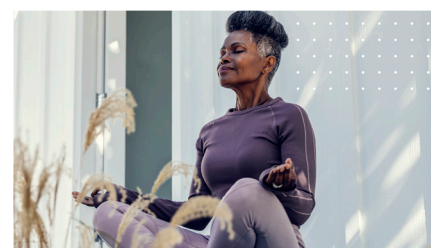


Healthy Meal Plans

Menu

2024



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 good nutrition that your body needs.



Tips

- Each meal box contains several different meals
- Meal boxes will change each delivery giving you lots of variety
- 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 your meal 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



Country Favorites

TMS002168

- ☐ **Fish Fillet** with broccoli and diced potatoes.
- ☐ **Chicken & Rice** with tomatoes and chives and green bean & red pepper mix.
- ☐ **Chicken Salisbury Steak in Mushroom Gravy** with mixed vegetables and diced potatoes with onion.
- ☐ **Three Bean Chili con Carne** with carrot squash medley.
- ☐ **Pork Riblet in BBQ Sauce** with mixed vegetables and mashed potatoes.
- ☐ **Garden Scrambled Eggs** with diced breakfast potatoes with onion and cranberry apples.
- ☐ **Chicken Patty in Picadillo Sauce** with sweet potatoes and peas.

☐ Available in **5-day** meal plan.

☐ Available in **2-day** meal plan.

Based on product availability, substitutions may be made.

Sidewalk Cafe

TMS02177

- ☐ **Meatballs & Stuffed Pasta in Italian Sauce** with Italian vegetable medley.
- ☐ **Pork Chop in Sweet & Sour Sauce** with fried rice and corn.
- ☐ **Chicken Marsala** with green beans and butternut squash.
- ☐ **Twisted Mac & Cheese with Vegan Chorizo** with mixed vegetables.
- ☐ **Hamburger Patty** with hamburger bun, carrots, and diced potatoes.
- ☐ **Meatballs in Orange Sauce** with white rice and green beans.
- ☐ **Grilled Pork Chop in Homestyle Gravy** with Brussels sprouts and mashed potatoes.





Neighborhood Recipes

TMS002186

- ☐ **Beef Patty in Teriyaki Sauce** with steamed rice and mixed vegetables.
- ☐ **Chicken in Italian Sauce** with green beans and diced potatoes.
- ☐ **Manicotti Alfredo** with corn and carrots.
- ☐ **Breaded Chicken in Country Pepper Gravy** with Brussels sprouts, mixed vegetables & squash medley.
- ☐ **Stuffed Pasta in Broccoli Cheese Sauce** with cranberry apples.
- ☐ **Chicken in Thai Ginger Red Curry Sauce** with green beans and carrots.
- ☐ **Pasta Bolognese** with Italian vegetable blend.

☐ Available in **5-day** meal plan.

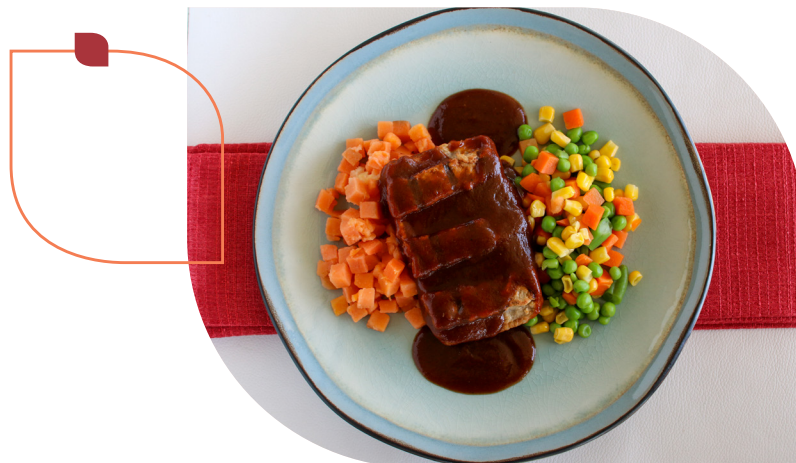
☐ Available in **2-day** meal plan.

Based on product availability, substitutions may be made.

All American

TMS002159

- ☐ **Chicken & Stuffed Pasta Pot Pie** with mixed vegetables and strawberry apple crisp.
- ☐ **Three Cheese Macaroni & Cheese** with carrots and green beans.
- ☐ **Honey Mustard Chicken** with carrots and diced potatoes.
- ☐ **Meatballs & Pasta Marinara** with broccoli.
- ☐ **Chicken Fajita** with butternut squash and black beans.
- ☐ **Batter-Dipped Crispy Fish Nuggets** with carrots and mashed potatoes.
- ☐ **Beef Patty in Brown Gravy** with brown rice and mixed vegetables.





Rise and Shine

TMS02250

- ❑ **Pancakes and Cheese Omelet** with turkey sausage link and warm strawberry compote.
- ❑ **Egg with Sausage Country Pepper Gravy** with diced breakfast potatoes and maple-cinnamon apples.
- ❑ **Western-Style Omelet** with diced breakfast potatoes, and strawberry apple crisp.
- ❑ **Garden Scrambled Eggs** with diced breakfast potatoes with onion and cranberry apples.
- ❑ **Cheese Omelet Skillet in Garden Sauce** with diced breakfast potatoes and spiced peaches.

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

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

Vegetarian Delight

TMS002244

- ❑ **Meatless Ground Beef and Pasta Casserole** with steamed carrots.
- ❑ **Plant-Based Chick'n Nuggets** with warm rice salad, and mixed vegetables & squash medley.
- ❑ **Manicotti Alfredo** with corn and carrots.
- ❑ **Garden Scrambled Eggs** with diced breakfast potatoes with onion and cranberry apples.
- ❑ **Twisted Mac & Cheese with Vegan Chorizo** with mixed vegetables.

Stuffed Pasta in Broccoli Cheese Sauce with cranberry apples.

Mexican Bean Burrito in Queso with corn and carrots.

- ❑ Available in **5-day** meal plan.

Based on product availability, substitutions may be made.

PLEASE NOTE: OUR VEGETARIAN MEALS CONTAIN EGGS AND DAIRY PRODUCTS.





Asian Fusion Cafe

TMS002149

Pork Chop in Sweet & Sour Sauce with fried rice and parslid corn.

Pork Rib Patty in Korean BBQ Sauce with broccoli and pineapple Mandarin coconut fruit.

Chicken in Thai Ginger Red Curry Sauce with green beans and carrots.

Fish in Sweet and Sour Sauce with gingered brown rice and edamame.

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

General Tso's Chicken with gingered rice and peas & carrots.

Meatballs in Orange Sauce with white rice and green beans.

Latin Kitchen Favorites

TMS002248

☐ **Chicken & Rice** with tomatoes and chives and green bean & red pepper mix.

☐ **Chicken Fajita** with butternut squash and black beans.

☐ **Pork Chop Patty in Sofrito Sauce** with cilantro stewed tomatoes and sweet potatoes.

☐ **Twisted Mac & Cheese with Vegan Chorizo** with mixed vegetables.

☐ **Chicken Patty in Picadillo Sauce** with green peas and sweet potatoes.

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

Mexican Bean Burrito in Queso with corn and carrots.

☐ Available in **5-day** meal plan.



Pantry Meals offer a nutritious, shelf-stable meal in minutes with minimal preparation. Prepackaged in easy-to-open containers, these meals are convenient to have on hand as no refrigeration is required. Meals feature brands such as Nature Valley®, Kashi® and Keebler.

Option 1

SS000893

- ☐ **Beef Stew** with applesauce, whole wheat crackers, peanuts, and granola bar.
- ☐ **Spaghetti and Meatballs** with fruit juice, graham crackers, and peanut butter.
- ☐ **Lasagna** with fruit juice, graham crackers, wheat crackers, and pudding.
- ☐ **Chili Mac** with raisins, whole wheat tortilla, and sunflower seeds.
- ☐ **Chicken Stew** with fruit juice, fruit cup, peanut butter, jelly, and granola bar.
- ☐ **BBQ Beef** with fruit juice, whole wheat crackers, and sunflower seeds.
- ☐ **Cheesy Potatoes and Turkey Ham** with sunflower seeds, granola berry crunch, and animal crackers.

☐ Available in **5-day** meal plan.

☐ Available in **2-day** meal plan.

Based on product availability, substitutions may be made.

Option 2

SS000891

- ☐ **Red Beans and Rice** with fruit juice, mixed fruit cup, whole wheat tortilla, and granola bar.
- ☐ **Beef Hash** with fruit juice, applesauce, and oatmeal.
- ☐ **Beef Stew** with applesauce, whole wheat crackers, peanuts, and granola bar.
- ☐ **Chili Mac** with raisins, whole wheat tortilla, and sunflower seeds.
- ☐ **Chicken Stew** with fruit juice, fruit cup, wheat crackers, peanut butter, jelly, and granola bar.
- ☐ **Chicken Salad** with raisins, peach cup, and whole wheat crackers.
- ☐ **Cheesy Potatoes and Turkey Ham** with sunflower seeds, granola berry crunch, and animal crackers.



Pantry Meals offer a nutritious, shelf-stable meal in breakfast minutes with minimal preparation.

Breakfast

SS001038

- ☐ **Mini Wheats Cereal** with applesauce, fruit juice, instant oatmeal, and peanut butter.
- ☐ **Raisin Bran Cereal** with fruit juice, fruit cup, peanut butter, and instant breakfast.
- ☐ **Instant Oatmeal** with fruit juice, fruit cup, peanut butter, and granola bar.
- ☐ **Cranberry Vanilla Granola** with fruit juice, fruit cup, peanut butter, instant breakfast, and Nutri-Grain bar.
- ☐ **Instant Oatmeal** with fruit juice, applesauce, peanut butter, and cranberry vanilla granola.

Toasted Oats Cereal with fruit juice, fruit cup, instant breakfast, peanut butter, and granola bar.

All Bran Wheat Flakes, fruit juice, fruit cup, instant oatmeal, graham crackers, and peanut butter.

- ☐ Available in **5-day** meal plan - S1001037

All meals served with Ultra High Temperature Milk

Based on product availability, substitutions may be made.



Option 1

SS001033

Chicken Stew with fruit juice, applesauce, peanuts, and Kashi bar.

Chicken Salad with fruit juice, mayonnaise, whole wheat tortilla (x2), and fruit snacks (x2).

BBQ Beef with fruit juice, wheat crackers (x2), fruit cup, trail mix, and oatmeal.

Breakfast with fruit juice, peanut butter, mini wheats cereal, raisins, and oatmeal.

Chili Mac with fruit juice, trail mix, and fruit cup.

Chicken & Pasta with fruit juice, peanuts, applesauce (x2), and fruit snacks.

Beef Stew Meal with fruit juice, trail mix, and fruit snacks.

All meals served with nonfat fortified dry milk.

Based on product availability, substitutions may be made.

Option 2

SS001034

Tuna Salad with mayonnaise, whole wheat tortillas (x2), trail mix, and fruit snacks.

Breakfast Meal with fruit juice, peanut butter, mini wheats cereal, raisins, and oatmeal.

Chicken & Pasta with fruit juice, peanuts, applesauce (x2), and fruit snacks.

Lasagna with fruit juice, trail mix, and fruit snacks.

Chicken Salad with fruit juice, mayonnaise, whole wheat tortilla (x2), and fruit snacks (x2).

Chili Mac with fruit juice, trail mix, and fruit cup.

Beef Stew with fruit juice, trail mix, and fruit snacks.

All meals served with nonfat fortified dry milk.



Option 1

SS001035

BBQ Beef with fruit juice, wheat crackers (x2), fruit cup, trail mix, and oatmeal.

Chicken Salad with fruit juice, mayonnaise, whole wheat tortilla (x2), and fruit snacks (x2).

Breakfast with fruit juice, peanut butter, mini wheats cereal, raisins, and oatmeal.

Beef Stew with fruit juice, energy trail mix, and fruit snacks.

Chili Mac with fruit juice, trail mix, and fruit cup.

All meals served with nonfat fortified dry milk.

Based on product availability, substitutions may be made.

Option 2

SS001036

Breakfast with fruit juice, peanut butter, Mini Wheat Cereal, raisins, and oatmeal.

Lasagna with fruit juice, trail mix, and fruit snacks.

Tuna Salad with mayonnaise, whole wheat tortillas x2, trail mix, and fruit snacks.

Chicken Stew with fruit juice, applesauce, Kashi bar, and peanuts.

Chili Mac with fruit juice, trail mix, and fruit cup.

All meals served with nonfat fortified dry milk.



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