

## *A Company With A Heart*

It is our mission to produce and deliver a quality and nutritious choice of meals to individuals with the service and respect they deserve and help them maintain their independence.



Call Locally at 407.657.3880 or Toll Free at (877) 578.9938  
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## Beef

### **MEATLOAF (D, NAS)**

Home-style meatloaf served with creamy mashed potatoes, gravy and garden peas.

### **POT ROAST (D, LF/C, NAS)**

A slow cooked, tender serving of lean pot roast, featuring pan gravy over mashed potatoes and a side of broccoli.

### **ROAST BEEF (LF/C, NAS, R)**

Tender sliced roast beef with gravy, served with rice and green beans.

### **LASAGNA (D, LF/C, R)**

A generous portion of meat lasagna served with our house-made Italian sausage, and a side of broccoli.

### **SALISBURY STEAK (D, NAS)**

Tenderized beef round steak topped with mushrooms and onions, served with mashed potatoes and gravy and mixed vegetables.

### **SPAGHETTI (LF/C, NAS)**

A generous portion of spaghetti topped with our own special meat sauce, served with green beans.

### **COUNTRY FRIED STEAK (D, NAS)**

Tenderized sirloin steak, breaded and fried to a crispy golden brown, covered with gravy, served with seasoned diced potatoes and green beans.

### **BEEF TIPS (LF/C, NAS, R)**

Tender beef tips sautéed with mushrooms in sauce, served with egg noodles and green beans.

### **PEPPER STEAK (LF/C)**

Tender strips of sirloin beef sautéed with bell peppers and onions, in a mildly-seasoned oriental sauce, over rice with carrots.

### **CHOPPED SIRLOIN DINNER (D, NAS, R)**

A baked chopped sirloin patty topped with the chef's special sauce, served with egg noodles and green beans.

### **BEEF STROGANOFF (LF/C, NAS, R)**

Seasoned ground beef with bowtie pasta all tossed in a rich and creamy sauce, served with garden peas.



## Pork & Ham

### **Western Pork Chop (D, LF/C, NAS)**

A juicy broiled pork chop topped with sautéed onions & peppers, served with seasoned diced potatoes and garden peas.

### **Ham Dinner (LF/C)**

Smoked sugar-cured ham steak served with candied yams and garden peas.

### **Barbeque Pork Roast (D, NAS)**

Slow-cooked pork loin sliced and smothered with a tangy and zesty barbeque sauce and served with a side of macaroni and cheese and green beans.

Food With Care also offers a dinner roll with margarine to complete your meal.

Entrees are reviewed and assigned a dietary category based on the specifications of a registered Dietitian. D= Diabetic, NAS = No Added Salt, LF/C = Low Fat/Cholesterol, R = Renal





#### **BAKED CHICKEN DINNER (D, LF/C, NAS, R)**

Tender, slowly baked chicken thighs served with rice and sliced carrots.

#### **ROASTED TURKEY & DRESSING (D, LF/C)**

Roasted breast of turkey with seasoned stuffing and mashed potatoes with gravy, served with garden peas.

#### **STIR FRY CHICKEN (LF/C)**

Chicken strips stir-fried with Oriental vegetables and served with rice.

#### **CHICKEN NUGGETS (D, LF/C)**

Breaded chicken nuggets with a side of BBQ sauce, served with seasoned diced potatoes and mixed vegetables.

#### **CHICKEN FINGERS (LF/C, NAS, R)**

Finger-cut marinated chicken tenders served with rice and a Scandinavian vegetable blend.

#### **CHICKEN WITH ANGEL HAIR PASTA (D, LF/C, NAS, R)**

Sautéed chicken meat tossed with angel hair pasta served with a Scandinavian vegetable blend.

#### **COUNTRY FRIED CHICKEN (D, NAS)**

Crispy Fried chicken, served with mashed potatoes, savory chicken gravy and garden peas.

#### **LEMON CHICKEN (LF/C, NAS, R)**

Boneless fillet of chicken marinated in lemon butter and served over rice with a side of green beans.

#### **PAN FRIED CHICKEN FETTUCCINI (D, LF/C, R)**

Seasoned chicken strips tossed in fettuccini, onions & peppers, pan-fried oil free, with a side of carrots.

#### **HONEY BARBEQUED CHICKEN (LF/C)**

Slow roasted chicken thighs glazed in honey-barbeque sauce served with yellow rice and mixed vegetables.

#### **ARROZ CON POLLO (CHICKEN WITH YELLOW RICE) (D, LF/C, NAS, R)**

Boneless chicken strips sautéed with Spanish rice and green beans

#### **CHICKEN WINGS (D)**

Chicken wings marinated in a tangy sauce and then baked, served with seasoned diced potatoes and green beans.

#### **GRILLED CHICKEN BREAST (D, LF/C, NAS, R)**

Boneless chicken breast grilled and served with rice and gravy with a Scandinavian vegetable blend.

#### **CHICKEN & BROCCOLI (D, LF/C, NAS, R)**

Tender cuts of boneless chicken with broccoli florets in a velvety cream sauce, served with egg noodles and carrots.

Food With Care also offers a dinner roll with margarine to complete your meal.





### **FISH & CHIPS (D, LF/C, NAS)**

Breaded flaky white fish fillet with tartar sauce and lemon, served with seasoned diced potatoes and mixed vegetables.

### **LEMON PEPPER FISH (D, LF/C, NAS)**

A baked, boneless, white fish fillet, seasoned with pepper and lemon butter sauce, served with macaroni & cheese and broccoli.

### **BAKED FISH (D, LF/C, NAS)**

Mild white fish baked to perfection, served with a side of cheese shells and broccoli.

### **SEAFOOD ALFREDO (LF/C)**

Shrimp and imitation crabmeat tossed in a rich creamy alfredo sauce and pasta, served with green beans.

### **CRAB CAKE (LF/C)**

A five-ounce breaded cake made with imitation crabmeat served with macaroni & cheese and garden peas.

### **BAKED SALMON (D, NAS, R)**

Boneless fillet of salmon baked with butter, lime, salt and pepper, served with rainbow rotini pasta and broccoli.



### **CHEESE RAVIOLI (D, LF/C, NAS)**

Cheese-filled ravioli pasta in tomato sauce, topped with mozzarella cheese, served with green beans.

### **MACARONI & CHEESE (LF/C, NAS)**

Elbow macaroni in a creamy cheddar cheese sauce, topped with shredded cheddar and mozzarella cheeses, served with broccoli.

### **VEGETABLE LASAGNA (D, LF/C, NAS)**

A healthy serving of vegetarian lasagna served with a Scandinavian vegetable blend.

### **EGGPLANT PARMESAN (NAS, R)**

Italian-seasoned breaded eggplant topped with zesty marinara and mozzarella cheese, served with linguine and green beans.

Food With Care also offers a dinner roll with margarine to complete your meal.

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## Puree Diet

The following entree selections are pureed and formed into portions. Beverage selections are of regular consistency. Thicken as needed.

### ROAST BEEF (D, LF/C)

Served with brown gravy, whipped potatoes and green beans.

### BAKED CHICKEN (D, LF/C, NAS, R)

Served with poultry gravy, whipped potatoes and carrots.

### BAKED WHITE FISH (D, LF/C, NAS, R)

Served with lemon juice and tartar sauce, whipped potatoes and broccoli.

### ROAST PORK (D, LF/C)

Served with brown gravy, whipped potatoes and carrots.

### BAKED HAM (D, LF/C)

Served with poultry gravy, whipped potatoes and peas.

Dessert Selections: Vanilla or chocolate pudding, or applesauce.



## Soups

### BEEF BARLEY SOUP (D, LF/C, NAS, R)

Lean ground roast beef and pearly barley in a savory beef broth. Served with green beans. Oyster crackers are included.

### CHICKEN & DUMPLING SOUP (D, LF/C)

Tender chunks of chicken and biscuit squared dumplings in a seasoned chicken broth, topped with green onions. Served with a side of carrots. Oyster crackers are included.

### CHICKEN NOODLE SOUP (D, LF/C)

Savory diced chicken and fine angel hair noodles along with onion, celery and carrots. Served with mixed vegetables. Oyster crackers are included.

### CHILI CON CARNE (D, LF/C, NAS)

Broiled extra lean ground beef with diced tomatoes, kidney beans, tomato sauce, chili powder and other tasty spices. Served with a side of carrots. Oyster crackers are included.

### HEARTY BEEF STEW (D, LF/C, NAS, R)

Closely trimmed extra-lean beef cubes slow cooked with vegetables and in its own sauce. Served with mixed vegetables. Oyster crackers are included.







A dessert selection will be sent with each meal. Please note that we try to accommodate requests for specific dessert items, but substitutions may be sent if a specific dessert is not available. We offer the following:

#### **APPLE SAUCE**

#### **CAKES**

Variety of regular or sugar-free cakes made in-house.

#### **COOKIES**

Variety of regular or sugar-free cookies.

#### **PUDDINGS**

Chocolate and Vanilla

#### **FRUIT CUPS IN 100% JUICE**



We offer a variety of fruit juices and milk. One beverage will accompany each meal.

**APPLE JUICE**  
**CRANBERRY JUICE**  
**FRUIT PUNCH**

**GRAPE JUICE**  
**ORANGE JUICE**  
**WHOLE MILK**

**2% MILK**  
**CHOCOLATE MILK**  
(Fat-Free)



#### **WAFFLES WITH BACON (D, LF/C, NAS, R)**

Fluffy waffles and strips of bacon, served with maple syrup and fruit jelly.

#### **PANCAKES & SAUSAGES (D, LF/C, NAS, R)**

Pancakes with sausage links and a side of maple syrup and fruit jelly.

#### **FRENCH TOAST (D, NAS, R)**

Batter-dipped French toast with a sprinkling of cinnamon, a serving of bacon and a side of maple syrup.

#### **BISCUITS WITH SAUSAGE GRAVY**

Flaky buttermilk biscuits, smothered with southern-style sausage gravy.

#### **CORNEB BEEF HASH & EGGS (D)**

Fluffy omelet with Corned Beef hash served with low-sodium tater tots.

#### **SPANISH OMELET (D, LF/C)**

Fluffy cheese egg omelet, topped with Spanish sauce, served with our house-made low-sodium sausage patties and low-sodium tater tots.

#### **CHEESE OMELET (D)**

Fluffy cheese egg omelet served with our home-made low-sodium sausage patties and low-sodium tater tots.

#### **HAM & CHEESE EGGS (D)**

Thick slice of slow cooked ham served with a fluffy omelet topped with cheese and served with low-sodium tater tots.

#### **FRITTATA & BISCUIT (LF/C, D)**

A fluffy egg frittata including ham, cheddar cheese, onion, and red and green bell peppers. Served with a turkey sausage patty and a biscuit.

#### **FARM HOUSE OMELET (D, LF/C, NAS)**

Fluffy egg omelet stuffed with bacon, onion and cheddar cheese. Served with a turkey sausage patty and low-sodium tater tots.