



# Comfort Food

**Waffles, Apple Compote  
Turkey Sausage Links,  
Seasoned Breakfast  
Potatoes**

This is just *an example* of the delicious  
Comfort Food meals available.  
There are many other entrees to enjoy.

Delicious, medically  
appropriate meals from:

## 3DCatering

Delivering Delicious Dinners



3D Catering is a program  
of EAAA  
1-800-432-7812  
eaaa.org



# Renal-Friendly

**Grilled Chicken Breast,  
Orange Teriyaki Sauce,  
Sesame Vegetable Rice &  
Mandarin Oranges,  
Cauliflower and Peas**

This is just *an example* of the delicious  
Renal-Friendly meals available.  
There are many other entrees to enjoy.

Delicious, medically  
appropriate meals from:

## 3DCatering

Delivering Delicious Dinners



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## Comfort Food

These hearty meals will take you back to mom's kitchen, and leave you feeling cozy and nostalgic. And they are delicious and satisfying.

We have many other entrée choices available.

Per Serving:		
Serving Size: 1 container	208g	
Calories:	329	
Calories from Fat:	96	
Fat:	10.5 g	14%
Saturated:	2.0 g	10%
+Trans:	0.0 g	
Cholesterol:	20.0 mg	7%
Sodium:	645.5 g	28%
Carbohydrate:	50.0g	18%
Fiber:	1.5 g	6%
Sugars:	15.5 g	
Protein:	18.5 g	

### More Medically Appropriate Meals:

- Heart-Friendly
- Low-Sodium
- Diabetic-Friendly
- Gluten-Free
- Renal-Friendly
- Pureed
- Vegetarian

## Renal-Friendly

With 700mg or less of sodium and 650mg or less of potassium, our meals are specially designed for people on hemodialysis, home dialysis, or peritoneal dialysis.

We have other entrée choices available.

Per Serving:		
Serving Size: 1 container	374g	
Calories:	367	
Calories from Fat:	47	
Fat:	5.5 g	8%
Saturated:	1.0 g	5%
+Trans:	0.0 g	
Cholesterol:	60.0 mg	20%
Sodium:	426.5 mg	18%
Carbohydrate:	50.0 g	17%
Fiber:	6.5 g	26%
Sugars:	17.5 g	
Protein:	30.0 g	

### More Medically Appropriate Meals:

- Heart-Friendly
- Low-Sodium
- Diabetic-Friendly
- Gluten-Free
- Pureed
- Vegetarian
- Comfort Food





# Vegetarian

## Eggplant Parmesan, Pasta, and a California Vegetable Blend

This is just *an example* of the delicious Vegetarian meals available. There are many other entrees to enjoy.

Delicious, medically appropriate meals from:



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# Gluten-Free

## Grilled Chicken Breast, Rib Meat, Wild Rice with Onion & Peas, Garlic Cream Sauce, Diced Carrots and Broccoli Cuts

This is just *an example* of the delicious Gluten-Friendly meals available. There are many other entrees to enjoy.

Delicious, medically appropriate meals from:



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eaaa.org



## Vegetarian

The vegetarian meals do not contain pork, beef, chicken, or fish, and are also heart-friendly, diabetic-friendly, renal-friendly, and low cholesterol.

We have many other entrée choices available.

### Per Serving:

Serving Size: 1 container	390g	
Calories:	440	
Calories from Fat:	144	
Fat:	16.0 g	20%
Saturated:	4.5 g	23%
+Trans:	0.0 g	
Cholesterol:	15.0 mg	5%
Sodium:	976.0 g	31%
Carbohydrate:	58.5g	21%
Fiber:	7.5 g	27%
Sugars:	10. g	
Protein:	15.5 g	

### More Medically Appropriate Meals:

- Heart-Friendly
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## Gluten-Free

The gluten free meals are for customers with a diet restricting gluten, wheat, or related grains.

They are tested to meet FDA requirements of less than 20ppm of gluten per meal.

We have other entrée choices available.

### Per Serving:

Serving Size: 1 container	411g	
Calories:	324	
Calories from Fat:	59	
Fat:	6.5 g	10%
Saturated:	2.0 g	20%
+Trans:	0.0 g	
Cholesterol:	66.5 mg	22%
Sodium:	562.0 mg	23%
Carbohydrate:	38.0 g	13%
Fiber:	10.0 g	40%
Sugars:	8.5 g	
Protein:	29.0 g	

### More Medically Appropriate Meals:

- Heart-Friendly
- Low-Sodium
- Diabetic-Friendly
- Renal-Friendly
- Pureed
- Vegetarian
- Comfort Food