



Nourishment. Delivered.

Culturally Diverse
& Kosher 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 Kosher Meal Plans

☐ Available in **5-day** meal plan.

Option 1

KOS002259

- ☐ **Beef Meatloaf with Gravy** with mashed sweet potatoes, peas and carrots, fruit juice, whole wheat bread, and margarine x 2.
- ☐ **Baked Ziti with Marinara Sauce** with zucchini, carrots, orange juice, whole wheat bread, and margarine.
- ☐ **Teriyaki Chicken** with vegetable fried rice, mixed vegetables, fruit juice, whole wheat bread, and margarine.
- ☐ **Mushroom and Onion Omelet** with parsley roasted potatoes, green beans, corn, fruit juice, and whole wheat bread.
- ☐ **Pineapple Glazed Fish** with yellow rice, peas, orange juice, whole wheat bread x 2 and margarine x 2.

Cheese Stuffed Shells with Marinara Sauce with carrots, fruit juice, whole wheat bread, and margarine.

Chicken Cutlet with quinoa, mixed vegetables, orange juice, whole wheat bread x 2, and margarine x 2.

Option 2

KOS002260

- ☐ **Honey Mustard Chicken** with brown rice, mixed vegetables, orange juice, whole wheat bread, and margarine x 2.
- ☐ **Breaded Fish** with yellow rice and red beans, mixed vegetables, fruit juice, whole wheat bread x 2, and margarine x 2.
- ☐ **Sweet and Sour Beef Meatballs** with mashed potatoes, green peas and cabbage, fruit juice, whole wheat bread x 2, and margarine x 2.
- ☐ **Eggplant Parmesan** with spaghetti and garlic sauce, zucchini, yellow squash, fruit juice, whole wheat bread, and margarine.
- ☐ **Beef Stuffed Cabbage** with Kasha & Bowtie, corn, fruit juice, whole wheat bread, and margarine x 2.

Fish Almondine with diced potatoes, peas, whole wheat bread x 2, and margarine.

Ratatouille Omelet with parsley roasted potatoes, green beans, orange juice, whole wheat bread x 2, and margarine.

All meals served with dry milk.

Based on product availability, substitutions may be made.

7-Day Kosher Meal Plans

☐ Available in **5-day** meal plan.

Option 3

KOS002261

- ☐ **Chicken Cutlet** with spaghetti and garlic sauce, carrots, fruit juice, whole wheat bread x 2, and margarine.
- ☐ **Beef Picadillo** with white rice, green beans and carrots, fruit juice, whole wheat bread x 2, and margarine.
- ☐ **Spanish Omelet** with black beans and rice, corn, fruit juice, whole wheat bread x 2, and margarine.
- ☐ **Lemon Rosemary Chicken** with couscous, green peas, fruit juice, whole wheat bread x 2, and margarine.
- ☐ **Cheese Lasagna** with marinara sauce, mixed vegetables, fruit juice, whole wheat bread x 2, and margarine x 2.

Beef Meatballs with Mushroom Gravy with brown rice, zucchini and yellow squash, orange juice, whole wheat bread, and margarine x 2.

Citrus Herb Fish with creamy mashed potatoes, mixed vegetables, fruit juice, whole wheat bread x 2, and margarine x 2.

Option 4

KOS002262

- ☐ **Beef Stuffed Pepper** with roasted garlic red potatoes, corn, fruit juice, whole wheat bread, and margarine x 2.
- ☐ **BBQ Chicken Quarter** with parsley roasted potatoes, mixed vegetables, fruit juice, whole wheat bread, and margarine x 2.
- ☐ **Chickpea Stew** with herb roasted potatoes, green beans and carrots, orange juice, whole wheat bread x 2, and margarine x 2.
- ☐ **Meatballs with Marinara Sauce** with spaghetti, green peas, fruit juice, whole wheat bread, and margarine.
- ☐ **Breaded Fish** with yellow rice and red beans, steamed cabbage with corn, fruit juice, whole wheat bread x 2, and margarine x 2.

Eggplant Parmesan with spaghetti and garlic sauce, peas and carrots, fruit juice, whole wheat bread, and margarine x 2.

Honey Mustard Chicken with creamy mashed potatoes, mixed vegetables, fruit juice, whole wheat bread x 2, and margarine.

All meals served with dry milk.

Based on product availability, substitutions maybe made.

7-Day Meal Plans | Culturally Diverse Meals

□ Available in **5-day** meal plan.

Based on product availability, substitutions may be made.

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

 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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