

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 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](mailto:carecenter@gafoods.com)**



## Taste of the Globe

TMS002272

- Chicken in Thai Ginger Red Curry** with green beans and carrots.
- Pasta Bolognese** with Italian vegetable medley.
- Beef Patty in Teriyaki** with mixed vegetables and white rice.
- Manicotti Alfredo** with corn and carrots.
- General Tso's Chicken** with gingered rice, peas and carrots.
- Stuffed Pasta in Broccoli Cheese Sauce** with corn.
- Chicken in Italian Sauce** with green beans and diced potatoes.

## Texas Blue Plate

TMS02281

- Chicken in Picadillo Sauce** with green peas and sweet potatoes.
- Honey Orange Glazed Fish** with broccoli and garlic mashed potatoes.
- Chicken & Stuffed Pasta Pot Pie** with mixed vegetables and strawberry apple crisp.
- Pork Riblet in BBQ Sauce** with mixed vegetables and garlic mashed potatoes.
- Mexican Bean Burrito** with carrots and corn.
- Meatballs with Orange Sauce** with white rice and green beans.
- Egg with Sausage Country Pepper Gravy** with breakfast potatoes and cinnamon apples.

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

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

Based on product availability, substitutions may be made.





## Diner's Delight

TMS002290

- Meatloaf** with stewed tomatoes and cheesy mashed potatoes.
- Batter-Dipped Fish Nuggets** with carrots and parsleyed mashed potatoes.
- Beef Patty in Brown Gravy** with mixed vegetables and brown rice.
- Honey Mustard Chicken Breast** with carrots and diced potatoes.
- Three Cheese Macaroni & Cheese** with green beans and carrots.
- Chicken Fajita** with butternut squash and black beans.
- Hamburger Patty** with carrots and diced potatoes.

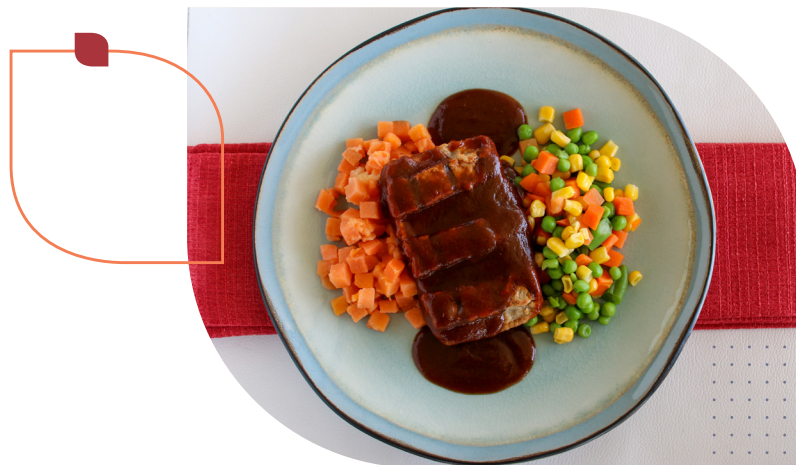
- Available in **5-day** meal plan.
- Available in **2-day** meal plan.

Based on product availability, substitutions may be made.

## Homestyle Comfort

TMS002299

- Three Bean Chili con Carne** with carrot and squash medley.
- Twisted Mac & Cheese** with mixed vegetables.
- Southern Fish Nuggets** with mixed vegetables and garlic mashed potatoes.
- Meatballs & Pasta Marinara** with green beans.
- Homemade Chicken Stew** with peas & carrots and strawberry apple crisp.
- Manicotti with Tomato Sauce** with mixed vegetables.
- Pork Chop Patty in Homestyle Gravy** with Brussels sprouts and parsleyed mashed potatoes.





## Family Kitchen Treasures

TMS002308

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

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

Based on product availability, substitutions may be made.

## Flavor Fusions

TMS002317

- Hamburger Patty** with carrots and diced potatoes.
- Chicken Marsala** with green beans and butternut squash.
- Meatballs & Stuffed Pasta in Italian Sauce** with Italian vegetable medley.
- Meatballs with Orange Sauce** with green beans.
- Plant-Based Chick'n Nuggets** with tomato rice pilaf and mixed vegetables & squash medley.
- Three Bean Chili con Carne** with carrots and squash medley.
- Sweet & Sour Pork** with fried brown rice and corn.





## 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 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

TMS002244

- Meatless Ground Beef and Pasta Casserole** with steamed carrots.
- Plant-Based Chick'n Nuggets** with warm rice salad, and mixed vegetables & squash medley.
- 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 Vegan Chorizo** with mixed vegetables.

**Manicotti with Tomato Sauce** with mixed vegetables.

**Stuffed Pasta in Broccoli Cheese Sauce** with cranberry apples.



## 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

**Mexican Bean Burrito with Southwest Sauce** with Papas con Chile 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®, 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.

## 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.

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

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

Based on product availability, substitutions may be made.





Pantry Meals offer a nutritious, shelf-stable breakfast meal in 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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