



# Menu

Medically-Tailored Meals  
For Chronic Conditions



**Nourishment. Delivered.**  
[GAfoods.com](https://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](mailto:carecenter@gafoods.com)**

# Be Well

These meals are suitable for members with:



**Renal Disease on Dialysis**



**Liver Disease**



**Cardiac Diseases**

Like congestive heart failure or poorly controlled high blood pressure.

The nutrient targets for Be Well are:



**Protein:**  $\leq 20\text{g}/\text{meal}$



**Sodium:**  $\leq 700\text{mg}/\text{meal}$



**Potassium:**  $\leq 800\text{mg}/\text{meal}$



**Phosphorus:**  $< 350\text{mg}/\text{meal}$

## Week 1

MTM700010

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

**Egg Patty** with turkey sausage links, diced breakfast potatoes, granola, and fruit cup.

**Meatballs & Pasta in Marinara** with green beans and pears.

**Cheese Omelet Skillet with Garden Sauce** with diced breakfast potatoes and spiced peaches.

**Breaded Chicken with Country Pepper Gravy** with mixed vegetable & squash medley, Brussels Sprouts, and margarine.

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

**Mexican Bean Burrito with Queso** with carrots and corn.



# Be Well

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Week 2  
MTM700011

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**Meatloaf with Onions** with sweet potatoes, peas, carrots and margarine.

**Chicken Piccata** with Northern beans with peppers and onion, carrots, green beans, and applesauce.

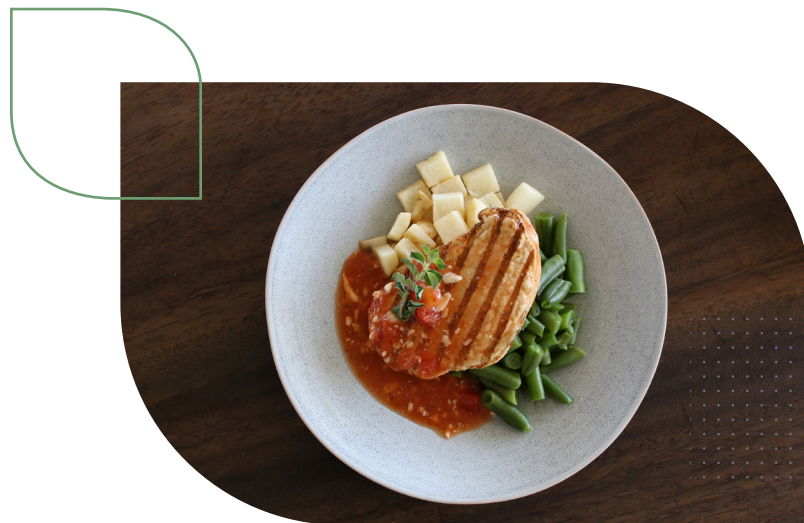
**Mushroom Swiss Chicken** with green beans, carrots, and applesauce.

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

**Twisted Mac & Cheese** with mixed vegetables and margarine.

**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 pear cup.



# Be Well

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**Week 3**  
MTM700012

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**New York Strip in Picadillo Sauce** with confetti corn, green beans, and margarine.

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

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

**Rancheros Cheese Omelet** with diced breakfast potatoes with onion, peach cup, and cranberry pears.

**Stuffed Pasta in Broccoli Cheese Sauce** with corn and pears.

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

**Egg Patty & Whole Wheat Pancakes** with turkey sausage link, strawberry compote, and peach cup.



# Be Well

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**Week 4**  
MTM700086

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**Chicken & Stuffed Pasta Pot Pie** with mixed vegetables, cinnamon applesauce, and pears.

**Grilled Veal Chop in Mustard Sage Sauce** with diced potatoes, carrots, and peaches.

**Three Cheese Macaroni & Cheese** with green beans, parslied carrots, and peaches.

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

**Shrimp Alfredo** over pasta with green beans and applesauce.

**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 pear cup.





# Be Well High Protein

These meals are suitable for members with:



**Renal Disease on Dialysis**



**Liver Disease**



**Cardiac Diseases**

Like congestive heart failure or poorly controlled high blood pressure.

The nutrient targets for Be Well are:



**Protein: 23-35g/meal**



**Sodium: ≤700mg/meal**



**Potassium: ≤900mg/meal**



**Phosphorus: ≤350mg/meal**

## Week 1

MTM700014

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

**Egg Patty** with turkey sausage links, diced breakfast potatoes, granola, and fruit cup.

**Meatballs & Pasta in Marinara** with green beans and pears.

**Cheese Omelet Skillet with Garden Sauce** with diced breakfast potatoes and spiced peaches.

**Breaded Chicken with Country Pepper Gravy** with mixed vegetable & squash medley, Brussels Sprouts, and margarine.

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

**Mexican Bean Burrito with Queso** with carrots and corn.

*All meals are served with 2 slices of seven grain bread.*

# Be Well High Protein

Week 2  
MTM700015

**Meatloaf with Onions** with sweet potatoes, peas, carrots, and margarine.

**Chicken Piccata** with Northern beans with peppers and onions, carrots, green beans, and applesauce.

**Mushroom Swiss Chicken** with green beans, carrots, and applesauce.

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

**Twisted Mac & Cheese** with mixed vegetables and margarine.

**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 pear cup.

*All meals are served with 2 slices of seven grain bread.*





# Be Well High Protein

**Week 3**  
MTM700016

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**New York Strip in Picadillo Sauce** with confetti corn, green beans, and margarine.

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

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

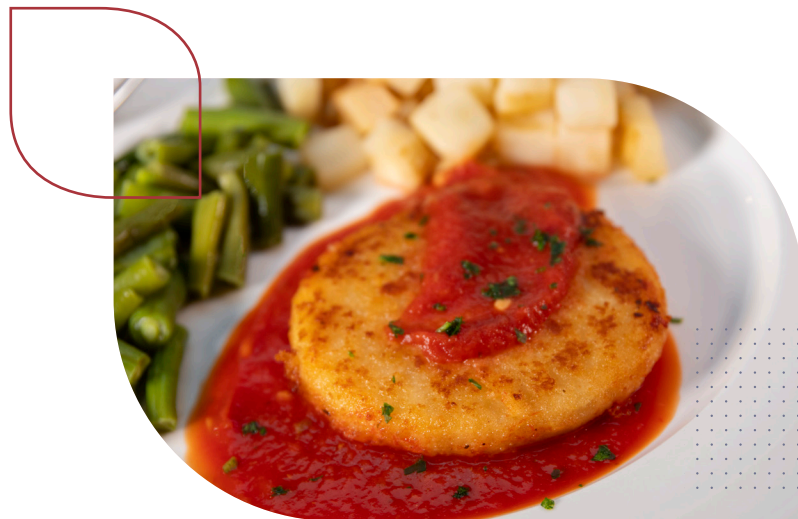
**Rancheros Cheese Omelet** with diced breakfast potatoes with onion, peach cup, and cranberry pears.

**Stuffed Pasta in Broccoli Cheese Sauce** with corn and pears.

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

**Egg Patty & Whole Wheat Pancakes** with turkey sausage link, strawberry compote, and peach cup.

*All meals are served with 2 slices of seven grain bread.*



# Be Well High Protein

**Week 4**  
MTM700017

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**Chicken & Stuffed Pasta Pot Pie** with mixed vegetables, cinnamon applesauce, and pears.

**Grilled Veal Chop in Mustard Sage Sauce** with diced potatoes, carrots, and peaches.

**Three Cheese Macaroni & Cheese** with green beans, parslied carrots, and peaches.

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

**Shrimp Alfredo** over pasta with green beans and aplesauce.

**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 pear cup.

*All meals are served with 2 slices of seven grain bread.*



# Be Well Gluten-Free Friendly

These meals are suitable for members with:



**Renal Disease on Dialysis**



**Liver Disease**



**Cardiac Diseases**

Like congestive heart failure or poorly controlled high blood pressure.



**Gluten sensitivities**

The nutrient targets for Be Well are:



**Protein:** ≤20g/meal



**Potassium:** ≤800mg/meal



**Sodium:** ≤700mg/meal



**Phosphorus:** <350mg/meal

## Gluten-Free Week 1

MTM700018

**Eggs in Garden Sauce** with diced potatoes and onion, cranberry apples, and peach cup.

**Chicken Piccata** with Northern beans with peppers and onions, carrots, green beans, and applesauce.

**Meatloaf with Onions** with peas & carrots, and sweet potatoes.

**Mushroom Swiss Chicken** with green beans, carrots, and applesauce.

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

**Egg with Sausage Pepper Country Gravy** with diced breakfast potatoes, maple cinnamon apples, and pear cup.

**New York Strip in Picadillo Sauce** with confetti corn, green beans, and margarine.



# Be Well Gluten-Free Friendly

## Gluten Free - Week 2

MTM700019

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

**Rancheros Cheese Omelet** with potatoes & onion, cranberry pears, and peaches.

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

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

**Mushroom Swiss Chicken** with green beans, carrots, and applesauce.

**Grilled Veal Chop in Mustard Sage Sauce** with carrots, diced potatoes, and peach cup.

**Chicken Picatta** with Northern beans with peppers and onion, carrots, green beans, and applesauce.



# Be Healthy

These meals are suitable for members with:



**Diabetes**



**Cardiac Diseases**

(Except for Congestive Heart Failure)



**Obesity**

The nutrient targets for Be Healthy are:



**Calories: 500-700 calories per meal**



**Protein: ≥20g/meal**



**Fat: 20-35% total calories per meal**



**Cholesterol: <200mg/day**



**Carbohydrates: ≤75g/meal**



**Sodium: ≤800mg/meal**



**Fiber: ≥8g/meal**



**Saturated Fat: ≤7% total calories per meal**

## Week 1

MTM700002

**Chicken Tikka Masala** with broccoli, brown rice, whole wheat bread, Nature Valley Granola Bar, and margarine x 2.

**Breaded Chicken in Country Pepper Gravy** with mixed vegetables & squash medley, Brussels Sprouts, raisins, whole wheat bread, and margarine.

**Sweet & Sour Fish** with edamame, gingered brown rice, and fruit cup.

**Classic Meatloaf with Onions** with sweet potatoes, peas & carrots, pears, whole wheat bread, non-fat dry milk, and margarine x 2.

**Pork Riblet in BBQ Sauce** with mixed vegetables, garlic mashed potatoes, whole wheat bread, and margarine x 2.

**Homemade Chicken Stew** with peas and carrots, cinnamon applesauce, whole wheat bread, peanuts, and margarine.

**Beef Stroganoff** with Brussels Sprouts, carrots, whole wheat bread and margarine.

# Be Healthy

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Week 2  
MTM700003

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**General Tso's Chicken** with peas & carrots, gingered rice, peanuts, whole wheat bread, margarine, and non-fat dry milk.

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

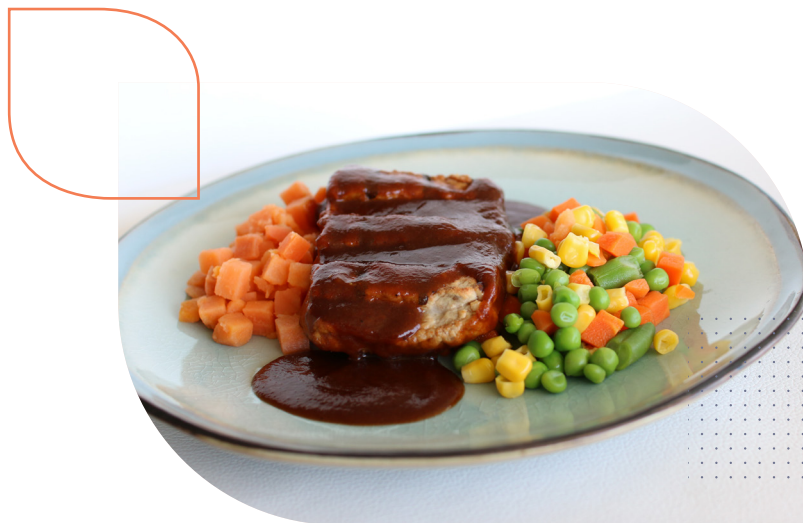
**Mushroom Swiss Chicken** with green beans, carrots, raisins, Nature Valley Granola Bar, whole wheat bread, and margarine.

**Twisted Mac & Cheese** with mixed vegetables, peanuts, and non-fat dry milk.

**Creole-Style Fish** with green beans & red peppers, brown rice, whole wheat bread, and margarine.

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

**Grilled Pork Chop in Homestyle Gravy** with Brussels Sprouts, parslied mashed potatoes, peaches, whole wheat bread, and non-fat dry milk.





# Be Healthy

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## Week 3

MTM700004

**Pasta Bolognese** with Italian vegetable medley, pears, whole wheat bread, and margarine x 2.

**Chicken in Italian Sauce** with diced potatoes, green beans, whole wheat bread, margarine x 2, and non-fat dry milk.

**Beef Patty in Teriyaki Sauce** with white rice, mixed vegetables, whole wheat bread, fruit cup, margarine, and non-fat dry milk.

**Pork Chop in Sofrito Sauce** with green peas, sweet potatoes, whole wheat bread, mixed fruit, and margarine.

**Shrimp Alfredo** with broccoli, onions, green beans & red peppers, whole wheat bread, Nature Valley Granola Bar, margarine x 2, and non-fat dry milk.

**Chicken in Thai Ginger Red Curry Sauce** with green beans, carrots, Nature Valley Granola Bar, whole wheat bread, applesauce, and margarine.

**Egg with Sausage Pepper Country Gravy** with breakfast potatoes, maple cinnamon apples, whole wheat bread, mixed fruit, and non-fat dry milk.



# Be Healthy

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**Week 4**  
MTM700005

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**Chicken & Stuffed Pasta Pot Pie** with mixed vegetables, cinnamon applesauce, peanuts, and whole grain bread.

**Meatloaf in Stewed Tomatoes** with parsleyed mashed potatoes, peaches, whole grain bread, and margarine.

**Chicken Taco Bowl** with brown rice, stewed tomatoes, corn, peanuts, and pears.

**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 x 2, and whole grain bread.

**Beef Patty in Brown Gravy** with mixed vegetables, brown rice, margarine, whole grain bread, and non-fat dry milk.

**Manicotti with Tomato Sauce** with mixed vegetables, whole grain bread, peanuts, and non-fat dry milk.



# Be Healthy

## Breakfast

MTM700001

**Egg Patty with Turkey Sausage Links** with diced breakfast potatoes, fruit cup, fruited granola, whole wheat bread, Nature Valley Granola Bar, and margarine.

**Oatmeal** with peanut butter, raisins, whole wheat bread, margarine x 2, and non-fat dry milk.

**Eggs in Garden Sauce** with diced breakfast potatoes, cranberry apples, whole wheat bread, margarine, and non-fat dry milk.

**Egg Patty with Whole Wheat Pancakes** with turkey sausage link, strawberry compote, whole wheat bread, All Bran Cereal, and margarine x 2.

**Toasted Oats Cereal** with whole wheat bread, peanut butter, Nature Valley Granola Bar, and non-fat dry milk x 2.

**Raisin Bran Cereal** with peanut butter, Nature Valley Granola Bar, whole wheat bread, and non-fat dry milk.

**Egg in Sausage Country Pepper Gravy** with diced breakfast potatoes, maple-cinnamon apples, whole wheat bread, mixed fruit, and non-fat dry milk.





# High-Calorie, High-Protein

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

MTM700006

**Chicken Tikka Masala** with broccoli, brown rice, peanuts, margarine x 2, and whole grain bread.

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

**Oatmeal** with mixed berry compote, sweet potato hash, raisins, and whole grain bread.

**Three Bean Chili con Carne** with carrot squash medley, whole grain bread, and peanuts.

**Pork Riblet in BBQ Sauce** with mixed vegetables, garlic mashed potatoes, fruit juice, whole grain bread, and margarine x 2.

**Eggs in Garden Sauce** with diced breakfast potatoes with onion, cranberry apples, whole grain bread, margarine, and Instant Oatmeal.

**Beef Stroganoff** with Brussels Sprouts, carrots, whole grain bread, margarine x 2, and applesauce.

*All meals served with non-fat fortified dry milk.*

## Week 2

MTM70007

**Classic Meatloaf with Onion** with sweet potatoes, peas & carrots, whole grain bread x 2, margarine x 2, and fruit juice.

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

**Mushroom Swiss Chicken** with green beans, carrots, blended juice, peanuts, and whole grain bread.

**Twisted Mac & Cheese** with mixed vegetables, fruit juice, peanut butter, and whole grain bread.

**Hamburger Patty** with hamburger bun, carrots, diced potatoes, ketchup, mustard, raisins, and sunflower seeds.

**Meatballs in Orange Sauce** with green beans, white rice, fruit juice, whole grain bread, and citrus fruit cup.

**Grilled Pork Chop in Homestyle Gravy** with Brussels Sprouts, parsnip mashed potatoes, whole grain bread, and peanuts.

*All meals served with non-fat fortified dry milk.*

# High-Calorie, High-Protein

## Week 3

MTM700008

**Manicotti Alfredo** with corn, carrots, sunflower seeds, and whole grain bread.

**Chicken in Italian Sauce** with green beans, diced potatoes, whole grain bread, and peanuts.

**Beef Patty in Teriyaki Sauce** with mixed vegetables, white rice, raisins, whole grain bread, margarine, and Nature Valley Granola Bar.

**Pork Chop Patty in Sofrito Sauce** with peas, sweet potatoes, citrus fruit cup, whole grain bread, and margarine x 2.

**Stuffed Pasta in Broccoli Cheese Sauce** with corn, whole grain bread, fruit juice, and peanut butter.

**Chicken in Thai Ginger Red Curry Sauce** with green beans, carrots, sunflower seeds, Nature Valley Granola Bar, whole grain bread, and margarine.

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

*All meals served with non-fat fortified dry milk.*

## Week 4

MTM700009

**Chicken & Stuffed Pot Pie** with mixed vegetables, cinnamon applesauce, juice, peanuts, and whole grain bread.

**Meatloaf in Stewed Tomatoes** with parslid mashed potatoes, whole grain bread, margarine, and sunflower seeds.

**Three Cheese Macaroni & Cheese** with green beans, carrots, applesauce, whole grain bread, fruit juice, and margarine x 2.

**Chicken Taco Bowl** with stewed tomaotoes, corn, juice, whole grain bread, margarine, and raisins.

**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, citrus fruit, and whole grain bread.

**Beef Patty in Brown Gravy** with mixed vegetables, brown rice, whole grain bread, raisins, margarine x 2, and Nature Valley Granola Bar.

*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.*

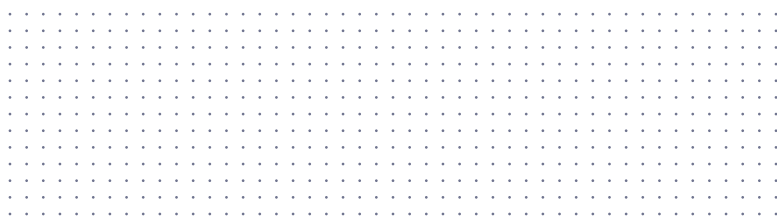
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Nourishment.

Delivered.