

Three to Seven Day Menu Solutions

Enjoy these delicious Meals for All custom formulated entrées suitable for most therapeutic diets!

- **Chicken Curry with Rice** – a savory blend of far eastern spices combined with chicken and rice for a tasty meal that satisfies without being spicy
- **Beef Stroganoff with Noodles** – a classic old-world recipe of beef, pasta, and mushrooms in a rich sour cream sauce
- **Southwest Chicken with Rice** – a zesty mixture of chicken, rice and beans with seasonings to delight all ages
- **Beef Stew with Potatoes and Gravy** – beef, potatoes, carrots and vegetables in a rich brown sauce warms the way to a hearty meal
- **Turkey and Potatoes with Cranberries** – a wholesome combination of turkey and fall ingredients that pops with a few sweet cranberries
- **Macaroni and Cheese** – creamy classic of macaroni pasta with rich cheese sauce; a vegetarian delight for all
- **Spaghetti with Mushrooms** – a flavorful tomato sauce over spaghetti noodles with real mushrooms; a vegetarian entrée everyone loves

Meals for All Four-Day Menu

Visit mealsforall.com for a complete seven-day menu

	Breakfast	Lunch	Dinner
Day 1	Fortified Apple Cereal Cracker-Biscuits Milk	Beef & Mushrooms with Noodles Green Peas Diced Apples Cracker-Biscuits Milk	Chicken Curry with Rice Carrots Cracker-Biscuits Chocolate Pudding Beverage
Day 2	Fortified Apple Cereal Cracker-Biscuits Milk	Turkey & Potatoes with Cranberry Corn Niblets Diced Peaches Cracker-Biscuits Milk	Spaghetti with Mushrooms Garden Mixed Vegetables Cracker-Biscuits Banana Pudding Beverage
Day 3	Fortified Apple Cereal Cracker-Biscuits Milk	Southwestern Chicken & Rice Green Beans Applesauce Cracker-Biscuits Milk	Beef Stew with Potatoes Broccoli Cracker-Biscuits Vanilla Pudding Beverage
Day 4	Fortified Apple Cereal Cracker-Biscuits Milk	Chicken Curry with Rice Garden Mixed Vegetables Diced Peaches Cracker-Biscuits Milk	Macaroni & Cheese Green Peas Cracker-Biscuits Banana Pudding Beverage

Spend Less to Provide Excellent Emergency Nutrition Care
Learn more at www.mealsforall.com or call (916) 832-MEAL (6325)

