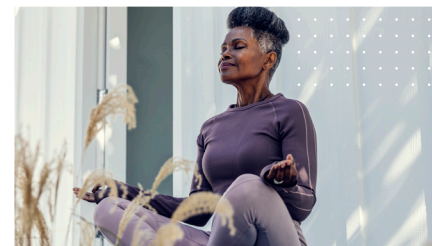


Healthy Meal Plans

Menu

2025



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 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 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



Taste of the Globe

TMS700003

- Chicken in Thai Ginger Red Curry** with green beans and carrots.
- Classic Meatloaf** with onion, sweet potatoes, peas and carrots.
- Fish in Sweet & Sour Sauce** with gingered brown rice and edamame.
- Manicotti Alfredo** with corn and carrots.
- General Tso's Chicken** with gingered rice, peas and carrots.
- Beef Patty in Teriyaki** with mixed vegetables and white rice.
- Chicken in Italian Sauce** with green beans and diced potatoes.

Classic Cravings

TMS700006

- Pasta Bolognese** with Italian vegetable medley.
- Homemade Chicken Stew** with peas and carrots, and strawberry apple crisp.
- Meatloaf in Stewed Tomatoes** with mixed cheesy mashed potatoes.
- Grilled Pork Chop in Homestyle Gravy** with Brussels sprouts and parsleyed mashed potatoes.
- Manicotti in Tomato Sauce** with corn.
- Shrimp Scampi** over brown rice with green beans.
- Chicken Marsala** with dice butternut squash and green beans.

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

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

Based on product availability, substitutions may be made.





Diner's Delight

TMS700009

- Meatballs & Pasta in Marinara** with green beans.
- Chicken al Pastor** with black beans and confetti corn.
- Beef Patty in Brown Gravy** with mixed vegetables and brown rice.
- Chicken & Stuffed Pasta Pot Pie** with mixed vegetables and strawberry apple crisp.
- Three Cheese Macaroni & Cheese** with green beans and carrots.
- Batter-Dipped Fish Nuggets** with carrots and parsleyed mashed potatoes.
- Hamburger Patty** with carrots and diced potatoes.

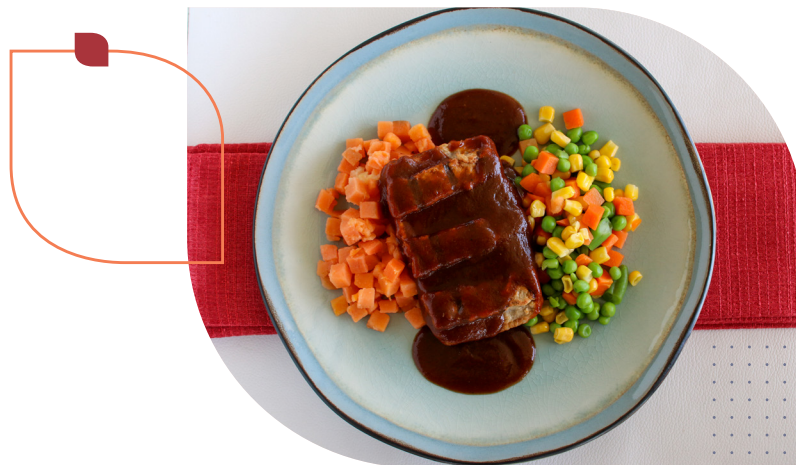
- Available in **5-day** meal plan.
- Available in **2-day** meal plan.

Based on product availability, substitutions may be made.

Gourmet Getaway

TMS700012

- Pork Riblet in BBQ** with garlic mashed potatoes and mixed vegetables.
- Honey Mustard Chicken Breast** with diced potatoes and carrots.
- Western Omelet** with diced breakfast potatoes, and strawberry apple crisp.
- Mediterranean Bowl** with chickpeas and brown rice, peas, carrots, and zucchini.
- Southwest Bean Burrito** with Papas con chile, green bean and red pepper mix.
- Beef Patty with Mushroom Gravy** with Brussels sprouts and garlic mashed potatoes.
- Chicken in Picadillo Sauce** with green peas and sweet potatoes.





Family Kitchen Treasures

TMS700015

- Beef Patty with Mushroom Gravy** with Brussels sprouts and garlic mashed potatoes.
- Honey Orange Glazed Fish** with broccoli and garlic mashed potatoes.
- Pork Sofrito** with stewed tomatoes and sweet potatoes.
- Chicken in Picadillo Sauce** with green peas and sweet potatoes.
- Grilled Veal Chop in Mustard Sage Sauce** with carrots and diced potatoes.
- Eggs in Garden Sauce** with green beans and diced potatoes.
- Breaded Chicken in Country Pepper Gravy** with Brussels sprouts, mixed vegetables & squash medley.

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

Based on product availability, substitutions may be made.

Flavor Fusions

TMS700018

- Hamburger Patty** with carrots and diced potatoes.
- Chicken Marsala** with green beans and butternut squash.
- Creole-Style Fish** with brown rice and corn.
- Meatballs with Orange Sauce** with green beans.
- Sweet & Sour Pork** with fried brown rice and corn.
- Three Bean Chili con Carne** with carrots and squash medley.
- Stuffed Pasta in Broccoli Cheese Sauce** with corn.





Rise and Shine

TMS700036

- Breakfast Burrito** with pinto beans and cranberry pineapples.
- Egg with Sausage Country Pepper Gravy** with diced breakfast potatoes and maple-cinnamon apples.
- Western-Style Omelet** with diced breakfast potatoes and strawberry applesauce.
- Garden Scrambled Eggs** with diced breakfast potatoes with onion, and cranberry apples.
- Omelet with Cheese** with turkey sausage links, diced breakfast potatoes, and fruited granola.

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

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

- 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

TMS700033

- Breakfast Burrito** with pinto beans and cranberry pineapples.
- Mediterranean Bowl** with chickpeas and brown rice, peas, carrots, and zucchini.
- Mexican Bean Burrito in Southwest Sauce** with Papas con Chile and green bean & red pepper mix.
- Garden Scrambled Eggs** with diced breakfast potatoes with onion, and cranberry apples.
- Twisted Mac & Cheese** with mixed vegetables.

Manicotti with Tomato Sauce with mixed vegetables.

Stuffed Pasta in Broccoli Cheese Sauce with cranberry apples.



Asian Fusion Cafe

TMS700038

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

TMS700035

Mexican Bean Burrito with Southwest Sauce with Papas con Chile and green bean & red pepper mix.

Chicken al Pastor with corn and black beans.

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

Twisted Mac & Cheese 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®, Kraft® and Keebler®.

Option 1

SS001067

- Potatoes, Ham & Cheese Meal** with fruit juice, fruit cup, raisins, and sunflower seeds.
- Chicken Stew** with fruit juice, fruit cup, peanuts, and a cookie.
- Lasagna** with fruit juice, fruit cup, peanuts, and oatmeal.
- Chili Mac** with fruit juice, fruit cup and energy trail mix.
- Chicken Salad** with juice, mayonnaise, flour tortillas, fruit snacks, and graham crackers.
- Breakfast Meal** with fruit juice, jelly, granola bars, and sunflower seeds.
- BBQ Beef Meal** with fruit juice, fruit cup, energy trail mix, and oatmeal.

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

Based on product availability, substitutions may be made.

Option 2

SS001066

- Lasagna** with fruit juice, fruit cup, peanuts, and oatmeal.
- Tuna Salad** with lite mayonnaise, flour tortillas fruit snacks, and energy trail mix.
- Chili Beef with Beans** with fruit juice, applesauce, peanuts, raisins, and a cookie.
- Breakfast Meal** with fruit juice, Mini Wheats Cereal, jelly, granola bars, and sunflower seeds.
- Chicken Stew** with fruit juice, fruit cup, peanuts, and a cookie.
- Chili Mac** with fruit juice, fruit cup, and energy trail mix.
- Chicken and Pasta** with fruit juice, fruit snacks, fruit cup, and sunflower seeds.



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

Breakfast

SS700004

- Toasted Oats Cereal** with fruit juice, fruit cup, instant breakfast, peanut butter, and Nutri-Grain bar.
 - Raisin Bran Cereal** with fruit juice, fruit cup, peanut butter, instant grits, and instant breakfast.
 - Cranberry Vanilla Granola** with fruit juice, applesauce, peanut butter, and oatmeal (x2).
 - All Bran Wheat Flakes Cereal** with fruit juice, fruit cup, instant oatmeal, instant breakfast, and peanut butter.
 - Cranberry Vanilla Granola** with fruit juice, fruit cup, peanut butter, instant breakfast, and Nutri-Grain bar.
 - Mini Wheats Cereal** with applesauce, fruit juice, instant oatmeal, and peanut butter.
 - All Bran Wheat Flakes Cereal** with fruit juice, fruit cup, peanut butter, instant oatmeal (x2), and granola bar.
- Available in **5-day** meal plan - S500006

All meals served with Ultra High Temperature Milk

Based on product availability, substitutions may be made.



Option 1

SS700002

Chicken Stew with fruit juice, applesauce, peanuts, and Nutri-Grain bar.

Chicken Salad with fruit cup, mayonnaise, flour tortilla (x2), raisins and a cookie.

BBQ Beef with fruit juice, fruit cup, trail mix, and Nutri-Grain bar.

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, Nutri-Grain bar, and fruit cup.

Beef Stew Meal with fruit juice, Nature Valley granola bar, sunflower seeds, and a cookie.

All meals served with nonfat fortified dry milk.

Based on product availability, substitutions may be made.

Option 2

SS700003

Tuna Salad with mayonnaise, flour tortillas (x2), graham crackers, mango pineapple mix, and fruit cup.

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

Chicken & Pasta with fruit juice, peanuts, Nutri-Grain bar and fruit cup.

Lasagna with mango pineapple mix, Nature Valley granola bar, applesauce and a cookie.

Chicken Salad with fruit cup, mayonnaise, flour tortilla (x2), raisins, and a cookie.

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

Pork & Beans with fruit juice, trail mix, and Nature Valley granola bar.

All meals served with nonfat fortified dry milk.



Option 1

SS500004

BBQ Beef with fruit juice, fruit cup, trail mix, and Nutri-Grain bar.

Chicken Salad with fruit cup, mayonnaise, flour tortilla (x2), raisins, and a cookie.

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

Pork & Beans Meal with fruit juice, trail mix, and Nature Valley granola bar.

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

SS500005

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

Lasagna with mango pineapple mix, applesauce, Nature Valley granola bar, and a cookie.

Tuna Salad with mayonnaise, flour tortillas (x2), graham crackers (x2), mango pineapple mix, and fruit cup.

Chicken & Pasta Meal with fruit juice, mixed fruit, Nutri-Grain 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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