



Nourishment. Delivered.

Healthy Meal Plans Menu - 2026



Dietitian Designed
Nutrition you can trust



Chef Inspired
Delicious. Always.



Delivered to You
Freshly delivered to
your door.

gafoods.com



1-866-575-2772

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. 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, 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



1
We'll call you to schedule your delivery day.



2
Your meals are carefully prepared and packed.



3
We deliver to your door on your delivery day.



4
Heat, enjoy, and nourish your health!

Questions? We're here to help!

1-866-575-2772 | carecenter@gafoods.com | gafoods.com

7-Day Meal Plans | Chef's Standard Rotation



□ Available in **5-day** meal plan.

□ Available in **2-day** meal plan.

Based on product availability, substitutions may be made.

Neighborhood Recipes

TMS700171



- **Herbed Chicken Piccata** with northern beans, carrots and green beans.
- **Pasta Bolognese** with Italian vegetable blend.
- **NY Strip in Mustard Sage Sauce** with carrots and diced potatoes.
- **Baked Manicotti Alfredo** with corn and carrots.
- **General Tso's Chicken** with gingered rice, peas and carrots.
- **Zesty Spanish Omelet** with seasoned kidney beans and sweet potatoes.
- **Creamy Stroganoff Casserole** with Brussels Sprouts and carrots.

Sidewalk Cafe

TMS700174



- **Hearty Meatloaf in Tomato Braise** with stewed tomatoes and mashed potatoes
- **Tropical Chicken** with edamame, carrots and coconut rice.
- **Korean-Style Pork Bulgogi** with broccoli and cranberry pineapples.
- **Beef Picadillo** with corn and green beans.
- **Italian-Style Chicken Marinara** with green beans and diced potatoes.
- **Bean Burrito with Southwest Sauce** with green beans, red peppers and papas con chile.
- **Meatballs in Tangy Orange Sauce** with green beans and white rice.

7-Day Meal Plans | Chef's Standard Rotation



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□ Available in **2-day** meal plan.

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Country Favorites

TMS700177



- **Classic Meatloaf Sandwich with Onions** with sweet potatoes, peas and carrots.
- **Homestyle Pork Chop in Gravy** with Brussels Sprouts and parsleyed mashed potatoes.
- **Breaded Chicken with Country Pepper Gravy** with Brussels Sprouts, mixed vegetables and squash medley.
- **Western Omelet** with diced potatoes and cinnamon applesauce.
- **Batter-Dipped Fish Nuggets** with green beans, red peppers and carrots.
- **Three Bean Chili con Carne** with squash medley.
- **BBQ-Glazed Pork Riblet** with garlic mashed potatoes and mixed vegetables.

Gourmet Getaway

TMS700180



- **Manicotti with Tomato Sauce** and mixed vegetables.
- **Rustic Chicken and Stuffed Pasta Pot Pie** with mixed vegetables and strawberry apple crisp.
- **Creamy Stroganoff Casserole** with Brussel Sprouts and carrots.
- **Chicken Pasta Fagioli** and poached pears
- **Lentil Stew** with apple peach pineapple
- **Beef Patty in Teriyaki Sauce** with mixed vegetables and white rice.
- **Aromatic Chicken Tikka Masala** with broccoli and brown rice.

7-Day Meal Plans | Chef's Standard Rotation



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□ Available in **2-day** meal plan.

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Texas Blue Plate

TMS700186



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

All American

TMS700183



- **Three Cheese Mac & Cheese** with green beans and carrots.
- **Egg and Veggie Hash** with cranberry apples and diced potatoes.
- **New York Strip** with carrots and diced potatoes.
- **Stuffed Pepper Casserole** with white rice, yellow squash and peas.
- **Mushroom Swiss Chicken** with green beans and carrots.
- **Italian-Style Meatballs with Pasta** and green beans.
- **Breaded Chicken with Country Pepper Gravy** with mixed vegetables, squash medley and Brussels Sprouts.

7-Day Meal Plans | Specialty Standard



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Rise and Shine

TMS700209



- **Hearty Oatmeal Bowl** with mixed 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.
- **Egg and Veggie Hash** with diced breakfast potatoes with onion, and cranberry apples.
- **Zesty Spanish Omelet** with sweet potatoes and kidney beans.

Golden Pancakes and Peppered Egg with turkey sausage and strawberry compote

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

Vegetarian Delight

TMS700157



- **Manicotti with Tomato Sauce** and mixed vegetables.
- **Savory Lentil Stew** with apple, peach, and pineapple fruit.
- **Bean Burrito with Southwest Sauce** with Papas con Chile and green bean & red pepper mix.
- **Hearty Oatmeal Bowl** with mixed 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.

please note: our vegetarian meals contain eggs and dairy products.

7-Day Meal Plans | Culturally Diverse Meals



□ Available in **5-day** meal plan.

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Asian Fusion Cafe

TMS700211



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

Korean-Style Pork Bulgogi with broccoli and cranberry pineapples.

Tropical Chicken with edamame & carrots, and coconut brown rice.

Sweet and Sour Glazed Fish 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 Tangy Orange Sauce with white rice and green beans.

Latin Kitchen Favorites

TMS700159



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

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

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

□ **Chicken Fiesta Taco Bowl** with stewed tomatoes and corn.

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

Twisted Mac & Cheese with mixed vegetables.

Pork Chop Patty in Sofrito Sauce with green peas and sweet potatoes.

7-Day Meal Plans | Pantry

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®.

☐ Available in **5-day** meal plan.

☐ Available in **2-day** meal plan.

Based on product availability, substitutions may be made.

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, jelly, granola bars, and sunflower seeds.
- ☐ **BBQ Beef Meal** with fruit juice, fruit cup, energy trail mix, and oatmeal.

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, 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.

7-Day Meal Plans | Pantry

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

□ Available in **5-day** meal plan. - SS500012

Based on product availability, substitutions may be made.

Breakfast

SS700009

- **Toasted Oats Cereal** with fruit juice, fruit cup, instant breakfast, peanut butter, 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.

All meals served with shelf-stable milk

Based on product availability, substitutions may be made.

7-Day Meal Plans | Premium Pantry

Option 1

SS700007

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

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

Option 2

SS700008

Tuna Salad with mayonnaise, flour tortillas x 2, 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 x 2, 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 shelf-stable milk

Based on product availability, substitutions maybe made.

5-Day Meal Plans | Premium Pantry

Option 1

SS700010

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

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

Option 2

SS700011

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

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

Tuna Salad with mayonnaise, flour tortillas x 2, graham crackers x 2, 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 shelf-stable milk

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Need to make a referral? Scan and follow the steps



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