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 added 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 meals that are lower in phosphorus than what other clients may receive; 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. Other examples of medically tailored modifications include low-sugar, lowfat, renal (low sodium, phosphorus, potassium and fluid), no dairy or acid-bland.

Please note that at this time we are unable to accommodate soy allergies, or gluten-free, Kosher, or Halal 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.

Meal Modifications

See below for the different ways we can modify our meals based on each individual’s needs.

Reach out to Nutrition Services With Questions

Menus

Standard Menu
Vegetarian Menu
Modified Menu
Children’s Menu
Sample Menus

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

**Beef Picadillo with Garlic Egg Rice**

+ - Ingredients
Ground beef, white rice, mixed vegetables, garlic, onions, tomatoes, carrot, green beans, egg, chives, smoked paprika, garlic powder, onion powder, low-sodium soy sauce, low-sodium beef base, salt, canola/olive oil blend.

**Benefits**

This traditional Filipino dish is inspired by our Chef Andre’s mother. It brings together low-fat beef, assorted vegetables and rice to create a complete meal that is not only nutritious and delicious, but also full of love.

**Dessert**

**Oatmeal Cookie**

**Ingredients**

Oats, Margarine, Flour, Brown Sugar, Sugar, Eggs, Baking Soda, Vanilla Extract, Cinnamon, Nutmeg

**Benefits**

The oats in this delicious cookies are a good source of fiber that reduces risk of heart disease.

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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. 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**

**Cumin Chicken Red Beans & Rice**

+ - **Ingredients**

Chicken breast, white rice, mixed vegetables, kidney beans, garlic, onions, cumin seeds, tomato paste, honey, roasted peppers, smoked paprika, garlic powder, turmeric, rubbed sage, coriander, salt, canola/olive oil blend.

+ - **Benefits**

Infused with anti-inflammatory spices, this perfectly balanced meal also a good source of fiber that promotes gut and cardiovascular health.

**Dessert**

**Sprinkle Cookie**

+ - **Ingredients**

Flour, Sugar, Margarine, Eggs, Rainbow Sprinkles, Vanilla Extract, Baking Powder

+ - **Benefits**

The sweet taste and soft texture makes this cookie the perfect combination to satisfy your sweet-tooth.

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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

North African Spiced Pollock with Couscous

+ - Ingredients
Pollock fillets, couscous, mixed vegetables, garlic, cilantro, mint, chives, sumac, chickpeas, red peppers, cumin seed, smoked paprika, chili powder, ground garlic, garlic powder, fenugreek, ground cardamom, coriander, ground nutmeg, ground clove, ground allspice, lemon juice, water, low-sodium vegetable base, honey, berbere spice rub, turmeric, salt, canola/olive oil blend.

+ - Benefits
A traditional North African meal, this dish blends wild-caught pollock with aromatic spices and mixed vegetables. It is an excellent source of protein, omega-3 fatty acids that are beneficial to the heart, brain, and eyes.

Dessert

Snickerdoodle Cookie

+ - Ingredients
Flour, Margarine, Sugar, Brown Sugar, Eggs, Baking Soda, Vanilla Extract, Cinnamon

+ - Benefits
With a kick of cinnamon, this cookie has a distinct flavor, texture, and appearance.
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

**Chicken with Coconut Curry**

+ - Ingredients

Chicken breast, white rice, mixed vegetables, roasted pepper, red pepper, onions, garlic, all-purpose flour, canola/olive oil blend, low-sodium chicken base, coconut milk, poultry seasoning, sweet paprika, garlic powder, onion powder, curry powder, cumin, coriander, turmeric, salt, canola/olive oil blend.

+ - Benefits

This tasty, high protein dish provides a variety of essential vitamins including Vitamins A and C which are needed for immune support, and to maintain healthy skin and bones.

Dessert
Orange Creamsicle Cookie

+ - Benefits

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

+ - Benefits

The combination of these classic flavors makes this chewy cookie perfect.

Friday

Soup

Lemongrass Turmeric Soup

+ - Ingredients

Lentils, tofu, lemongrass, garlic, ginger, carrot, onion, ground turmeric, tomato paste, low-sodium vegetable base, soy sauce, corn starch, canola/olive oil blend.

+ - Benefits

This hearty and comforting soup is not only delicious, It’s also full of anti-inflammatory vegetables and spices to support the immune system.

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

**Apple Teacake**

+ - Ingredients
Flour, Oat Flour, Eggs, Canola/Olive Oil, Water, Sugar, Apples, Molasses, Baking Powder, Cinnamon, Vanilla Extract, Cardamom, Ginger

+ - Benefits
This seasonal dessert has a lovely flavor profile and pairs well with a warm drink.

**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**

**Quinoa Corn Cake with Tofu Crema**

+ - Ingredients

Egg, corn, thyme, quinoa, parsley, onions, garlic, chive, canola oil, olive oil, low-sodium vegetable base, lime juice, soft tofu, mixed vegetables.

+ - Benefits

This high-fiber savory corn cake blends fresh herbs, generous amount of veggies. It’s absolutely delicious topped with cholesterol lowering tofu crema.

**Dessert**

**Oatmeal Cookie**

+ - Ingredients

Oats, Margarine, Flour, Brown Sugar, Sugar, Eggs, Baking Soda, Vanilla Extract, Cinnamon, Nutmeg

+ - Benefits

The oats in this delicious cookies are a good source of fiber that reduces risk of heart disease.

**Tuesday**

**Soup**

**Caramelized Onion Soup**
+ - Ingredients
Tofu, potatoes, cannellini beans, basil, shallot, garlic, yellow onion, canola/olive oil blend, low-sodium vegetable base.

+ - Benefits
This vegan friendly nutritious soup is high in plant-protein and fiber and is low in fat.

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

**Sprinkle Cookie**

+ - Ingredients
Flour, Sugar, Margarine, Eggs, Rainbow Sprinkles, Vanilla Extract, Baking Powder

+ - Benefits
The sweet taste and soft texture makes this cookie the perfect combination to satisfy your sweet-tooth.
**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**
**Snickerdoodle Cookie**

**Ingredients**
Flour, Margarine, Sugar, Brown Sugar, Eggs, Baking Soda, Vanilla Extract, Cinnamon

**Benefits**
With a kick of cinnamon, this cookie has a distinct flavor, texture, and appearance.

**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

**Orange Creamsicle Cookie**

+ - Ingredients

Flour, Margarine, Sugar, Brown Sugar, Eggs, Vanilla Extract, Baking Powder, Orange Extract, Orange Food Coloring

+ - Benefits

The combination of these classic flavors makes this chewy cookie perfect.

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.
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

Apple Teacake

+ - Ingredients
Flour, Oat Flour, Eggs, Canola/Olive Oil, Water, Sugar, Apples, Molasses, Baking Powder, Cinnamon, Vanilla Extract, Cardamom, Ginger

+ - Benefits
This seasonal dessert has a lovely flavor profile and pairs well with a warm drink.

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**

**Oatmeal Cookie**

**Ingredients**

Oats, Margarine, Flour, Brown Sugar, Sugar, Eggs, Baking Soda, Vanilla Extract, Cinnamon, Nutmeg

**Benefits**

The oats in this delicious cookies are a good source of fiber that reduces risk of heart disease.
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

**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

**Sprinkle Cookie**

+ - Ingredients

Flour, Sugar, Margarine, Eggs, Rainbow Sprinkles, Vanilla Extract, Baking Powder

+ - Benefits

The sweet taste and soft texture makes this cookie the perfect combination to satisfy your sweet-tooth.
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

**Snickerdoodle Cookie**
Ingredients
Flour, Margarine, Sugar, Brown Sugar, Eggs, Baking Soda, Vanilla Extract, Cinnamon

Benefits
With a kick of cinnamon, this cookie has a distinct flavor, texture, and appearance.

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

**Orange Creamsicle Cookie**

+ - Ingredients

Flour, Margarine, Sugar, Brown Sugar, Eggs, Vanilla Extract, Baking Powder, Orange Extract, Orange Food Coloring

+ - Benefits

The combination of these classic flavors makes this chewy cookie perfect.

Entrée

**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.
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

Apple Teacake

+ - Ingredients

Flour, Oat Flour, Eggs, Canola/Olive Oil, Water, Sugar, Apples, Molasses, Baking Powder, Cinnamon, Vanilla Extract, Cardamom, Ginger

+ - Benefits

This seasonal dessert has a lovely flavor profile and pairs well with a warm drink.

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

**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**

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

Portabello 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!

Dessert
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

Since 1985, God’s Love We Deliver has been baking and personalizing a cake for their clients living with serious illness on their birthday. And you can be a part of it!

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 or telephone at 212.294.8103.