

Meals are delivered to client homes by volunteer drivers on Tuesdays and Fridays. You or another person must be home to receive meal deliveries. We cannot leave meals at the door.

All meal plans are medically tailored to meet clients' specific nutritional needs. Most dietary restrictions can be accommodated.

BREAKFAST OPTIONS

- Oatmeal
- Whole grain cereal

LUNCH OPTIONS

- Avocado egg salad sandwich
- Chicken salad with mixed greens, pita, and baby carrots
- Turkey deli sandwich

DINNER OPTIONS

- Mama's Meatloaf with mashed potatoes
- Carolina BBQ Mahi Mahi, with quinoa, and vegetables
- Indian Curry Chicken, with ancient grains, and vegetables

SNACK OPTIONS

- Low sugar yogurt
- Cheese sticks
- Fresh fruit

