

**Cancer Friendly**

At or near 600 calories and 25 grams protein including supplement

Diabetes Friendly

55 grams or less total carbohydrates. (Blood Sugar)

Gluten Restricted

Wheat free. Prepared in a commercial kitchen with a risk of gluten exposure.

Heart Healthy

16 grams or less total fat, 5 grams or less saturated fat, and 750 mg or less sodium. (High Blood Pressure, High Cholesterol)

Renal Friendly

750 mg or less sodium, 700 mg or less potassium, and 230 mg or less phosphorus. (Kidney Disease)

BREAKFAST**1. Breakfast Egg Scramble**

Egg scramble with diced ham, potatoes, spinach and cheddar cheese. Sides: diced sweet potatoes and pacific berry blend.

Allergens: egg, milk, soy, pork

2. Homestyle Big Breakfast

Buttermilk pancakes with cheesy scrambled eggs. Sides: turkey sausage patty and applesauce.

Allergens: egg, milk, soy, wheat

3. Mixed-Berry Scone Patty

Baked mixed-berry scone.

Sides: scrambled eggs with cheese, turkey sausage patty and strawberries.

Allergens: egg, milk, wheat

4. Southwest Omelet

Folded egg topped with tomato chunks, cheese, spices and roasted peppers and onions.

Sides: sweet potato hash and fiesta blend, strawberries and mini cinnamon sugar donuts.

Allergens: eggs, milk, soy, wheat

5. Biscuit and Sausage Gravy

Biscuit covered with Jimmy Dean sausage gravy.

Sides: cheesy scrambled eggs and diced mango.

Allergens: egg, milk, Turkey, sesame, soy, wheat

6. Chicken and Waffle

Chicken tenders with a Belgian waffle.

Sides: roasted potato medley and strawberries.

Allergens: egg, milk, sesame, soy, wheat

7. Cinnamon French Toast Sticks with Berries

French toast sticks with pacific berry blend.

Sides: turkey sausage patty and diced potatoes.

Allergens: egg, milk, soy, wheat

8. Salmon Benedict

English muffin topped with egg patty, salmon, asparagus tips and hollandaise sauce.

Sides: strawberries

Allergens: egg, fish, milk, sesame, soy, wheat

POULTRY**9. Chicken Alfredo**

Half cut penne pasta with garlic alfredo sauce, diced chicken and Italian cheese blend.

Sides: green beans and applesauce.

Allergens: milk, soy, wheat

10. Popcorn Chicken Bowl

Breaded popcorn chicken, corn and mashed potatoes with country gravy and cheddar cheese.

Sides: green beans and strawberries.

Allergens: milk, soy, wheat

11. Garlic Parmesan Chicken and Rice

Diced chicken, red peppers, garlic cheese sauce and parmesan cheese.

Sides: broccoli and berry tapioca pudding.

Allergens: milk, sesame, soy

12. Boneless Fried Chicken Dinner

Chicken tenders with mashed potatoes and country gravy. Sides: Parisian carrots and blueberries.

Allergens: milk, sesame, wheat

13. Teriyaki Chicken

Diced chicken and pineapple with teriyaki sauce over ancient grain rice mix.

Sides: green beans and peanut butter/chocolate rice krispy treat.

Allergens: milk, peanuts, sesame, soy, wheat

POULTRY

14. Chicken Cottage Pie

Diced chicken, chicken gravy and vegetables with mashed potatoes.

Sides: corn and apple strudel bites.

Allergens: milk, sesame, soy, wheat

15. Potato Nachos

Sidewinder potatoes with seasoned chicken crumbles, fiesta blend vegetables, salsa and cheese sauce.

Sides: churro bites and strawberries.

Allergens: egg, milk, soy, wheat

16. Turkey Dinner Bowl

Diced turkey, bread stuffing and gravy.

Sides: green beans and cheddar mashed potatoes.

Allergens: milk, sesame, soy, wheat

BEEF

17. Swedish Meatballs

Beef and chicken meatballs with savory sauce over 1/2 cut penne pasta.

Sides: peas and carrots and berry tapioca pudding.

Allergens: milk, sesame, soy, wheat, pork

18. Chopped Steak Patty and Beef Gravy

Charbroiled chopped beef steak patty and cheddar mashed potatoes with brown gravy.

Sides: macaroni and cheese and strawberries.

Allergens: milk, sesame, soy, wheat

19. Classic Meatloaf Dinner

Seasoned beef meatloaf, cheddar mashed potatoes and beef gravy. Sides: broccoli and dinner roll.

Allergens: egg, milk, sesame, soy, wheat

20. Salisbury Steak Dinner

Salisbury steak and cheddar mashed potatoes with brown onion gravy.

Sides: peas and berry tapioca blend.

Allergens: milk, sesame, soy, wheat

21. Country Fried Steak

Breaded beef steak with cheddar mashed potatoes and country gravy.

Sides: corn and applesauce.

Allergens: milk, soy, wheat



22. Pasta Meatball Bake

Half cut penne pasta with meatballs in cheesy tomato sauce. Sides: peas and carrots and applesauce.

Allergens: milk, wheat, Turkey, beef

SEAFOOD & FISH

23. Salmon PENNE

Salmon mixed with 1/2 cut penne, spinach, peas and carrots and sauce.

Sides: applesauce and peanut butter/chocolate rice krispy treat.

Allergens: fish, milk, soy, peanuts, wheat

24. Shrimp ala King

Shrimp in a creamy alfredo sauce with bacon and mushrooms, onions and green pepper served over white rice. Sides: Parisian carrots.

Allergens: milk, Turkey, shellfish

25. Fish and Chips

Battered flounder and tater tots

Sides: corn, chocolate chip cookie, and strawberries.

Allergens: fish, milk, sesame, soy, wheat

Chicken

26. Sweet and Sour

Savory roasted chicken pineapples and vegetables in a sweet and sour sauce.

Sides: hearty thai rice and riced cauliflower, and mini chocolate chip cookies.

Allergens: egg, milk, sesame, soy, wheat

27. Smothered Chicken and gravy patty

Smothered chicken patty with tater tots

Sides: dinner roll and strawberries.

Allergens: sesame, soy, wheat

28. Chicken and Cheese Calzone

Whole grain calzone filled with beef pepperoni and crush tomatoes and mozzarella cheese.

Sides: 5-way vegetables, diced mango and peanut butter/chocolate rice krispy treat.

Allergens: milk, peanuts, soy, wheat

29. Chicken Tamale

Corn tamale filled with Chicken and mexican rice

Sides: blueberries and corn.

Allergens: Sesame, soy



H.C.O.P.E.

VEGETARIAN

30. Vanilla Yogurt Parfait with Sweet Pancake Bites

Vanilla greek yogurt fruit parfait (vanilla yogurt with diced apples and strawberries).

Sides: sweet pancake bites and a 3 cheese egg bite.

Allergens: egg, milk, wheat, sesame, soy

31. Homestyle Macaroni and Cheese

Elbow macaroni, cheese sauce and extra cheddar cheese.

Sides: green beans and brownie bites.

Allergens: milk, sesame, wheat

32. Gnocchi Pasta Meal

Cheese filled gnocchi with pink alfredo sauce.

Sides: peas and carrots and blueberries.

Allergens: egg, milk, soy, wheat

33. Cheesy Vegetable Plate

Monterey vegetable mix covered with cheesy sauce.

Sides: strawberries and brownie bites.

Allergens: egg, milk, soy, wheat

HAND-HELD MEALS (single compartment tray)

34. Jimmy Dean Sausage, Egg, and Cheese Sandwich

English muffin, country turkey or beef sausage patty with fried eggs and American cheese.

Side: diced sweet potatoes.

Allergens: egg, milk, soy, wheat

35. Homestyle Cheeseburger Deluxe

A charbroiled beef patty with American cheese on a hamburger bun.

Sides: green beans and 1 brownie bite.

Allergens: egg, milk, sesame, soy, wheat