











Pasta, Pizza, & Soup

- **Cheese Lasagna w/ Meat Sauce**
Sides: Mixed Veggies & Corn w/ Peppers
- **Cheese Manicotti w/ Alfredo** 
Sides: Mixed Veggies & Broccoli
- **Macaroni & Cheese** 
Sides: Diced Carrots & Green Beans
- **Three Cheese Ravioli** 
Sides: Mixed Vegetables & Stewed Tomatoes
- **Stuffed Shells w/ Red Sauce** 
Sides: Spinach & Squash
- **Cheese Pizza** 
Sides: Green Peas & Cinnamon Apples
- **Pepperoni Pizza**
Sides: Mixed Veggies & Broccoli
- **Broccoli Cheddar Soup** 
Sides: Glazed Sweet Potatoes & Peaches
- **Potato & Ham Soup**
Sides: Peaches & Broccoli
- **Vegetable Beef Soup**
Sides: Sweet Potato Tots & Crackers
- **Eggplant Parmesan** 
Sides: Sweet Potatoes & Green Beans
- **Stewed Tomatoes & Okra over Rice** 
Sides: Pinto Beans & Cornbread



Vegetarian Meal

Breakfast

- **French Toast & Sausage**
Sides: Peaches & Breakfast Potatoes
- **Scrambled Eggs w/ Sausage**
Sides: Spinach & Biscuit
- **Pancakes & Sausage**
Sides: Hashbrowns & Applesauce
- **Sausage & Biscuit w/ White Gravy**
Sides: Potatoes & Apples
- **Cheese Omelet** 
Sides: Broccoli & Hashbrowns
- **Grits & Sausage Bowl**
Sides: Peaches & Biscuit
- **Porkchop Biscuit**
Sides: Cheesy Potatoes & Apples
- **Fried Egg & Sausage Biscuit**
Sides: Biscuit & Broccoli
- **Breakfast Bowl**
Sides: Cheesy Potatoes & Fruit
- **Ham & Scrambled Eggs**
Sides: Biscuit & Fruit
- **Scrambled Eggs & Grits** 
Sides: Grits & Tropical Fruit
- **Breakfast Pizza**
Sides: Cheesy Broccoli & Pears
- **Waffles & Turkey Sausage Patties**
Sides: Breakfast Potatoes & Tropical Fruit
- **Egg White Frittata with Turkey Bacon**
Sides: Breakfast Potatoes & Broccoli
- **Turkey Bacon & Scrambled Eggs**
Sides: Cubed Potatoes & Apple Slices



Menu

To order, call
1-888-516-4788

Please call before 2PM one week in advance of your normal delivery date.

Every meal prepared by our onsite chef is low sodium and certified by a registered nutritionist.

Beef

- **Meatballs over Egg Noodles & Pizzaiola Sauce**
Sides: Green Beans & Carrots
- **Homestyle Meatloaf**
Sides: Mixed Veggies & Potatoes
- **Beef Patty Strips & Gravy**
Sides: Sweet Potato Casserole & Mixed Veggies
- **Salisbury Steak**
Sides: Potatoes & Mixed Veggies
- **Meatballs & Alfredo Shell Pasta**
Sides: Whole Kernel Corn & Green Beans
- **Spaghetti w/ Meatballs**
Sides: Whole Kernel Corn & Broccoli
- **Beef Patty w/ Onion Gravy**
Sides: Red Skinned Potatoes & Broccoli
- **Beef Stew with Rice & Gravy**
Sides: Whole Kernel Corn & Cherry Cobbler
- **Beef Meatballs w/ Rice & Gravy**
Sides: Peas & Carrots
- **Creamy Country Fried Steak**
Sides: Peas & Carrots
- **Beef Chili w/ Beans**
Sides: Carrots & Cornbread
- **Corndog**
Sides: Mac & Cheese & Cinnamon Peaches
- **Beef & Bean Burrito**
Sides: Rice & Beans and Corn & Peppers
- **Pepper Steak w/ Mashed Potatoes & Gravy**
Sides: Green Beans & Fruit

Please note that side items
are subject to change
without notice.

Pork

- **Bratwurst w/ Onions & Peppers**
Sides: Baked Beans & Mac & Cheese
- **Pork Chop w/ Korean BBQ Sauce**
Sides: Red Skinned Potatoes & Corn
- **Pork Tenderloin & Mushroom Gravy**
Sides: Sweet Potatoes & Mixed Veggies
- **Red Beans & Rice w/ Sausage**
Sides: Cabbage & Corn w/ Peppers
- **BBQ Pork Riblets**
Sides: Cauliflower & Green Peas
- **Sliced Ham**
Sides: Baked Beans & Collards
- **Breaded Pork Chop**
Sides: Apple Slices & Potatoes
- **Cabbage & Sausage**
Sides: Potatoes & Cinnamon Apples
- **Pulled Pork**
Sides: Baked Beans & Mixed Veggies
- **Sausage Bowl w/ Potatoes & Onions**
Sides: Green Beans & Apple Cobbler

Seafood

- **Shrimp & Grits**
Sides: Cornbread, Collards, & Tomatoes
- **Breaded Fish Sticks**
Sides: Cauliflower & Green Beans
- **Breaded Pollock**
Sides: Carrots & Green Beans w/ Peppers & Onions
- **Tilapia & Shrimp Scampi**
Sides: Hush Puppies & Collards
- **Shrimp Alfredo Primavera**
Sides: Squash & Apple Cobbler

Chicken

- **BBQ Chicken Drumsticks**
Sides: Baked Beans & Broccoli
- **Chicken Tenders w/ Tomato Basil Penne Pasta**
Sides: Green Beans, Corn, & Red Peppers
- **Grilled Chicken with Honey Mustard Sauce**
Sides: Brussels Sprouts & Sweet Potatoes
- **Grilled Chicken Breast**
Sides: Mixed Greens & Whole Kernel Corn
- **Grilled Chicken w/ Garlic Parmesan Sauce**
Sides: Sweet Potatoes & Broccoli
- **Southwestern Style Chicken Tenders**
Sides: Sweet Potatoes & Broccoli
- **Chicken & Dressing**
Sides: Carrots & Broccoli
- **Chicken Pot Pie**
Sides: Cheesy Broccoli & Peach Cobbler
- **Chicken & Dumplings**
Sides: Sweet Potatoes & Mixed Vegetables
- **Grilled Chicken over Rice & Gravy**
Sides: Carrots & Stewed Tomatoes
- **Chicken Casserole**
Sides: Bean Blend & Cubed Potatoes
- **Chicken Nuggets**
Sides: Mac & Cheese & Green Beans
- **Chicken w/ Penne Alfredo Pasta**
Sides: Squash & Carrots
- **Grilled Chicken Strips w/ Mashed Potatoes & Gravy**
Sides: Green Beans and Apple Cobbler
- **Grilled Chicken w/ BBQ Sauce**
Sides: Sweet Potatoes & Brussels Sprouts
- **Stewed Turkey over Rice & Gravy**
Sides: Sweet Potato Soufflé & Pinto Beans
- **Turkey & Dressing**
Sides: Green Beans & Sweet Potato Soufflé