



EmpathyKare Home-Delivered Meals - Client Order Menu

Fresh choices, flexible preferences, and special requests when we can accommodate them.

Client Name:

Delivery Date:

Phone/Email:

BREAKFAST - SELECT 2

- | | |
|---|--|
| ☐ Eggs | ☐ Maple & brown sugar oatmeal |
| ☐ Eggs with cheese | ☐ Rice |
| ☐ Potatoes & bacon | ☐ Grits - limited time |
| ☐ Pancakes | ☐ Frosted Flakes |
| ☐ Chocolate pancakes | ☐ Corn Flakes |
| ☐ Blueberry pancakes | ☐ Apple Jacks |
| ☐ Sausage | ☐ Cheerios |
| ☐ Bacon | ☐ 2% milk |
| ☐ Biscuits | ☐ Whole milk |
| ☐ Biscuits & gravy | ☐ Green/red grapes |
| ☐ Bacon & egg hot pocket | ☐ Orange |
| ☐ Oatmeal | ☐ Mixed fruit cup |

LUNCH / DINNER - CHOOSE 1 PROTEIN

- | | |
|--|---|
| ☐ Chicken or beef tacos | ☐ Grilled chicken breast |
| ☐ Salisbury steak & gravy | ☐ Turkey & gravy |
| ☐ Meatloaf - gravy | ☐ Cornish hen |
| ☐ Meatloaf - tomato sauce | ☐ Fried catfish nuggets |
| ☐ Baked chicken legs | ☐ Baked tilapia |
| ☐ Baked chicken breast | ☐ Lasagna |
| ☐ Baked chicken thighs | ☐ Spaghetti |
| ☐ Oven-crisp chicken legs | ☐ Alfredo - no chicken |
| ☐ Oven-crisp chicken breast | ☐ Chicken Alfredo |
| ☐ Oven-crisp chicken thighs | ☐ Chili - limited time |

CHOOSE 1 SIDE

- | | |
|--|--|
| ☐ Macaroni & cheese | ☐ Sliced potatoes |
| ☐ Dressing | ☐ Brown rice |
| ☐ Baked potato | ☐ White rice |
| ☐ Mashed potatoes | ☐ Chicken rice |

CHOOSE 1 VEGETABLE

- ☐ Green beans
- ☐ Mixed vegetables
- ☐ Glory greens
- ☐ Green peas
- ☐ Broccoli
- ☐ Corn
- ☐ Creamed corn

CHOOSE 1 BREAD / CARB

- ☐ White bread
- ☐ Dinner roll
- ☐ Cornbread (request)

CHOOSE 1 DESSERT

- ☐ Mixed fruit cup
- ☐ Lemon cake
- ☐ Chocolate cake
- ☐ Sour cream cake
- ☐ Chocolate cookies
- ☐ Yoplait yogurt
- ☐ Applesauce

SPECIAL REQUEST / PREFERENCE:

Special requests are welcome. If EmpathyKare can accommodate your request, you will be notified.

Menu selections are subject to change based on availability, client demand, and the continued growth of our meal program.

Thank you for choosing EmpathyKare!

MENU DEADLINE: Tuesday by 4:00 PM for Sunday delivery.

Delivery may change due to weather or other unfavorable conditions; clients will be notified.