

About the Salem GNU-2-U Meal Program

During these uncertain times, Salem GNU-2-U has launched an affordable homemade meal delivery program to continue serving our community and those in need. We are committed to providing affordable meals with quality, wholesome ingredients, fresh produce and low salt/preservatives to allow for minimum dietary restrictions. Your safety, and the safety of our staff is of utmost importance, which is why we will be delivering your meals to your door; we cannot come into your building or home. We thank you for your continued support – we simply wouldn't be us without you!

Heating Instructions for Biscuits & Scones:

Preheat oven to 350°. Remove any plastic and cover with foil. Remove foil for a crispier offering.

Cook for 10-15 minutes or until heated to desired temperature.

- Biscuits** Ingredients: Flour, sugar, baking soda, baking powder, salt, butter, milk, sour cream, cheese, scallions, salt, pepper, bacon, chives
- Scones/Rock Cakes** Ingredients: Flour, sugar, b-soda, b-powder, salt, butter, milk, sour cream, eggs
- Orange Sponge Cake** Ingredients: Eggs, sugar, water, flour, baking powder, lemon extract, orange zest + juice
- French Rolls** Ingredients: Flour, water, yeast, butter, salt (Bake 5 minutes)

Heating Instructions for Entrees:

Oven-Ready Meals: Preheat the oven to 350°. Remove plastic and cover with foil. Cook for 45-60 minutes or until hot.

Mac & Cheese heat for 20-30 minutes; Quiche heat for 30-45 minutes.

Microwave Instructions: Remove lid and place loosely on for venting. Heat for 3-4 minutes, or until desired temperature is reached.

- Vegetable Quiche** Ingredients: Salt, sugar, milk, shortening, flour, assorted vegetables, cheese
- Lorraine Quiche** Ingredients: Salt, sugar, milk, shortening, flour, onion, bacon, cheese, vegetables
- Turkey Dinner** Ingredients: Turkey meat, chicken stock, flour, salt, pepper, olive oil, vegetables, stuffing (onions, garlic, spices, celery), cranberry sauce.
- Chicken Pot Pie** Ingredients: Chicken meat, chicken stock, flour, peas, carrots, celery, shortening, salt, pepper, olive oil, milk, potatoes, vegetables, butter, thyme, celery
- Steak Pot Pie** Ingredients: Steak, beef stock, flour, carrots, potatoes, celery, shortening, butter, onion, garlic, salt + pepper
- Potato Pie** Ingredients: flour, butter, shortening, salt, onion, cheese, potatoes, eggs, heavy cream, thyme, cayenne, Salt, pepper, egg
- Mac & Cheese** Ingredients: Pasta, cheese, milk, heavy cream, onion, smoked paprika
Chef Tip: remove from container, place in a microwave safe bowl, and cover with saran wrap. Microwave on high for 3-5 minutes
- Chicken Cordon Bleu** Ingredients: Chicken, salt, pepper, garlic, onion, Swiss Cheese, Ham, vegetable oil, flour, eggs, bread crumbs, milk, mustard, parmesan cheese
- American Chop Suey** Ingredients: Olive oil, onion, green pepper, beef, garlic, paprika, tomatoes, sugar, cinnamon,

pasta, salt + pepper

Chicken Broccoli Alfredo. Ingredients: garlic, olive oil, heavy cream, parmesan cheese, salt, pasta, chicken, herbs, broccoli

Chicken Tikka Masala : Ingredients: chicken, yogurt, Indian spices, lemon, pepper, salt, ginger, butter, onion, serrano chile, tomato, green pepper, heavy cream, coconut milk

Spaghetti & Meatballs: Ingredients: Pasta, beef, pork, spices, salt, pepper, pasta sauce (onions, spices, garlic, tomatoes), parmesan cheese, mozzarella cheese, assorted vegetables

Ham Dinner: Ingredients: Ham, salt, pepper, pineapple, apple juice, raisins, vegetables, potatoes

Chicken Marsala Ingredients: Chicken, flour, oil, butter, mushrooms, garlic, thyme, shallots, white wine, potatoes, vegetables

Meatloaf Ingredients: hamburger, onions, flour, eggs, Worcestershire sauce, bread, spices, milk, butter, tomato paste, vegetables, starch

Sausage, Peppers & Onions Ingredients: Italian sausage, peppers, onions, red sauce, spices, salt, pepper, starch, vegetable

Cottage Pie Ingredients: Beef, salt, pepper, garlic, onion, peas, carrots, corn, potatoes, milk, butter, chicken stock

Pesto Chicken Pasta Ingredients: Olive oil, garlic, heavy cream, parmesan, basil, cashews, salt, pepper, chicken, herbs, pasta

Curried Vegan “Shepherds’ Pie”: Ingredients: Olive Oil, peas, carrots, corn, green beans, sweet potato, coconut milk, sugar, salt, yellow curry

Stuffed Peppers: Ingredients: Olive oil, onion, walnuts, garlic, tomato, cayenne, cumin, turmeric, paprika, white wine, salt, pepper, beef, pork, white rice, raisins, parmesan, bell peppers

Heating Instructions for Soups:

Stovetop: Remove from the container and place in a saucepot. Cook over low-medium heat until hot. Stir occasionally.

Microwave Instructions: Remove from container and put into microwave safe bowl. Cook for 3-5 minutes or until hot

Beef Stew Ingredients: Beef, potatoes, celery, carrots, onions, thyme, garlic, salt, pepper, beef stock, Worcestershire sauce, spices, flour, butter

Chicken & Rice Soup Ingredients: Chicken stock (chicken, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), chicken, carrots, celery, onions, white rice, corn, peas, sea salt, parsley, basil, spices.

Bacon Corn Chowder Ingredients: corn, cream, flour, soy, potatoes, bacon, sugar, milk, salt, spices

Tomato Soup: Ingredients: Olive oil, butter, red pepper flakes, carrots, onion, garlic, basil, tomato, chicken stock , sugar, salt, pepper, heavy cream

Leek + Potato Soup: Ingredients: Bacon, leek, onion, garlic, red wine vinegar, potatoes, chicken stock, heavy cream, white pepper, salt, scallions, cheese

French Onion Soup: Ingredients: butter, vegetable oil, onions, salt, pepper, sugar, white wine, beef broth, thyme, bay leaves, baguette (flour, water, yeast, salt), garlic, sherry, cheese

Mulled Cider + Onion Soup: Ingredients: butter, onion, garlic, apple cider, potato, thyme, chicken stock, heavy cream, apple, baguette, cheese, scallions