



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	<ul style="list-style-type: none"> • Fortified Apple Cereal • Cracker-Biscuits • Milk 	<ul style="list-style-type: none"> • Beef & Mushrooms with Noodles • Green Peas • Diced Apples • Cracker-Biscuits • Milk 	<ul style="list-style-type: none"> • Chicken Curry with Rice • Carrots • Cracker-Biscuits • Chocolate Pudding • Beverage
Day 2	<ul style="list-style-type: none"> • Fortified Apple Cereal • Cracker-Biscuits • Milk 	<ul style="list-style-type: none"> • Turkey & Potatoes with Cranberry • Corn Niblets • Diced Peaches • Cracker-Biscuits • Milk 	<ul style="list-style-type: none"> • Spaghetti with Mushrooms • Garden Mixed Vegetables • Cracker-Biscuits • Banana Pudding • Beverage
Day 3	<ul style="list-style-type: none"> • Fortified Apple Cereal • Cracker-Biscuits • Milk 	<ul style="list-style-type: none"> • Southwestern Chicken & Rice • Green Beans • Applesauce • Cracker-Biscuits • Milk 	<ul style="list-style-type: none"> • Beef Stew with Potatoes • Broccoli • Cracker-Biscuits • Vanilla Pudding • Beverage
Day 4	<ul style="list-style-type: none"> • Fortified Apple Cereal • Cracker-Biscuits • Milk 	<ul style="list-style-type: none"> • Chicken Curry with Rice • Garden Mixed Vegetables • Diced Peaches • Cracker-Biscuits • Milk 	<ul style="list-style-type: none"> • 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)

Meals for All, Inc.
 9837 Folsom Blvd, Suite A
 Sacramento, CA 95827
 (916) 832-MEAL (6325)
 Fax (916) 364-5353
 E-mail: sales@mealsforall.com

