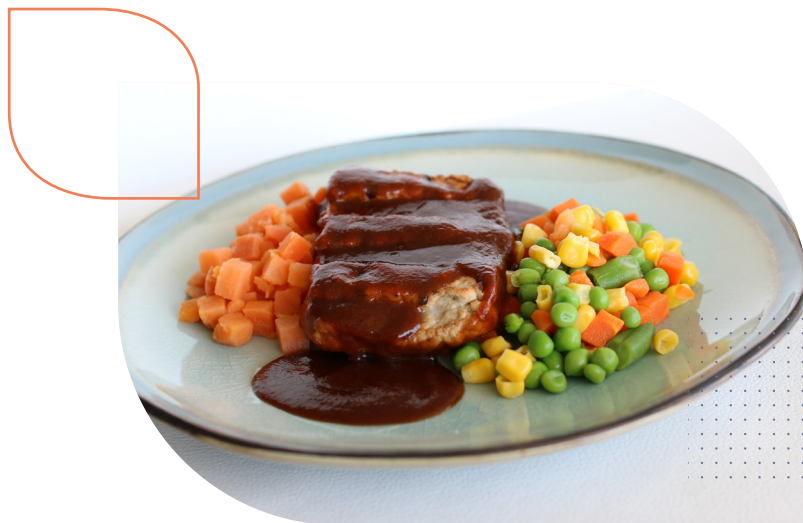
Chicken Marsala with green beans, butternut squash, fruit cup, raisins, whole grain bread, and margarine.

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

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

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

Grilled Pork Chop in Homestyle Gravy with Brussels sprouts, parslid mashed potatoes, mixed fruit, graham crackers, and non-fat dry milk.



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, pears, and nonfat dry milk.

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

Pork Chop in Sofrito Sauce with stewed tomatoes, sweet potatoes, whole grain bread, and margarine.

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

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

Plant-Based Chick'n Nuggets with mixed vegetable & squash medley, tomato rice pilaf, whole rain bread, mixed fruit, and margarine.



Be Healthy

Medically-Tailored Meals



Week 4
TMS002380

Chicken & Stuffed Pasta Pot Pie with mixed vegetables, strawberry applesauce, peanuts, and whole wheat bread.

Meatloaf in Stewed Tomatoes with cheesy mashed potatoes, peaches, and whole wheat bread.

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

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

Batter-Dipped Crispy Fish Nuggets with carrots, green beans with red pepper, tartar sauce, whole grain bread, and saltine crackers.

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

Manicotti with Tomato Sauce with mixed vegetables, whole grain bread, pears, and margarine.



Be Healthy

Medically-Tailored Meals



Breakfast

TMS002376

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

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

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

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

Mini Wheats Cereal with peaches, mango, pineapple trail mix, and nonfat fortified dry milk.

All Bran Cereal with peanut butter, raisins, whole 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.



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

 >30 g of protein

Week 1 TMS002381

Honey Orange Glazed Fish with broccoli, garlic mashed potatoes, cookie, and whole grain bread.

Mexican Bean Burrito with Southwest Sauce with green bean & red pepper mix, Papas con chile, and sunflower seeds.

Beef Patty in Mushroom Gravy with Brussels sprouts, garlic mashed potatoes, whole grain bread, peanuts and margarine.

Three Bean Chili con Carne with carrot & squash medley, whole grain bread, margarine, and cookie.

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

Garden Scrambled Eggs with diced breakfast potatoes with onion, cranberry apples, whole grain bread, and oatmeal.

Chicken Patty in Picadillo Sauce with sweet potatoes, corn, whole grain bread, and fruit juice.

All meals served with nonfat fortified dry milk.

Week 2 TMS002382

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, graham crackers, whole grain bread, and margarine.

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

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

Hamburger Patty with whole grain hamburger bun, carrots, diced potatoes, ketchup, mustard, and sunflower seeds.

Meatballs in Orange Sauce with green beans, white rice, graham crackers, whole grain bread, and applesauce.

Grilled Pork Chop in Homestyle Gravy with Brussels sprouts, parsleyed mashed potatoes, whole grain bread, cookie, and margarine.

All meals served with nonfat fortified dry milk.

High-Calorie, High-Protein Meals

Week 3 TMS002383

Manicotti Alfredo with corn, carrots, sunflower seeds, 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, applesauce, whole grain bread, and graham crackers.

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 corn, whole grain bread, cookie and applesauce.

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

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

All meals served with nonfat fortified dry milk.

Week 4 TMS002384

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

Meatloaf with Stewed Tomatoes with cheesy mashed potatoes, cookie, whole grain bread, and margarine.

Three Cheese Macaroni & Cheese with green beans, carrots, applesauce, whole grain bread, and margarine.

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

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

Batter-Dipped Crispy Fish Nuggets with carrots, green beans & red peppers, tartar sauce, applesauce, whole grain bread.

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

All meals served with nonfat 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 nonfat fortified dry milk.

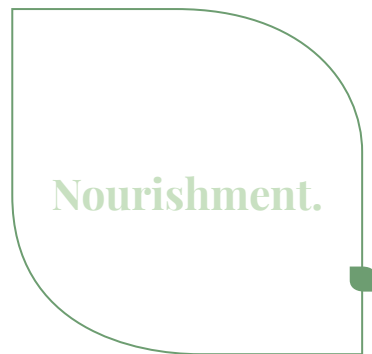
Liquids may need to be thickened as ordered by physician or speech pathologist.

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Delivered.