



7-DAY MEAL PLANS

Delicious meals designed to support a healthy lifestyle.

TEXAS BLUE PLATE (777)

Combine southern-inspired and Tex-Mex meals for a Lone Star dining experience.

Country Egg Skillet, served with potatoes, mushrooms, spinach & tomatoes and cranberry apples.

Oven Baked Chicken, served with green bean & red pepper mix and yellow rice with tomatoes & chives.

Southern-Style Pollock Fingers, served with steamed carrots and cheesy country-style potatoes.

Meatloaf with Sofrito Sauce, served with red potatoes and butternut squash.

Cheese Enchilada with Pulled Pork, served with black beans and whole kernel yellow corn.

Turkey Sausage with Peppers, Onions and Tomatoes, served with whole grain rotini pasta and apple chunks & raisins.

Pulled Pork with Mojo Sauce, served with black beans, peas and carrots.

All meals served with SunMeadow® dairy beverage, bread or corn tortilla, and fruit, juice or dessert.

LATIN FLAVORS (768)

Experience meals influenced by Latin cuisines.

Huevos Rancheros (scrambled eggs with chicken chorizo, potatoes, pinto beans and cheese), served with cranberry pears.

Cuban Black Beans and Rice, served with whole kernel corn with red peppers and parslied carrots.

Mexican Bean Burrito with Queso, served with spinach soufflé and parslied whole kernel corn.

Pollo Tropicale (diced chicken in a tropical fruit sauce), served with carrots, green beans, and mini Moon Pie®.

Rib Beef Patty with Mexican-style Sauce, served with cilantro stewed tomatoes and garden peas.

Arroz con Pollo (baked chicken and fiesta rice), served with Mexicali corn.

Vegetarian Chili, served with pinto bean & carrot blend.



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A wide variety of wholesome, delicious meals to suit any palate!

VEGETARIAN DELIGHT (766)

These meatless alternatives don't sacrifice flavor!

Three Cheese Macaroni and Cheese, served with seasoned carrot cuts and green peas.

Eggplant Parmesan, served with Italian-style garbanzo beans.

Omelet with Cheese, served with roasted parsley potatoes and fruited granola.

Mexican Bean Burrito with Queso, served with spinach soufflé and parslied whole kernel corn.

Manicotti Alfredo, served with seasoned peas and Italian vegetables.

Cuban Black Beans and Rice, served with whole kernel corn with red peppers and parslied carrots.

Vegetarian Chili, served with pinto bean & carrot blend.

Please note: Our vegetarian meals contain eggs and dairy products

RISE AND SHINE (767)

You will want to eat these tasty breakfast meals all day long!

Huevos Rancheros (scrambled eggs with chicken chorizo, potatoes, pinto beans and cheese), served with cranberry pears.

Scrambled Eggs with Vegetables, served with Jones Dairy Farm turkey sausage links, and spiced peaches.

Western-Style Omelet, served with potatoes O'Brien and strawberry applesauce.

Country Knife and Fork Breakfast (egg patty & hash brown potatoes with country pepper gravy), served with Jones Dairy Farm turkey sausage links and maple-pecan cinnamon apples.

Omelet with Cheese, served with roasted parsley potatoes and fruited granola.

Pancakes and Egg Patty, served with Jones Dairy Farm turkey sausage links, and warm strawberry compote.

Country Egg Skillet, served with potatoes, mushrooms, spinach, & tomatoes and cranberry apples.

All meals served with SunMeadow® dairy beverage, bread, and fruit, juice or dessert.