

# theMeals

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	<ul style="list-style-type: none"> <li>• Salisbury Steak</li> <li>• Sour Cream &amp; Chive Potatoes</li> <li>• Mixed Vegetables</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Grape Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Chicken</li> <li>• Broccoli</li> <li>• Black-eyed Peas</li> <li>• Wheat Bread</li> <li>• Margarine</li> <li>• Animal Crackers</li> <li>• Blended Juice</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Rib Patty</li> <li>• Sweet Potato Casserole</li> <li>• Green Peas</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Orange Pineapple Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Seafood Fettuccine Alfredo</li> <li>• Corn</li> <li>• Italian Vegetables</li> <li>• Wheat Bread</li> <li>• Margarine</li> <li>• Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Breast &amp; Rice w/ Apricot Sauce</li> <li>• Rosemary Roasted Potatoes</li> <li>• Green Bean Casserole</li> <li>• Wheat Roll</li> <li>• Margarine</li> <li>• Diced Peach Cup</li> <li>• Orange Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Peppered Beef Patty</li> <li>• Loaded Potato</li> <li>• Mixed Greens</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Ginger Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Tetrizzini</li> <li>• Carrots</li> <li>• Green Peas</li> <li>• Wheat Bread</li> <li>• Margarine</li> <li>• Pineapple Juice</li> </ul>
2	<ul style="list-style-type: none"> <li>• Meatballs &amp; Shell Pasta w/ Alfredo Sauce</li> <li>• Squash Medley</li> <li>• Green Beans w/ Onion &amp; Red Peppers</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Orange Pineapple Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Sausage w/ Baked Beans</li> <li>• Red Skin Whipped Potatoes</li> <li>• Peas &amp; Carrots</li> <li>• Wheat Roll</li> <li>• Margarine</li> <li>• Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Veal Patty</li> <li>• Mixed Greens</li> <li>• Diced Sweet Potatoes</li> <li>• Wheat Bread</li> <li>• Margarine</li> <li>• Fig Bar</li> </ul>	<ul style="list-style-type: none"> <li>• Dixie Crunch Fish</li> <li>• Broccoli w/ Cheese</li> <li>• Lima Beans</li> <li>• Wheat Roll</li> <li>• Margarine</li> <li>• Diced Pineapple Cup</li> <li>• Blended Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Beef &amp; Bowtie Pasta</li> <li>• Capri Vegetables</li> <li>• Corn</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Grape Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Pork Patty</li> <li>• Diced Apples</li> <li>• Spinach</li> <li>• Corn Muffin</li> <li>• Margarine</li> <li>• Ginger Cookies</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Chick Ribs</li> <li>• Sweet Potato Patty</li> <li>• Green Bean Casserole</li> <li>• Wheat Bread</li> <li>• Margarine</li> <li>• Pineapple Juice</li> </ul>
3	<ul style="list-style-type: none"> <li>• Chicken &amp; Dumplings</li> <li>• Peach Half</li> <li>• Winter Blend Vegetables</li> <li>• Wheat Bread</li> <li>• Margarine</li> <li>• Pineapple Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Meatloaf w/ Tomato Sauce</li> <li>• Rutabagas</li> <li>• Lima Beans</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Ginger Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Chicken Breast</li> <li>• Diced Sweet Potatoes</li> <li>• Broccoli</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Animal Crackers</li> <li>• Orange Pineapple Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Country Fried Steak w/ Gravy</li> <li>• Red Skin Whipped Potatoes</li> <li>• Mixed Vegetables</li> <li>• Wheat Bread</li> <li>• Margarine</li> <li>• Mixed Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Teriyaki Glazed Chicken Breast</li> <li>• Sweet Potato Casserole</li> <li>• Brussel Sprouts</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Fig Bar</li> </ul>	<ul style="list-style-type: none"> <li>• Sweet &amp; Sour Pork w/ Rice</li> <li>• Squash Medley</li> <li>• Peas &amp; Carrots</li> <li>• Wheat Roll</li> <li>• Margarine</li> <li>• Orange Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Chili w/ Beans</li> <li>• Broccoli</li> <li>• Applesauce</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Graham Crackers</li> </ul>
4	<ul style="list-style-type: none"> <li>• Chicken Strips &amp; Penne w/ Tomato Basil Sauce</li> <li>• Capri Vegetables</li> <li>• Green Beans w/ Onions &amp; Red Peppers</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Grape Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Breaded Fish</li> <li>• Rosemary Potatoes</li> <li>• Italian Vegetables</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Diced Peach Cup</li> <li>• Blended Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Lasagna</li> <li>• Squash Medley</li> <li>• Brussel Sprouts</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Animal Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• New Orleans Chicken w/ Rice</li> <li>• Diced Sweet Potatoes</li> <li>• Okra &amp; Tomatoes</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Orange Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Breaded Pork Patty</li> <li>• Rutabagas</li> <li>• Spinach</li> <li>• Wheat Bread</li> <li>• Margarine</li> <li>• Pineapple Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Oven Fried Chicken</li> <li>• Corn</li> <li>• Broccoli</li> <li>• Wheat Roll</li> <li>• Margarine</li> <li>• Ginger Cookie</li> </ul>	<ul style="list-style-type: none"> <li>• Pot Roast w/Gravy &amp; Veg</li> <li>• Diced Potatoes</li> <li>• Green Peas</li> <li>• Wheat Bread</li> <li>• Margarine</li> <li>• Fig Bar</li> </ul>
5	<ul style="list-style-type: none"> <li>• Beef Patty w/ Onion Gravy</li> <li>• Sour Cream &amp; Chive Potatoes</li> <li>• Capri Vegetables</li> <li>• Wheat Roll</li> <li>• Margarine</li> <li>• Fig Bar</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Breast w/ Rice &amp; Gravy</li> <li>• Carrots</li> <li>• Green Peas</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Graham Crackers</li> <li>• Orange Pineapple Juice</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Beef</li> <li>• Diced Potatoes</li> <li>• Mixed Vegetables</li> <li>• Hamburger Bun</li> <li>• Margarine</li> <li>• Orange Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken &amp; Bean Burrito w/ Cheese Sauce</li> <li>• Mexicorn</li> <li>• Applesauce</li> <li>• Wheat Bread</li> <li>• Margarine</li> <li>• Blended Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Red Beans &amp; Rice w/ Sausage</li> <li>• Cabbage</li> <li>• Carrots</li> <li>• Wheat Bread</li> <li>• Margarine</li> <li>• Grape Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Veal Parmesan</li> <li>• Italian Vegetables</li> <li>• Rosemary Potatoes</li> <li>• Wheat Bread</li> <li>• Margarine</li> <li>• Chortles Cookies</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken &amp; Brocc Casserole w/ Rice</li> <li>• Green Beans</li> <li>• Squash Medley</li> <li>• Wheat Bread</li> <li>• Margarine</li> <li>• Applesauce Cup</li> </ul>
6	<ul style="list-style-type: none"> <li>• Chicken Nuggets w/ Sweet &amp; Sour Sauce</li> <li>• Spinach</li> <li>• Mexicorn</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Blended Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Spaghetti w/ Meatballs</li> <li>• Green Beans</li> <li>• Cinnamon Applesauce</li> <li>• Wheat Bread</li> <li>• Margarine</li> <li>• Orange Pineapple Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Patty</li> <li>• Baked Beans</li> <li>• Mixed Vegetables</li> <li>• Hamburger Bun</li> <li>• Margarine</li> <li>• Orange Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Steak Fingers</li> <li>• Mixed Greens</li> <li>• Black-eyed Peas</li> <li>• Rye Bread</li> <li>• Margarine</li> <li>• Animal Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Pork Fried Rice</li> <li>• Ginger Carrots</li> <li>• Cabbage</li> <li>• Wheat Roll</li> <li>• Margarine</li> <li>• Mixed Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>• Char Steak</li> <li>• Loaded Potato</li> <li>• Brussel Sprouts</li> <li>• Wheat Roll</li> <li>• Margarine</li> <li>• Fig Bar</li> </ul>	<ul style="list-style-type: none"> <li>• Sausage Pizza</li> <li>• Broccoli</li> <li>• Corn</li> <li>• Wheat Bread</li> <li>• Margarine</li> <li>• Grape Juice</li> </ul>

(Bundles are subject to change without notice)

**MK MEALS**  
**PRESENTED BY MAGICKITCHEN.COM**  
**Healthy Meals**  
**Healthy Life!**

**MagicKitchen.com, our parent company, has been delivering nutritious, delicious, healthy flash frozen meals for several years. What MagicKitchen.com heard over and over from customers was that family members, relatives or friends were in need of a meal service with delicious, low-fat, diabetic friendly, low-sodium and carbohydrate controlled meals. That's why we developed MK Meals!**

**Proper nutrition is a key ingredient to good health and healthy eating includes a wide variety of well-balanced food groups. Good nutrition has been proven to keep adults healthier, stronger and out of hospitals and nursing homes longer.**



Our meals are  
designed to keep  
YOU healthier!

