



# Menu

Medically-Tailored Meals  
For Chronic Conditions



**Nourishment. Delivered.**  
[GAfoods.com](https://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 proper nutrition that your body needs.



## Tips

- Each meal box contains several different meals
- Meal boxes will change each delivery giving you lots of variety
- If your health plan allows, you may be able to change your box
- See the menu for all meal box choices
- 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 the 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)**

# Be Well

## Medically-Tailored Meals



These meals are suitable for members with:



**Renal Disease**



**Liver Disease**



**Cardiac Diseases**

Like congestive heart failure or poorly controlled high blood pressure.

The nutrient targets for Be Well are:



**Protein:** <20g/meal



**Potassium:** <800mg/meal



**Sodium:** <600mg/meal (most are <500mg)



**Phosphorus:** <350mg/meal

### Week 1

TMS700083

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

**Egg Patty** with turkey sausage links, diced breakfast potatoes, granola, and fruit cup.

**Meatballs & Pasta in Marinara** with green beans and pears.

**Cheese Omelet Skillet with Garden Sauce** with diced breakfast potatoes, spiced peaches, and margarine.

**Breaded Chicken with Country Pepper Gravy** with mixed vegetable & squash medley, and Brussels sprouts.

**Eggs in Garden Sauce** with diced breakfast potatoes with onion, cranberry apples, and peaches.

**Mexican Bean Burrito with Queso** with carrots and corn.



# Be Well

Medically-Tailored Meals



## Week 2

TMS700084

**Meatloaf with Onions** with sweet potatoes, peas and carrots.

**Honey Mustard Chicken** with diced potatoes, parsleyed carrots, and pears.

**Mushroom Swiss Chicken** with green beans, carrots, and applesauce.

**Beef Patty** with diced potatoes, carrots, ketchup and mustard.

**Twisted Mac & Cheese** with mixed vegetables and pears.

**Meatballs in Orange Sauce** with green beans, white rice, saltine crackers, and fruit cup.

**Egg in Sausage Country Pepper Gravy** with diced breakfast potatoes, maple-cinnamon apples, and oatmeal.



# Be Well

Medically-Tailored Meals



## Week 3

TMS700085

**Manicotti Alfredo** with corn, parslied carrots, and fruit cup.

**Chicken in Italian Sauce** with green beans, diced potatoes, and margarine.

**Mexican Bean Burrito with Southwest Sauce** with green bean and red pepper mix, Papas con chile, and wheat crackers.

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

**Stuffed Pasta in Broccoli Cheese Sauce** with corn and pears.

**Chicken in Thai Ginger Red Curry** with green beans, carrots, and fruit cup.

**Egg Patty & Whole Wheat Pancakes** with turkey sausage link, strawberry compote, and peach cup.



# Be Well

## Medically-Tailored Meals



### Week 4

TMS700086

**Chicken & Stuffed Pasta Pot Pie** with mixed vegetables, strawberry applesauce, and pears.

**Grilled Veal Chop in Mustard Sage Sauce** with diced potatoes, carrots, and peaches.

**Three Cheese Macaroni & Cheese** with green beans, parslied carrots, and peaches.

**Western-Style Omelet** with diced breakfast potatoes, strawberry applesauce, and fruit cup.

**Manicotti with Tomato Sauce** with mixed vegetables, whole wheat bread, and peaches.

**Batter-Dipped Crispy Fish Nuggets** with carrots, green beans with red peppers, and tartar sauce.





# Be Healthy

Medically-Tailored Meals



These meals are suitable for members with:



**Diabetes**



**Cardiac Diseases**

(Except for Congestive Heart Failure)



**Obesity**

The nutrient targets for Be Healthy are:



**Calories:** <650 cal/meal



**Protein:** >20g/meal



**Fat:** <20-35% total calories



**Cholesterol:** <200mg/day



**Carbohydrates:** 60-75g/meal



**Sodium:** <2300mg/day



**Fiber:** 20-30g/day, >7g/meal

## Week 1

TMS700075

**Chicken Tikka Masala** with broccoli, brown rice, whole grain bread, Nature Valley Granola Bar, and margarine x 2.

**Breaded Chicken in Country Pepper Gravy** with mixed vegetables & squash medley, Brussels sprouts, raisins, whole grain bread, and margarine.

**Sweet & Sour Fish** with edamame, gingered brown rice, and fruit cup.

**Classic Meatloaf with Onions** with sweet potatoes, peas & carrots, pears, whole grain bread, non-fat dry milk, and margarine x 2.

**Pork Riblet in BBQ Sauce** with mixed vegetables, garlic mashed potatoes, whole wheat bread, and margarine x 2.

**Homemade Chicken Stew** with peas and carrots, strawberry applesauce, whole wheat bread, peanuts, and margarine.

**Beef Stroganoff** with Brussels sprouts, carrots, whole grain bread, and margarine.

# Be Healthy

Medically-Tailored Meals



## Week 2

TMS700076

**General Tso's Chicken** with peas & carrots, gingered rice, mango-pineapple mix, whole wheat bread, and margarine.

**Sweet & Sour Pork** with corn, fried rice, whole grain bread, and margarine.

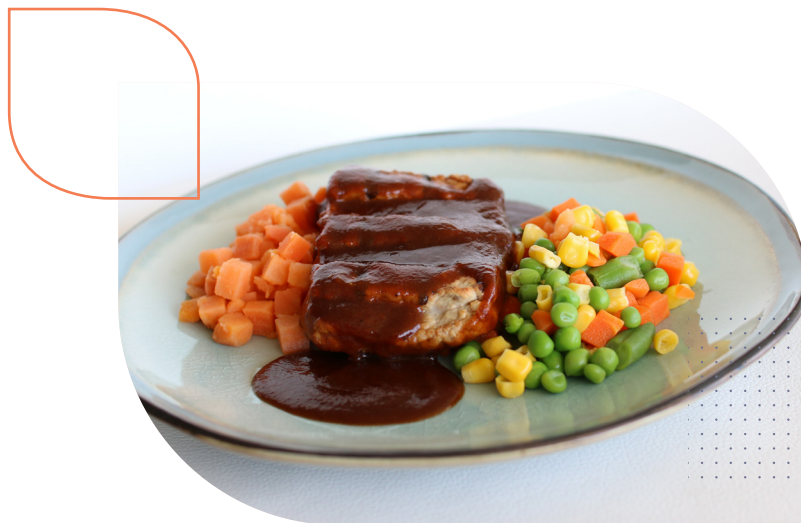
**Mushroom Swiss Chicken** with green beans, carrots, raisins, Nature Valley Granola Bar, whole wheat bread, and margarine.

**Twisted Mac & Cheese** with mixed vegetables, and peanuts.

**Hamburger Patty** with whole grain hamburger bun, carrots, diced potatoes, mixed fruit cup, ketchup and mustard.

**Meatballs in Orange Sauce** with green beans, white rice, whole grain bread, and margarine.

**Grilled Pork Chop in Homestyle Gravy** with Brussels sprouts, parsleyed mashed potatoes, peaches, whole wheat bread, and non-fat dry milk.





# Be Healthy

Medically-Tailored Meals



## Week 3

TMS700077

**Pasta Bolognese** with Italian vegetable medley, pears, whole wheat bread, and margarine x 2.

**Chicken in Italian Sauce** with diced potatoes, green beans, whole grain bread, margarine, and non-fat dry milk.

**Beef Patty in Teriyaki Sauce** with white rice, mixed vegetables, whole wheat bread, fruit cup, margarine, and non-fat dry milk.

**Pork Chop in Sofrito Sauce** with green peas, sweet potatoes, whole wheat bread, mixed fruit, and margarine.

**Shrimp Alfredo** with broccoli, onions, green beans & red peppers, whole wheat bread, Nature Valley Granola Bar, margarine x 2, and non-fat dry milk.

**Chicken in Thai Ginger Red Curry Sauce** with green beans, carrots, Nutrigrain bar, whole grain bread, and margarine x 2.

**Egg with Sausage Pepper Country Gravy** with breakfast potatoes, maple-cinnamon apples, whole wheat bread, mixed fruit, and non-fat dry milk.



# Be Healthy

Medically-Tailored Meals



## Week 4

TMS700078

**Chicken & Stuffed Pasta Pot Pie** with mixed vegetables, strawberry applesauce, peanuts, and whole wheat bread.

**Meatloaf in Stewed Tomatoes** with parsleyed mashed potatoes, peaches, whole wheat bread, margarine, and non-fat fortified dry milk.

**Chicken al Pastor** with corn, black beans, sunflower seeds, and pears.

**Meatballs and Pasta Marinara** with green beans, fruit cup, whole grain bread, and margarine.

**Batter-Dipped Crispy Fish Nuggets** with carrots, green beans with red pepper, tartar sauce, whole grain bread, and saltine crackers.

**Beef Patty in Brown Gravy** with mixed vegetables, brown rice, graham crackers, and whole grain bread.

**Manicotti with Tomato Sauce** with mixed vegetables, whole grain bread, peanuts, and non-fat dry milk.



# Be Healthy

Medically-Tailored Meals



**Breakfast**  
TMS700074

**Egg Patty with Turkey Sausage Links** with diced breakfast potatoes, Nature Valley Granola Bar, fruit cup, fruited granola, whole wheat bread, and margarine.

**Oatmeal** with peanut butter, raisins, whole wheat bread, margarine, and non-fat dry milk.

**Eggs in Garden Sauce** with diced breakfast potatoes, cranberry apples, Nature Valley Granola Bar, and non-fat dry milk.

**Egg Patty with Whole Wheat Pancakes** with turkey sausage link, strawberry compote, whole wheat bread, and margarine x 2.

**Grits** with Tiger Bites, whole wheat bread, peanut butter and non-fat dry milk.

**Raisin Bran Cereal** with peanut butter, Nature Valley Granola Bar, whole wheat bread, and non-fat dry milk.

**Egg in Sausage Country Pepper Gravy** with diced breakfast potatoes, maple-cinnamon apples, whole wheat bread, mixed fruit, and non-fat dry milk.







# High-Calorie, High-Protein Meals

This meal plan is for those with health conditions that increase their need for calories and protein, such as **cancer, HIV, AIDS, wound healing, surgical recovery, malnutrition, and failure to thrive.**



>700 calories



>30 g of protein

## Week 1

TMS700079

**Chicken Tikka Masala** with broccoli, brown rice, cookie, fruit juice, and whole grain bread.

**Mexican Bean Burrito with Southwest Sauce** with green bean & red pepper mix, Papas con chile, juice, and sunflower seeds.

**Oatmeal** with mixed berry compote, sweet potato hash, fruit juice, and whole grain bread.

**Three Bean Chili con Carne** with carrot & squash medley, whole grain bread, margarine x 2, and cookie.

**Pork Riblet in BBQ Sauce** with mixed vegetables, garlic mashed potatoes, fruit juice, whole grain bread, and margarine x 2.

**Eggs in Garden Sauce** with diced breakfast potatoes with onion, cranberry apples, whole grain bread, margarine x 2, and oatmeal.

**Beef Stroganoff** with Brussels sprouts, carrots, whole grain bread, margarine x 2, and applesauce.

All meals served with non-fat fortified dry milk.

## Week 2

TMS700080

**Classic Meatloaf with Onion** with sweet potatoes, peas & carrots, whole grain bread x 2, margarine x 2, and lemon sandwich cookies.

**Sweet & Sour Pork** with corn, fried rice, fruit juice, graham crackers, whole grain bread, and margarine.

**Mushroom Swiss Chicken** with green beans, carrots, blended juice, peanuts, whole grain bread, and margarine.

**Twisted Mac & Cheese** with mixed vegetables, graham crackers, Nutri-Grain bar, and whole grain bread.

**Hamburger Patty** with whole grain hamburger bun, carrots, diced potatoes, ketchup, mustard, and sunflower seeds.

**Meatballs in Orange Sauce** with green beans, white rice, graham crackers, whole grain bread, and citrus fruit.

**Grilled Pork Chop in Homestyle Gravy** with Brussels sprouts, parsielied mashed potatoes, whole grain bread, cookie, and margarine x 2.

All meals served with nonfat fortified dry milk.



# High-Calorie, High-Protein Meals

## Week 3 TMS700081

**Manicotti Alfredo** with corn, parslied carrots, sunflower seeds, whole grain bread, and margarine.

**Chicken in Italian Sauce** with green beans, diced potatoes, cookie, whole grain bread, and mango pineapple mix.

**Beef Patty in Teriyaki Sauce** with mixed vegetables, white rice, applesauce, whole grain bread, and Nutri-Grain Bar.

**Pork Chop Patty in Sofrito Sauce** with peas, sweet potatoes, blended juice, banana sandwich cookies, whole grain bread, and margarine.

**Stuffed Pasta in Broccoli Cheese Sauce** with corn, whole grain bread, fruit juice, Tiger Bites, and salad wafer crackers.

**Chicken in Thai Ginger Red Curry Sauce** with green beans, carrots, peanut butter, cookie, whole grain bread, and margarine.

**Pasta Bolognese** with Italian vegetable medley, applesauce, fruit juice, whole grain bread, and margarine.

## Week 4 TMS700082

**Chicken & Stuffed Pot Pie** with mixed vegetables, strawberry applesauce, juice, peanut butter, and whole grain bread.

**Meatloaf in Stewed Tomatoes** with parslied mashed potatoes, cookies, whole grain bread, and Nature Valley Granola Bar.

**Three Cheese Macaroni & Cheese** with green beans, parslied carrots, applesauce, whole grain bread, Nutri-Grain Bar, and margarine.

**Honey Mustard Chicken** with diced potatoes, carrots, juice, whole grain bread, margarine x 2, and Nutri-Grain Bar.

**Meatballs & Pasta Marinara** with green beans, sunflower seeds, and whole grain bread.

**Batter-Dipped Crispy Fish Nuggets** with carrots, green beans & red peppers, tartar sauce x 2, citrus fruit, and whole grain bread.

**Beef Patty in Brown Gravy** with mixed vegetables, brown rice, whole grain bread, mixed fruit, margarine, and cookie.

THIS INFORMATION IS NOT INTENDED TO REPLACE MEDICAL ADVICE. PLEASE DISCUSS ANY CONCERNS WITH YOUR PHYSICIAN.



# Dysphagia Management

## (Swallowing Disorders)

We can also serve members that suffer from swallowing conditions, like Dysphagia. We offer Hormel Health Labs Thick and Easy® puree meals that are appealing in flavor and appearance.

### Pureed Meals

TMS000688

**Pork Chop** with mashed potatoes, broccoli, applesauce, margarine, and instant breakfast.

**Turkey Breast** with mashed sweet potatoes, green beans, and pudding.

**Macaroni and Cheese** with applesauce, broccoli, and pudding.

**Roast Beef** with whipped potatoes, green peas, margarine, and pudding.

**Ham** with mashed sweet potatoes, carrots, pudding, and margarine.

**Chicken Breast** with garlic mashed potatoes, green beans, applesauce, and instant breakfast.

**Beef** with cheesy mashed potatoes, corn, and applesauce.

**All meals served with non-fat fortified dry milk.**

**Liquids may need to be thickened as ordered by physician or speech pathologist.**

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