



SimpleCook™ is an all new kitchen innovation from GA Foods that provides a flexible approach to congregate and home-delivered meals. The flexibility of our modular **SimpleCook™** system allows home and community-based service providers the ability to customize meal programs to best fit their needs. The service options can be "mixed and matched" to create the optimal combination for each provider.

- All meals are prepared in our continuously USDA-inspected production kitchen by our culinary team.
- The meals are **pre-plated** (and portion-controlled) by GA Foods before delivery to your sites.
- Meals can be heated by GA Foods and delivered hot, or heated at your sites with equipment provided by GA Foods.
- Home-delivered meals can be **delivered weekly**, which offers clients more **flexibility** with scheduling appointments and other life activities. This is a win for you and your clients!
- Daily, hot home-delivered meals can still be offered to your **high-risk clients**.

For more information, visit
GAfoods.com/simplecook



www.GAFoods.com | 1-800-926-1541

SAMPLE MENUS

All of our SunMeadow® meals meet or exceed the federal and state regulatory guidelines and are **heart healthy** and **low in sodium** in order to meet the needs of the aging population.

COUNTRY FAVORITES

TMS000698

Oven Baked Chicken, served with Southern rice, black-eyed peas, and spinach.

Beef Patty in Rich Brown Gravy, served with mashed potatoes and rutabaga with red pepper.

Pork Riblet in a Sweet and Tangy BBQ Sauce, served with old fashioned baked beans and whole kernel corn with red peppers.

Macaroni and Beef Casserole, served with spinach and California blend vegetables.

Turkey with Country Pepper Gravy, served with mashed potatoes, green beans almondine, and mini Moon Pie®.

Southern-Style Pollock Fingers, served with steamed carrots and cheesy country-style potatoes.

Chicken Sausage with Northern Bean Ragout, served with diced sweet potatoes.

TEXAS BLUE PLATE

TMS000845

Country Egg Skillet, served with potatoes, mushrooms, spinach & tomatoes and cranberry apples.

Oven Baked Chicken, served with green bean & red pepper mix and yellow rice with tomatoes & chives.

Southern-Style Pollock Fingers, served with steamed carrots and cheesy country-style potatoes.

Meatloaf with Sofrito Sauce, served with red potatoes and butternut squash.

Cheese Enchilada with Pulled Pork, served with black beans and whole kernel yellow corn.

Turkey Sausage with Peppers, Onions and Tomatoes, served with whole grain rotini pasta and apple chunks & raisins.

Pulled Pork with Mojo Sauce, served with black beans, peas, and carrots.

All meals served with SunMeadow® dairy beverage, bread, and fruit, juice, or dessert.