



Menu

Gluten Free

TO PLACE AN ORDER
or if you have comments
or concerns, please call:
1-866-204-6111
M-F 7 AM to 6 PM CST
ORDER DEADLINE:
Tuesday at 5 PM CST for
delivery the following week

All meals meet current FDA guidelines with <20ppm gluten.

Carbs (g): Approximate grams of carbohydrates are shown for the **tray only** and the full meal

♥ **Heart-friendly:** <800mg Sodium <30% Fat <10% Sat. Fat * **Lower Sodium:** <800mg sodium

ITEM	American Classics	CARBS (g)
*♥ 251	BBQ Chicken with Potato Medley and Seasoned Vegetables, Juice, Gluten Free Multigrain Bread and Margarine —	51 92
* 298	Salisbury Steak with Mushroom Gravy, Potatoes and Seasoned Vegetables, Gluten Free Whole Grain Bread and Juice —	30 72
312	Chicken with Mushroom Gravy, Potatoes and Seasoned Vegetables, Gelatin and Vanilla Pudding —	38 93
424	Cheesy Chicken, Rice, and Broccoli, and Sweet Pineapple and Apples, Fruit Cup and Chocolate Pudding	51 100
430	Chicken Patty with Poultry Gravy, Potatoes, and Seasoned Carrots, String Cheese and Orange	33 63
730	Chicken with Black Pepper Sherry Sauce, Brown Rice and Seasoned Vegetables, String Cheese, Orange, and Chocolate Pudding — ⌚	43 95

Soups

*♥ 125	Corn Chowder and Peaches with Cherries, Orange and Vanilla Pudding	59 112
*♥ 280	Creamy Turkey & Rice Soup and Fruit Compote, Gelatin and Vanilla Pudding	58 113
759	Chicken Tortilla Soup and Cinnamon Apples, Gelatin and Chocolate Pudding	47 102

International Flavors

* 060	Curry Vegetables with Pineapple and Brown Rice, String Cheese and Vanilla Pudding	68 103
*♥ 061	Gluten Free Rotini with Marinara Sauce and Seasoned Scandinavian Blend Vegetables, Gelatin, Gluten Free Multigrain Bread and String Cheese —	54 101
*♥ 085	Vegetarian Red Beans and Rice, String Cheese, Orange and Chocolate Pudding	62 114
173	Chicken and Stir Fry Vegetables with Teriyaki Sauce and White Rice, Blueberry Applesauce, Juice and Orange —	53 118
*♥ 186	Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Gelatin and Chocolate Pudding —	66 120

— Customer Favorite

⌚ Available for a Limited Time

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ITEM	International Flavors (continued)	CARBS (g)	
198	Teriyaki Stir Fry Vegetables over Brown Rice and Sweet Pineapple & Apples, Orange and String Cheese	91	121
403	Chicken with Southwestern Vegetable Hash, Ranchero Sauce and Brown Rice, Juice and Chocolate Pudding	62	111
*♥ 734	Chicken Tikka Masala with Brown Rice and Peas and Carrots, Fruit Cup and Vanilla Pudding ⌚	55	106
*♥ 747	Pork Stir Fry Rice and Spiced Fruit Medley, String Cheese and Applesauce	72	96
754	Mushroom Risotto and Seasoned Peas & Carrots, Blueberry Applesauce and Vanilla Pudding	52	107

Breakfast Meals

* 133	Vegetable Egg Scramble and Peaches with Cherries, Gluten Free Multigrain Bread, Peanut Butter and Orange —●	37	87
138	Ham, Egg and Cheese Scramble and Cranberries & Apples, Orange, Gluten Free Multigrain Bread and Peanut Butter —●	29	78
157	Cheese Omelet, Ham Patty and Spiced Fruit Medley, Gluten Free Multigrain Bread, Gelatin and Orange Juice —●	32	93

—● Customer Favorite

⌚ Available for a Limited Time

REFRIGERATE MEALS UPON ARRIVAL.

All Meals Include Milk.

Please select the meals that are most appropriate for your dietary needs.

Menus are subject to change.

As with any kitchen, there are times when availability of ingredients can fluctuate causing us to utilize alternative options with like nutritional.

