Developed in accordance with guidelines of the American Heart Association

**All meals contain <600mg of sodium** (milligrams of sodium noted after meal description).

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

**Heart-friendly:** <600mg Sodium <30% Fat <10% Sat. Fat  **Diabetes-friendly** meals contain ≤75g of carbohydrates

<table>
<thead>
<tr>
<th>ITEM</th>
<th>Menu Description</th>
<th>CARBS (g)</th>
</tr>
</thead>
</table>
| 95114 | **American Classics**  
95114 BBQ Chicken with Potato Medley and Seasoned Green Beans and Fudge Round (595)  
95127 Pork Rib Patty with BBQ Sauce and Seasoned Vegetables and Gelatin (468)  
95144 Homestyle Meatloaf with Herb Pasta and Mixed Vegetables, Whole Wheat Dinner Roll and Pineapple Cup (536)  
95154 Turkey Breast with Apple Cranberry Sauce, Rice Pilaf and Green Beans and Pumpkin Loaf (550)  
95232 Chicken & Waffle and Peach Crisp, Syrup and Apple Juice (501)  
95298 Salisbury Steak with Mushroom Gravy, White Rice and Vegetables and Gelatin Cup (481)  
95301 Beef Pepper Steak with Gravy over Brown Rice and Spiced Blueberries & Apples and Grape Juice (524) | 49 72 ♥D  
37 58 D  
55 84 ♥  
71 91 ♥  
60 105 ♥  
51 71 D  
74 89 ♥ |
| 95014 | **International Flavors**  
95014 Spaghetti & Meatballs with Marinara Sauce and Vegetables and Gelatin (349)  
95145 Vegetable Primavera with Pasta and Sweet Pineapple & Apples, Blueberry Applesauce, Pineapple Cup and Vanilla Wafers (503)  
95185 Sweet and Sour Chicken with Stir Fry Vegetables and White Rice, Grape Juice and Cookie (429) | 45 65 ♥D  
67 124 ♥  
54 95 ♥ |

**Customer Favorite**

Available for a Limited Time
<table>
<thead>
<tr>
<th>ITEM</th>
<th>Description</th>
<th>CARBS (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>95161</td>
<td>Colby Cheese Omelet, French Toast Sticks and Turkey Sausage Link, Syrup, Mandarin Orange Cup, Gelatin and Apple Juice (598)</td>
<td>24 111</td>
</tr>
<tr>
<td>95224</td>
<td>Vegetable Egg Scramble and Peaches with Cherries, Applesauce and Orange Juice (526)</td>
<td>41 67 D</td>
</tr>
<tr>
<td>95242</td>
<td>Cinnamon Apple Oatmeal and Scrambled Eggs and Peach Cup (509)</td>
<td>56 75</td>
</tr>
</tbody>
</table>

* Customer Favorite

Available for a Limited Time

REFRIGERATE MEALS UPON ARRIVAL.

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 due to seasonal changes causing us to utilize alternative options with like nutritionals.