

Sample Food & Friends Menu

Each Food & Friends meal delivery contains 2 days-worth of food, including a variety of both fresh and frozen components. Menu items are selected to meet the specifications of 11 different meal plans created to address the dietary needs of each client. Also included with each menu is a nutrition tip for a healthy lifestyle.

Two-Day Menu

MONDAY

Breakfast: Bagel with Egg and Cheese

Lunch: Turkey Lentil Soup w/ Baked Roll

Snack: Cereal Bar & Orange

Dinner: BBQ Chicken Breast with Cauliflower Mash, and Seasoned Zucchini and Yellow Squash

TUESDAY

Breakfast: Cereal with Banana and Milk

Lunch: Whole Wheat Pasta Salad with Tomatoes, Basil, and Vegetables

Snack: Oranges

Dinner: Baked Salmon Cake with Remoulade Sauce, Three-Bean Ragu, and Seasonal Vegetables

Eating Right with Less Added Sugars

Sugar is found naturally in some foods and drinks, like fruit and milk, but it is also added to many of them. Added sugars give these items a sweet taste. Most Americans get too many calories from added sugars and over time this may affect their weight and health.

Tips on how to reduce sources of added sugars

- Sweeten low-fat plain yogurt with fresh, frozen, or canned (in its own juice) fruit in place of fruit-flavored yogurt.
- Add cinnamon and dried fruit to plain cooked oats instead of using instant flavored oatmeal.
- Substitute 100% fruit juice for fruit punch and other fruit-flavored drinks.
- Switch from sweetened to unsweetened applesauce.
- Drink plain low-fat milk instead of chocolate milk.
- Use jams and jellies with no sugar added.
- Enjoy a homemade smoothie with frozen fruit, low-fat milk, and yogurt in place of ice cream.



Delivering hope, one meal at a time®