



Meals America

Free Meals For Eligible Adults

Week 1 Courmet

ALFREDO PASTA W/CHICKEN & BROCCOLI

Chicken, Broccoli & Rigatoni
in Alfredo Sauce

280 39g
cal carbs

BAKED CHICKEN

Chicken w/ Stuffing
Mashed Potatoes & Gravy

240 30g
cal carbs

CHICKEN & MUSHROOM MARSALA

Glazed Chicken w/ Mushrooms,
Fettuccini, & Marsala Wine Sauce

300 40g
cal carbs

CHICKEN POT PIE

Chicken w/ Vegetables in
a Golden Crust

600 61g
cal carbs

COUNTRY FRIED CHICKEN & GRAVY

White Meat Chicken w/Mashed
Potatoes, Corn in a Homestyle Gravy

390 44g
cal carbs

FETTUCCINI ALFREDO

Freshly Made Pasta in an Alfredo Sauce

290 49g
cal carbs

SWEET SESAME CHICKEN

Grilled Chicken Breast w/ Rice,
Vegetables in a Sweet & Spicy Sesame
Sauce

300 43g
cal carbs

Week 2 Comfort

ROMANO CRUSTED CHICKEN

Romano & Parmesan Breaded
Chicken w/ Pasta in an
Herb Butter Sauce

470 51g
cal carbs

GRILLED CHICKEN MARINARA W/ PARMESAN

Grilled Chicken Breast & Penne
Pasta & Broccoli in Zesty Marinara
Sauce

230 42g
cal carbs

GREEN PEPPER STEAK

Tender Beef, Peppers & Onions
Tangy Soy Sauce Over White Rice

290 34g
cal carbs

LASAGNA W/ MEAT SAUCE

Layered Pasta w/ Seasoned Meat,
Tomato, Mozzarella & Parmesan Cheese

310 25g
cal carbs

SPAGHETTI W/ MEATBALLS

In a Hearty Tomato Sauce

280 43g
cal carbs

FRIED CHICKEN

Chicken w/ Russet Mashed
Potatoes & Homestyle Gravy

380 32g
cal carbs

LEMONGRASS BASIL CHICKEN

Chicken, Green Peppers, & Onions
Simmered in Lemongrass Basil
Green Curry

60 8g
cal carbs

Week 3 Deil

ADOBO CHICKEN

Chicken Breast w/ Vegetables,
Brown & Red Rice, Red Quinoa,
Roasted Pepitas, Black Barley
w/ Guajillo Chili Sauce

300 38g
cal carbs

BEEF TERIYAKI

Beef Strips w/ Rice,
Vegetables, Water Chestnuts
in a Sweet Teriyaki Sauce

270 43g
cal carbs

CHICKEN PARMESAN

Breaded Chicken Breast
w/ Rib Meat, Topped w/
Marinara Sauce & Mozzarella
Cheese w/ Spaghetti

490 54g
cal carbs

GENERAL TSO'S SPICY CHICKEN

Grilled Chicken Breast w/ Rice,
Vegetables in an Authentic Spicy
Brown Sauce

290 47g
cal carbs

CHICKEN ENCHILADA SUIZA

Chicken & Mexican-Style Rice
in a Sour Cream Sauce

300 54g
cal carbs

FRENCH BREAD CHEESE PIZZA

Crispy French Bread Pizza w/
Mozzarella Cheese

410 43g
cal carbs

SPINACH, RICE & BEANS ENCHILADAN

Creamed Spinach & Cheese,
Basmati Rice w/ Rajmah Dal

360 57g
cal carbs

Week 4 International

PEPPER JACK PARMESAN & MOZZARELLA CHEESE STUFFED CHICKEN

Bacon Wrapped Stuffed Chicken,
Pepper Jack, Parmesan &
Mozzarella Cheese

380 6g
cal carbs

FISH FILET

Breaded Filet of Alaska Pollock
w/ Macaroni in a Cheddar Cheese Sauce

490 49g
cal carbs

ROAST TURKEY

Turkey & Stuffing in a Homestyle
Gravy w/ Russet Mashed Potatoes

280 29g
cal carbs

FRENCH BREAD PEPPERONI PIZZA

Crispy French Bread Pizza w/
Pepperoni

300 44g
cal carbs

GRILLED CHICKEN SANDWICH

Flamebroiled Chicken Breast Patty w/
Rib Meat on a Sesame Seed Bun

290 35g
cal carbs

UNCURED PEPPERONI & CHEESE CHICKEN NUGGETS

Chicken Breast Stuffed w/ a Pepperoni
& Cheese Filling

200 3g
cal carbs

SALISBURY STEAK

Roasted Beef Patty w/ Onions
& Gravy w/ Macaroni & Cheese

340 26g
cal carbs

MealsAmericaFL.com



(786) 600-5909



YOUR HEALTH IS OUR PRIORITY!





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Week 5 Family

BEEF MERLOT	180 24g cal carbs
Tender Beef Strips w/ Russet Potatoes & a Vegetable Medley in Merlot Wine Sauce	
CHICKEN FETTUCCINI ALFREDO	540 43g cal carbs
Grilled Chicken, Broccoli & Fettuccini in an Alfredo Sauce	
CLASSIC MACARONI & BEEF	270 39g cal carbs
In Tomato Sauce w/ Mozzarella Cheese	
CLASSIC MEAT LOAF	290 43g cal carbs
Meat Loaf w/ Rich Brown Gravy, Mashed Potatoes, Corn & Apple Dessert	
CRUSTLESS CHICKEN POT PIE	300 40g cal carbs
Grilled Chicken Breast w/ Vegetables in a Savory Pot Pie Sauce	
TUNA NOODLE CASSEROLE	420 40g cal carbs
Freshly made Egg Noodles, Tuna, Mushrooms, Celery & Peas in a Creamy Sauce	

Week 6 Homestyle

BEEF POT PIE	410 40g cal carbs
Beef w/ Potatoes, Vegetables in a Creamy Gravy	
CHICKEN & BROCCOLI ALFREDO	190 8g cal carbs
Grilled Chicken, Broccoli in a Parmesan & Romano Alfredo Cheese Sauce	
CHICKEN A LA KING	400 48g cal carbs
Tender Chicken w/ Mushrooms, Red Peppers, Celery, Peas, White Rice in a Creamy Sauce	
CHICKEN MARGHERITA W/ BALSAMIC	270 36g cal carbs
Grilled Chicken Breast w/ Freshly-Made Angel Hair Pasta, Roasted Garlic, Tomatoes in a Balsamic Vinaigrette Sauce	
CREAMED CHIPPED BEEF	140 8g cal carbs
Tender Strips of Dried Beef in a Seasoned Creamy Sauce	
GLAZED TURKEY TENDERLOINS	300 47g cal carbs
With Whipped Sweet Potatoes & Dressing	
SWEDISH MEATBALLS	300 44g cal carbs
Meatballs & Freshly-Made Fettuccini w/ Parsley	

Breakfast

BREAKFAST BURRITO	380 42 cal carbs
Meatless Sausage Crumble w/ Smoky Bacon & Steakless Strips w/ Dairy-Free Cheddar & Seasoned Tofu Scramble	
BUTTERMILK PANCAKES	240 45g cal carbs
BACON, EGG & CHEESE ON A BISCUIT	310 26g cal carbs
Egg & Cheese Sandwich w/ a Whole Egg Omelet & Melty Cheddar & American Cheese	
MEAT LOVERS BREAKFAST BOWL	490 16g cal carbs
Sausage Crumbles, Crispy Bacon, Fluffy Eggs, Homestyle Potatoes, & Cheddar Cheese	
SAUSAGE, EGG & CHEESE CROISSANT	410 28g cal carbs
Savory Sausage, Fluffy Eggs, & Melty Cheese on a Buttery Croissant	
BACON, EGG & CHEDDAR CHEESE SANDWICH	310 7g cal carbs
BACON BREAKFAST BOWL	440 14g cal carbs
Crispy Bacon, Fluffy Scrambled Eggs, Savory Diced Potatoes, w/ Rich Cheese Sauce	
BACON CIABATTA CHEESE TRAY	441 10g cal carbs
Bacon ciabatta with cheese	

SALADS

CHICKEN CAESAR	240 7g cal carbs
SANTA FE STYLE W/CHICKEN	270 13g cal carbs
TURKEY BACON & COBB	220 6g cal carbs
SPINACH DIJON	290 20g cal carbs
CRANBERRY WALNUT	200 24g cal carbs
ASIAN STYLE W/CHICKEN	280 21g cal carbs



Vegetarian

CHEESE RAVIOLI BOWL	380 25g cal carbs
Soft Little Pillows of Ravioli Pasta, Filled w/ Delicately Seasoned Cheese & Covered w/ Italian-Style Tomato Sauce	
CHILI MAC BOWL	410 48g cal carbs
Organic Chili Mixed w/ Our Signature Creamy Mac & Cheese	
BUFFALO CAULIFLOWER MAC & CHEESE BOWL	250 16g cal carbs
Cauliflower Florets in a Rich & Creamy Buffalo Cheddar Cheese Sauce w/a Hint of Ranch	
GENERAL TSO'S TOFU	370 53g cal carbs
Tofu, Broccoli, Nutty Brown Rice in a Sweet & Sour Sauce	
PAD THAI	410 68g cal carbs
Broad Rice Noodles, Organic House-Made Tofu, Julienned Carrots, Green Onions, Broccoli, and our twist, Baked Cashews instead of peanuts	
ORGANIC VEGGIE BURGERS	180 20g cal carbs
Carrots, Peas, Broccoli, & Spinach w/ Vegetarian Patty	
SANTA FE-STYLE RICE & BEANS	310 55g cal carbs
In Sour Cream & Mild Chile Sauce	

Gluten-Free

LASAGNA BOW	360 14g cal carbs
Homestyle Marinara Sauce & Creamy Rea Cheese, Smothered Between Layers of Chicken Parmesan Sees	
MONGOLIAN INSPIRED BEEF BOWL	160 13g cal carbs
Tender Seasoned See Sips w/ Mergolan Inspired Savory Sauce, Fed Cautious & Garlic	
CHEESE BACON WRAPPED STUFFED CHICKEN	380 8g cal carbs
Bacon Wrapped Chicken Stuffed w/ Mozzarella, Parmesan, & Fontina Cheese	
LEMONGRASS BASIL CHICKEN	60 8g cal carbs
Chicken, Green Peppers, & Onions Simmered in Lemongrass Basil Green Curry	
BUFFALO CAULIFLOWER MAC & CHEESE BOWL	250 16g cal carbs
Cauliflower Florets in a Rich & Creamy Buffalo Cheddar Cheese Sauce w/a Hint of Ranch	
VEGGIE LOAF	350 55g cal carbs
Meatless Veggie Loaf w/ Mashed Potatoes, Peas, Corn on Side in Gravy	
CHICKEN BURRITO BOWL	300 38g cal carbs
Tender Chicken Breast Strips, Riced Cauliflower, Black Beans & Zesty Pico de Gallo	