

Healthy Meal Plans

Menu

2023



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



All American

TMS002101

- Honey Mustard Chicken** with carrots and diced potatoes.
- Meatballs & Pasta in Marinara** with steamed broccoli.
- Western-Style Omelet** with diced breakfast potatoes, and strawberry applesauce crisp.
- Crispy Batter-Dipped Fish Nuggets** with carrots and diced potatoes.
- Chicken Fajita** with butternut squash and black beans.
- Dinner Loaf in Stewed Tomatoes** and diced potatoes with onion.
- Three Cheese Macaroni & Cheese** with green beans and carrots.

- Available in **5-day** meal plan.
- Available in **2-day** meal plan.

Based on product availability, substitutions may be made.

Sidewalk Cafe

TMS002119

- Meatballs & Stuffed Pasta in Italian Sauce** with Italian vegetable medley. New!
- Twisted Mac & Cheese with Vegan Chorizo** with mixed vegetables.
- Grilled Pork Chop in Gravy** with Brussels sprouts and sweet potatoes.
- Southern Fish Nuggets** with mixed vegetables and diced potatoes.
- Meatballs in Orange Sauce** with white rice and green beans.
- Chicken Marsala** with green beans and butternut squash.
- Hamburger Patty** with hamburger bun, carrots, and diced potatoes.





Texas Blue Plate

TMS002110

- Three Bean Beef Chili** with carrot squash medley.
- Chicken & Stuffed Pasta Pot Pie** with mixed vegetables and strawberry applesauce. New!
- Fish Fillet** with broccoli and diced potatoes.
- Beef Patty in Brown Gravy** with mixed vegetables and brown rice.
- Egg in Sausage Country Pepper Gravy** with cinnamon apples and breakfast potatoes.
- Pork Riblet in BBQ Sauce** with mixed vegetables and sweet potatoes.
- Chicken & Rice** with tomatoes and chives, and green bean & red pepper mix.

- Available in **5-day** meal plan.
- Available in **2-day** meal plan.

Based on product availability, substitutions may be made.

Neighborhood Recipes

TMS002128

- Chicken Salisbury Steak in Mushroom Gravy** with mixed vegetables and diced potatoes with onion.
- Stuffed Pasta in Broccoli Cheese Sauce** with cranberry apples. New!
- Hamburger Patty** with hamburger bun, carrots, and diced potatoes.
- Chicken in Italian Sauce** with green beans and diced potatoes.
- Pasta Bolognese** with Italian vegetable blend.
- Manicotti Alfredo** with corn and carrots.
- Beef Patty in Teriyaki Sauce** with steamed rice and mixed vegetables.





Homestyle Comfort

TMS002001

- Chicken with Italian Sauce** with diced potatoes and green beans.
- Fish Fillet** with diced potatoes and broccoli.
- Homemade Chicken Stew** with peas & carrots and strawberry apple crisp.
- Meatballs and Penne Pasta in Marinara** with steamed broccoli.
- Grilled Pork Chop in Homestyle Gravy** with Brussels sprouts and sweet potatoes.
- Three Bean Chili con Carne** with carrot squash medley.
- Twisted Mac and Cheese with Vegan Chorizo** with mixed vegetables.

- Available in **5-day** meal plan.
- Available in **2-day** meal plan.

Based on product availability, substitutions may be made.

Country Favorites

TMS001989

- Chicken Salisbury Steak in Mushroom Gravy** with diced potatoes and onion and mixed vegetables.
- Pork Riblet in BBQ Sauce** with sweet potatoes and mixed vegetables.
- Chicken & Rice** with tomatoes and chives, and green bean & red pepper mix.
- Garden Scrambled Eggs** with diced breakfast potatoes with onion and cranberry apples.
- Fish Fillet** with diced potatoes and broccoli.
- Chicken Patty in Picadillo Sauce** with sweet potatoes and peas.
- Macaroni & Beef Casserole** with peas and California blend vegetables.





Rise and Shine

TMS01582

- Rancheros Cheese Omelet** with chicken chorizo, diced breakfast potatoes with onion, and pinto beans with cranberry pears.
 - Cheese Omelet Skillet with Garden Sauce** with diced breakfast potatoes and spiced peaches.
 - Western-Style Omelet** with diced breakfast potatoes, and strawberry applesauce crisp.
 - Egg in Sausage Country Pepper Gravy** with diced breakfast potatoes and maple-pecan cinnamon apples.
 - Omelet with Cheese** with roasted parsley potatoes, and fruited granola.
- Pancakes and Cheese Omelet** with warm strawberry compote.
- Garden Scrambled Eggs** with diced potatoes with onion and cranberry apples.

Available in **5-day** meal plan.

Based on product availability, substitutions may be made.

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

Vegetarian Delight

TMS002150

- Manicotti Alfredo** with corn and carrots.
 - Cuban Black Beans and Rice** with whole kernel corn with red peppers and carrots.
 - Three Cheese Macaroni and Cheese** with green beans and carrots.
 - Stuffed Pasta in Broccoli Cheese Sauce** with cranberry apples. New!
 - Plant-Based Chick'n Nuggets** with warm rice salad and mixed vegetable & squash medley.
- Meatless Ground Beef and Pasta Casserole** with pinto beans and steamed carrots.
- Vegetarian Chili** with carrot blend.





Asian Fusion Cafe

TMS002149

Sweet & Sour Pork with fried rice and yellow 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 Flavors

TMS002147

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

Homemade Chicken Stew with peas & carrots and strawberry applesauce crisp.

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

Three Bean Beef Chili with carrot squash medley.

Mexican Bean Burrito in Queso with carrots and parsielied whole kernel corn.

Pork Riblet in BBQ Sauce with sweet potatoes and mixed vegetables.

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

Latin Kitchen Favorites

TMS002148

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

Vegetarian Chili with carrots.

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.

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

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

Based on product availability, substitutions may be made.



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 (SS000891)

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

Option 2 (SS000893)

- 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, mixed fruit cup, graham crackers, 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.

Available in **5-day** meal plan.

Available in **2-day** meal plan.

Based on product availability, substitutions may be made.





Option 1

SS001024

Beef Stew with orange-tangerine juice x2, applesauce, granola bar, peanut butter, mini wheats cereal, and SunMeadow nonfat dry milk.

Corned Beef Hash with orange-tangerine juice x2, raisins, applesauce, mini wheats cereal, and SunMeadow nonfat dry milk.

Chicken & Pasta with orange-tangerine juice x2, peanut butter, raisins, instant oatmeal, and SunMeadow nonfat dry milk.

Frank & Beans with orange-tangerine juice x2, raisins, peanut butter, applesauce, and SunMeadow nonfat dry milk.

Chicken Stew with orange-tangerine juice x2, peanut butter/jelly, mixed fruit cup, instant oatmeal, and SunMeadow nonfat dry milk.

Chicken Salad with orange-tangerine juice x2, mayonnaise/mustard, salad wafer crackers, raisins, peanuts, peach cup, and SunMeadow nonfat dry milk.

BBQ Beef with orange-tangerine juice x2, peanut butter, raisins, instant oatmeal, and SunMeadow nonfat dry milk.

Option 2

SS0001025

Chicken Stew with orange-tangerine juice x2, peanut butter/jelly, mixed fruit cup, instant oatmeal, and SunMeadow nonfat dry milk.

Frank & Beans with orange-tangerine juice x2, peanut butter, raisins, applesauce, and SunMeadow nonfat dry milk.

Chicken Salad with orange-tangerine juice x2, mayonnaise/mustard, salad wafer crackers, raisins, peanuts, peach cup, and SunMeadow nonfat dry milk.

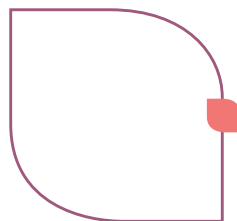
Lasagna with orange-tangerine juice, mini wheats cereal, peanut butter, raisins, and SunMeadow nonfat dry milk.

Chili Mac with orange-tangerine juice x2, peanut butter, raisins x2, and SunMeadow nonfat dry milk.

Chicken and Pasta with orange-tangerine juice x2, peanut butter, raisins, instant oatmeal, and SunMeadow nonfat dry milk.

BBQ Beef with orange-tangerine juice x2, peanut butter, raisins, instant oatmeal, and SunMeadow nonfat dry milk.

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