

What's in a Delivery

Here's what you'll receive in your meal delivery and how you could use it over a week

> What's included in a 5-day delivery?

- 2 breakfasts entrees, oatmeal, cereal, and scratch-made muffin
- 5 soups
- 1 whole-grain roll
- 3 salads
- 5 high-protein snacks
- 1 orange and 1 apple
- 2 yogurts
- 5 dinner entrees
- 5 desserts
 - 2 homemade desserts
 - 1 fruit cup
 - 1 prepackaged cookie
 - 1 applesauce
- 2 hummus/dips
- 2 cheese sticks



> Sample schedule

Day 1

Breakfast - Frittata
Snack - Orange
Lunch - Hearty Tuscan Minestrone Soup
Snack - Cheese Sticks
Dinner - Chicken Tandoori with Whole Wheat Couscous and Broccoli
Dessert - Snickerdoodle Cookie

Day 2

Breakfast - Cereal and milk
Snack - Yogurt
Lunch - Curried Squash Soup and half a roll
Snack - Roasted Red Pepper Hummus
Dinner - Chicken Risotto with Asparagus
Dessert - Chocolate Chip Banana Bread

Day 3

Breakfast - Breakfast Sandwich
Snack - Hardboiled Eggs
Lunch - White Bean and Faro Soup
Snack - Honey Mustard Chicken Salad
Dinner - Onion Braised Beef with Polenta and Green Beans
Dessert - Fruit cup

Day 4

Breakfast - Oatmeal made with milk
Snack - Yogurt
Lunch - Garbanzo Bean & Swiss Chard Soup and half a roll
Snack - Herb & Roast Garlic Spread
Dinner - Turkey Tetrazini with Whole Wheat Penne and Asparagus
Dessert - Applesauce

Day 5

Breakfast - Muffin
Snack - Cowboy Caviar salad
Lunch - Classic Chicken Noodle Soup
Snack - Apple
Dinner - BBQ Tofu and Vegetables with Brown Rice and Carrots
Dessert - Prepackaged cookie

Day 6 & 7

Self provided

A Sampling of Scratch-Made Foods



Here are examples of meals, snacks, and desserts made by Community Servings' team

LUNCH SOUPS

- Butternut Squash Bisque
- Chicken & Whole Wheat Penne
- Potato Cheddar
- Peas & Potato
- Tomato Kale
- White Bean & Farro



DINNER ENTREES

- Chicken Ragu with Fennel Peas
- Herb-Marinated Turkey Breast
- Curry-Braised Chicken Thigh
- Beef Meatloaf
- Veggie Primavera
- Mushroom Bolognese
- Roasted Tofu & Peppers



SNACKS

- Red Pepper Hummus
- Babaganoush
- Yogurt
- Fresh Fruit

BAKED GOODS

- Hot Milk Cake
- Oatmeal Raisin Cookie
- Sugar Cookie
- Whole Grain Rolls



**other items may include yogurt, cottage cheese (which we use for renal clients), milk, and other snack items.*