BIRCH STREAM FARMS
• Handmade in Maine •



MEAL PLANS

Oct-Dec 2026

SPECIAL DIETARY DEFINITIONS

Heart Friendly : 700mg or less of sodium, less than 30% of calories from fat, less than 10g of saturated fat. Meals meet the American Heart Association Guidelines.
Diabetic Friendly : 70g or less of carbohydrates per entrée. Meals are designed to promote and support healthy eating patterns based upon the recommendations of the American Diabetes Association.
Renal Friendly : 700mg or less of sodium, 830mg or less of potassium, 330mg or less of phosphorus. For individuals on hemodialysis or with Stage 3 or 4 chronic kidney disease.
Gluten Free : Contains no gluten, wheat or related grains. ELISA tested to meet Federal requirements of less than 20ppm of gluten per meal
Vegetarian : Includes no pork, beef, chicken or fish. May include eggs or dairy.
Pureed : Meals designed for those with difficulty swallowing
Low Sodium : 140mg or less of sodium per 100g.
Low Fat : 3g or less of fat per 100g and not more than 30% calories from fat.
Low Saturated Fat : 1g or less per 100g and no more than 10% of calories from saturated fat
Low Cholesterol : 20mg or less per 100g
Lactose Free : Contains no Lactose and is Free of Milk Ingredients.

MEAL CYCLE

Week 1 Menu	Week 2 Menu	Week 3 Menu	Week 4 Menu
NEW LOW SODIUM Hunter Style Chicken in Red Wine & Tomato Sauce with Mushroom & Pepper Rice and Green Beans GF / LF	LOW SODIUM Beef Bolognese with Rotini, Fresh Mozzarella, Green Beans & Carrots	LOW SODIUM Sesame Chicken with Asian Vegetables, White Rice, Broccoli, Cauliflower & Carrots GF / LF	LOW SODIUM Chicken Meatballs with Tomato Cream Sauce, Orzo Pasta & Scandinavian Vegetable Blend
LOW SODIUM Turkey Noodle Casserole with Catalina Vegetable Blend	LOW SODIUM Chicken Breast Strips with Salsa, Southwest Brown Rice & Green Beans GF	LOW SODIUM Southwest Beef, Potato & Cheddar Skillet with Catalina Vegetable Blend GF	LOW SODIUM Breaded Haddock with Roasted Potatoes, Broccoli, Cauliflower & Carrots LF
LOW SODIUM Lasagna Rollette with Marinara, Fresh Mozzarella & Scandinavian Vegetable Blend	NEW LOW SODIUM Pot Roast with Herbed Cream Sauce, Roasted Potatoes & Peas GF	NEW LOW SODIUM Butternut Squash Maple Sweet Potato & Spinach Risotto with Chicken, Broccoli & Cauliflower GF	LOW SODIUM Beef & Sweet Potato Chili with Corn GF / LF
LOW SODIUM Haddock Chowder with Corn GF	LOW SODIUM Turkey Pot Pie with Corn & Zucchini	LOW SODIUM Tortellini with Sundried Tomato, Spinach & Mushroom Cream Sauce with Meadow Vegetable Blend & Peas	LOW SODIUM Apricot Chicken with Vegetable Rice Medley, Zucchini & Peas GF / LF
LOW SODIUM Meatloaf with Tomato Glaze, Sour Cream Mashed Potato & Peas & Corn	NEW LOW SODIUM Pork with Apple & Onion Sauce, Roasted Maple Sweet Potatoes, & Broccoli GF	NEW LOW SODIUM Baked Haddock with Lemon Dill Sauce, Florentine Rice & Peas GF	NEW LOW SODIUM Chicken & Rice Casserole with Catalina Vegetable Blend GF
NEW LOW SODIUM Autumn Chicken Stew Tender Chicken, Potatoes & Vegetables, with Broccoli & Garbanzo Beans GF	NEW LOW SODIUM Breaded Haddock with Brown Rice & Garden Vegetable Medley and 4-Way Vegetable Blend GF	LOW SODIUM Flame Grilled Beef Patty with Onion Gravy, Sour Cream & Cheddar Mashed Potatoes & Green Beans LF	NEW LOW SODIUM Salisbury Steak with Mushroom Gravy, Whole Grain Egg Noodles & Carrots
NEW LOW SODIUM Sweet Chili & Pineapple Pork Riblet with Jasmine Rice & Green Beans GF / LF	LOW SODIUM Ricotta Stuffed Eggplant Rollatini with Marinara & Fresh Mozzarella, Whole Wheat Penne, Peas & Mushrooms	NEW LOW SODIUM Turkey with Cranberry Gravy, Roasted Potato, Green Beans & Garbanzo Beans GF	LOW SODIUM Shells & Cheese with 4-Way Vegetable Medley
Scrambled Eggs Scrambled Eggs with Potatoes, Diced Peaches & Chicken Breakfast Sausage	Waffles Whole Grain Waffle with Blueberry & Apple Sauce, Egg, Sausage	NEW French Toast French Toast with Egg, Sausage, Peaches & Blueberries	Pancakes & Egg Whole Grain Pancakes served with Egg, Sausage and Pears

Nutritional Overview

BF#	DESCRIPTION	LOW FAT	LOW SATURATED FAT	LOW CHOLESTEROL	LOW SODIUM	HEART FRIENDLY	DIABETIC FRIENDLY	RENAL FRIENDLY	GLUTEN FREE	VEGETARIAN	LACTOSE FREE
BF66808	Hunter's Style Chicken	X	X	X	X	X	X	X	X		X
BF66794	Turkey Noodle Casserole		X	X	X	X	X	X			
BF66795	Whole Grain Lasagna Roll	X	X	X	X	X	X			X	
BF66747	Haddock Chowder	X	X	X	X	X	X		X		
BF66786	Meatloaf with Tomato Glaze			X	X		X	X			
BF66809	Autumn Chicken Stew	X	X	X	X	X	X		X		
BF66810	Sweet Chili & Pineapple Pork Riblet			X	X	X	X	X	X		X
BF66987	Scrambled Eggs		X		X		X	X	X		
BF66798	Beef Bolognese	X	X	X	X	X	X	X			
BF66800	Salsa Chicken	X	X	X	X	X	X	X	X		
BF66811	Pot Roast with Herbed Cream Sauce			X	X		X	X	X		
BF66789	Turkey Pot Pie			X	X		X				
BF66812	Pork with Apple Onion Sauce	X	X	X	X		X		X		
BF66813	Breaded Haddock with Brown Rice Medley	X	X	X	X		X		X		
BF66773	Eggplant Rollatini			X	X		X	X		X	
BF60568	Waffles		X			X	X	X			
BF66774	Sesame Chicken	X	X	X	X	X	X	X	X		X
BF66791	Southwest Beef, Potato & Cheddar Skillet			X	X		X		X		

Nutritional Overview Con't...

BF#	DESCRIPTION	LOW FAT	LOW SATURATED FAT	LOW CHOLESTEROL	LOW SODIUM	HEART HEALTHY	DIABETIC FRIENDLY	RENAL FRIENDLY	GLUTEN FREE	VEGETARIAN	LACTOSE FREE
BF66814	Butternut Squash Maple Sweet Potato & Spinach Risotto with Chicken	X	X	X	X	X	X	X	X		
BF66783	Tortellini with Sundried Tomato Cream Sauce	X		X	X	X	X	X		X	
BF66815	Baked Haddock with Lemon Dill Sauce	X	X	X	X	X	X	X	X		
BF66802	Beef Patty with Onion Gravy			X	X		X	X	X		
BF66816	Turkey with Cranberry Gravy	X	X	X	X	X	X		X		
BF66817	French Toast						X				
BF66784	Chicken Meatballs with Tomato Cream Sauce			X	X	X	X	X			
BF66744	Breaded Haddock with Roasted Potatoes	X	X	X	X	X	X	X			X
BF66792	Beef & Sweet Potato Chili	X	X	X	X	X	X		X		X
BF66764	Apricot Chicken	X	X	X	X	X	X	X	X		X
BF66818	Chicken & Rice Casserole	X	X	X	X	X	X	X	X		
BF66819	Salisbury Steak with Mushroom Gravy			X	X		X	X			
BF66779	Shells & Cheese	X	X	X	X	X	X	X		X	
BF60564	Buttermilk Pancakes					X	X	X			