



CLOSSMAN CATERING

a GA Foods Company

Medically Tailored Meals

Personalized nutrition to support your health and well-being.



Condition-Specific Nutrition
Designed for your health needs.



Dietitian Designed
Nutrition you can trust



Chef Inspired
Delicious. Always



Delivered to You
Freshly delivered to your door.



Nourishment. Delivered.

clossmancatering.net

1-513-942-7744



We're Here To Serve You

For us, Ohio is home. Since 1995, we've been providing healthy meals to the homes of seniors, the disabled and disadvantaged people in communities across Ohio. Most recently, we've joined GA Foods, the most trusted and experienced meal benefit solution partner and provider. This allows us to offer even better care, service and nutritional meals.

Your Meal Benefits

Your meals will be delivered to your home. We will call you to set your delivery day. There is no cost to you. Your case manager has already enrolled you

Choose Your Meals Each Week

Your delivery care agent will assist you in choosing meals on a weekly basis. They will help you navigate the available menu options, consider your dietary preferences, restrictions, and nutritional needs, and ensure that the chosen meals align with your preferences and any dietary requirements. If you wish to apply any changes to your meals, you can contact our care center.

Tips

- Each meal box contains several different meals
- Meal boxes will change each delivery giving you lots of variety
- If your health plan allows, you may be able to change your box
- See the menu for all meal box choices
- We offer meals that can be stored in your pantry if your freezer becomes too full



How It Works



1

We'll call you to schedule your delivery day.



2

Your meals are carefully prepared and packed.



3

We deliver to your door on your delivery day.



4

Heat, enjoy, and nourish your health!

Questions? We're here to help!

1-513-942-7744 | referrals@clossmans.com | clossmancatering.net







Be Well

Specially designed to support individuals with:

- Renal Disease
- Heart Conditions
- Liver Disease

Nutrition Targets

-  Protein: $\leq 20\text{g/meal}$
-  Sodium: $\leq 700\text{mg/meal}$
-  Potassium: $\leq 800\text{mg/meal}$
-  Phosphorus: $\leq 350\text{mg/meal}$

Week 1 MTM700046

NY Strip in Mustard Sage Sauce with carrots and diced potatoes.

Golden Pancakes and Peppered Egg with turkey sausage Link, strawberry compote and peach cup.

Meatballs in Tangy Orange Sauce with green beans, white rice and a pear cup.

Stuffed Pasta in Broccoli Cheese Sauce with corn and a pear cup.

Classic Meatloaf with Onion with peas, carrots, diced sweet potatoes and margarine.

Breaded Chicken in Country Pepper Gravy with mixed vegetables, squash medley, Brussels Sprouts and margarine.

Stuffed Pepper Casserole with peas, squash and white rice.





Be Well

Week 2 MTM700047

Herbed Chicken Piccata with carrots, green beans, northern beans with peppers and onions and applesauce.

Twisted Mac & Cheese with mixed vegetables and margarine.

Chicken Mushroom Swiss with green beans, carrots and applesauce.

Egg and Veggie Hash with diced breakfast potatoes with onion, cranberry apples and peach.

Italian-Style Chicken Marinara with green beans, diced potatoes and margarine.

Zesty Spanish Omelet with sweet potatoes and kidney beans.

Bean Burrito with Southwest Sauce with green beans, red peppers, papas con chile and margarine.





Be Well

Week 3 MTM700048

New York Strip with carrots, diced potatoes, ketchup and mustard.

Breaded Chicken in Country Pepper Gravy with mixed vegetables, squash medley, Brussels Sprouts and margarine.

Italian-Style Meatballs with pasta, green beans and a pear cup.

Cheesy Garden Omelet Bake with diced breakfast potatoes and spiced peaches.

Beef Patty in Teriyaki Sauce with mixed vegetables, white rice and a pear cup.

Egg with Sausage Country Pepper Gravy with diced breakfast potatoes, maple cinnamon apples and a pear cup.

NY Strip in Picadillo Sauce with confetti corn, green beans and margarine.





Be Well

Week 4 MTM700049

Rustic Chicken & Stuffed Pasta Pot Pie with mixed vegetables, cinnamon applesauce and a pear cup.

Shrimp Alfredo Tuscana over pasta with green beans, red peppers and applesauce.

Western-Style Omelet with diced breakfast potatoes, cinnamon applesauce and mixed fruit cup,

Three Cheese Mac & Cheese with green beans, parsleyed carrots and a peach cup.

Rancheros Cheese Omelet with diced breakfast potatoes, onion, cranberry pears and a peach cup.

Mexican Bean Burrito with Queso, carrots and corn.

Batter-Dipped Crispy Fish Nuggets with carrots, green beans, red peppers and tartar sauce.

Be Well Highlights



Renal Friendly

Lower in protein, sodium, potassium and phosphorus.



Heart Friendly

Heart conscious meals to support heart health.



Liver Friendly

Designed to support liver health and overall wellness.



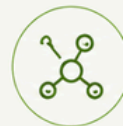
Controlled Sodium

Sodium levels carefully managed in every meal.



Controlled Potassium

Potassium amounts tailored for your needs.



Controlled Phosphorus

Phosphorus consciously balanced.







Be Well High Protein

Specially designed to support individuals with:

- Renal Disease on Dialysis
- Heart Conditions
- Liver Disease

Nutrition Targets

-  Protein: $\leq 23\text{-}35\text{g/meal}$
-  Sodium: $\leq 700\text{mg/meal}$
-  Potassium: $\leq 900\text{mg/meal}$
-  Phosphorus: $\leq 350\text{mg/meal}$

Week 1 MTM700050 *All meals served with 2 Slices of seven grain bread.*

NY Strip in Mustard Sage Sauce with carrots and diced potatoes.

Golden Pancakes and Peppered Egg with turkey sausage Link, strawberry compote and peach cup.

Meatballs in Tangy Orange Sauce with green beans, white rice and a pear cup.

Stuffed Pasta in Broccoli Cheese Sauce with corn and a pear cup.

Classic Meatloaf with Onion with peas, carrots, diced sweet potatoes and margarine.

Breaded Chicken in Country Pepper Gravy with mixed vegetables, squash medley, Brussels Sprouts and margarine.

Suffed Pepper Casserole with peas, squash and white rice.





Be Well High Protein

Week 2 MTM700051 *All meals served with 2 Slices of seven grain bread.*

Herbed Chicken Piccata with carrots, green beans, northern beans with peppers and onions and applesauce.

Twisted Mac & Cheese with mixed vegetables and margarine.

Chicken Mushroom Swiss with green beans, carrots and applesauce.

Egg and Veggie Hash with diced breakfast potatoes with onion, cranberry apples and a peach cup.

Italian-Style Chicken Marinara with green beans, diced potatoes and margarine.

Zesty Spanish Omelet with sweet potatoes and kidney beans.

Bean Burrito with Southwest Sauce with green beans, red peppers, papas con chile and margarine.





Be Well High Protein

Week 3 MTM700052 *All meals served with 2 Slices of seven grain bread.*

New York Strip with carrots, diced potatoes, ketchup and mustard.

Breaded Chicken in Country Pepper Gravy with mixed vegetables, squash medley, Brussels Sprouts and margarine.

Italian-Style Meatballs with pasta, green beans and a pear cup.

Cheesy Garden Omelet Bake with diced breakfast potatoes and spiced peaches.

Beef Patty in Teriyaki Sauce with mixed vegetables, white rice and a pear cup.

Egg with Sausage Country Pepper Gravy with diced breakfast potatoes, maple cinnamon apples and a pear cup.

NY Strip in Picadillo Sauce with confetti corn, green beans and margarine.





Be Well High Protein

Week 4 MTM700053 *All meals served with 2 Slices of seven grain bread.*

Rustic Chicken & Stuffed Pasta Pot Pie with mixed vegetables, cinnamon applesauce and a pear cup.

Shrimp Alfredo Tuscana over pasta with green beans, red peppers and applesauce.

Western-Style Omelet with diced breakfast potatoes, cinnamon applesauce and mixed fruit cup,

Three Cheese Mac & Cheese with green beans, parslid carrots and a peach cup.

Rancheros Cheese Omelet with diced breakfast potatoes, onion, cranberry pears and a peach cup.

Mexican Bean Burrito with Queso, carrots and corn.

Batter-Dipped Crispy Fish Nuggets with carrots, green beans, red peppers and tartar sauce.

Be Well High Protein Highlights



High Protein Support

23–35g of protein per meal to help maintain strength and muscle health.



Dialysis Friendly

Designed for individuals managing renal disease while on dialysis.



Heart Friendly

Thoughtfully balanced meals that support cardiovascular health.



Controlled Sodium

700mg or less per meal to help support healthy fluid balance.



Controlled Potassium

Potassium levels carefully managed for renal health needs.



Controlled Phosphorus

Phosphorus-conscious meals designed to support kidney health.



Be Well Gluten-Free Friendly

Specially designed to support individuals with:

- Renal Disease
- Heart Conditions
- Liver Disease
- Gluten Sensitivities

Nutrition Targets



Protein: $\leq 20\text{g/meal}$



Sodium: $\leq 700\text{mg/meal}$



Potassium: $\leq 800\text{mg/meal}$



Phosphorus: $\leq 350\text{mg/meal}$

Week 1 MTM700054

Egg and Veggie Hash with diced breakfast potatoes with onion, cranberry apples and a peach cup.

Herbed Chicken Piccata with carrots, green beans, northern beans with peppers and onions and applesauce.

Egg with Sausage Country Pepper Gravy with diced breakfast potatoes, maple cinnamon apples and a pear cup.

Chicken Mushroom Swiss with green beans, carrots and applesauce.

Zesty Spanish Omelet with sweet potatoes and kidney beans.

Classic Meatloaf with Onion with peas, carrots, diced sweet potatoes and margarine.

Western-Style Omelet with diced breakfast potatoes, cinnamon applesauce and pear cup.





Be Well Gluten-Free Friendly

Week 2 MTM700055

Rancheros Cheese Omelet with diced breakfast potatoes, onion, cranberry pears and a peach cup.

Classic Meatloaf with Onion with peas, carrots, diced sweet potatoes and margarine.

Western-Style Omelet with diced breakfast potatoes, cinnamon applesauce and mixed fruit cup,

Herbed Chicken Piccata with carrots, green beans, northern beans with peppers and onions and applesauce.

Egg and Veggie Hash with diced breakfast potatoes with onion, cranberry apples and a pear cup.

Chicken Mushroom Swiss with green beans, carrots and applesauce.

Zesty Spanish Omelet with sweet potatoes and kidney beans.

Gluten-free friendly highlights



Gluten-Free Friendly

Meals prepared without gluten-containing ingredients.



Heart Friendly

Heart-conscious meals that support cardiovascular health.



Renal Friendly

Balanced nutrition designed for kidney health needs.



Liver Friendly

Designed to support liver health and overall well-being.



Controlled Sodium

700mg or less per meal to help support healthy fluid balance.



Controlled Phosphorus

Phosphorus-conscious meals tailored for kidney health support.



Be Healthy

Specially designed to support individuals with:

- Diabetes
- Obesity
- Cardiac Diseases and more.

Nutrition Targets



Protein: $\leq 20\text{g}/\text{meal}$



Sodium: $\leq 700\text{mg}/\text{meal}$



Potassium: $\leq 800\text{mg}/\text{meal}$



Phosphorus: $\leq 350\text{mg}/\text{meal}$

Week 1 MTM700038

Sweet & Sour Pork with corn, fried rice, whole wheat bread and pear cup.

Creamy Stroganoff Casserole with Brussel Sprouts, carrots, whole wheat bread and non-fat dry milk.

Meatballs in Tangy Orange Sauce with green beans, white rice, whole wheat bread, mixed fruit cup and margarine x 2

Classic Meatloaf with Onion with peas, carrots, diced sweet potatoes, whole wheat bread, margarine x 2, pear cup and non-fat dry milk.

BBQ-Glazed Pork Riblet with mixed vegetables, garlic mashed potatoes, whole wheat bread and margarine x 2.

Stuffed Pepper Casserole with squash, peas, white rice, whole grain roll and margarine x 2.

Breaded Chicken in Country Pepper Gravy with mixed vegetables, squash medley, Brussels Sprouts, whole wheat bread, raisins and margarine cup x 2.





Be Healthy

Week 2 MTM700039

General Tso's Chicken with peas, carrots, gingered rice, whole wheat bread, peanuts, margarine and non-fat dry milk.

Twisted Mac & Cheese with mixed vegetables, peanuts and non-fat dry milk.

Chicken Mushroom Swiss with green beans, carrots, whole wheat bread, margarine cup, granola bar and fruit cup.

Sweet & Sour Glazed Fish with edamame, gingered brown rice and mixed fruit cup.

Italian-Style Chicken Marinara with green beans, diced potatoes, margarine cup, whole wheat bread and non-fat dry milk..

Zesty Spanish Omelet with sweet potatoes, kidney beans whole wheat bread, margarine cup and granola bar.

Creole-Style Fish Nuggets with green beans, red peppers, brown rice and applesauce.





Be Healthy

Week 3 MTM700040

Italian-Style Meatballs on Pasta with green beans, whole grain bread and margarine cup.

Hearty Meatloaf in Tomato Braise with parslied mashed potatoes, whole grain bread, margarine cup and peach cup.

Pork Chop Patty in Savory Sofrito with green peas, sweet potatoes, whole grain bread and margarine cup.

Egg with Sausage Country Pepper Gravy with diced breakfast potatoes, maple cinnamon apples, whole grain bread and mixed fruit.

Pasta Bolognese with italian vegetables, whole grain bread and margarine cups x 2.

Homestyle Pork Chop in Gravy with Brussels Sprouts, parslied mashed potatoes, whole wheat bread, peach cup and non-fat dry milk.

Beef Patty in Teriyaki Sauce with mixed vegetables, white rice, whole wheat bread, margarine cup, mixed fruit and non-fat dry milk.





Be Healthy

Week 4 MTM700041

Rustic Chicken & Stuffed Pasta Pot Pie with mixed vegetables, cinnamon applesauce, peanuts and whole grain bread.

Shrimp Alfredo Tuscana over pasta with green beans, red peppers, whole grain bread and peanuts.

Chicken Fiesta Taco Bowl over fried rice, stewed tomatoes, corn, peanuts and pear cup.

Manicotti with Tomato Sauce with mixed vegetables, whole grain bread, peanuts and non-fat dry milk.

Aromatic Chicken Tikka Masala with broccoli, brown rice, whole grain bread, margarine cups x 2 and granola bar.

Batter-Dipped Crispy Fish Nuggets with carrots, green beans, red peppers, whole grain bread and tartar sauce.

Chicken Pasta Fagioli with poached pears, whole grain bread, peanut butter and non-fat dry milk.

Be Healthy Highlights



Blood Sugar Friendly

Balanced meals designed to support healthy glucose management.



Heart Friendly

Heart-conscious nutrition that supports cardiovascular wellness.



Weight Management

Portion-controlled meals that support healthy weight goals.



Balanced Nutrition

Carefully selected ingredients for everyday wellness.



Controlled Sodium

700mg or less per meal to help support heart health.



Whole Grain Focused

Includes fiber-rich whole grains to support overall health.



Be Healthy

Breakfast MTM700001

Zesty Spanish Omelet with sweet potatoes, kidney beans, whole wheat bread, margarine cup and granola bar.

Oatmeal with peanut butter, Nature Valley Granola Bar, whole wheat bread, margarine, and non-fat dry milk.

Egg and Veggie Hash with diced breakfast potatoes, cranberry apples, whole wheat bread, margarine, and non-fat dry milk.

Raisin Bran Cereal with whole wheat bread, margarine, peanuts, pear cup, and non-fat dry milk.

Egg with Sausage Country Pepper Gravy with breakfast potatoes, mapple cinnamon apples, whole wheat bread, mixed fruit cup, and non-fat dry milk.

Toasted Oats Cereal with whole wheat bread, peanut butter, Nature Valley Granola Bar, and non-fat dry milk x 2.

Golden Pancakes & Peppered Egg with turkey sausage link, strawberry compote, whole wheat bread, margarine x 2, and All Bran Cereal.







High-Calorie, High-Protein

Specially designed to support individuals with:

- Cancer
- HIV
- AIDS
- Wound Healing
- Surgical recovery
- Malnutrition
- Failure to thrive

Nutrition Targets

 Protein: ≤ 20g/meal

 >700 calories

Week 1 MTM700042

Sweet & Sour Pork with corn, fried rice, whole grain bread, margarine, citrus fruit cup, and non-fat dry milk.

Creamy Stroganoff Casserole with Brussels Sprouts, carrots, whole grain bread, margarine x 2, applesauce, and non-fat dry milk.

Meatballs in Tangy Orange Sauce with green beans, white rice, whole grain bread, citrus fruit cup, apple juice, and non-fat dry milk.

Classic Meatloaf with Onion with peas, carrots, diced sweet potatoes, whole grain hamburger bun, ketchup x 2, peanuts, and non-fat dry milk.

BBQ-Glazed Pork Riblet with mixed vegetables, garlic mashed potatoes, whole grain bread, margarine x 2, and non-fat dry milk.

Western-Style Omelet with diced breakfast potatoes, cinnamon applesauce, whole grain bread, oatmeal, and non-fat dry milk.

Breaded Chicken in Country Pepper Gravy with mixed vegetables, squash medley, Brussels Sprouts, whole grain bread, sunflower kernels, and non-fat dry milk.



High-Calorie, High-Protein

Week 2 MTM700043

General Tso's Chicken with peas, carrots, gingered rice, whole wheat bread, margarine, sunflower kernels, non-fat dry milk, and blended juice.

Twisted Mac & Cheese with mixed vegetables, peanut butter, whole grain bread, non-fat dry milk, and apple juice.

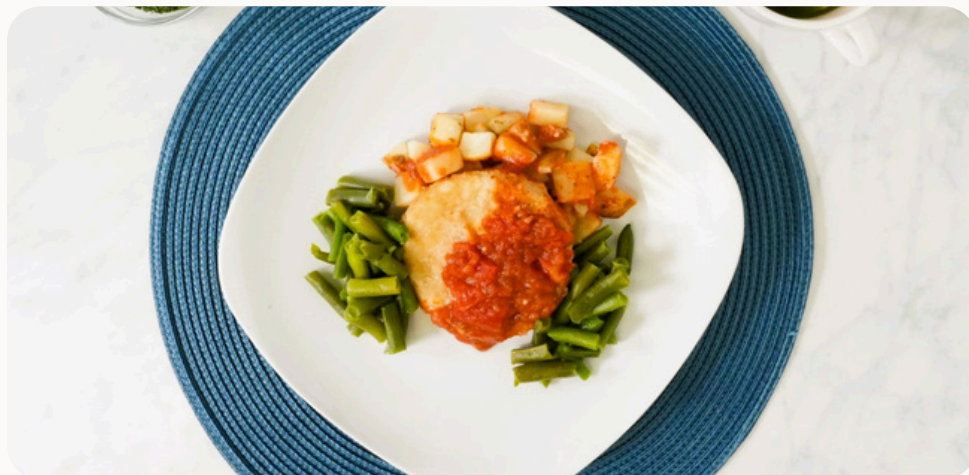
Chicken Mushroom Swiss with green beans, carrots, whole grain bread, peanuts, non-fat dry milk, and blended juice.

Bean Burrito with Southwest Sauce with green beans, red peppers, papas con chile, sunflower kernels, and non-fat dry milk.

Italian-Style Chicken Marinara with green beans, diced potatoes, margarine cup, whole wheat bread and non-fat dry milk.

Zesty Spanish Omelet with sweet potatoes, kidney beans whole grain bread, peanuts, and non-fat dry milk.

Hearty Oatmeal Bowl with mixed berry compote, sweet potato hash, whole grain bread, margarine, non-fat dry milk, and blended juice.





High-Calorie, High-Protein

Week 3 MTM700044

Italian-Style Meatballs on Pasta with green beans, whole grain bread, margarine cup x 2, Nature Valley Granola Bar, and non-fat dry milk.

Hearty Meatloaf in Tomato Braise with parslied mashed potatoes, whole grain bread, sunflower kernels, and non-fat dry milk.

Pork Chop Patty in Savory Sofrito with green peas, sweet potatoes, whole grain bread, margarine cup x 2, citrus fruit cup, and non-fat dry milk.

Stuffed Pasta in Broccoli Cheese Sauce with corn, whole grain bread, peanuts, non-fat dry milk, and blended juice.

Pasta Bolognese with italian vegetables, whole grain bread, margarine, citrus fruit cup, and non-fat dry milk.

Homestyle Pork Chop in Gravy with Brussels Sprouts, parslied mashed potatoes, whole grain bread, peanuts, and non-fat dry milk.

Beef Patty in Teriyaki Sauce with mixed vegetables, white rice, whole grain bread, margarine cup x 2, Nature Valley Granola Bar, and non-fat dry milk.





High-Calorie, High-Protein

Week 4 MTM700045

Rustic Chicken & Stuffed Pasta Pot Pie with mixed vegetables, cinnamon applesauce, peanuts, whole grain bread, non-fat dry milk, and blended juice.

Three Cheese Macaroni & Cheese with green beans, parslied carrots, whole grain bread, margarine x 2, citrus fruit cup, and non-fat dry milk.

Chicken Fiesta Taco Bowl over brown rice, stewed tomatoes, corn, whole grain bread, peanuts, and non-fat dry milk.

Manicotti with Tomato Sauce with mixed vegetables, whole grain bread, margarine x 2, sunflower kernels, and non-fat dry milk.

Aromatic Chicken Tikka Masala with broccoli, brown rice, whole grain bread, margarine x 2, peanuts, non-fat dry milk.

Batter-Dipped Crispy Fish Nuggets with carrots, green beans, red peppers, whole grain bread, tartar sauce, sunflower kernels, and non-fat dry milk.

Chicken Pasta Fagioli with poached pears, whole grain bread, margarine x 2, and sunflower kernels.

High-Calorie, High-Protein Highlights



Muscle Support

High-protein meals designed to help maintain muscle strength and recovery.



High-Calorie Nutrition

700+ calories per meal to help meet increased energy needs.



Wound Healing Support

Balanced nutrition to support healing and tissue repair.



Recovery Focused

Designed to support recovery after illness or surgery.



Nutrient Dense

Every meal is packed with protein, calories, and essential nutrients.



Whole Grain Focused

Includes whole grains and nutrient-rich ingredients for overall wellness.



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