



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 cancer 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 will be given two of those listed below while participating in the program. Please consult with your doctor about any dietary concerns or questions. Enjoy!

Menu A

Beef Strips and Orange Rice 833 cal

Served with broccoli, corn with peppers, whole wheat bread, margarine, milk, orange juice*, trail mix

Breakfast Scramble 862 cal

Served with asparagus, hash browns, bran muffin, margarine, milk, raisins, strawberry cereal bar

Pizzaiola Meatballs and Egg Noodles 644 cal

Served with carrots, green beans, whole wheat bread, margarine, milk, strawberry applesauce cup and animal crackers

BBQ Chicken 713 cal

Served with sweet potatoes, stewed tomatoes, cornbread muffin, margarine, milk, apple juice*, star crunch cookie

Ginger Pork 657 cal

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

Beef and Pepper Patty with Gravy 623 cal

Served with spinach, sweet potatoes, whole wheat bread, margarine, milk, raisins

Creamy Chicken Patty and Waffle 869 cal

Served with autumn blend, butternut squash, bran muffin, milk, fruit punch juice

Chipotle Meatloaf 681 cal

Served with red skin potatoes, green beans, whole wheat bread, margarine, milk, wango mango juice, fudge round cookie

Chicken and Mushroom Swiss Rice 648 cal

Served with peas and carrots, stewed tomatoes, cornbread muffin, margarine, milk, orange juice*, graham crackers

Red Beans and Rice with Sausage 624 cal

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

*Calcium-fortified juice

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Menu B

Chicken Noodle Casserole 767 cal

Served with three seasons blend, bean blend, whole wheat bread, margarine, milk, raisins

Homestyle Meatloaf 639 cal

Served with red skin potatoes, winter vegetables, whole wheat bread, margarine, milk, banana chips

Breaded Pollock 704 cal

Served with green pea blend, carrots, whole wheat bread, margarine, milk, roasted peanuts, grape juice*

Cacciatore Chicken Tenders 806 cal

Served with asparagus, red skin potatoes, bran muffin, margarine, milk, orange juice*, apple cereal bar

Smoked Sausage with Mac and Cheese 687 cal

Served with kidney beans, stewed tomatoes, whole wheat bread, margarine, milk, applesauce cup

Chicken and Apricot Rice 783 cal

Served with carrots, brussels sprouts, bran muffin, margarine, milk, raisins

Beef Strips and Gravy 633 cal

Served with spinach, four seasons vegetables, whole wheat bread, margarine, milk, cranberry juice, cinnamon cookie bites

Chimichurri Chicken 601 cal

Served with black beans and corn, stewed tomatoes, cornbread muffin, margarine, milk, fruit punch juice

Breakfast Burrito with Salsa 848 cal

Served with hash browns, applesauce, bran muffin, milk, orange juice*

Chicken Tenders with Zesty Orange Rice 866 cal

Served with bean blend, three seasons blend, whole wheat bread, margarine, milk, apple juice*, Aloha trail mix

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Menu C

Cheese Pizza 845 cal

Served with bean blend, mixed vegetables, bran muffin, margarine, milk, orange juice*

Pork Patty and Gravy 650 cal

Served with spinach, sweet potatoes, cornbread muffin, margarine, milk, pear cup

Bruschetta Chicken 738 cal

Served with red skin potatoes, autumn blend, whole wheat bread, margarine, milk, apple juice*, Aloha trail mix

Meatballs and Alfredo Shell Pasta 618 cal

Served with corn with peppers, green beans, whole wheat bread, margarine, milk, wango mango juice, graham crackers

BBQ Chicken Drumstick Patties 761 cal

Served with black beans and corn, brussels sprouts, whole wheat bread, margarine, milk, raisins, star crunch cookie

*Calcium-fortified juice

Pork and Zesty Orange Rice 675 cal

Served with green beans, carrots, whole wheat bread, margarine, milk, cherry star juice

Chicken and Dumplings 757 cal

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

Macaroni and Cheese 626 cal

Served with bean blend, stewed tomatoes, cornbread muffin, margarine, milk, dragon punch juice

Breaded Pollock with Coconut Curry Rice 643 cal

Served with three seasons blend, broccoli florets, whole wheat bread, margarine, milk, raisins

Chicken with Rice and Teriyaki Sauce 734 cal

Served with sweet potatoes, brussels sprouts, whole wheat bread, margarine, milk, fruit punch juice, chocolate crème cookies

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Menu D

Beef Patty and Onion Gravy 718 cal

Served with red skin potatoes, broccoli florets, whole wheat bread, margarine, milk, raisins, strawberry cereal bar

Honey Mustard Chicken Tenders 615 cal

Served with spinach, carrots, cornbread muffin, margarine, milk, orange juice*

Stuffed Shell and Meat Sauce 774 cal

Served with northern beans, spring vegetables, whole wheat bread, margarine, milk, dragon punch juice, apple cereal bar

Breaded Pollock with Spinach Alfredo Sauce 637 cal

Served with sweet potatoes, cauliflower, cornbread muffin, margarine, milk, peach cup

Pesto Basil Chicken 761 cal

Served with lima beans, three seasons blend, bran muffin, margarine, milk, grape juice*

Chicken over Rice and Gravy 880 cal

Served with bean blend, carrots, bran muffin, margarine, milk, lemon crème cookies, orange juice*

Pizzaiola Pork 612 cal

Served with asparagus, carrots, whole wheat bread, margarine, milk, raisins

Creamy Country Fried Steak 612 cal

Served with red skin potatoes, mixed vegetables, whole wheat bread, margarine, milk, applesauce cup

Breaded Fish Wedge 764 cal

Served with butternut squash, autumn blend, cornbread muffin, margarine, milk, wango mango juice, cinnamon cookie bites

Spaghetti and Meatballs 617 cal

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

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Menu E

Chicken and Honey Lemon Rice 637 cal

Served with black beans and corn, brussels sprouts, cornbread muffin, margarine, milk, orange juice*

Salisbury Steak 708 cal

Served with red skin potatoes, mixed vegetables, whole wheat bread, margarine, milk, fruit punch juice, banana chips

Pork Patty and Mushroom Gravy 721 cal

Served with sweet potatoes, green beans, bran muffin, margarine, milk, cranberry juice

Smoked Sausage Link and Beans 796 cal

Served with winter vegetables, red skin potatoes, whole wheat bread, margarine, milk, apple juice*, lemon crème cookies

Meatballs with Rice and Gravy 690 cal

Served with peas and carrots, stewed tomatoes, whole wheat bread, margarine, milk, applesauce cup, vanilla crème cookie

Chicken with Rosemary Gravy 696 cal

Served with lima beans, spring vegetables, whole wheat bread, margarine, milk, orange juice*, roasted peanuts

Beef Patty over Cheesy Chipotle Rice 735 cal

Served with whole kernel corn, broccoli florets, bran muffin, margarine, milk, fruit punch juice

Penne Alfredo Chicken 716 cal

Served with butternut squash, cornbread muffin, margarine, milk, orange juice*, raisin crème cookie

Lasagna with Meat Sauce 756 cal

Served with spinach, corn with peppers, whole wheat bread, margarine, milk, grape juice*, Aloha trail mix

Honey Mustard Chicken 642 cal

Served with sweet potatoes, brussels sprouts, whole wheat bread, margarine, milk, raisins, graham crackers

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