

chef for hire

home delivered meals

DIABETIC

Cubed Steak Mushroom Gravy Butter Beans Collard Greens Pudding cup Skim Milk	Chicken Cacciatore Mashed potatoes Broccoli Cuts Wheat Dinner roll Diced Pears Skim Milk	Polish Sausage Peas Mashed potatoes Mandarin Oranges Skim Milk	Sliced Pot Roast Vegetable Gravy California Blend Mashed Potatoes Mixed Fruit Skim Milk	Pollock Almondine Diced Carrots Green Beans Pineapple Tidbits Skim Milk
Sliced Turkey Breast Gravy Sweet Potatoes Green Beans Pineapple Skim Milk	Beef and Cabbage Stew Sliced Apples Diced Carrots Whole Wheat Crackers Skim Milk	Italian Bow tie Pasta w/Beef Broccoli w/Red Pepper Green Beans Gelatin	Herb Marinated Chicken Mashed potatoes Asparagus Wheat Bread Diced peaches Skim Milk	Smothered Chicken White and Wild Rice Collard Greens Mandarin Oranges Skim Milk

Nutrition Facts
 Amount/serving
 Total Fat 28g
 Saturated Fat 10g
 Trans Fat 0g
 Cholesterol 55mg
 Sodium 830mg
 Vitamin D 0mcg
 Potassium 833mg
 1 servings per container
 Serving size 1 Complete Meal w/ sides and Milk
 Calories per serving **620**

% Daily Value*
 Amount/serving
 Total Carbohydrate 56g
 Dietary Fiber 6g
 Total Sugars 31g
 Includes 0g Added Sugars
 Protein 32g
 Calcium 524mg
 Iron 4.47mg

Nutrition Facts
 Amount/serving
 Total Fat 10g
 Saturated Fat 7.8g
 Trans Fat 0g
 Cholesterol 60mg
 Sodium 830mg
 Vitamin D 0mcg
 Potassium 833mg
 1 servings per container
 Serving size 1 Complete Polish Sausage Meal w/ sides and Milk
 Calories per serving **500**

% Daily Value*
 Amount/serving
 Total Carbohydrate 61g
 Dietary Fiber 6g
 Total Sugars 17g
 Includes 0g Added Sugars
 Protein 23g
 Calcium 431mg
 Iron 1.8mg

Nutrition Facts
 Amount/serving
 Total Fat 19g
 Saturated Fat 7.8g
 Trans Fat 0.9g
 Cholesterol 80mg
 Sodium 830mg
 Vitamin D 0mcg
 Potassium 833mg
 1 servings per container
 Serving size 1 Complete Italian Beef Meal w/ sides and Milk
 Calories per serving **510**

% Daily Value*
 Amount/serving
 Total Carbohydrate 54g
 Dietary Fiber 6g
 Total Sugars 29g
 Includes 0g Added Sugars
 Protein 30g
 Calcium 433mg
 Iron 2.92mg

Nutrition Facts
 Amount/serving
 Total Fat 10g
 Saturated Fat 5.14g
 Trans Fat 0g
 Cholesterol 50mg
 Sodium 830mg
 Vitamin D 0mcg
 Potassium 833mg
 1 servings per container
 Serving size 1 Complete Pollock Almondine Meal w/ sides and Milk
 Calories per serving **460**

% Daily Value*
 Amount/serving
 Total Carbohydrate 50g
 Dietary Fiber 4g
 Total Sugars 30g
 Includes 0g Added Sugars
 Protein 20g
 Calcium 356mg
 Iron 0.90mg

Nutrition Facts
 Amount/serving
 Total Fat 4.5g
 Saturated Fat 0.51g
 Trans Fat 0.76g
 Cholesterol 70mg
 Sodium 830mg
 Vitamin D 0mcg
 Potassium 400mg
 1 servings per container
 Serving size 1 Complete Turkey and Chicken Sliced Turkey w/ sides and Milk
 Calories per serving **400**

% Daily Value*
 Amount/serving
 Total Carbohydrate 70g
 Dietary Fiber 4g
 Total Sugars 52g
 Includes 0g Added Sugars
 Protein 18g
 Calcium 342mg
 Iron 1.43mg

Nutrition Facts
 Amount/serving
 Total Fat 6g
 Saturated Fat 2.15g
 Trans Fat 0g
 Cholesterol 10mg
 Sodium 830mg
 Vitamin D 0mcg
 Potassium 833mg
 1 servings per container
 Serving size 1 Complete Chicken Cacciatore Meal w/ sides and Milk
 Calories per serving **400**

% Daily Value*
 Amount/serving
 Total Carbohydrate 66g
 Dietary Fiber 7g
 Total Sugars 29g
 Includes 0g Added Sugars
 Protein 19g
 Calcium 501mg
 Iron 1.6mg

Nutrition Facts
 Amount/serving
 Total Fat 5g
 Saturated Fat 0.9g
 Trans Fat 0g
 Cholesterol 90mg
 Sodium 830mg
 Vitamin D 0mcg
 Potassium 861mg
 1 servings per container
 Serving size 1 Complete Herb Roast Beef and Chicken Meat and Milk
 Calories per serving **460**

% Daily Value*
 Amount/serving
 Total Carbohydrate 66g
 Dietary Fiber 4g
 Total Sugars 27g
 Includes 0g Added Sugars
 Protein 34g
 Calcium 409mg
 Iron 2.25mg

Nutrition Facts
 Amount/serving
 Total Fat 6g
 Saturated Fat 1.68g
 Trans Fat 0g
 Cholesterol 60mg
 Sodium 830mg
 Vitamin D 0mcg
 Potassium 833mg
 1 servings per container
 Serving size 1 Complete Beef and Cabbage New and Milk
 Calories per serving **430**

% Daily Value*
 Amount/serving
 Total Carbohydrate 50g
 Dietary Fiber 11g
 Total Sugars 36g
 Includes 0g Added Sugars
 Protein 30g
 Calcium 437mg
 Iron 4mg

Nutrition Facts
 Amount/serving
 Total Fat 18g
 Saturated Fat 8g
 Trans Fat 0g
 Cholesterol 60mg
 Sodium 830mg
 Vitamin D 0mcg
 Potassium 833mg
 1 servings per container
 Serving size 1 Complete Beef Pot Roast w/ sides and Milk
 Calories per serving **520**

% Daily Value*
 Amount/serving
 Total Carbohydrate 59g
 Dietary Fiber 4g
 Total Sugars 31g
 Includes 0g Added Sugars
 Protein 28g
 Calcium 407mg
 Iron 2.94mg

Nutrition Facts
 Amount/serving
 Total Fat 14g
 Saturated Fat 0.9g
 Trans Fat 0g
 Cholesterol 60mg
 Sodium 830mg
 Vitamin D 0mcg
 Potassium 833mg
 1 servings per container
 Serving size 1 Complete Smothered Chicken w/ sides and Milk
 Calories per serving **480**

% Daily Value*
 Amount/serving
 Total Carbohydrate 56g
 Dietary Fiber 8g
 Total Sugars 30g
 Includes 0g Added Sugars
 Protein 27g
 Calcium 417mg
 Iron 2.21mg