

Healthy Meal Plans

Menu

2026



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**

Neighborhood Recipes

TMS700113

- Chicken in Italian Sauce** with green beans and diced potatoes.
- Pasta Bolognese** with Italian vegetable blend.
- 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.
- Shrimp Alfredo over Pasta** with green beans.
- Chicken in Thai Ginger Red Curry** 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.

Classic Cravings

TMS700116

- Three Bean Chili con Carne** with carrot squash medley.
- Cheese Omelet in Garden Sauce** with diced potatoes and spiced peaches.
- Meatloaf in Stewed Tomatoes** with parslied mashed potatoes.
- Chicken and Stuffed Pasta Pot Pie** with mixed vegetables and cinnamon applesauce.
- Manicotti in Tomato Sauce** with vegetables.
- Beef Patty in Teriyaki Sauce** with white rice and mixed vegetables.
- Chicken in Italian Sauce** with green beans and diced potatoes.



Country Favorites

TMS700119

- Classic Meatloaf Sandwich with Onions** with sweet potatoes, peas and carrots.
- Pork Chop in Homestyle Gravy** with Brussels Sprouts and parslid mashed potatoes.
- Breaded Chicken with Country Pepper Gravy** with Brussels Sprouts and mixed vegetables.
- Western Omelet** with diced potatoes and cinnamon applesauce.
- Beef Stroganoff** with Brussels Sprouts and carrots.
- Batter-Dipped Fish Nuggets** with carrots, green beans and red peppers.
- BBQ Pork Riblet** with garlic mashed potatoes and mixed vegetables.

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

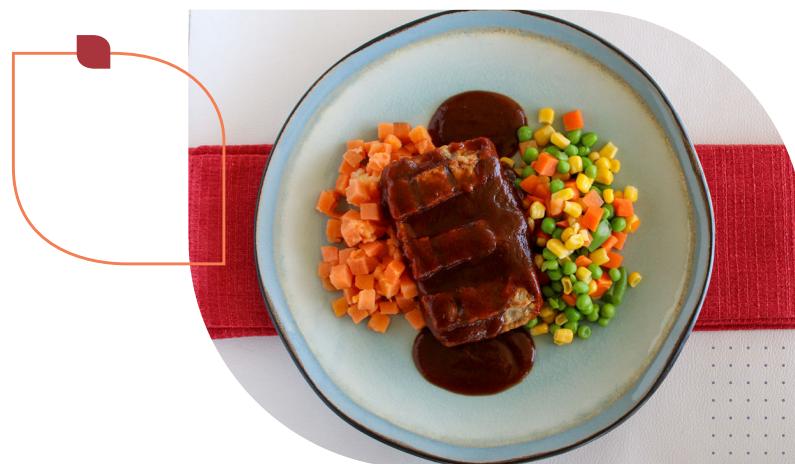
Available in **2-day** meal plan.

Based on product availability, substitutions may be made.

Gourmet Getaway

TMS700122

- Beef in Picadillo Sauce** with green beans and corn.
- Grilled Veal Chop in Mustard Sage Sauce** with diced potatoes and carrots.
- Rancheros Cheese Omelet** with diced breakfast potatoes and cranberry pears.
- Chicken Tikka Masala** with brown rice and broccoli.
- Southwest Bean Burrito** with Papas con chile, green bean & red pepper mix.
- Beef Stroganoff** with Brussels Sprouts and carrots.
- Pork Bulgogi** with broccoli and cranberry pineapples..



Texas Blue Plate

TMS700128

- Chicken Taco Bowl** with brown rice, stewed tomatoes, and corn.
- Mexican Bean Burrito** with carrots and corn.
- Meatballs in Orange Sauce** with white rice and green beans.
- Pork Sofrito** with green peas and sweet potatoes.
- Egg with Sausage Country Pepper Gravy** with cinnamon apples and breakfast potatoes.
- Twisted Mac & Cheese** with carrots and green beans.
- Creole-Style Fish** with green beans and brown rice.

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

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

Based on product availability, substitutions may be made.

All American

TMS700125

- Three Cheese Mac & Cheese** with green beans and carrots.
- Eggs in Garden Sauce** with cranberry apples and diced potatoes.
- Hamburger Patty** with carrots and diced potatoes.
- Meatballs in Marinara** with pasta and green beans.
- Mushroom Swss Chicken** with green beans and carrots.
- Beef Patty in Brown Gravy** with mixed vegetables and brown rice.
- Breaded Chicken in Country Pepper Gravy** with mixed vegetables and Brussels Sprouts.



Rise and Shine

TMS700160

- Oatmeal** with berry compote and sweet potato hash.
- Egg with Sausage Country Pepper Gravy** with diced breakfast potatoes, and maple-cinnamon apples.
- Western-Style Omelet** with diced breakfast potatoes and cinnamon applesauce.
- Garden Scrambled Eggs** with diced breakfast potatoes with onion, and cranberry apples.
- Egg Patty** with diced breakfast potatoes and turkey sausage links.

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

Pancakes and Egg Patty with turkey sausage link, and strawberry compote.

- 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

TMS700157

- Manicotti with Tomato Sauce** with mixed vegetables.
- Lentil Stew** with apple, peach, and pineapple fruit.
- Mexican Bean Burrito in Southwest Sauce** with Papas con Chile and green bean & red pepper mix.
- Oatmeal** with berry compote and sweet potato hash.
- Twisted Mac & Cheese** with mixed vegetables.
- Mexican Bean Burrito with Queso** with carrots and corn.
- Stuffed Pasta in Broccoli Cheese Sauce** with corn.

Asian Fusion Cafe

TMS700162

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

Pork Bulgogi over brown rice with broccoli and cranberry pineapples.

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

TMS700159

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

Mexican Bean Burrito in Queso with corn and carrots.

NY Strip in Picadillo Sauce with confetti corn and green beans.

Chicken Taco Bowl with stewed tomatoes and corn.

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

Twisted Mac & Cheese with mixed vegetables.

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

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

SS700011

- 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, 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

SS700010

- 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, and a cookie.
- Breakfast Meal** with fruit juice, Mini Wheats Cereal, 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

SS700009

- Toasted Oats Cereal** with fruit cup, instant breakfast, peanuts, and Nutri-Grain bar.
- Mini Wheats Cereal** with applesauce, peanuts, instant breakfast, and Nutri-Grain bar.
- All Bran Wheat Flakes Cereal** with fruit juice, oatmeal, instant breakfast, and peanut butter.
- Corn Flakes Cereal** with fruit juice, oatmeal x 2, and sunflower seeds.
- Mini Wheats Cereal** with fruit juice, oatmeal, and sunflower seeds.

Instant Oatmeal with fruit juice, peanut butter, and granola bar.

Raisin Bran Cereal with fruit juice, sunflower seeds, instant grits, and instant breakfast.

- Available in **5-day** meal plan - S500012

All meals served with Ultra High Temperature Milk

Based on product availability, substitutions may be made.

Option 1

SS700007

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

Chicken Salad with fruit cup, mayonnaise, flour tortilla x 2, graham crackers, 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, peanuts, and a cookie.

All meals served with nonfat fortified dry milk.

Based on product availability, substitutions may be made.

Option 2

SS700008

Tuna Salad with mayonnaise, flour tortillas x 2, fruit juice, mango pineapple mix, cookie, 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, graham crackers, applesauce and a cookie.

Chicken Salad with fruit cup, mayonnaise, flour tortilla x 2, graham crackers x 2, and a cookie.

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

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

All meals served with nonfat fortified dry milk.

Option 1

SS500010

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

Chicken Salad with fruit cup, mayonnaise, flour tortilla x 2, graham crackers x 2, 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 applesauce.

All meals served with nonfat fortified dry milk.

Based on product availability, substitutions may be made.

Option 2

SS500011

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

Lasagna with mango pineapple mix, applesauce, graham crackers x 2, and a cookie.

Tuna Salad with mayonnaise, flour tortillas x 2, cookie, mango pineapple mix, and fruit cup.

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

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

All meals served with nonfat fortified dry milk.



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