Menu

We offer a variety of entrees, soups, and bread and snack products. All our meals are low-sodium, and we do not cook with any preservatives, artificial flavorings, or fillers. In any given week, each client receives a variety of items that fit their needs and preferences and are optimized for the right caloric, nutrient, and protein content. Because different health concerns require different dietary modifications, our team of Registered Dietitian Nutritionists works with all clients to determine their specific nutritional needs and select the assortment that works for them.

For example, a client with end-stage renal disease will receive low-fiber bread products rather than our standard whole-wheat high-fiber roll; a client who has restrictions on acid foods will receive milder entrees (such as Winter Beef Stew rather than Beef Bolognese); and a client who is allergic to fish will receive high-quality chicken entrees, such as Coconut Chicken, in place of fish items.

Please note that we cannot accommodate soy allergies, or gluten-free, Kosher, Halal, or vegan diets. Check out our food safety guidelines here. If you have any questions regarding our menu, please contact the Nutrition Department at 212.294.8103 or at nutrition@glwd.org.

Sample Menus

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Monday

Soup

**Potato Kale Soup**

+ - Ingredients

Potatoes, kale, carrots, water, celery, onions, low sodium vegetable base

+ - Benefits

Enjoy this nutritious soup as part of a diet low in saturated fat, cholesterol and sodium. Our soup also contains an abundance of health-promoting nutrients including Vitamin C, Vitamin A, Vitamin B6, potassium and manganese.

Entrée

**Ginger Glazed Salmon with Asian Slaw**

+ - Ingredients

Salmon, brown rice, vegetable mix (Key West, mediterranean, asian, carribean blend variety), cabbage, carrots, onions, peas, ginger root, honey, ground ginger, garlic powder, onion powder, paprika, lime juice, olive oil, soy sauce, sesame oil, rice wine vinegar

+ - Benefits

This Asian-inspired recipe is a great source of protein and anti-inflammatory, omega 3- fatty acids. The ginger glaze adds a zesty kick and is also renowned for its anti-inflammatory and anti-oxidant properties.

Dessert
Chocolate Chip Oatmeal Cookie

+ - Ingredients

Oats, all-purpose flour, brown sugar, chocolate chips, margarine, sugar, baking soda, cinnamon, vanilla extract, eggs, nutmeg

+ - Benefits

Satisfy your sweet tooth with these delicious oatmeal cookies. Oatmeal is rich in a soluble fiber called beta glucan which research suggests can help reduce hunger cravings and lower total and LDL cholesterol.

Tuesday

Soup

Black Eyed Pea Soup

+ - Ingredients

Peas, water, carrots, celery, onions, collard greens, bulgar, low-sodium vegetable base.

+ - Benefits

The high fiber content of this bean soup provides a satisfying and nutritious meal. Its packed with a variety of vegetables which provides just under a quarter of your daily recommended protein while also being naturally low in saturated fat and cholesterol.

Entrée

Coconut Chicken Stew

+ - Ingredients
Chicken, white rice, onions, red peppers, green peppers, peas, carrots, garlic, ginger root, all-purpose flour, unsalted butter, low-sodium chicken base, coconut milk, scallions, soybean oil, olive oil, curry powder, lime juice, turmeric, coriander

Benefits

This hearty, high protein, chicken stew provides a variety of essentials vitamins and minerals, including Vitamin A, niacin, phosphorus and selenium.

Dessert

**Butterscotch Cookie**

**Ingredients**

All purpose flour, brown sugar, butterscotch chips, oats, margarine, sugar, eggs, baking soda, vanilla extract

**Benefits**

This cookie provides a high-energy, high fiber snack any time of the day.

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**Wednesday**

Soup

**Chicken Corn Chowder**

**Ingredients**

Sweet potatoes, chicken, yellow corn, water, carrots, celery, parsnips, low-sodium chicken base

**Benefits**
A firm family-favorite, this chicken corn chowder contains vitamin-rich, corn, carrots, celery, parsnips and potatoes. It is particularly high in Vitamin A which is essential for optimum vision, healthy skin and bones.

Entrée

**Beef Bolognese**

**+ - Ingredients**

Ground beef, pasta, vegetable mix, carrots, onions, celery, tomato paste, all-purpose wheat flour, garlic clover, low sodium beef base, cooking wine, garlic clover, Worcestershire sauce, olive oil

**+ - Benefits**

Made with quality, lean beef, this bolognese packs a high protein punch. The recipe incorporates low sodium ingredients, helping to maintain blood pressure within recommended limits.

Dessert

**Carrot Cake**

**+ - Ingredients**

All-purpose wheat flour, carrots, sugar, soybean oil, olive oil, low-fat milk, cinnamon, vanilla extract, baking powder, baking soda, eggs, citric acid

**+ - Benefits**

This old favorite contains a special helping of cinnamon to add a sweet kick.
Soup

**Beef Barley Soup**

+ - Ingredients

Beef, barley, water, carrots, celery, onions, green peas, low-sodium beef base, tomato paste

+ - Benefits

Barley has a delicious nut-like flavor and is considered a whole grain. Whole grains provide an excellent source of fiber, vitamins and minerals compared to other refined grains.

Entrée

**Arroz con Pollo**

+ - Ingredients

Chicken, white rice, vegetable mix, red peppers, onions, cumin, coriander, garlic powder, onion powder, paprika, turmeric, salt, olive oil

+ - Benefits

A traditional recipe of Spain and Latin America, this chicken-based dish contains a variety of herbs and spices including cumin, cilantro, garlic, paprika, turmeric, and peppers. Delicious!

Dessert

**Seasonal Fruit**

+ - Benefits

Enjoy a variety of seasonal fruits which are low calorie and contain an abundance of health-promoting properties!
Friday

Soup

**Black Bean**

+ - Ingredients

Black beans, water, red pepper, corn, carrots, celery, onions, white rice, low sodium vegetable base, tomato paste

+ - Benefits

This soup is made using low sodium, matured black beans and contributes just under a quarter of your daily fiber needs.

entrée

**Peach Glazed Porkchop**

+ - Ingredients

Peaches, orange juice concentrate, honey, garlic, pork, sweet potato, garlic powder, olive oil, salt, honey, mixed vegetables

+ - Benefits

Pork is a rich source of thiamin, selenium, niacin, Vitamin B6, phosphorus and potassium. Enjoy this dish as part of a balanced, healthy diet.

Dessert

**Blueberry Cake**

+ - Ingredients
Canola oil, olive oil, all purpose flour, sugar, blueberries, margarine, eggs, citric acid, baking powder, low-fat milk, vanilla extract

+ - Benefits

Blueberries have a variety of antioxidant properties, which have been proven to help neutralize harmful free radicals generated by oxidative stress in the body.

**Monday**

Soup

**Potato Kale Soup**

+ - Ingredients

Potatoes, kale, carrots, water, celery, onions, low sodium vegetable base

+ - Benefits

Enjoy this nutritious soup as part of a diet low in saturated fat, cholesterol and sodium. Our soup also contains an abundance of health-promoting nutrients including Vitamin C, Vitamin A, Vitamin B6, potassium and manganese.

Entrée

**Curry Tofu Mac & Cheese**

+ - Ingredients

Coconut milk, pasta, tofu, cauliflower, vegetable mix, onions, red pepper, green pepper, cheddar cheese, parmesan cheese, all-purpose flour, curry powder, reduced-fat milk, olive oil

+ - Benefits
Tofu is a traditional component of East Asian and Southeast Asian cuisine. Made from soy, tofu is an excellent source of vegan-friendly protein.

Dessert

**Chocolate Chip Oatmeal Cookie**

* + - Ingredients

Oats, all-purpose flour, brown sugar, chocolate chips, margarine, sugar, baking soda, cinnamon, vanilla extract, eggs, nutmeg

* + - Benefits

Satisfy your sweet tooth with these delicious oatmeal cookies. Oatmeal is rich in a soluble fiber called beta glucan which research suggests can help reduce hunger cravings and lower total and LDL cholesterol.

Tuesday

Soup

**Black Eyed Pea Soup**

* + - Ingredients

Peas, water, carrots, celery, onions, collard greens, bulgar, low-sodium vegetable base

* + - Benefits

The high fiber content of this bean soup provides a satisfying and nutritious meal. Its packed with a variety of vegetables which provides just under a quarter of your daily recommended protein while also being naturally low in saturated fat and cholesterol.

Entrée
**White Bean Stuffed Peppers**

+ - Ingredients

Green pepper, mozzarella cheese, lentils, white beans, white rice, artichoke, spinach, onions, bread crumbs, olive oil, garlic powder, curry powder

+ - Benefits

Looking for a healthy vegetarian option? These stuffed peppers contain lentils, artichokes, onions, spinach which provide an excellent source of Vitamins, especially Vitamin K and manganese.

**Dessert**

**Butterscotch Cookie**

+ - Ingredients

All purpose flour, brown sugar, butterscotch chips, oats, margarine, sugar, eggs, baking soda, vanilla extract

+ - Benefits

This cookie provides a high-energy, high fiber snack any time of the day.

**Wednesday**

Soup

**Black Eyed Pea Soup**

+ - Ingredients
Peas, water, carrots, celery, onions, collard greens, bulgar, low-sodium vegetable base

+ - Benefits

The high fiber content of this bean soup provides a satisfying and nutritious meal. It’s packed with a variety of vegetables which provides just under a quarter of your daily recommended protein while also being naturally low in saturated fat and cholesterol.

Entrée

**Vegetable Korma**

+ - Ingredients

Tofu, cauliflower, brown rice, carrots, green beans, onions, celery, low-sodium vegetable base, cilantro, parsley, white wine, garlic clove, ginger root, nutmeg

+ - Benefits

Rich in flavor, this korma not only provides a variety of fiber-rich vegetables but is also naturally low in cholesterol and sodium providing a heart-healthy alternative.

Dessert

**Carrot Cake**

+ - Ingredients

All-purpose wheat flour, carrots, sugar, soybean oil, olive oil, low-fat milk, cinnamon, vanilla extract, baking powder, baking soda, eggs, citric acid

+ - Benefits

This old favorite contains a special helping of cinnamon to add a sweet kick.
Thursday

Soup

**Black Bean Soup**

+ - Ingredients

Black beans, water, red pepper, corn, carrots, celery, onions, white rice, low sodium vegetable base, tomato paste

+ - Benefits

This soup is made using low sodium, matured black beans and contributes just under a quarter of your daily fiber needs.

Entrée

**Chunky Vegetable Chili**

+ - Ingredients

Tomatoes, water, onions, red pepper, green pepper, black beans, red beans, pinto beans, chili powder, cumin, oregano, parsley, olive oil, garlic clove

+ - Benefits

This colorful chili is a low calorie, filling option. Made with fresh veggies, we've teamed it up with a pinch of chili and garlic to give it a tasty flavor.

dessert

**Seasonal Fruit**
Benefits

Enjoy a variety of seasonal fruits which are low calorie and contain an abundance of health-promoting properties!

Friday

Soup

**Black Bean Soup**

* - Ingredients

Black beans, water, red pepper, corn, carrots, celery, onions, white rice, low sodium vegetable base, tomato paste

* - Benefits

This soup is made using low sodium, matured black beans and contributes just under a quarter of your daily fiber needs.

Entrée

**Red Lentil with Millet**

* - Ingredients

Millet, potatoes, lentils, onions, low-sodium vegetable base, rosemary, basil, cilantro, cumin, thyme, oregano

* - Benefits

Millet is a type of healthy grain and is known to provide a rich source of lean protein. Combined with fiber-rich red lentils, this dish is low in cholesterol, sodium and saturated fat.

Dessert
Blueberry Cake

+ - Ingredients
Canola oil, olive oil, all purpose flour, sugar, blueberries, margarine, eggs, citric acid, baking powder, low-fat milk, vanilla extract

+ - Benefits
Blueberries have a variety of antioxidant properties, which have been proven to help neutralize harmful free radicals generated by oxidative stress in the body.

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Monday

Soup

**Potato Kale Soup**

+ - Ingredients
Potatoes, kale, carrots, water, celery, onions, low sodium vegetable base

+ - Benefits
Enjoy this nutritious soup as part of a diet low in saturated fat, cholesterol and sodium. Our soup also contains an abundance of health-promoting nutrients including Vitamin C, Vitamin A, Vitamin B6, potassium and manganese.

Entrée

**Glazed Beef Burger**

+ - Ingredients
Ground beef, pasta, vegetable mix, breadcrumbs, tomatoes, cabbage, carrots, honey, yellow mustard, eggs, citric acid, worcestershire sauce, dijon mustard, garlic, white wine vinegar, apple cider vinegar, olive oil, peppers

+ - Benefits

With a lower fat content than traditional burgers, these burgers are a great source of lean protein.

Dessert

**Chocolate Chip Oatmeal Cookie**

+ - Ingredients

Oats, all-purpose flour, brown sugar, chocolate chips, margarine, sugar, baking soda, cinnamon, vanilla extract, eggs, nutmeg

+ - Benefits

Satisfy your sweet tooth with these delicious oatmeal cookies. Oatmeal is rich in a soluble fiber called beta glucan which research suggests can help reduce hunger cravings and lower total and LDL cholesterol.

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**Tuesday**

**Soup**

**Black Eyed Pea Soup**

+ - Ingredients

Peas, water, carrots, celery, onions, collard greens, bulgar, low-sodium vegetable base

+ - Benefits
The high fiber content of this bean soup provides a satisfying and nutritious meal. It's packed with a variety of vegetables which provides just under a quarter of your daily recommended protein while also being naturally low in saturated fat and cholesterol.

Entrée

**Curry Chicken with Rice**

+ - Ingredients

Chicken, olive oil, curry powder, low-sodium chicken stock, red peppers, scallions, carrots, onions, garlic, coconut milk, cilantro, cornstarch, cumin, cilantro, white rice, zucchini

+ - Benefits

Enjoy this warming, heart-healthy dish any time of the week!

Dessert

**Butterscotch Cookie**

+ - Ingredients

All purpose flour, brown sugar, butterscotch chips, oats, margarine, sugar, eggs, baking soda, vanilla extract

+ - Benefits

This cookie provides a high-energy, high fiber snack any time of the day.

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**Wednesday**

Soup
**Chicken Corn Chowder**

+ - Ingredients

Sweet potatoes, chicken, yellow corn, water, carrots, celery, parsnips, low-sodium chicken base

+ - Benefits

A firm family-favorite, this chicken corn chowder contains vitamin-rich, corn, carrots, celery, parsnips and potatoes. It is particularly high in Vitamin A which is essential for optimum vision, healthy skin and bones.

**Entrée**

**Pasta Bean Primavera**

+ - Ingredients

Pasta, white beans, peas, tomatoes, red pepper, squash, onions, celery, carrots, garlic, thyme, rosemary, olive oil

+ - Benefits

The addition of summer squash, peppers and carrots to this delicious pasta dish increases the amount of Vitamin A and C to meet your daily needs.

**Dessert**

**Carrot Cake**

+ - Ingredients

All-purpose wheat flour, carrots, sugar, soybean oil, olive oil, low-fat milk, cinnamon, vanilla extract, baking powder, baking soda, eggs, citric acid

+ - Benefits

This old favorite contains a special helping of cinnamon to add a sweet kick.
Thursday

Soup

**Beef Barley Soup**

+ - Ingredients

Beef, barley, water, carrots, celery, onions, green peas, low-sodium beef base, tomato paste

+ - Benefits

Barley has a delicious nut-like flavor and is considered a whole grain. Whole grains provide an excellent source of fiber, vitamins and minerals compared to other refined grains.

Entrée

**Caribbean Chicken**

+ - Ingredients

Chicken, white rice, vegetable mix, low sodium ketchup, kidney beans, onions, garlic, honey, worcestershire sauce, soy sauce, nutmeg, cloves, allspice mix, olive oil

+ - Benefits

This chicken dish is cooked using low sodium ingredients, and served with red beans and rice.

Dessert

**Seasonal Fruit**
Enjoy a variety of seasonal fruits which are low calorie and contain an abundance of health-promoting properties!

**Friday**

**Soup**

**Black Bean Soup**

+ - Ingredients

Black beans, water, red pepper, corn, carrots, celery, onions, white rice, low sodium vegetable base, tomato paste

+ - Benefits

This soup is made using low sodium, matured black beans and contributes just under a quarter of your daily fiber needs.

**Entrée**

**Vegetable Orzo Casserole**

+ - Ingredients

Orzo pasta, mushrooms, tofu, squash, carrots, onions, vegetable mix, potatoes, peas, mozzarella cheese, olive oil, ricotta cheese, garlic, parmesan cheese

+ - Benefits

This plant-based dish is jam-packed with a variety of vegetables providing Vitamin C, Vitamin A, calcium and iron.
Dessert

**Blueberry Cake**

+ - Ingredients

Canola oil, olive oil, all purpose flour, sugar, blueberries, margarine, eggs, citric acid, baking powder, low-fat milk, vanilla extract

+ - Benefits

Blueberries have a variety of antioxidant properties, which have been proven to help neutralize harmful free radicals generated by oxidative stress in the body.

Entree

**Roast Turkey with all the trimmings**

+ - Ingredients

Turkey, cornbread stuffing mix, carrots, celery, onions, vegetable stock, sage, garlic, shallots, onions, turkey base, rosemary, thyme, roux (all-purpose flour, olive oil), mushrooms

+ - Benefits

This classic Thanksgiving combination features lean, high-protein turkey breast and low-fat gravy. Enjoy our take on a classic meal!

Soup

**Pumpkin Bisque**
+ - Ingredients

Carrots, onions, garlic, pumpkin, cinnamon, honey, salt, low sodium vegetable base

+ - Benefits

The pumpkin and carrots in this fall soup are rich in Vitamin A. Our pumpkin bisque is also a great source of Vitamin C, while also being low in sodium and saturated fat.

Parsnips, Brussels Sprouts, Carrots, and Pearl Onions

+ - Ingredients

Carrots, parsnips, Brussels sprouts, pearl onions

+ - Benefits

All a great source of minerals and vitamins!

Cranberry Sauce

+ - Ingredients

Cranberries, orange juice, brown sugar, honey, cinnamon, allspice, nutmeg, salt

+ - Benefits

Cranberries are the star of this Thanksgiving staple. They are rich in disease-fighting antioxidants and fiber!
**Dessert**

**Apple Crisp**

+ - Ingredients

Butter, sugar, brown sugar, all-purpose flour, oatmeal, cinnamon, nutmeg, apples

+ - Benefits

Our special Thanksgiving dessert is full of fiber. It's the perfect finish to your holiday meal.

**Entrees**

**Braised Beef with Cherries**

+ - Ingredients

Beef, garlic, onions, cooking wine, low-sodium beef base, thyme, bay leaf, olive oil, all-purpose flour, unsalted butter, tomato paste, dried cherries, pasta, bulgur, onions, low-sodium vegetable base, rutabaga, wax beans, green beans, red pepper

+ - Benefits

This winter feast features lean beef and contains a variety of vitamins and minerals, including iron, zinc, B vitamins and more!

Vegetarian

**Portobello Mushroom Casserole**

+ - Ingredients
Portabello mushrooms, white mushrooms, carrots, celery, onions, tofu, kale, olive oil, mozzarella cheese, parmesan cheese, barley, rutabaga, green beans, wax beans, red pepper

**Benefits**

This vegetarian dish is rich in B vitamins, iron, calcium, chromium, and other vitamins and minerals, and provides over 60% of your daily fiber needs.

**Modified**

**Tuna with Caper Relish**

**Ingredients**

Tuna, tomatoes, capers, onions, parsley, garlic, olive oil, potatoes, chives, rutabaga, wax beans, green beans, red pepper

**Benefits**

In addition to being a great source of lean protein, tuna contains omega-3 fatty acids, which help fight heart disease and inflammation and may help fight age-related mental decline. In addition to omega-3's, this dish provides many other nutrients, including, iron, Vitamin D, Vitamin K, magnesium, and more!
Birthday Cake

+ - Ingredients

Cake: Margarine, granulated sugar, eggs, vegetable oil, vanilla extract, all-purpose flour, baking powder, milk

Buttercream Icing: powdered sugar, butter, margarine, cold water, vanilla extract

Birthday Cakes
Birthday Bake Sale

For more than 27 years, Chuck Piekarski (a.k.a Chuck "The Baker") has been baking and personalizing a cake for every God's Love client, child and senior caregiver on our home-delivered meal program on their birthday. We're grateful he does and we know our clients are, too.

Menu Schedules

**Standard Menu**

**Vegetarian Menu**

**Children's Menu**

**Modified Menu**

Need More Information?

View our FAQs and other helpful information on our [Nutrition FAQs page](#) and our [Client Services FAQs page](#).

Or feel free to contact our Nutrition Services Department via email at [nutritionservices@glwd.org](mailto:nutritionservices@glwd.org) or telephone at **212.294.8103**.