



Magnolia Meals at Home® provides program participants up to 20 meals per delivery, and these meals are delivered once a month for two months. The 20 meals are broken down as follows: 10 meals nutritionally geared for patients living with breast cancer, thyroid cancer, kidney cancer or soft tissue sarcoma plus 10 meals for their family members, if requested. The meals are frozen when delivered and can be kept in the freezer up to the expiration date. They can also be refrigerated for several days. All meals have a label with ingredients (in case of allergies, food preferences), as well as a description and an expiration date. There are five different menus and households enrolled in Massachusetts, New Hampshire, New Jersey, New York and Connecticut, will be given two of those listed below while participating in the program. Please consult your doctor about any dietary concerns or questions. Enjoy!

Menu A

Pesto Chicken 612 cal

Served with carrots, brussels sprouts, whole wheat bread, margarine, milk*, toast crackers

Spaghetti & Meatballs 605 cal

Served with whole kernel corn, broccoli, whole wheat bread, margarine, milk*, pear cup

Grilled Pork with Brown Gravy 613 cal

Served with mixed greens, sweet potatoes, whole wheat bread, margarine, milk*, grape juice**

Mushroom Swiss Chicken & Rice 646 cal

Served with cinnamon apples, peas and carrots, cornbread muffin, margarine, milk*, brownie

Chipotle Meatloaf 647 cal

Served with red skin potatoes, seasoned green beans, whole wheat bread, margarine, milk*, apple cereal bar, orange juice**

BBQ Chicken Drumsticks 607 cal

Served with brussels sprouts, black beans and corn, whole wheat bread, margarine, milk*, raisins

Salisbury Steak 663 cal

Served with red skin potatoes, mixed vegetables, whole wheat bread, margarine, milk*, vanilla crème cookie, orange juice**

Chicken & Waffle 641 cal

Served with seasons vegetables, cabbage, whole wheat bread, margarine, milk*, wango mango juice

Pizzaiola Pork 634 cal

Served with asparagus, carrots, whole wheat bread, margarine, milk*, fudge round cookie

Beef Strips & Orange Rice 701 cal

Served with corn with peppers, broccoli, whole wheat bread, margarine, milk*, apple juice**

*Available with or without milk

** Calcium fortified juice

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Printed in USA/September 2017

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Menu B

Breaded Fish Wedge 639 cal

Served with green beans, cauliflower, cornbread muffin, margarine, milk*, raisins, orange juice**

Chicken Cacciatore 617 cal

Served with asparagus, hash browns, whole wheat bread, margarine, milk*, fig bar

Beef Patty & Onion Gravy 621 cal

Served with red skin potatoes, broccoli, whole wheat bread, margarine, milk*, oatmeal crème cookie

Honey Mustard Chicken 610 cal

Served with sweet potatoes, brussels sprouts, whole wheat bread, margarine, milk*, graham crackers, grape juice

Meatballs over Pizzaiola Pasta 626 cal

Served with green beans, carrots, bran muffin, milk*, applesauce cup

Cheese Manicotti with Alfredo 610 cal

Served with seasons vegetables, broccoli, whole wheat bread, margarine, milk*, blended juice, star crunch cookie

Rosemary Chicken 623 cal

Served with cinnamon apples, spring vegetables, whole wheat bread, margarine, milk*, vanilla goldfish grahams, grape juice

Breaded Pork 613 cal

Served with brussels sprouts, red skin potatoes, whole wheat bread, margarine, milk*, apple juice**

Veal Parmesan 602 cal

Served with carrots, green pea blend, whole wheat bread, margarine, milk*, lemon crème cookies

Zesty Orange Chicken & Rice 663 cal

Served with kidney beans, corn with peppers, whole wheat bread, margarine, milk*, orange juice**

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Menu C

New Orleans Chicken & Rice 602 cal

Served with sweet potatoes, green beans, whole wheat bread, margarine, milk*, goldfish crackers

Beef Patty Strips with Brown Gravy 608 cal

Served with mixed greens, seasons vegetables, cornbread muffin, margarine, milk*, blueberry cereal bar

Penne Alfredo Chicken 645 cal

Served with carrots, corn with peppers, whole wheat bread, margarine, milk*, honey goldfish grahams, orange juice**

Breakfast Scramble 650 cal

Served with asparagus, hash browns, bran muffin, margarine, milk*, peach cup

Beef Patty over Chipotle Cheesy Rice 606 cal

Served with whole kettle corn, broccoli, whole wheat bread, margarine, milk*, blended juice

Mushroom Pork 610 cal

Served with sweet potatoes, green beans, whole wheat bread, margarine, milk*, grape juice**

Honey Lemon Chicken 634 cal

Served with black beans and corn, brussels sprouts, whole wheat bread, margarine, milk*, elf grahams

Stuffed Shell & Meat Sauce 617 cal

Served with northern beans, spring vegetables, whole wheat bread, margarine, milk*, orange juice**

Bruschetta Chicken 652 cal

Served with red skin potatoes, green beans, whole wheat bread, margarine, milk*, raisins, cherry star juice

Beef Chili with Beans 609 cal

Served with broccoli, cinnamon apples, whole wheat bread, margarine, milk*, apple juice**

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CORP-US0203(1)



Menu D

French Toast 784 cal

Served with sausage patties, applesauce, hash browns, bran flakes cereal, milk*, orange juice**

Taco Soup 603 cal

Served with sweet potatoes, cauliflower, whole wheat bread, margarine, milk*, raisin crème cookie

Chicken Florentine 603 cal

Served with asparagus, carrots, cornbread muffin, margarine, milk*, grape juice**

Meatballs & Alfredo Shells 619 cal

Served with whole kernel corn, green beans, whole wheat bread, margarine, milk*, graham crackers, strawberry applesauce

Southwest Chicken 671 cal

Served with sweet potatoes, broccoli, whole wheat bread, margarine, milk*, chocolate crème cookies

Sausage & Beans 618 cal

Served with winter vegetables, cabbage, whole wheat bread, margarine, milk*, blended juice

Grilled Chicken over Rice & Gravy 622 cal

Served with green peas, carrots, whole wheat bread, milk*, brownie, orange juice**

Lasagna with Meat Sauce 615 cal

Served with mixed greens, corn with peppers, whole wheat bread, margarine, milk*, grape juice

Chimichurri Chicken 620 cal

Served with black beans and corn, broccoli, whole wheat bread, margarine, milk*, fudge round cookie

Macaroni & Cheese 610 cal

Served with green peas, carrots, whole wheat bread, margarine, milk*, strawberry cereal bar, orange juice**

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Menu E

BBQ Chicken 633 cal

Served with sweet potatoes, broccoli, bran muffin, margarine, milk*, apple juice**

Homestyle Meatloaf 650 cal

Served with red skin potatoes, winter vegetables, whole wheat bread, margarine, milk*, toast crackers

Zesty Orange Pork & Rice 668 cal

Served with green peas, carrots, whole wheat bread, margarine, milk*, dragon punch juice

Chicken & Tomato Basil Penne 606 cal

Served with green beans, corn with peppers, whole wheat bread, margarine, milk*, pineapple cup, orange juice**

Meatballs with Rice & Gravy 626 cal

Served with peas and carrots, cauliflower, cornbread muffin, margarine, milk*, grape juice**

Breaded Pollock 634 cal

Served with green pea blend, carrots, whole wheat bread, margarine, milk*, apple cereal bar, blended juice

Chicken & Dumplings 644 cal

Served with lima beans, winter vegetables, cornbread muffin, margarine, milk*, orange juice

Beef Pepper Patty with Gravy 625 cal

Served with mixed greens, sweet potatoes, whole wheat bread, margarine, milk*, oatmeal crème cookie

Chicken Parmesan 618 cal

Served with red skin potatoes, mixed vegetables, whole wheat bread, margarine, milk*, blended juice

Ginger Pork 629 cal

Served with red skin potatoes, green pea blend, whole wheat bread, milk*, apple juice **

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