



www.foodwithcare.com

(877) 578-9938

MEATLOAF (D, NAS) Home-style meatloaf topped with a sweet tomato glaze, served with creamy mashed potatoes, gravy and garden peas.

POT ROAST (D, LF/C, NAS) A slow cooked, tender serving of lean pot roast, featuring pan gravy over mashed potatoes and sliced carrots.

LASAGNA (D, LF/C) A generous portion of lasagna topped with San Marzano style marinara, lean ground beef and shredded Italian cheese blend served with a side of broccoli.

SALISBURY STEAK (D, NAS) Tenderized beef round steak topped with mushrooms and onions, served with mashed potatoes and gravy and mixed vegetables.

PASTA WITH MEATBALLS (LF/C, NAS) A generous portion of penne pasta topped with our delicious beef & chicken meatballs in our San Marzano style marinara sauce, served with broccoli and a garlic roll.

COUNTRY FRIED STEAK (D, NAS) Tenderized sirloin steak, breaded and fried to a crispy golden brown, covered with peppered gravy, served with mashed potatoes and green beans.

BEEF TIPS (LF/C, NAS, R) Tender beef tips sauteed with mushrooms in sauce, served with egg noodles and carrots.

PEPPER STEAK (LF/C) Tender bites of sirloin beef sauteed with bell peppers and onions, in a delicious brown sauce with a hint of soy, over rice with Asian vegetables.

CHOPPED SIRLOIN DINNER (D, NAS, R) A baked chopped sirloin patty topped with the chef's special sauce, served with egg noodles and green beans.

MEATBALL STROGANOFF (D, LF/C, NAS, R) Homestyle Beef and Chicken Meatballs, delicately seasoned in a rich roasted beef gravy, laced with sour cream and a touch of vine-ripened tomato, served with sauteed mushrooms on a bed of egg noodles with garden peas and artisan dinner roll.

CHICKEN NOODLE SOUP (D, LF/C) Savory diced chicken and egg noodles along with onion, celery and carrots. Served with mixed vegetables. Oyster crackers are included.

CHILI CON CARNE (D, LF/C, NAS) Broiled extra lean ground beef with diced tomatoes, kidney beans, tomato sauce, chili powder and other tasty spices. Served with rice and mixed vegetables.



Entrées are assigned a dietary category by a registered Dietitian. Diets are liberalized for a home setting to provide appetizing and nutritious meals.

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BAKED CHICKEN DINNER (D, LF/C, NAS, R) Tender, slowly baked chicken thigh served with rice and sliced carrots.

ROASTED TURKEY & DRESSING (D, LF/C) Roasted turkey with seasoned stuffing and mashed potatoes with gravy, served with garden peas.

TERIYAKI STIR FRY CHICKEN (LF/C, D) Chicken strips stir-fried with Asian vegetables, served with rice, broccoli florets and sliced carrots. Gluten-Free.

CHICKEN NUGGETS (D, LF/C) Breaded chicken nuggets with a side of BBQ sauce, served with mashed potatoes and mixed vegetables.

CHICKEN FINGERS (LF/C, NAS, R) Finger-cut marinated chicken tenders served with yellow rice and a Scandinavian vegetable blend.

GENERAL TSO'S CHICKEN Battered chicken tossed in our General Tso's sweet and spicy sauce. Fully cooked, no added MSG, zero trans fats per serving, and no food coloring added. Served with white rice and Asian vegetable blend.

SOFT CHICKEN TACO International Food Solutions Chicken Tinga topped with shredded Monterey Jack and cheddar cheese, served with Santiago Refried Beans, Yellow Rice and 8" flour tortilla to wrap this medium spicy dish.

TANGERINE CHICKEN Whole grain battered chicken tossed in our tangerine sauce featuring a sweet and tangy sauce. No added MSG, no trans- fats per serving, and no food coloring added. Served with white rice and Asian vegetable blend.

COUNTRY FRIED CHICKEN (D, NAS) Crispy Fried chicken, served with mashed potatoes, savory chicken gravy and garden peas.

HONEY SRIRACHA CHICKEN Lightly battered boneless chicken nuggets tossed with a spicy sriracha sauce finishing with a cooling hint of honey. No added MSG, zero trans fats per serving or food coloring added. Served with white rice and Asian vegetable blend.

HONEY BARBEQUED CHICKEN (LF/C) Slow roasted chicken thigh glazed in honey-barbeque sauce served with southern-style Macaroni & Cheese and baked beans.

ARROZ CON POLLO (CHICKEN WITH RICE) (D, LF/C, NAS, R) Boneless chicken sautéed with Spanish rice, green beans & mixed vegetables.

CHICKEN WINGS (D, LF/C) Chicken wings marinated in a tangy sauce and then baked. Served with au gratin potatoes and green beans.

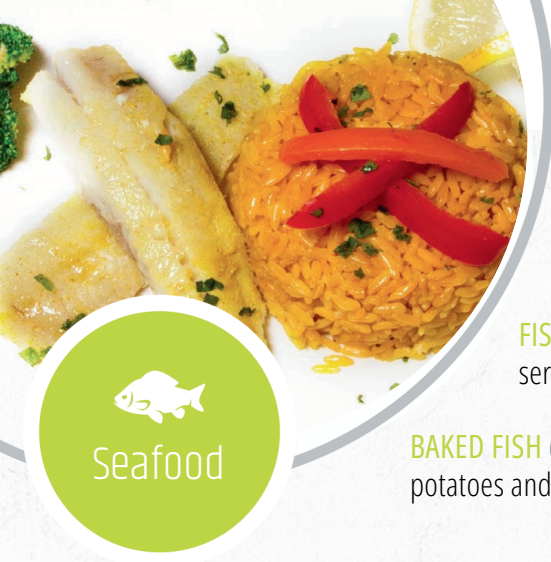
GRILLED CHICKEN BREAST (D, LF/C, NAS, R) Boneless chicken breast grilled and served with yellow rice and a Scandinavian vegetable blend.

CHICKEN & BROCCOLI (D, LF/C, NAS, R) Tender cuts of boneless chicken with broccoli florets in a velvety cream sauce, served with yellow rice and carrots.

CHICKEN ALFREDO This Italian-American classic is comfort food at its finest, blending tender, golden-brown chicken with silky, creamy Alfredo sauce and perfectly cooked penne pasta. Served with Scandinavian vegetables, a garlic dinner roll, and sprinkled with parmesan cheese.

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CRAB CAKE (LF/C) A five-ounce breaded cake made with imitation crabmeat served with macaroni & cheese and garden peas.

BAKED SALMON (D, LF/C, NAS, R) Boneless fillet of salmon baked with butter, lime, salt and pepper, served with rainbow rotini pasta, sliced carrots, and broccoli florets.

FISH & CHIPS (D, LF/C, NAS) Breaded flaky white fish fillets with tartar sauce and lemon, served with au gratin potatoes and mixed vegetables.

BAKED FISH (D, LF/C, NAS) Mild white fish baked to perfection, served with au gratin potatoes and broccoli florets.

MACARONI & CHEESE (LF/C, NAS) Durum wheat elbow macaroni in a scratch-prepared creamy cheddar cheese sauce, topped with shredded cheddar and Monterey jack, served with broccoli florets and mixed vegetables.

CHEESE RAVIOLI (D, LF/C, NAS) Cheese-filled ravioli pasta in rich marinara sauce, topped with Italian cheese blend, served with green beans and a garlic dinner roll.

UNCRUSTABLE MEAL (D, LF/C, NAS) A crustless peanut butter and grape jelly delight, paired with a mozzarella cheese stick, a sweet goldfish cracker pack, and a fruity tasting 100% vegetable juice. An absolutely delicious first entry into our Thaw-and-Serve options.

VEGETABLE LASAGNA (D, LF/C, NAS)

Our lasagna, topped with a blend of fresh vegetables, served with a creamy alfredo sauce, Scandinavian vegetable blend, and a garlic roll.

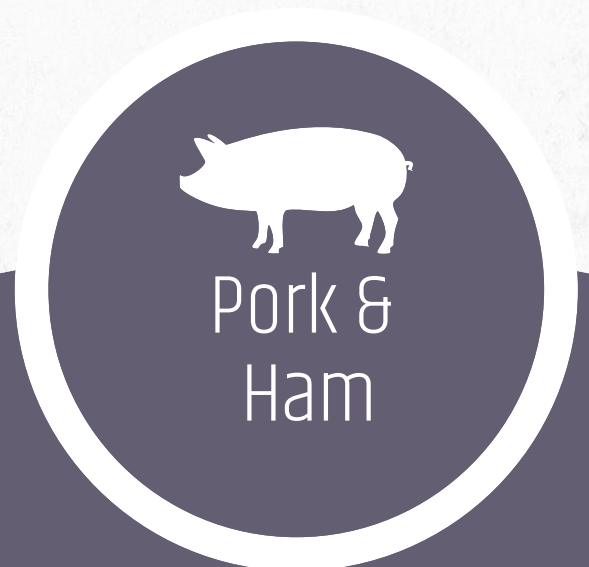
PIEROGIES A Polish tradition: Tender pasta filled with mashed potatoes and American cheese, topped with caramelized onions, shredded Monterey jack and cheddar cheese. Served with mixed vegetables and our artisan dinner roll.



WESTERN PORK CHOP (D, LF/C, NAS) A juicy pork chop topped with sauteed onions & peppers, served with au gratin potatoes and garden peas.

BARBEQUED PORK ROAST (D, LF/C, NAS) Sliced pork loin with a tangy and zesty barbecue sauce served with southern-style Macaroni & Cheese and baked beans.

HAM DINNER (LF/C) Sliced Buffet Ham Steak topped with a house prepared pineapple glaze served with au gratin potatoes and broccoli.



TORTELLINI ALLA PANNA

Tortellini alla Panna is a creamy pasta combining of soft tortellini, ham, peas, and a rich cream Pink Parmesan sauce creating a dish that's both comforting and satisfying. Paired up with broccoli florets and a garlic dinner roll.

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ROAST BEEF (D, LF/C) Served with brown gravy, whipped potatoes and green beans.

BAKED CHICKEN (D, LF/C, NAS, R) Served with poultry gravy, whipped potatoes and carrots.

BAKED WHITE FISH (D, LF/C, NAS, R) Served with lemon juice and tartar sauce, whipped potatoes and broccoli.

ROAST PORK (D, LF/C) Served with brown gravy, whipped potatoes and carrots.

BAKED HAM (D, LF/C) Served with poultry gravy, whipped potatoes and peas.



APPLE JUICE

CRANBERRY JUICE

FRUIT PUNCH

2% MILK

GRAPE JUICE

ORANGE JUICE

WHOLE MILK

CHOCOLATE MILK



WAFFLES WITH SAUSAGE (D, LF/C, NAS, R)

Golden waffles and sausage links, served with maple syrup and cinnamon apples.

PANCAKES & SAUSAGE (D, LF/C, NAS, R)

Fluffy pancakes and sausage links, served with maple syrup and cinnamon apples.

FRENCH TOAST (D, NAS, R)

Egg and Vanilla battered French Toast Sticks with breakfast potatoes, maple syrup, and cinnamon apples.

BISCUITS WITH SAUSAGE GRAVY (D, LF/C)

An oversized, flaky, Fresh-baked southern style biscuit with homemade sausage gravy, served with breakfast potatoes.

CORNED BEEF HASH & EGG (D) Corned Beef and Potato

hash, served alongside a fried egg patty with breakfast potatoes and southern-style, easy-split biscuit.



Sides may vary, see our order form for specific offerings. Substitutions may be sent if a specific dessert request is not available.

APPLESAUCE

FRUIT CUPS

JELLO

RAISINS

CRACKERS

COOKIES

FRUIT CUPS

PUDDINGS



Whole Grain

CHEESE OMELET (D, LF/C)

Fluffy cheese egg omelet served with breakfast potatoes and southern-style, easy-split biscuit.

HAM & CHEESE EGGS (D)

Scrambled eggs, topped with diced smoky ham and shredded Monterey jack and cheddar cheese, served with our delicious breakfast potatoes and southern-style, easy-split biscuit.

SAUSAGE & CHEESE BISCUIT SANDWICH

An oversized Southern Style biscuit layered with a savory sausage patty, melted American cheese and served with breakfast potatoes

EGG & CHEESE MUFFIN

Imagine sinking your teeth into a warm, fluffy, protein-packed muffin bursting with savory egg and gooey melted cheese on a crafted muffin. This delicious vegetarian option comes with our new breakfast potatoes and cinnamon apples.

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