

American Classics

www.foodwithcare.com
(877) 578-9938

BAKED CHICKEN DINNER Tender, slowly baked chicken drumstick served with paella style yellow rice and sliced carrots.

BAKED FISH FILET DINNER Wild Caught Alaskan Pollock baked to perfection, served with garlic & dill redskin potatoes and sliced carrots. Paired with a homestyle dinner roll and a lemon juice packet.

BARBECUE PORK ROAST Seasoned Sliced Pork with a tangy barbecue sauce served with mashed potatoes and western style chuckwagon corn. Paired with a homestyle dinner roll

GRILLED CHICKEN FINGERS Marinated chicken tenders served with paella-style yellow rice and Scandinavian vegetable blend and sliced carrots.

CHICKEN NOODLE SOUP Diced chicken, egg noodles, onion, celery, tasty chicken broth, mixed vegetables & oyster crackers.

CHICKEN NUGGETS Breaded chicken nuggets with a BBQ dipping cup, served with creamy mashed potatoes and vegetable medley of diced carrots, green beans, yellow corn, and sweet peas.

CHICKEN WINGS Baked chicken wings, lightly seasoned, marinated, and blanketed with zesty barbecue sauce. Served with garlic & redskin potatoes and north lake green beans. Paired with a homestyle dinner roll.

CHILI CON CARNE 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 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 Crispy Oven-fried chicken, served with creamy mashed potatoes, and sweet garden peas.

COUNTRY FRIED STEAK STYLE BEEF 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.

CHICKEN POT PIE All-American chicken pot pie featuring Tender diced chicken and mixed vegetables, in velvety chicken gravy. Served with broccoli florets and a honey wheat biscuit.

KRAB CAKE DINNER A 1/3rd pound breaded Krab cake made with imitation crab meat served with zesty cilantro lime rice, green garden peas, and lemon juice.

FISH FRY Breaded flaky wild-caught Pollock fillets with tartar sauce, 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.

HAM DINNER Sliced Buffet Ham Steak topped with a house prepared pineapple glaze served with spiced and tender sweet potatoes and broccoli florets. Paired with a homestyle dinner roll.



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HONEY BBQ CHICKEN Slow roasted chicken drumstick glazed in house-blended honey barbeque sauce served with creamy mashed potatoes and western style chuckwagon corn. Paired with a homestyle dinner roll.

MACARONI & CHEESE 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 Home-style meatloaf topped with a sweet tomato glaze, served with creamy mashed potatoes, beef gravy and garden peas. Paired with a fresh baked, homestyle dinner roll.

POT ROAST A slow cooked, tender serving of lean pot roast, featuring roasted beef gravy over mashed potatoes and sliced carrots. Paired with a fresh baked, homestyle dinner roll.

ROASTED TURKEY Roasted turkey breast with herb seasoned stuffing, topped with poultry gravy, paired with spiced sweet potates and served with sweet garden peas.

SALISBURY STEAK STYLE BEEF Tender beef patty layered with sauteed mushrooms and delicious beef gravy and served with real mashed potatoes alongside mixed vegetables. Paired with a fresh baked, homestyle dinner roll.

UNCRUSTABLE MEAL A crustless peanut butter and grape jelly delight, paired with a mozzarella cheese stick, sweet graham cracker pack, and a tasty apple juice. A delicious, vegetarian, thaw-and-serve option.

WESTERN PORK CHOP 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. Paired with a fresh baked, homestyle dinner roll.







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.



Flavors from Around the World featuring:

INTERNATIONAL FOOD SOLUTIONS

Comida Vida

Green Dragon Asian Food Solutions

Latin Cuisine

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

MOJO PORK Traditional citrus-marinated pork loin with Latin spices, slow-roasted until fork tender, served with zesty cilantro lime rice, seasoned black beans and mixed vegetables.

ROPA VIEJA 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 Comida Vida Chicken Tinga topped with shredded Monterey Jack and cheddar cheese, served with fluffy cilantro lime rice, and mixed vegetable blend and flour tortilla to wrap this medium spicy dish.



GENERAL TSO'S CHICKEN 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, Asian vegetable blend and carrots.

TERIYAKI CHICKEN STIR FRY Green Dragon Teriyaki Chicken strips stir-fried with Asian vegetables, served with rice, asian vegetables and sliced carrots.

Asian Fusion

SWEET & SOUR CHICKEN 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 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, Asian vegetable blend, and carrots.

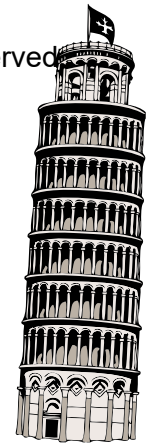
Euro Delights

CHEESE RAVIOLI Cheese-filled ravioli pasta in rich marinara sauce, topped with Italian cheese blend, served with green beans and a garlic dinner roll.

CHICKEN ALFREDO 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 garnished with parsley.

CHICKEN & BROCCOLI Tender cuts of boneless chicken with broccoli florets in a velvety velouté cream sauce, served with tender cooked egg noodles and sliced carrots.

LASAGNA A generous portion of lasagna topped with San Marzano style marinara and crumbled beef served with a side of broccoli florets. Served with a fresh baked, garlic dinner roll.



MEATBALL STROGANOFF Homestyle Beef and Chicken Meatballs, delicately seasoned in a rich roasted beef gravy, laced with sour cream and a touch of vine-ripened tomato on a bed of egg noodles with green beans and a homestyle dinner roll.

PASTA with MEATBALLS 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 Our lasagna roll, topped with a blend of sauteed vegetables, served with a creamy alfredo sauce, green beans, and a garlic dinner roll.

Shelf Stable Meal Options

Miss Olive's™ MEALS

MISS OLIVE'S CHICKEN PASTA 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 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 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 CHCIKEN TINGA Enjoy the fully cooked, shelf-stable, and microwaveable meal featuring tender chicken in a smoky, spicy-sweet tinga sauce served over rice

MISS OLIVE'S PASTA FAGIOLI 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.

Daily nutrition recommendations are designed to support overall health and reduce the risk of chronic disease. Guidance from the Dietary Guidelines for Americans emphasizes a balanced intake of fruits, vegetables, whole grains, lean proteins, and healthy fats, while limiting sodium, added sugars, and saturated fats.

Breakfast

WAFFLES WITH SAUSAGE Golden waffles and sausage links, served with sugar free maple syrup and cinnamon apples.

HAM & CHEESE OMELET Cheese Omelet, topped with diced smoky ham and served with our delicious cinnamon apples and a honey wheat biscuit.

SAUSAGE & CHEESE BISCUIT SANDWICH An oversized Honey biscuit layered with a savory sausage patty, melted American cheese and served with delicious cinnamon apples and fruit punch.

PANCAKES & SAUSAGE Fluffy pancakes and sausage links, served with sugar free maple syrup and cinnamon apples.

FRENCH TOAST Egg and Vanilla battered French Toast Sticks with cheesy breakfast potatoes, sugar free maple syrup, and cinnamon apples.

BISCUIT WITH SAUSAGE GRAVY A flaky, fresh-baked biscuit with sausage gravy that's prepared in house, served with a sweet and tasty apple juice and delicious diced peaches.

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.

CHEESE OMELET Fluffy cheese egg omelet served with breakfast potatoes and honey wheat biscuit.



Puree Diet

ROAST BEEF* Served with whipped potatoes and peas.

ROAST PORK* Served with whipped potatoes and carrots.

BAKED HAM* Served with sweet potato mash and fruit tasting vegetable juice.

BAKED CHICKEN* Served with whipped potatoes and carrots.

Milk

Whole Milk
1% Milk
Chocolate Milk

Fruit/Juice

Apple Juice
Orange Juice
Grape Juice
Cranberry Juice

Fruit Punch
Applesauce
Fruit Cup

Grain

Dinner Roll
Oatmeal Packet
Double Chocolate Cookie
Sugar Free Choc. Chip Cookie
Sugar Free Lemon Cookie

Cheez-it
Graham Cracker
Vanilla Goldfish
Birthday Cracker
Strawberry Cracker

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

All Puree Meals include an Oatmeal Packet