

MENU

*The new generation of
home-delivered meals*

**In the event of a supply
shortage, Global Meals
reserves the right to
modify your delivery.**



Cleveland: 216.292.2003

Columbus: 614.252.4813

Toll-Free: 1.888.928.2323

Email: help@globalmeals.com

Website: www.globalmeals.com

Menu Release
October 2026

Welcome to Global Meals!

We understand the value of staying independent and the role a home delivered meals program can play in someone's life. By providing nutritious, delicious meals with a variety of flavors from around the globe, we help our consumers achieve healthy, independent lifestyles.

Global Meals provides home delivered meals to consumers across all of Ohio and we work with multiple funding sources.

We're confident you'll love our meals and are excited to have you as part of our Global Meals family!

Let's get started!

Certified Statewide:

Area Agency on Aging, Next Generation MyCare Ohio,
Ohio Home Care Waiver Program: **(844) 644-6582**
Ohio DODD: **(800) 617-6733**

Certified by County:

Franklin County Office on Aging: **(614) 525-6200**
Cuyahoga County Division
of Senior & Adult Services: **(216) 420-6700**
McGregor PACE, Cuyahoga County: **(216) 791-3580**

How to contact us:

Cleveland: **216.292.2003** Email: help@globalmeals.com
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Toll-Free: **1.888.928.2323**

See Global Meals FAQ on the back page.

Classic 14-MEAL Rotations

If you qualify for 7 meals per week, you will receive 14 meals every other week.

Combine any weeks from this menu to create your custom menu, or try one of our Classic 14 meal rotations first:

A 14-Meal Breakfast | Lunch | Dinner Rotation: [6 Weeks]

DELIVERY 1: Healthy & Hearty & Rise & Shine Sandwiches

DELIVERY 2: Flavors of the World & Comfort Trays

DELIVERY 3: Homestyle Dinners & Deli Café

DELIVERY 4: Italian Table & All American

DELIVERY 5: Excellent Soups & Breakfast Trays

DELIVERY 6: Asian Table & Week of the Month

B 14-Meal Dinners Only Rotation: [3 Weeks]

DELIVERY 1: Healthy & Hearty & Flavors of the World

DELIVERY 2: Homestyle Dinners & Italian Table

DELIVERY 3: Asian Table & Excellent Soups

C 14-Meal Live Well Rotation: [2 Weeks]

DELIVERY 1: Healthy Balance & Healthy & Hearty

DELIVERY 2: Healthy Fusion & Pollotarian Mix

EACH MEAL CONSISTS OF:

- 2-4 ounces of protein
- Three servings of vegetables and/or fruits, includes juice
- Two servings of starches/grains
- One cup low-fat milk or equivalent
- Fat serving

14-MEAL DELIVERY INCLUDES:

- 14 - Meals
- 1 or 2 - Loaf of Bread
- 2- Sticks of Butter
- 2- Containers of Juice
- 1- Container of Milk
- 1- Package of Cheese

DAIRY OPTIONS:

DAIRY OPTIONS

- Low-Fat Milk • Oat Milk
- Kefir • Chocolate Milk
- Buttermilk • Almond Milk
- Hot Chocolate • Sour Cream

CHEESE OPTIONS

- Sliced Cheese (Svalya, Gildija, Gouda, Dvaro)
- Cheese Sticks
- Cottage Cheese

JUICE/FRUIT & VEGETABLE OPTIONS:

JUICE OPTIONS:

- Orange • Grape
- Apple • Cranberry
- Cherry
- Strawberry-Cranberry
- Tomato

CANNED & JAR OPTIONS:

- Corn • Apricots
- Pickles • Peaches
- Tomatoes • Fruit Cocktail
- Green Beans
- Red Peppers
- Ratatouille
- Mediterranean Appetizer

OTHER:

- Jams
- Fresh Apples
- Dried Fruits

BREAD OPTIONS:

ON REQUEST:

- Rye Bread
- Whole Wheat Bread
- Instant Oatmeal
- Buckwheat
- Cookies



Classic 10-MEAL Rotations

If you qualify for 5 meals per week, you will receive 10 meals every other week.



10-Meal Breakfast | Lunch | Dinner Rotation: [6 Weeks]

DELIVERY 1: Healthy & Hearty

DELIVERY 2: Comfort Trays

DELIVERY 3: Homestyle Dinners

DELIVERY 4: All American

DELIVERY 5: Excellent Soups

DELIVERY 6: Asian Table

Combine any weeks from this menu to create your custom menu, or try one of our Classic Rotations first.



10-Meal Dinners Only Rotation: [6 Weeks]

DELIVERY 1: Healthy & Hearty

DELIVERY 2: Flavors of the World

DELIVERY 3: Homestyle Dinners

DELIVERY 4: Italian Table

DELIVERY 5: Excellent Soups

DELIVERY 6: Asian Table



10-Meal Live Well Rotation: [4 Weeks]

DELIVERY 1: Healthy Balance

DELIVERY 2: Healthy & Hearty

DELIVERY 3: Healthy Fusion

DELIVERY 4: Pollotarian Mix

◀ You can also select different options for dairy, juice, and bread! (See center panel)

10-MEAL DELIVERY INCLUDES

- 10 - Meals
- 1 - Loaf of Bread
- 1 - Container of Juice
- 1 - Container of Milk
- 1 - Stick of Butter
- 2 - Fruit Cups
- 2 - Cheese Sticks

The 10-MEAL PACK = 7-Meal Pack + 3-Meal Pack:

3-MEAL PACK DINNER

- Turkey Meatballs Tomato Basil
- Beef Stroganoff
- Fettuccine & Chicken Alfredo

3-MEAL PACK GLUTEN RESTRICTED

- Creamy Chicken Rice
- Swedish Meatballs
- Egg & Cheese Scramble Burrito, Vegetable or Fruit servings

3-MEAL PACK VEGETARIAN

- Spinach & Cheese Stuffed Shells
- Creamy Parmesan Gnocchi
- Pinto Bean Cheese Burrito, Vegetable or Fruit Servings

3-MEAL PACK SANDWICH

- Sandwich of the Week, Vegetable or Fruit servings
- Burrito of the Week, Vegetable or Fruit servings
- Gourmet Sandwich of the Week, Vegetable or Fruit servings

Classic Meal Rotations Healthy and Hearty

Mexican-Style Street Corn Grilled Chicken

Corn, chicken, black beans, red bell peppers, cotija cheese and lime sauce

Beef Merlot

Russet potatoes, green beans, seasoned cooked beef steak, carrots, beef sauce

Chicken Alfredo w/Broccoli

Fettuccini Pasta, parmesan cheese, chicken breast, broccoli in alfredo sauce

Beef Teriyaki

White rice, seasoned cooked beef, carrots, broccoli, water chestnuts, teriyaki sauce

Pineapple Chicken

White rice, chicken breast, water chestnuts, pineapple, edamame, red bell peppers

Honey Glazed Turkey & Potatoes

Turkey breast, green beans, russet potatoes, sweet potatoes, apple juice infused dried cranberries

Chicken Pot Pie

White chicken meat, chicken broth, carrots, peas, celery, onion, crust

**10-Meal Week includes 3-MEAL PACK
GLUTEN RESTRICTED**

HIGH
ENERGY

Classic Meal Rotations Flavors of the World

Cheese Cavatappi and Meatballs

Cavatappi pasta, meatballs from chicken and beef, romano cheeses, mozzarella cheese, green snap beans, marinara sauce, carrots, oil, spices

Korean-Style Ground Chicken Bowl

Jasmine rice, chicken, BBQ sauce, celery seed, green peppers, red peppers, cranberry sauce, soy sauce, ground ginger

Creamy Orzo & Chicken

Chicken breast cutlet, orzo, broccoli, cauliflower, carrots, cream, parmesan cheese, oil, spices

Meat Veggie Mac

Elbow macaroni, salisbury steak, beef, cheddar cheese sauce, zucchini, pepper, sunflower oil, seasoning

Chicken & Egg Penne Bowl

Penne pasta, chicken breast, peas, eggs, marinara sauce, onions, carrots, red & green peppers

Turkey Red Pesto Pasta

Turkey, rotini pasta, zucchini, green snap beans, pesto, parmesan cheese, romano cheese garlic, lemon juice, crushed tomato sauce

Greek Orzo & Chicken

Chicken breast cutlet, orzo, spinach, cream, parmesan cheese, butter, egg yolk, garlic, pepper

10-Meal Week includes 3-MEAL PACK DINNER

Classic Meal Rotations Homestyle Dinners

Grilled Chicken Pesto Cavatelli

Pasta, creamy cheese sauce, chicken breast, cherry tomatoes

Salisbury Steak

Roasted potatoes, salisbury steak, mac & cheese, gravy

Chicken Teriyaki Bowl

Cooked chicken breast, white rice, pineapple, broccoli, water chestnuts, carrots, red bell pepper

Beef & Broccoli Bowl

White rice, seasoned cooked beef, broccoli, sauce

Grilled Chicken Alfredo Bake

Cooked pasta, cooked chicken breast, broccoli, carrots, red bell peppers, creamy cheese alfredo sauce

Steak & Roasted Potato

Roasted red potatoes, beef steak, gravy, green beans, tomato paste, butter, seasoning

Chicken Pot Pie

White chicken meat, chicken broth, carrots, peas, celery, onion, crust

10-Meal Week includes 3-MEAL PACK DINNER

Classic Meal Rotations Italian Table

Creamy Parmesan Gnocchi

Potato gnocchi, parmesan cheese, ricotta cheese, romano cheese, green peas

Turkey Meatballs Tomato Basil

Corn, green peas, turkey meatballs, egg whites, romano cheese, tomatoes, olive oil, seasoning

Chicken Mushroom Marsala

Sweet potatoes, green beans, cooked chicken, chicken broth, mushrooms, whipping cream, olive oil

Beef Lasagna

Lasagna noodles, ground beef, tomatoes, ricotta cheese, onions, mozzarella cheese, eggs, romano cheese, olive oil, carrots, green peas

Italian Chicken Tomato Basil

Corn, green beans, cooked chicken, tomatoes, mozzarella cheese, parmesan cheese, tomato paste, olive oil, seasoning

Creamy Chicken & Rice

White rice, cooked chicken, green peas, carrots, heavy whipping cream, parmesan cheese, olive oil, seasoning

Cheese Ravioli

Ricotta cheese, parmesan cheese, romano cheese, ravioli, tomato paste, green peas, corn, parsley, garlic, basil

10-Meal Week includes 3-MEAL PACK DINNER

Classic Meal Rotations Excellent Soups

Chicken Noodle Soup

Pasta shells, chicken, chicken soup base, carrots, potatoes, celery, sugar, onions, spice

Broccoli & Cheddar Soup

Broccoli, cheddar cheese sauce, butter, onions, garlic, spices

Vegetable & Wheat Soup

Pearled wheat, green beans, sweet corn, peas, carrots, onions, tomato sauce, chicken crumbles, sunflower oil, garlic, spices

Meatball Pasta Soup

Turkey meatballs, orzo pasta, carrots, celery, onions, butter, lemon juice, garlic, spices

Garbanzo Soup

Chickpeas, pinto beans, tomato sauce, spinach, carrots, celery, onions, lemon juice, garlic, spices

Orzo Wedding Soup

Orzo pasta, turkey meatballs, spinach, carrots, celery, onions, sunflower oil, garlic, spices

Lentil Soup

Lentils, onions, carrots, celery, tomato sauce, tomato paste, red bell peppers, garlic, sunflower oil, spices

10-Meal Week includes 3-MEAL PACK DINNER

Classic Meal Rotations Asian Table

General Tso's Chicken

White chicken meat, broccoli, red peppers, asian-style bbq sauce, rice

Pork Potstickers

Dumplings with pork, cabbage, ginger, garlic, and soy sauce

Sweet & Sour Chicken

White chicken meat, carrots, pineapple, green bell pepper, sweet and sour sauce, rice

Chicken Potstickers

Dumplings with chicken, cabbage, seasoned with ginger, garlic, and soy sauce

Orange Chicken

White chicken meat, broccoli, carrots, sweet and savory orange sauce, rice

Honey Chicken

Honey chicken breast meat, sweet and savory sauce, carrots, red bell pepper

Chicken Egg Rolls

Chicken, cabbage, carrots, onions rolled inside a crispy wrapper

10-Meal Week includes 3-MEAL PACK
GLUTEN RESTRICTED



Classic Meal Rotations Rise and Shine Sandwiches

Ham, Egg, & Cheese Croissant

Baked croissant with fried egg, deli ham, cheese

Sausage, Egg, & Cheese Bagel

Fried egg, sausage patty, cheese, bagel

French Toast, Egg, Cheese & Sausage

French toast, pork sausage patty, scrambled egg, cheese

Country Ham & Jam Biscuit

Thick slice ham, jam, egg, cheddar cheese, biscuit

Waffle Sandwich w/Sausage, Egg, & Cheese

Sausage with a fried egg and cheese on a waffle bun

Bagel w/Canadian Bacon, Egg, Cheese

Bagel, bacon, scrambled egg patty, swiss cheese

Breakfast Burrito

Scrambled egg, sausage, peppers, cheddar cheese, flour tortilla

10-Meal Week includes 3-MEAL PACK SANDWICH

RISE & SHINE SANDWICHES includes assorted vegetable and/or fruit servings. (Does not come with bread)

Classic Meal Rotations Comfort Trays

Beef Sloppy Joe & Mushroom Tray

Ground beef, black beans, brown rice, tomato paste, mushrooms, cheddar cheese, paprika

Chicken Tetrazzini Tray

Whole wheat penne, chicken breast, mushrooms, green peas, parmesan cheese, sauce

Tex-Mex Rice & Bean Tray

Rice, pinto beans, sweet potato, salsa, pasta sauce, seasoning

Mediterranean Beef Tray

Ground Beef, green bell peppers, brown rice, spinach, tomatoes, potatoes, mozzarella cheese, mushrooms, feta cheese

BBQ Chicken Potato Tray Chicken breast, tomato puree, brown rice, green beans, olive oil, cheddar cheese, diced potatoes, sauce

Beef Bolognese Tray

Cannellini beans, ground beef, brown rice, carrots, onion, mushrooms, tomato paste, beef broth, olive oil, onion

Tex-Mex Fajita Tray

Spanish rice, chicken breast, tomatoes, pinto beans, salsa, black beans, green bell pepper, onion, seasoning

10-Meal Week includes 3-MEAL VEGETARIAN

Classic Meal Rotations Deli Café

Turkey Reuben

Sliced deli turkey w/sauerkraut, swiss cheese and thousand island dressing on rye bread

Ham, Spinach, & Feta Breakfast Burrito

Ham, spinach, scrambled eggs, feta on a soft tortilla

Chicken Salad Sandwich

Chicken breast salad on wheat bread

Dagwood Sub

Ham, turkey, pepperoni, and american cheese on an onion sub roll

Turkey & Cheese Sub

Smoked turkey, swiss cheese on a sub roll

Ham, Egg, Cheese Sandwich

Smoked ham with american cheese on a brioche bun

Sandwich of the Week

Rotation of our favorite Sandwiches

10-Meal Week includes 3-MEAL PACK SANDWICH

DELI CAFÉ includes assorted vegetable and/or fruit servings. (Does not come with bread)

Classic Meal Rotations All American

Pizza of the Week Rotation: pepperoni or supreme pizza on a traditional crust or french bread crust

Hot Dog

Beef hot dog, hot dog bun

Ham & Swiss Sliders w/Poppy Seed Glaze

Twin slider buns, deli ham, swiss cheese, honey mustard, poppy seed glaze

BBQ Pulled Pork Sandwich

Pulled pork, sweet bbq sauce, honey hamburger bun

Steak Hoagie

Beef hoagie patty, pizza sauce, swiss cheese, hoagie bun

Turkey Sandwich w/Dijon Mustard

Turkey, cheddar cheese, sourdough bread, dijon mustard

Angus Cheeseburger

Flame-broiled beef steak, american cheese, sesame bun

10-Meal Week includes 3-MEAL PACK SANDWICH

ALL AMERICAN includes assorted vegetable and/or fruit servings. (Does not come with bread)

Classic Meal Rotations Breakfast Trays

Canadian Bacon Breakfast Tray

Brown rice, canadian bacon, egg scramble, cheese, flaxseed, bell peppers, tomatoes, onions

Bolognaise Tray

White rice, mushrooms, shredded carrots, sauce from cannellini beans, onion

Chicken Apple Sausage Breakfast Tray

Brown rice, chicken apple sausage, white cheddar cheese, salsa, egg whole scrambled, bell pepper, spinach, cheese sauce, scallions

Tomatillo Salsa Verde Breakfast Tray

Chicken breast, brown rice, tomatillo puree, black beans, scrambled eggs, sweet potato, cilantro

Turkey Sausage Egg Breakfast Tray

Brown rice, turkey sausage, eggs, diced potato, white cheddar cheese, bell peppers, spinach, onions, sauce

Fire Roasted Salsa Breakfast Tray

Sweet potato, chicken breast, brown rice, pepper jack cheese, tomatoes, onions, egg white, scallions

Western Veggie Breakfast Tray

Scrambled Eggs, Potatoes, Brown Rice, Cheddar Cheese, Green & Red Peppers, Onions, Olive Oil

10-Meal Week includes 3-MEAL PACK SANDWICH

BREAKFAST TRAYS includes oatmeal.
(Does not come with bread)

FRUIT & VEGGIE OPTIONS

Your Choice is our Priority!



Specialty Weeks

Variety is the spice of life!

Add any of these weeks to your meal plan.

Meat Lovers

Beef Stroganoff

Egg noodles, beef patty crumble, green beans, mushrooms, sour cream, onions, sauce, seasoning blend

Pulled Pork /BBQ Sauce Carrots, green peas, pulled pork, kidney beans, bbq spice mix

Swedish Meatballs

Chicken & beef meatballs, carrots, peas, mashed potatoes, dijon mustard, beef broth, garlic, sauces, spices

Sweet & Sour Pork

White rice, pulled pork, sweet & sour sauce, pineapple juice, green beans, corn, tomato paste

Beef Lasagna

Lasagna noodles, ground beef, tomatoes, ricotta cheese, onions, mozzarella cheese, eggs, romano cheese, olive oil, carrots, green peas

Meat Lovers Breakfast Bowl

Potatoes, sausage, cage-free eggs, cheddar cheese, bacon

Beef Sandwich of the Week

Rotation of our favorite beef sandwiches

10-Meal Week includes 3-MEAL PACK DINNER

MEAT LOVERS includes assorted vegetable and/or fruit servings.

Hearty Bowls

Homestyle Bowl Crispy Popcorn Chicken

Rotini pasta, chicken, corn, brown gravy and cheese

Chicken Alfredo Pesto Pasta

Breaded chicken, alfredo pasta, pesto sauce, green peas, shredded parmesan cheese

Vegetarian Breakfast Bowl

Potato rounds, quinoa, scrambled eggs, mix of vegetables, onions, bell peppers, Mexican blend cheese

Cajun Chicken Pasta

Alfredo pesto pasta, crunchy chicken, green beans, shredded parmesan cheese

Southwest Style Taco Bowl

Seasoned potatoes, beef taco filling, sweet corn, black beans, onion, green bell pepper, cheese

Spaghetti & Meatballs Bowl

Tender beef meatballs, spaghetti noodles, tomato sauce, parmesan cheese

Pasta Primavera

Corkscrew pasta, green beans, carrots, yellow squash, zucchini, creamy garlic sauce, parmesan cheese

10-Meal Week includes 3-MEAL PACK SANDWICH

Vegan

Tex-Mex Rice & Bean Tray

Cooked Rice, Pinto Beans, Sweet Potato, Salsa, Pasta Sauce

Black Bean, Rice & Veggie Burrito

Black beans, white rice, red pepper, green pepper, juicy salsa, flour tortilla

Tofu Taco Tray

Pinto beans, black beans, tofu, white rice, vegan cheddar cheese, diced tomato, onion, taco seasoning

Vegan Cheese Quesadilla Stacker Tray

Black beans, pinto beans, traditional corn tortilla with vegan cheddar cheese, taco sauce

Spinach Scrambler Breakfast Burrito

White tofu, sweet potato, green spinach, vegan cheddar cheese, tomato salsa, flour tortilla

Bolognese Tray

White rice, mushrooms, shredded carrots, sauce from cannellini beans, onion

Pinto Bean Vegan Cheese Burrito

Pinto beans, white rice, shredded vegan cheddar cheese, red & green pepper, flour tortilla

10-Meal Week available on request

VEGAN includes assorted vegetable and/or fruit servings.

Modified Diets

Enjoy these healthy weeks without sacrificing flavor.
Add them to your meal plan at any time!

Vegetarian

Creamy Parmesan Gnocchi

Potato gnocchi, parmesan cheese, ricotta cheese, romano cheese, green peas

Cheese Ravioli

Ricotta cheese, parmesan cheese, romano cheese, ravioli dough, tomato paste, green peas, corn, parsley, garlic, basil

Pasta Primavera

Corkscrew pasta, green beans, carrots, yellow squash, zucchini, garlic sauce, parmesan cheese

Vegetarian Breakfast Bowl

Potato rounds, quinoa, scrambled eggs, mix of vegetables, onions, bell peppers, mexican blend cheese

White Cheddar Mac & Cheese

Creamy cavatappi pasta, cheddar cheese sauce, corn, green beans

Tomatillo Rice & Black Beans

White rice, black beans, green beans, corn, tomatillos, onion, lime juice, seasoning

Crepes of the Week

Rotation of our famous Vegetarian Crepes

10-Meal Week includes 3-MEAL PACK VEGETARIAN

LOW
CARB

Gluten Restricted*

Swedish Meatballs

Chicken & Beef meatballs, carrots, peas, mashed potatoes, dijon mustard, beef broth, garlic, sauces, spices

Creamy Chicken & Rice

White rice, cooked chicken, green peas, carrots, heavy whipping cream, parmesan cheese, butter, olive oil, seasoning

BBQ Pulled Pork

Carrots, green peas, pulled pork, kidney beans, bbq spice mix

Enchilada Egg Tray

Potatoes, scrambled egg whites, turkey sausage, shredded cheddar cheese w/green pepper, red pepper, onion

Egg and Cheese Scramble Burrito

Gluten-free tortilla layered scrambled eggs, potato, yellow cheddar cheese w/pepper

Creamy Mushroom Pork

Pulled pork, mushroom sauce, rice, corn, and broccoli

Sesame Ginger Tray Chicken, potato, green beans, corn, green peas, cheddar cheese, seasonings

10-Meal Week includes 3-MEAL PACK
GLUTEN RESTRICTED

GLUTEN RESTRICTED includes assorted vegetable and/or fruit servings & Buckwheat as a bread alternative.
* Contains no wheat ingredients. Prepared in a commercial kitchen where gluten exposure is possible.

LOW
CARB

RENAL

CARDIAC

Pollotarian Mix

Teriyaki Tray

Broccoli florets, green cabbage, shredded carrot, bell pepper, extra-firm tofu, egg white, cooked white rice, teriyaki sauce

Mediterranean Tray

Diced hash browns, carrots, green beans, bbq tofu, bbq sauce

Turkey Sausage Burrito

Flour tortilla, cooked eggs, turkey sausage, cheese sauce, cheese, russet potato, red pepper, green pepper, tomatoes, onion, peas

BBQ Chicken Tray

Diced chicken breast, green beans, carrots, corn kernels, diced potatoes, BBQ sauce

Chicken Chop Suey

Cooked chicken, white rice, carrots, snap peas, green peas, green beans, corn, onion, bean sprouts, water chestnuts, red pepper

Chicken Apple Sausage Burrito

Flour tortilla, cooked eggs, chicken apple sausage, cheese sauce, cheese, russet potato, red pepper, green pepper, onion

Chicken Enchilada Tray

Egg whites, zucchini, black beans, butternut squash, enchilada sauce

10-Meal Week includes 3-MEAL PACK
GLUTEN RESTRICTED

POLLOTARIAN MIX includes assorted vegetable and/or fruit servings.





Healthy Balance

Our Healthy Balance weeks are full of:

LEAN PROTEINS

WHOLE GRAINS

VEGETABLES

While being:

LOW-CALORIE

LOW FAT

CARB CONTROLLED

LOWER SODIUM

Try our
Modified Diet weeks
pages 9-10,
good for you and
full of flavor!

Modified Diets

Our Healthy Balance weeks are diabetic-friendly, low-calorie, low fat, carb-controlled, lower sodium & delicious!

LOW
CARB

RENAL

CARDIAC

Healthy Balance

Turkey Meatballs Tomato Basil

Corn, green peas, turkey meatballs, egg whites, romano cheese, tomatoes, olive oil, seasoning blend

Sweet & Sour Pork

White rice, pulled pork, sweet & sour sauce, pineapple juice, green beans, corn, tomato paste

Linguine with Chicken Bolognese Sauce

Linguini pasta, tomatoes, green beans, chicken, carrots, parmesan cheese, onions, olive oil, spices

Chicken Chop Suey

Cooked chicken, white rice, carrots, snap peas, green peas, green beans, corn, onion, bean sprouts, water chestnuts, red pepper

Italian Chicken Tomato Basil

Corn, green beans, cooked chicken, tomatoes, mozzarella cheese, parmesan cheese, tomato paste, olive oil, seasoning

Tomatillo Rice & Black Beans

White rice, black beans, green beans, corn, tomatillos, onion, lime juice, seasoning

Fettuccine & Chicken Alfredo

Broccoli, carrots, cooked chicken, pasta, whole eggs, parmesan cheese, creamy sauce

10-Meal Week includes 3-MEAL PACK
GLUTEN RESTRICTED

LOW
CARB

RENAL

CARDIAC

Healthy Fusion

Buffalo Chicken Pasta

Rotini pasta, broccoli, cauliflower, carrots, chicken breast, sunflower oil, Worcestershire sauce, seasoning

Homestyle BBQ Chicken & Potato

Potatoes, chicken breast, green snap beans, carrots, sunflower oil, BBQ sauce, celery seed, garlic, butter, seasoning

Attica Chickpea Chicken

Rice, chicken, onion, red, green & yellow peppers, chickpeas, sunflower oil, garlic powder, spices

Teriyaki Chicken Bowl

Jasmine rice, red peppers, chicken breast, broccoli, marinara sauce, sunflower oil, lemon juice, soy sauce, spices

Turkey Dinner

Turkey, mashed potatoes, red bell pepper, celery, onion, cranberry sauce, salt, spices

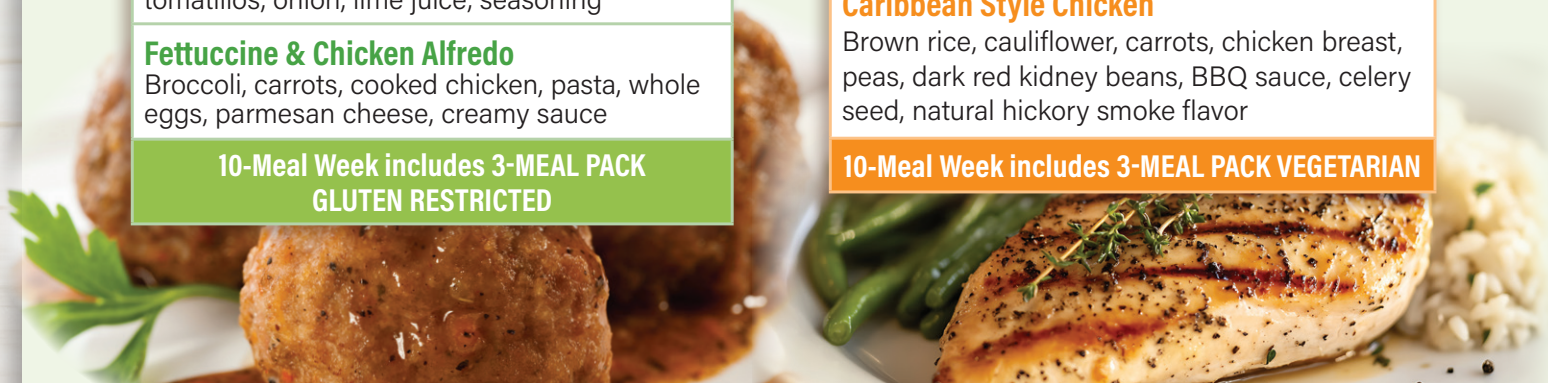
Seasoned Chicken & White Beans

Carrots, jasmine rice, green peppers, chicken breast, corn, white kidney beans, garlic, spices

Caribbean Style Chicken

Brown rice, cauliflower, carrots, chicken breast, peas, dark red kidney beans, BBQ sauce, celery seed, natural hickory smoke flavor

10-Meal Week includes 3-MEAL PACK VEGETARIAN



CHICKEN	CODE	CAL	FAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)
Mexican-Style Street Corn Grilled Chicken	CNG	240	5	30	8	520
Chicken Fettuccini Alfredo w/Broccoli	CNG	280	8	31	4	580
Pineapple Chicken	CNG	290	4.5	45	3	470
Chicken Pot Pie	CSTC	610	36	55	2	950
Grilled Chicken Pesto Cavatelli	CNG	340	8	39	3	850
Chicken Teriyaki Bowl	CNG	360	6	57	4	860
Grilled Chicken Alfredo Bake	CNG	390	16	37	4	780
Cheese Cavatappi & Meatballs	Z	610	33	60	4	760
Korean-Style Ground Chicken Bowl	Z	600	27	65	3	700
Creamy Orzo & Chicken	Z	610	33	53	3	800
Chicken & Egg Penne Bowl	Z	600	21	76	7	750
Greek Orzo & Chicken	Z	600	30	60	3	790
Chicken Mushroom Marsala	PP	350	6	20	5	300
Italian Chicken Tomato Basil	PP	330	8	35	6	150
Creamy Chicken & Rice	PP	380	14	33	9	370
Chicken Noodle Soup	Z	140	4	17	1	1620
Vegetable & Wheat Soup	Z	150	6	18	4	760
Garbanzo Soup	Z	180	1	40	11	870
Orzo Wedding Soup	Z	380	13	36	6	1530
General Tso's Chicken	IN	390	4	74	2	710
Sweet & Sour Chicken	IN	390	4	76	2	220
Chicken Potstickers	IN	280	6	40	0	1120
Orange Chicken	IN	350	4.5	63	2	450
Honey Chicken	IN	390	6	71	2	620
Chicken Egg Rolls	IN	560	14	88	4	2080
Chicken Tetrazzini Tray	FF	610	33	40	8.6	735
BBQ Chicken Potato Tray	FF	560	34	40	9.3	715
Fire Roasted Salsa Breakfast Tray	FF	569	35	39	8.8	693

CHICKEN & TURKEY	CODE	CAL	FAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)
Chicken Apple Sausage Breakfast Tray	IN	350	4.5	63	2	450
Tomatillo Salsa Verde Breakfast Tray	IN	390	6	71	2	620
Homestyle Crispy Popcorn Chicken	IN	560	14	88	4	2080
Chicken Alfredo Pesto Pasta	FF	610	33	40	8.6	735
Cajun Chicken Pasta	FF	560	34	40	9.3	715
BBQ Chicken Tray	FF	569	35	39	8.8	693
Chicken Enchilada Tray	FF	580	27	71	8.6	742
Fettuccine & Chicken Alfredo	FF	600	27	76	10.7	685
Buffalo Chicken Pasta	NUV	520	17	70	4	620
Homestyle BBQ Chicken & Potato	NUV	650	31	72	6	710
Attica Chickpea Chicken	NUV	630	30	69	5	890
Teriyaki Chicken Bowl	FF	250	3	29	3	250
Seasoned Chicken & White Beans	FF	670	20	71	8.8	781
Caribbean Style Chicken	PP	360	6	50	6	390
Linguine w/ Chicken Bolognese Sauce	Z	340	13	41	5	640
Chicken Chop Suey	Z	340	19	33	6	580
Attica Chickpea Chicken	Z	330	6	45	4	310
Teriyaki Chicken Bowl	Z	340	12	45	3	580
Seasoned Chicken & White Beans	Z	340	17	37	6	580
Caribbean Style Chicken	Z	350	15	44	7	570
Linguine w/ Chicken Bolognese Sauce	PP	370	8	40	8	500
Chicken Chop Suey	PP	300	4.5	32	5	160
Honey Glazed Turkey & Potatoes	CNG	240	1.5	42	5	400
Turkey Red Pesto Pasta	Z	600	35	52	3	720
Turkey Meatballs Tomato Basil	PP	340	8	47	8	590
Meatballs Pasta Soup	Z	130	5	14	2	320
Turkey Sausage Egg Breakfast Tray	FF	610	28	75	9	687
Turkey Dinner	Z	350	17	24	4	640

BEEF	CODE	CAL	FAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)
Beef Merlot	CNG	180	3.5	24	4	575
Beef Teriyaki	CNG	270	4	43	2	450
Salisbury Steak	CNG	510	25	48	6	1400
Beef & Broccoli Bowl	CNG	360	7	56	3	720
Steak & Roasted Potato	CNG	230	4.5	32	4	590
Meat Veggie Mac	Z	600	30	56	4	710
Beef Lasagna	PP	400	17	43	9	690
Beef Bolognese Tray	FF	480	14	67	4	670
Beef Sloppy Joe & Mushroom Tray	FF	600	25	76	7	790
Mediterranean Beef Tray	FF	530	33	36	9	700
Beef Stroganoff	PP	350	16	39	4	350
Swedish Meatballs	PP	250	10	28	7	440
Southwest Style Taco Bowl	NUV	430	21	42	5	880
Spaghetti & Meatballs Bowl	NUV	460	17	58	3	750
PORK	CODE	CAL	FAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)
Pork Potstickers	IN	410	18	45	2	1180
Canadian Bacon Breakfast Tray	FF	610	27	75	8	792
Pulled Pork w/ BBQ Sauce	PP	340	10	34	8	270
Sweet & Sour Pork	PP	340	7	46	3	90
Meat Lovers Breakfast Bowl	CSTC	480	37	16	2	1180
Creamy Mushroom Pork	PP	330	11	35	3	290
VEGETARIAN	CODE	CAL	FAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)
Western Veggie Breakfast Tray	FF	370	22	19	7	590
Vegetarian Breakfast Bowl	NUV	610	37	60	5	1100
Pasta Primavera	NUV	430	25	50	4	890
Enchilada Egg Tray	FF	180	3	18	4	620
Sesame Ginger Tray	FF	270	12	21	3	290
Teriyaki Tray	FF	400	17	29	4	490
Mediterranean Breakfast Tray	FF	240	3.5	32	3	380
Spinach & Cheese Stuffed Shells	PP	320	11	43	8	540
VEGAN	CODE	CAL	FAT (g)	CARBS (g)	FIBER (g)	SODIUM (mg)
Tex-Mex Rice & Bean Tray	FF	490	16	53	15	670
Bolognese Tray	FF	210	0.5	44	4	420
Tofu Taco Tray	FF	300	7	30	6	640
Vegan Cheese Quesadilla Stacker Tray	FF	360	4.5	64	13	760
Tomatillo Rice & Black Beans	PP	230	7	48	7	85

FAQ about Global Meals

DELIVERY:

What is the delivery schedule? We generally deliver either 10 or 14 meals on a weekly or bi-weekly basis. The day and time of your delivery will be determined by your delivery address and route optimization. If any unexpected issues arise that could delay the delivery, we will get in touch with you to reschedule for a different date or time.

Can I still receive my delivery if I'm not home? Yes, your case manager needs to provide written authorization. Please inform our office if you are hospitalized or have plans to be away before your delivery day. Keep in mind that if you are in the hospital, the program does not cover the cost of your meal deliveries. If someone is accepting your meals on your behalf while you are hospitalized, you will be responsible for the payment.

Who is allowed to sign for my delivery? Your Case Manager can authorize your delivery to be left with a friend or family member. However, Global Meals requires prior authorization from your Case Manager for this. They can submit the request via fax at **614-228-1746** or email at support@globalmeals.com.

Can I skip a delivery? Yes, to skip a delivery, simply call or email us, and we will hold your meals until you are ready to resume receiving them.

MEALS:

How many meals will I get? The quantity of meals you receive is based on your case manager's assessment. If you're authorized for 7 meals per week, you will receive 14 meals every two weeks.

How can I place an order or modify my existing one? You can place orders by calling **1-888-928-2323** or emailing help@globalmeals.com. Please ensure you make any menu changes at least 3 business days before your delivery date. *If you're enrolled in one of our Meal Rotations, there's no need to reach out unless you wish to make a change.

What menu choices are available to me? We recommend starting with one of our Classic 14 or 10 Meal Rotations to enjoy a diverse selection of tasty meals. In this brochure, you'll find numerous options, including Specialty Weeks and Modified Diets, along with selections for dairy, juice, and bread (refer to page 3). Please note that for your safety and well-being, we are unable to make substitutions for prepackaged meals.

Is it okay to store my meals in the fridge? They can last in the refrigerator for up to 7 days, or you can put them in the freezer if necessary.



HEATING INSTRUCTIONS for black meal trays

All microwaves are different, adjust time as needed.

1. FROM FROZEN: Peel back one corner of film to vent. Cook on high for 1-2 minutes. Carefully pull back film, stir contents, and cover again. Cook an additional 1:30 minutes or until heated through to 165°F. Remove film, stir, and let stand for 1-2 minutes.

2. FROM THAWED: Thaw meal in the refrigerator overnight for the next day's use. Heat on high for 2-3 minutes. If the meal is not hot enough, heat additional 1 minute, check and add time in 15-30 second intervals until heated through (or to an internal temp of 165°F).



Global Meals 2026 Winter Holiday Schedule



Holiday	Date	Global Meals Schedule	Delivery Adjustment
Thanksgiving	Thurs. 11/26/26	CLOSED	Thursday routes moved to Saturday 11/28
Christmas Day	Fri. 12/25/26	CLOSED	Friday routes moved to Saturday 12/26
New Year's Day	Fri. 1/1/27	CLOSED	Friday routes moved to Saturday 1/2



Scan for our website

Toll-Free: 1-888-928-2323

Cleveland: 216-292-2003

Columbus: 614-252-4813

Fax: 614-228-1746

Email: help@globalmeals.com

Website: www.globalmeals.com

*** In the event of a supply shortage, Global Meals reserves the right to modify your delivery.**