



## American Classics

[www.foodwithcare.com](http://www.foodwithcare.com)  
(877) 578-9938

**BAKED CHICKEN DINNER** (NAS, D, LF/LC) Tender, slowly baked chicken drumstick served with paella style yellow rice and sliced carrots.

**BAKED FISH FILET DINNER** (D, RS, LF/LC) Wild Caught Alaskan Pollock baked to perfection, served with garlic & dill redskin potatoes and broccoli florets. Sourdough dinner roll available upon request.

**BAKED SALMON** (D, NAS, R) Boneless Salmon Loin, baked with salt-free garden seasoning and butter blend, served on a bed of paella-style yellow rice, sliced carrots, and broccoli florets.

**BARBECUE PORK ROAST** (NAS) Seasoned Pork with a tangy and zesty barbecue sauce served with creamy macaroni & cheese and country style baked beans.

**CHICKEN FINGERS** (D, NAS, LF/LC, R) Marinated chicken tenders served with paella-style yellow rice and Scandinavian vegetable blend and sliced carrots.

**CHICKEN SOUP** (D, RS, LF/LC) Diced chicken, egg noodles, onion, celery, tasty chicken broth, mixed vegetables & oyster crackers.

**CHICKEN NUGGETS** (D, LF/LC, R) Breaded chicken nuggets with a BBQ dipping cup, served with creamy mashed potatoes & vegetable medley of diced carrots, green beans, yellow corn, and sweet peas.

**CHICKEN POT PIE** (LF/LC) All-American chicken pot pie featuring Tender diced chicken, mixed vegetables, in velvety chicken gravy, topped with a fresh baked southern style biscuit. Served with broccoli florets and delicious cinnamon apples.

**CHICKEN WINGS** (D, LF/LC) Baked chicken wings, lightly seasoned, marinated, and blanketed with zesty barbecue sauce. Served with garlic & redskin potatoes and north lake green beans. Fresh from Florida, locally sourced sourdough dinner roll available upon request.

**CHILI CON CARNE** (D, NAS, LF/LC) Lean ground beef with diced tomatoes, red kidney beans, chili powder and other classical spices. Served with white rice and mixed vegetables.

**CHOPPED SIRLOIN STYLE BEEF** (D, NAS, LF/LC, R) A baked chopped beef patty topped with the chef's peppered gravy, served with traditional egg noodles and north lake green beans..

**COUNTRY FRIED CHICKEN** (D, NAS, LF/LC, RS, R) Crispy Oven-fried chicken, served with creamy mashed potatoes, and sweet garden peas.

**COUNTRY FRIED STEAK STYLE BEEF** (D) Tender beef patty, hand-breaded and fried to a crispy golden brown, covered with smooth peppered gravy, served with creamy mashed potatoes and green beans.

*Our meals meet Older Americans Act recommendations for serving size for proteins, vegetables, fruit, and grains. We provide a variety of additional offerings of dried fruit, fruit juice, milk, and desserts, both grain and non-grain based.*

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

Please consult your doctor/nutritionist to select meals appropriate for your specific dietary needs.

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**CRAB CAKE DINNER** (D, NAS, LF/LC) A 1/3<sup>rd</sup> pound breaded Crab cake made with imitation crab meat served with creamy macaroni & cheese and green garden peas..

**FISH FRY** (D, LF/LC, R) Breaded flaky wild-caught Pollock fillets with tartar sauce and lemon, served with garlic & dill redskin potatoes and mixed vegetables. *Certified by the Marine Stewardship Council to guarantee responsible fishing practices that maintain healthy fish populations and habitats.*

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

**HAM DINNER** (LF/LC) Sliced Buffet Ham Steak topped with a house prepared pineapple glaze served with delicately seasoned mashed sweet potatoes and broccoli florets. Fresh baked from Florida locally sourced sourdough dinner roll available upon request.

**HONEY BBQ CHICKEN** (NAS, LF/LC) Slow roasted chicken drumstick glazed in house-blended honey barbeque sauce served with paella-style yellow rice and baked beans.

**MACARONI & CHEESE** (D, NAS, LF/LC, RS) Durum wheat elbow macaroni in creamy cheddar cheese sauce, topped with shredded Cheddar and Monterey Jack cheese, served with broccoli florets and mixed vegetables. A vegetarian treat that will satisfy just about any carnivore.

**MEATLOAF** (NAS, LF/LC) Home-style meatloaf topped with a sweet tomato glaze, served with creamy mashed potatoes, beef gravy and garden peas. Local sourdough dinner roll available upon request.

**POT ROAST** (D, LF/LC, NAS, R) A slow cooked, tender serving of lean pot roast, featuring roasted beef gravy over mashed potatoes and sliced carrots. Paired with a fresh baked, locally sourced sourdough dinner roll.

**ROASTED TURKEY** (D, NAS, LF/LC) Roasted turkey with seasoned stuffing, topped with poultry gravy, paired with velvety mashed potatoes and served with sweet garden peas.

**SALISBURY STEAK STYLE BEEF** (D, RS, NSA, LF/LC) Tender beef patty layered with sauteed mushrooms and delicious beef gravy and served with real mashed potatoes alongside mixed vegetables. Locally sourced sourdough dinner roll available upon request.

**UNCRUSTABLE MEAL** (NAS, LF/LC, R) A crustless peanut butter and grape jelly delight, paired with a mozzarella cheese stick, sweet goldfish cracker pack, and a fruity tasting 100% vegetable juice. An absolutely delicious, vegetarian, thaw-and-serve option.

**WESTERN PORK CHOP** (D, LF/LC) A citrus-marinated juicy boneless pork loin chop topped with a sauteed onions & tri-color bell pepper blend, served with garlic & dill redskin potatoes and garden peas. Fresh baked sourdough dinner roll available upon request.

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## Latin Cuisine

## Flavors from Around the World featuring:



**ARROZ CON POLLO** (Chicken with Rice) (D, NAS, LF/LC) Boneless chicken sautéed with Spanish rice, manzanilla olives, diced tomatoes, peppers and onions, paired with seasoned black beans & mixed vegetables.

**MOJO PORK** (D, NAS, LF/LC) Traditional citrus-marinated pork shoulder with Latin spices, slow-roasted until fork tender, served with paella-style yellow rice and seasoned black beans.

**ROPA VIEJA** (D, LF/LC) Cuban shredded beef stew, featuring Comida Vida beef, simmered until falling apart, then cooked in a savory, tomato-based *sofrito* sauce with onions, garlic, and red, green & yellow bell peppers, served on a bed of white rice, seasoned black beans and mixed vegetables.

**SOFT CHICKEN TACO** (NSA, LF/LC) Comida Vida Chicken Tinga topped with shredded Monterey Jack and cheddar cheese, served with seasoned black beans, Yellow Rice and 8" flour tortilla to wrap this medium spicy dish.

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

**CHICKEN ALFREDO** (D,NAS, RS, LF/LC) Italian classic comfort food at its finest, blending tender, chicken with silky, creamy Alfredo sauce and perfectly cooked penne pasta. Served with Scandinavian vegetables, a garlic dinner roll, and sprinkled with parmesan cheese.

**CHICKEN & BROCCOLI** (D, NAS, LF/LC) Tender cuts of boneless chicken with broccoli florets in a velvety velouté cream sauce, served with paella-style yellow rice and sliced carrots.

**LASAGNA** (D, NAS, LF/LC) A generous portion of lasagna topped with San Marzano style marinara, crumbled beef and shredded Italian cheese blend served with a side of broccoli florets. Served with a locally sourced, fresh baked sourdough dinner roll.

**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 an artisan dinner roll.

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

**VEGETABLE LASAGNA** (NAS, LF/LC) Our lasagna roll, topped with a blend of fresh vegetables, served with a creamy alfredo sauce, Scandinavian vegetable blend, and a garlic roll.

## Euro Delights



**GENERAL TSO'S CHICKEN** (D, RS, NAS, LF/LC, R)-Green Dragon 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.

**PEPPER STEAK** (D, NAS, LF/LC) A legacy Food with Care recipe, featuring tender bites of sliced beef sauteed with bell peppers and onions, in a delicious brown sauce with a hint of soy, over rice with Asian vegetables and broccoli florets.

**TERIYAKI CHICKEN STIR FRY** (NAS, RS, R) Green Dragon Teriyaki Chicken strips stir-fried with Asian vegetables, served with rice, broccoli florets and sliced carrots. Gluten-Free.

**SWEET & SOUR CHICKEN** (D, NAS, RS, LF/LC, R) Green Dragon lightly battered boneless chicken bites tossed with a sweet and sour sauce with a hint of cherry, with no added MSG, zero trans fats per serving, and no food coloring added. Served with white rice, Asian vegetables, and sliced carrots.

**TANGERINE CHICKEN** (D, NAS, RS, LF/LC, R) Green Dragon 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.

## Shelf Stable Meal Options



**MISS OLIVE'S CHICKEN PASTA** (D, LF/LC, R) Delight in the comforting flavors of Miss Olive's Chicken Pasta with Parmesan and Tomato Sauce. Tender pieces of chicken are paired with perfectly cooked pasta, all enveloped in a rich, tangy tomato sauce and finished with a generous sprinkle of Parmesan cheese.

**MISS OLIVE'S CHICKEN TERIYAKI** (LF/LC, R) Enjoy the savory-sweet flavors of Miss Olive's Chicken Teriyaki with Rice – tender pieces of chicken glazed in a rich teriyaki sauce, served over a bed of fluffy rice.

**MISS OLIVE'S CHICKEN TIKKA MASALA** (D, LF/LC, R) Savor the rich, aromatic taste of Miss Olive's Chicken Tikka Masala – a comforting blend of tender chicken in a creamy, spiced tomato sauce, served over perfectly cooked rice.

**MISS OLIVE'S CHICKEN TINGA** (D, LF/LC) Enjoy the savory-sweet flavors of Miss Olive's Chicken Teriyaki with Rice – tender pieces of chicken glazed in a rich teriyaki sauce, served over a bed of fluffy rice.

**MISS OLIVE'S PASTA FAGIOLI** (D, LF/LC) Enjoy the comforting taste of Miss Olive's Pasta Fagioli, a hearty dish featuring tender pasta and wholesome beans, all simmered in a rich, traditional tomato sauce. Infused with savory herbs and spices, this classic Italian dish is both satisfying and nourishing.

**All shelf stable meals are offered with additional shelf & non-shelf stable side items, as requested by our valued clients.**

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

**BAKED CHICKEN** (D, NSA, LF/LC)  
Served with poultry gravy, whipped potatoes and carrots.

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

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



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



- APPLE JUICE
- CRANBERRY JUICE
- FRUIT PUNCH
- GRAPE JUICE
- ORANGE JUICE
- WHOLE MILK FLAVORED MILK

- APPLESAUCE
- FRUIT CUPS
- JELLO
- DRY FRUIT
- CRACKERS
- COOKIES
- FRUIT CUPS
- PUDDINGS



Sourdough Roll

**WAFFLES WITH SAUSAGE** (NAS, R)  
Golden waffles and sausage patties, served with maple syrup and cinnamon apples.

**PANCAKES & SAUSAGE** (NAS)  
Fluffy pancakes and sausage patties, served with maple syrup and cinnamon apples.

**FRENCH TOAST** (D, LF/LC, RS, R)  
Egg and Vanilla battered French Toast Sticks with breakfast potatoes, maple syrup, and cinnamon apples.

**BISCUITS WITH SAUSAGE GRAVY** (D, LF/LC)  
Two, flaky, fresh-baked southern-style biscuits with homemade sausage gravy, served with breakfast potatoes.

**CORNED BEEF HASH & EGG** (D, RS) Corned Beef and Potato hash, served alongside a fried egg patty with breakfast potatoes and southern-style, easy-split biscuit.

**CHEESE OMELET** (D, RS, LF/LC)  
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** (D)  
An oversized Southern Style biscuit layered with a savory sausage patty, melted American cheese and served with breakfast potatoes

**EGG & CHEESE MUFFIN** (D, LF/LC)  
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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