

Arroz Con Pollo & Green Beans

INGREDIENTS: Chicken, Rice, Onion, Pepper, Cilantro, Broccoli, Olive/Green, Celery, Garlic, Chicken Base, Salt, Yellow Rice Seasoning (Monosodium Glutamate, Salt, Spices, Garlic, Egg Shade/Salt, Yellow 5, Yellow 6, Red 40), Tricalcium Phosphate, Green Beans.

ALLERGENS: Eggs

Nutrition Facts

Serving Size: 1 meal (396.8g)

Servings: 1

Amount Per Serving

Calories 330

Calories from Fat 40

% Daily Value*

Total Fat 4.5g

7%

Saturated Fat 1g

5%

Trans Fat 0g

Cholesterol 70mg

23%

Sodium 330mg

14%

Total Carbohydrate 49g

16%

Dietary Fiber 4g

16%

Sugars 4g

Protein 23g

Vitamin A 10%



Vitamin C 30%

Calcium 10%



Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet.

Baked Chicken, Rice & Carrots

INGREDIENTS: Chicken Thigh, Salt, Pepper, Garlic Powder, Onion Powder, Vegetable Oil, Rice, Carrots.

Nutrition Facts

Serving Size: 1 meal (396.3g)

Servings: 1

Amount Per Serving

Calories 640

Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 145mg 48%

Sodium 220mg 9%

Total Carbohydrate 99g 33%

Dietary Fiber 3g 12%

Sugars 5g

Protein 43g

Vitamin A 400% • Vitamin C 40%

Calcium 25% • Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet.

Baked Fish, Cheese Shells & Broccoli

INGREDIENTS: Atlantic Pollack, Butter Light, Salt Free Seasoning (Pepper, Basil, Oregano, Celery Seed, Dill Weed, Sage, Bay Leaves and Turmeric, Garlic, Onion, Carrots, Citric Acid, Sesame Seeds, Red Bell Peppers Orange Peel, Parsley Flakes, Corn Starch, Lemon Peel), Shells & Cheese (Wheat Semolina, Niacin, Iron, Thiamine, Riboflavin, Folic Acid/Cheese Whey, Soybean Oil, Modified Food Starch, Cheese), Salt, Sodium Phosphate, Natural Flavors, Monosodium Glutamate, Color added, Lactic and Citric Acids, Broccoli Cuts.

ALLERGENS: Fish, Wheat, Milk, Soy

Nutrition Facts

Serving Size: 1 meal (421.8g)

Servings: 1

Amount Per Serving

Calories 590

Calories from Fat 60

% Daily Value*

Total Fat 6g **10%**

Saturated Fat 0.5g **3%**

Trans Fat 1g

Cholesterol 75mg **25%**

Sodium 340mg **14%**

Total Carbohydrate 89g **30%**

Dietary Fiber 8g **32%**

Sugars 5g

Protein 45g

Vitamin A 25% • Vitamin C 80%

Calcium 8% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Baked Salmon, Rotini, & Broccoli

INGREDIENTS: Salmon, Blackfish Seasoning (Salt, Paprika, Spices, Garlic, Onion, Calcium Stearate, Calcium Silicate), Butter Flavor Oil, Tricolor Rotini (Durum Wheat Semolina, Niacin, Iron, Thaimine, Riboflavin, Folic Acid, Olive Oil, Basil, Pimento, Broccoli, Lemon Juice.

ALLERGENS: Fish, Wheat

Nutrition Facts

Serving Size: 1 meal (397.5g)

Servings: 1

Amount Per Serving

Calories 790

Calories from Fat 220

% Daily Value*

Total Fat 25g **38%**

Saturated Fat 5g **26%**

Trans Fat 0g

Cholesterol 90mg **30%**

Sodium 125mg **5%**

Total Carbohydrate 88g **29%**

Dietary Fiber 8g **32%**

Sugars 2g

Protein 53g

Vitamin A 25%

● Vitamin C 90%

Calcium 8%

● Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

BBQ Pork Roast, Macaroni & Cheese, Green Beans

INGREDIENTS: Pork Loin, Salt, Pepper, Garlic, Paprika, Barbecue Sauce (Water, Fructose, Vegetable Oil, Vinegar, Molasses, Salt, Worcestershire Base, Garlic Powder, Caramel Color), Macaroni (Durum Wheat Semolina, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), and Cheese (Water, Partially Hydrogenated Soybean Oil, Aged Cheddar Cheese, Corn Starch, Sodium Phosphate, Acid Whey, Citric Acid), Green Beans.

ALLERGENS: Wheat, Milk, Soy

Nutrition Facts

Serving Size: 1 meal (449.7g)

Servings: 1

Amount Per Serving

Calories 850

Calories from Fat 250

% Daily Value*

Total Fat 27g

42%

Saturated Fat 8g

41%

Trans Fat 1g

Cholesterol 115mg

38%

Sodium 600mg

25%

Total Carbohydrate 90g

30%

Dietary Fiber 6g

24%

Sugars 16g

Protein 44g

Vitamin A 0%



Vitamin C 10%

Calcium 6%



Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet.

Beef Barley Soup

INGREDIENTS: Water, Beef Base, Chuck Beef, Barley, Mixed Vegetables (Carrots, Corn, Green Beans, Peas), Black Pepper, Garlic Powder, Green Beans, Oyster Crackers (Unbleached Wheat Flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda).

ALLERGENS: Wheat

Nutrition Facts

Serving Size: 1 meal (468.4g)

Servings: 1

Amount Per Serving

Calories 440

Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 110mg **36%**

Sodium 770mg **32%**

Total Carbohydrate 42g **14%**

Dietary Fiber 6g **24%**

Sugars 7g

Protein 44g

Vitamin A 25%



Vitamin C 6%

Calcium 8%



Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet.

Beef Stroganoff & Green Peas

INGREDIENTS: Ground Beef, Salt, Pepper, Garlic, Sour Cream, Mushrooms, Butter, Flour, Parsley, Egg Noodles (Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Peas.

ALLERGENS: Wheat, Egg, Milk

Nutrition Facts

Serving Size: 1 meal (396.8g)

Servings: 1

Amount Per Serving

Calories 660

Calories from Fat 140

% Daily Value*

Total Fat 16g **24%**

Saturated Fat 7g **33%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 520mg **22%**

Total Carbohydrate 96g **32%**

Dietary Fiber 14g **58%**

Sugars 15g

Protein 32g

Vitamin A 100%

● Vitamin C 45%

Calcium 8%

● Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet.

Beef Tips, Egg Noodles & Green Beans

INGREDIENTS: Beef / Bottom Round, Mushrooms, Beef Base, Salt, Pepper, Garlic, Kitchen Bouquet, Corn Starch, Egg Noodle (Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Green Beans.

ALLERGENS: Wheat, Egg

Nutrition Facts

Serving Size: 1 meal (396.8g)

Servings: 1

Amount Per Serving

Calories 550

Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2.5g **11%**

Trans Fat 0g

Cholesterol 165mg **55%**

Sodium 460mg **19%**

Total Carbohydrate 84g **28%**

Dietary Fiber 6g **25%**

Sugars 3g

Protein 37g

Vitamin A 0%



Vitamin C 6%

Calcium 2%



Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet.

Biscuits & Sausage Gravy

INGREDIENTS: Biscuit (Flour, Water, Partially Hydrogenated Soybean and Cottonseed Oils, Leavening, Salt, Buttermilk, Dextrose, Sugar, Wheat Starch, Natural and Artificial Flavors, Calcium Carbonate, Potassium Sorbate, Guar Gum, Eggs, Xanthan Gum), Country Sausage Gravy (Ground Pork, Water, Sage, Salt, Pepper, Garlic, Dried Milk, Flour), Butter.

ALLERGENS: Eggs, Milk, Soy, Wheat

Nutrition Facts

Serving Size: 1 meal (330.1g)

Servings: 1

Amount Per Serving

Calories 940

Calories from Fat 380

% Daily Value*

Total Fat 43g

66%

Saturated Fat 20g

100%

Trans Fat 0g

Cholesterol 70mg

23%

Sodium 2190mg

91%

Total Carbohydrate 95g

32%

Dietary Fiber 0g

2%

Sugars 29g

Protein 42g

Vitamin A 20%



Vitamin C 4%

Calcium 70%



Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet.

Cheese Omelet, Sausage Patties & Tater Tots

INGREDIENTS: Egg (Whole Eggs, Non Fat Milk, Modified Food Starch, Cream Cheese, Corn Oil, Salt, Xanthan Gum, Guar Gum, Butter Flavor, Pepper, Citric Acid), Cheddar Cheese (Monterey Jack and Yellow Cheddar Cheese, Pasteurized Cultured Milk, Salt, Enzymes, Natural Annatto Color, Anti-Caking agent), Tater Tots (Potatoes, Vegetable Oil, Dextrose, Modified Cellulose, Natural Flavor, Salt), Sausage (Chicken, Nutmeg, Sage, Black Pepper, White Pepper, Salt, Meat Tenderizer, Sugar, Apple Juice).

ALLERGENS: Eggs, Milk

Nutrition Facts

Serving Size: 1 meal (300.0g)

Servings: 1

Amount Per Serving

Calories 410

Calories from Fat 180

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 6g **32%**

Trans Fat 0g

Cholesterol 350mg **116%**

Sodium 1220mg **51%**

Total Carbohydrate 22g **7%**

Dietary Fiber 2g **8%**

Sugars 4g

Protein 32g

Vitamin A 15%



Vitamin C 6%

Calcium 15%



Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Cheese Ravioli & Green Beans

INGREDIENTS: Cheese Ravioli (Ricotta Cheese Durum Flour, Mozzarella Cheese, Eggs, Egg Whites, Romano Cheese, Salt, Spices), Marinara Sauce (Tomatoes, Tomato Puree, Extra Virgin Olive Oil, Sugar, Garlic Puree, Dehydrated Onions, Salt, Food Starch Modified, Citric Acid, Spices), Mozzarella Cheese (Pasteurized Milk, Cheese Cultures, Salt Enzymes, Non Fat Milk), Green Beans.

ALLERGENS: Milk, Wheat, Egg.

Nutrition Facts

Serving Size: 1 meal (402.7g)

Servings: 1

Amount Per Serving

Calories 560

Calories from Fat 230

% Daily Value*

Total Fat 26g 40%

Saturated Fat 15g 75%

Trans Fat 0g

Cholesterol 110mg 36%

Sodium 1100mg 46%

Total Carbohydrate 50g 17%

Dietary Fiber 5g 19%

Sugars 9g

Protein 29g

Vitamin A 30%



Vitamin C 25%

Calcium 60%



Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Chicken & Broccoli, Egg Noodles, Carrots

INGREDIENTS: Chicken, Salt, Garlic Powder, Teriyaki Sauce, Chicken Base, Corn Starch, Broccoli, Egg Noodles (Duram Flour, Whole Eggs, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Carrots.

ALLERGENS: Eggs, Wheat.

Nutrition Facts

Serving Size: 1 meal (396.8g)

Servings: 1

Amount Per Serving

Calories 580

Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2g **9%**

Trans Fat 0g

Cholesterol 200mg **66%**

Sodium 580mg **24%**

Total Carbohydrate 90g **30%**

Dietary Fiber 8g **33%**

Sugars 6g

Protein 39g

Vitamin A 390% • Vitamin C 30%

Calcium 6% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Chicken, Angel Hair Pasta & Scandinavian Blend Vegetables

INGREDIENTS: Chicken Thigh Meat, Garlic Powder, Black Pepper, Salt, Vegetable Oil, Chicken Base, Angel Hair Pasta (Durum Wheat Semolina), Scandinavian Blend Vegetables (Peas, Green Beans, Zucchini, Carrots, Onion).

ALLERGENS: Eggs, Wheat

Nutrition Facts

Serving Size: 1 meal (338.8g)

Servings: 1

Amount Per Serving

Calories 600

Calories from Fat 60

% Daily Value*

Total Fat 7g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 340mg **14%**

Total Carbohydrate 93g **31%**

Dietary Fiber 7g **28%**

Sugars 11g

Protein 39g

Vitamin A 25%



Vitamin C 8%

Calcium 6%



Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Chicken & Dumplings Soup

INGREDIENTS: Water, Chicken Base, Chicken, Dumplings (Chicken Broth, Enriched Wheat Flour, Cooked Chicken Meat, Water, Chicken Fat, Salt, Glyceryl Monostearate, Modified Food Starch, Dehydrated Whole Egg, Baking Powder, Onion Powder, Turmeric, Disodium Guanylate, Natural Flavorings, Annatto), Onion, Celery, Black Pepper, Garlic Powder, Carrots, Oyster Crackers (Unbleached Wheat Flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda).

ALLERGENS: Egg, Wheat

Nutrition Facts

Serving Size: 1 meal (468.4g)

Servings: 1

Amount Per Serving

Calories 340

Calories from Fat 90

% Daily Value*

Total Fat 10g **16%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 110mg **37%**

Sodium 1200mg **50%**

Total Carbohydrate 33g **11%**

Dietary Fiber 5g **18%**

Sugars 7g

Protein 29g

Vitamin A 530%



Vitamin C 6%

Calcium 8%



Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Chicken Fingers, Rice & Scandinavian Blend Vegetables

INGREDIENTS: Chicken Thigh Meat, Paprika, Teriyaki Sauce, Garlic Powder, Salt, Sugar, Rice, Scandinavian Blend Vegetables (Peas, Green Beans, Zucchini, Carrots, Onion).

ALLERGENS: Soy

Nutrition Facts

Serving Size: 1 meal (406.3g)

Servings: 1

Amount Per Serving

Calories 680

Calories from Fat 60

% Daily Value*

Total Fat 7g **10%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 145mg **48%**

Sodium 440mg **19%**

Total Carbohydrate 103g **34%**

Dietary Fiber 3g **12%**

Sugars 9g

Protein 46g

Vitamin A 40% • Vitamin C 45%

Calcium 25% • Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet.

Chicken Noodle Soup

INGREDIENTS: Water, Chicken Base, Chicken, Angel Hair Pasta (Semolina, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Onion, Celery, Black Pepper, Garlic Powder, Mixed Vegetables (Carrots, Corn, Green Beans, Peas), Oyster Crackers (Unbleached Wheat Flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda).

ALLERGENS: Wheat

Nutrition Facts

Serving Size: 1 meal (468.6g)

Servings: 1

Amount Per Serving

Calories 460

Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 130mg **43%**

Sodium 1180mg **49%**

Total Carbohydrate 55g **18%**

Dietary Fiber 4g **17%**

Sugars 8g

Protein 37g

Vitamin A 35%



Vitamin C 4%

Calcium 15%



Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Chicken Nuggets, Seasoned Potatoes & Mixed Vegetables

INGREDIENTS: Chicken Nuggets (Chicken Breast with Rib Meat, Egg, Seasoning, Wheat Flour, Leavening, Salt, Spices, Hydrolyzed Corn Gluten, Sugar, Corn Flour, Yeast, Bell Pepper, Onion Powder, Garlic Powder, Caramel Color, Lactic Acid, Partially Hydrogenated Soybean and/or Cottonseed Oil, Paprika), Seasoned Diced Potatoes (Potatoes, Vegetable Oil, Bleached Enriched Wheat Flour, Dextrin, Dextrose, Extractives of Capsicum, Garlic Powder, Leavening, Onion Powder, Paprika (Color), Salt, Spices, Tapioca Starch, Xanthan Gum), Barbeque Sauce, Mixed Vegetables (Carrots, Corn, Green Beans, Peas).

ALLERGENS: Eggs, Soy, Wheat

Nutrition Facts

Serving Size: 1 meal (340.1g)

Servings: 1

Amount Per Serving

Calories 450

Calories from Fat 140

% Daily Value*

Total Fat 16g **24%**

Saturated Fat 3g **16%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 1260mg **53%**

Total Carbohydrate 51g **17%**

Dietary Fiber 8g **32%**

Sugars 14g

Protein 17g

Vitamin A 35%



Vitamin C 6%

Calcium 15%



Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Chicken Wings, Seasoned Potatoes & Green Beans

INGREDIENTS: Chicken Wings, Barbecue Sauce (High Fructose Corn Syrup, Tomato Paste, Vinegar, Salt, Mustard Flour, Chili Powder, Spices, Hot Pepper Sauce, Sodium Benzoate), Seasoned Diced Potatoes (Potatoes, Vegetable Oil, Bleached Enriched Wheat Flour, Dextrin, Dextrose, Extractives of Capsicum, Garlic Powder, Leavening, Onion Powder, Paprika (Color), Salt, Spices, Tapioca Starch, Xanthan Gum), Green Beans.

ALLERGENS: Wheat

Nutrition Facts

Serving Size: 1 meal (453.9g)

Servings: 1

Amount Per Serving

Calories 760

Calories from Fat 350

% Daily Value*

Total Fat 38g

59%

Saturated Fat 10g

52%

Trans Fat 0g

Cholesterol 145mg

49%

Sodium 1300mg

54%

Total Carbohydrate 48g

16%

Dietary Fiber 4g

18%

Sugars 16g

Protein 50g

Vitamin A 10%



Vitamin C 8%

Calcium 6%



Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Chili Con Carne

INGREDIENTS: Water, Tomato Sauce, Ground Beef, Kidney Beans, Diced Tomato, Tomato Paste, Chili Powder, Black Pepper, Garlic Powder, Salt, Cumin, Carrots, Oyster Crackers (Unbleached Wheat Flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda).

ALLERGENS: Wheat

Nutrition Facts

Serving Size: 1 meal (468.4g)

Servings: 1

Amount Per Serving

Calories 660

Calories from Fat 360

% Daily Value*

Total Fat 40g **62%**

Saturated Fat 16g **81%**

Trans Fat 0g

Cholesterol 135mg **44%**

Sodium 680mg **28%**

Total Carbohydrate 32g **11%**

Dietary Fiber 6g **24%**

Sugars 10g

Protein 42g

Vitamin A 390%

● Vitamin C 20%

Calcium 4%

● Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet.

Chopped Sirloin, Egg Noodles & Green Beans

INGREDIENTS: Beef (Bottom Round), Salt, Pepper, Garlic, A-1 Steak Sauce, Egg Noodles (Semolina, Durum Flour, Egg Yolks, Niacin, Ferrous, Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid, Mushroom Gravy, Green Beans.

ALLERGENS: Wheat, Eggs

Nutrition Facts

Serving Size: 1 meal (459.8g)

Servings: 1

Amount Per Serving

Calories 890

Calories from Fat 330

% Daily Value*

Total Fat 37g

57%

Saturated Fat 15g

73%

Trans Fat 0g

Cholesterol 225mg

76%

Sodium 530mg

22%

Total Carbohydrate 83g

28%

Dietary Fiber 7g

27%

Sugars 3g

Protein 50g

Vitamin A 0%



Vitamin C 6%

Calcium 0%



Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet.

Corned Beef Hash & Eggs, Tater Tots

INGREDIENTS: Eggs (Whole Eggs, Non Fat Milk, Modified Food Starch, Cream Cheese, Corn Oil, Salt, Xanthan Gum, Guar Gum, Butter Flavor, Pepper, Citric Acid), Corn Beef Hash (Beef, Water, Dehydrated Potatoes, Salt, Sugar, Flavorings, Sodium Nitrate), Tater Tots (Potatoes, Vegetable Oil, Dextrose, Modified Cellulose, Natural Flavor, Salt).

ALLERGENS: Milk, Egg

Nutrition Facts

Serving Size: 1 meal (295.1g)

Servings: 1

Amount Per Serving

Calories 460

Calories from Fat 250

% Daily Value*

Total Fat 27g **42%**

Saturated Fat 9g **45%**

Trans Fat 0g

Cholesterol 305mg **101%**

Sodium 980mg **41%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **15%**

Sugars 4g

Protein 17g

Vitamin A 6%

• Vitamin C 0%

Calcium 8%

• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Country Fried Chicken, Mashed Potatoes & Gravy, Green Peas

INGREDIENTS: Chicken Thigh, Salt, Pepper, All-Purpose Flour, Eggs, Non-Fat Dry Milk, Potatoes/Mashed (Potatoes, Whey Solids, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oil, Soy Lecithin, Sodium Caseinate), Gravy (Mushrooms, Wheat Flour, Soybean Oil, Salt, Corn Starch, Monosodium Glutamate, Whey Powder, Isolated Soy Protein, Cream, Disodium Phosphate, Yeast Extract, Spices, Citric Acid, Maltodextrin, Garlic Powder, Onion Powder), Peas.

ALLERGENS: Milk, Soybean, Wheat

Nutrition Facts

Serving Size: 1 meal (575.9g)

Servings: 1

Amount Per Serving

Calories 670

Calories from Fat 120

% Daily Value*

Total Fat 13g 20%

Saturated Fat 3.5g 16%

Trans Fat 0g

Cholesterol 315mg 105%

Sodium 760mg 32%

Total Carbohydrate 77g 26%

Dietary Fiber 9g 34%

Sugars 12g

Protein 58g

Vitamin A 60%



Vitamin C 25%

Calcium 20%



Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet.

Country Fried Steak, Seasoned Potatoes & Green Beans

INGREDIENTS: Ground Beef, Flour, Eggs, Salt, Pepper, Garlic Powder, Seasoned Diced Potatoes (Potatoes, Vegetable Oil, Bleached Enriched Wheat Flour, Dextrin, Dextrose, Extractives of Capsicum, Garlic Powder, Leavening, Onion Powder, Paprika (Color), Salt, Spices, Tapioca Starch, Xanthan Gum), Gravy (Water, Roasted Beef and Beef Juices, Enriched Wheat Flour, Modified Food Starch, Salt, Onion Powder, Hydrolyzed Corn Gluten, Wheat Protein and Soy Protein, Sugar, Caramel Color), Green Beans.

ALLERGENS: Eggs, Soy, Wheat

Nutrition Facts

Serving Size: 1 meal (501.8g)

Servings: 1

Amount Per Serving

Calories 730

Calories from Fat 380

% Daily Value*

Total Fat 43g 66%

Saturated Fat 16g 81%

Trans Fat 0g

Cholesterol 230mg 77%

Sodium 840mg 35%

Total Carbohydrate 41g 14%

Dietary Fiber 6g 23%

Sugars 3g

Protein 40g

Vitamin A 2%



Vitamin C 8%

Calcium 4%



Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet.

Crab Cake, Macaroni & Cheese, Peas

INGREDIENTS: Crab Cakes: Imitation Crabmeat (Pollock, Water, Wheat, Starch, Sorbitol, Modified Food Starch, Sugar, Snow Crab), Salt, Pepper, Calcium Carbonate, Mirin Wine, Egg White, Natural and Artificial Flavors, Soy and Wheat Protein, Onions, Cream, Butter, Bell Pepper, Dextrose, Worcestershire, Whey Fish Mixture), Macaroni & Cheese (Wheat Semolina, Niacin, Iron, Thiamine, Riboflavin, Folic Acid, Cheese Whey, Soybean Oil, Modified Food Starch, Cheese, Salt, Sodium Phosphate, Natural Flavors, Monosodium Glutamate, Color Added, Lactic and Citric Acids, Peas, Lemon Juice, Tarter Sauce.

ALLERGENS: Pollack, Wheat, Crab, Eggs, Soy, Milk, Anchovies

Nutrition Facts

Serving Size: 1 meal (398.1g)

Servings: 1

Amount Per Serving

Calories 750

Calories from Fat 120

% Daily Value*

Total Fat 13g **21%**

Saturated Fat 2g **9%**

Trans Fat 2g

Cholesterol 15mg **5%**

Sodium 1250mg **52%**

Total Carbohydrate 131g **44%**

Dietary Fiber 12g **47%**

Sugars 17g

Protein 25g

Vitamin A 50% • Vitamin C 25%

Calcium 8% • Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet.

Eggplant Parmesan, Egg Noodles & Green Beans

INGREDIENTS: Eggplant Cutlets/Breaded (Eggplant, Bread Crumbs, Wheat Flour, Corn Flour, Salt, Garlic, Onion, Oregano, Parsley, Pepper Powder, Soybean Oil), Mozzarella Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose, Natamycin), Marinara Sauce (Tomatoes, Tomato Puree, Carot Puree, Olive Oil, Sugar, Garlic, Onions, Salt, Starch, Citric Acid and Spices), Linguine (Semolina, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic, Acid), Green Beans.

ALLERGENS: Wheat, Milk

Nutrition Facts

Serving Size: 1 meal (453.5g)

Servings: 1

Amount Per Serving

Calories 840 Calories from Fat 260

% Daily Value*

Total Fat 29g **45%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 130mg **44%**

Sodium 800mg **34%**

Total Carbohydrate 115g **38%**

Dietary Fiber 9g **37%**

Sugars 8g

Protein 30g

Vitamin A 15% • Vitamin C 20%

Calcium 15% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet.

Farmhouse Omelet, Turkey Sausage & Tater Tots

INGREDIENTS: Eggs, Whey, Russet Potatoes, Water, Bacon Bits, Soybean Oil, Dried Cream Cheese, Non-Fat Dried Milk, Modified Corn Starch, Natural Sautéed Garlic and Onion Flavor (Maltodextrin, Cornstarch, Sunflower Oil, Garlic Powder, Onion Powder), Natural Brown Butter Type Flavor, Xanthan Gum, Citric Acid. Filling: Pasteurized Process Cheddar Cheese, Water, Milkfat, Pasteurized Process Monterey Jack Cheese, Full Moisture Parmesan Cheese, Sugar, Modified Food Starch, Salt, Pepper. Turkey Sausage (Turkey, Water, Potato Starch, Dextrose, Sugar, Salt, Potassium Chloride, Spices). Tater Tots (Potatoes, Vegetable Oil, Dextrose, Modified Cellulose, Natural Flavor, Salt).

ALLERGENS: Egg, Milk, Soy

Nutrition Facts

Serving Size: 1 meal (229.5g)

Servings: 1

Amount Per Serving

Calories 360

Calories from Fat 180

% Daily Value*

Total Fat 20g

30%

Saturated Fat 7g

34%

Trans Fat 0g

Cholesterol 225mg

75%

Sodium 900mg

38%

Total Carbohydrate 23g

8%

Dietary Fiber 2g

10%

Sugars 2g

Protein 20g

Vitamin A 8%



Vitamin C 4%

Calcium 15%



Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Fish & Chips, Seasoned Potatoes & Mixed Vegetables

INGREDIENTS: Fish Fillets: Fish Mixture (Pollock, Cod, Halibut), Salt, Enriched Wheat Flour, Water, Canola Oil, Modified Food Starch, Yellow Corn Flour, Dehydrated Parmesan Cheese, Sugar, Yeast, Onion Powder, Garlic, Spices, Soybean Oil, Seasoned Diced Potatoes (Potatoes, Vegetable Oil, Bleached Enriched Wheat Flour, Dextrin, Dextrose, Extractives of Capsicum, Garlic Powder, Leavening, Onion Powder, Paprika (Color), Salt, Spices, Tapioca Starch, Xanthan Gum), Batter Mix (Flour, Salt, Food Starch-Modified, Rice Flour, Dextrin, Corn Starch, Spices, Onion, Vegetable Oil, Mixed Vegetables (Carrots, Corn, Green Beans, Peas), Tartar Sauce, Lemon Juice.

ALLERGENS: Eggs, Fish, Milk, Shellfish, Soy

Nutrition Facts

Serving Size: 1 meal (328.1g)

Servings: 1

Amount Per Serving

Calories 410

Calories from Fat 120

% Daily Value*

Total Fat 14g **21%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 920mg **39%**

Total Carbohydrate 55g **18%**

Dietary Fiber 5g **20%**

Sugars 9g

Protein 15g

Vitamin A 35% • Vitamin C 2%

Calcium 10% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

French Toast & Sausage Links

INGREDIENTS: French Toast (Bread, Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Color, Calcium Propionate, Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Sucrose Dextrose, Corn Starch, Salk, Soy Lecithin), Pork Sausage (Pork, Water, Salt, Corn Syrup Solids, Spices, Sugar, Dextrose, Flavorings, BHT, Propyl Gallate, Citric Acid), Pancake Syrup.

ALLERGENS: Wheat, Milk, Soy

Nutrition Facts

Serving Size: 1 meal (167.0g)

Servings: 1

Amount Per Serving

Calories 540 Calories from Fat 220

% Daily Value*

Total Fat 24g **37%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 630mg **26%**

Total Carbohydrate 72g **24%**

Dietary Fiber 1g **4%**

Sugars 26g

Protein 9g

Vitamin A 0%



Vitamin C 0%

Calcium 6%



Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Frittata, Turkey Sausage & Biscuit

INGREDIENTS: Eggs, Cooked Ham, Smoke Flavoring, Pasteurized Process Cheddar Cheese, Water, Milkfat, Sodium Phosphate, Sodium Hexametaphosphate, Salt, Onions, Dried Cream Cheese Product, Non-Fat Dried Milk, Green Peppers, Red Peppers, Food Starch, Xanthan Gum, Citric Acid, Turkey Sausage (Turkey, Water, Potato Starch, Dextrose, Sugar, Salt, Potassium Chloride, Spices), Biscuit (Flour, Water, Partially Hydrogenated Soybean and Cottonseed Oils, Leavening, Salt, Buttermilk, Dextrose, Sugar, Wheat Starch, Natural and Artificial Flavors, Calcium Carbonate, Potassium Sorbate, Guar Gum, Eggs, Xanthan Gum).

ALLERGENS: Egg, Milk, Soy, Wheat

Nutrition Facts

Serving Size: 1 meal (182.5g)

Servings: 1

Amount Per Serving

Calories 340

Calories from Fat 160

% Daily Value*

Total Fat 18g **28%**

Saturated Fat 8g **39%**

Trans Fat 0g

Cholesterol 260mg **86%**

Sodium 1060mg **44%**

Total Carbohydrate 21g **7%**

Dietary Fiber 0g **1%**

Sugars 2g

Protein 21g

Vitamin A 8%

• Vitamin C 0%

Calcium 10%

• Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

Grilled Chicken Breast, Rice & Scandinavian Blend Vegetables

INGREDIENTS: Boneless Chicken Breast with Rib Meat, Water, Textured Wheat Protein (Wheat Gluten, Wheat Flour), Seasoning [Maltodextrin, Salt, Hydrolyzed Soy Protein, Mustard Grill Flavor (from Sunflower Oil), Onion Powder, Garlic Powder, Spice, Caramel Color, Natural Flavor (Including Smoke Flavor)], Modified Food Starch, Sodium Phosphate, Rice, Scandinavian Blend Vegetables (Peas, Green Beans, Zucchini, Carrots, Onion).

ALLERGENS: Wheat, Soy

Nutrition Facts

Serving Size: 1 meal (310.8g)

Servings: 1

Amount Per Serving

Calories 660

Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 630mg **26%**

Total Carbohydrate 102g **34%**

Dietary Fiber 4g **16%**

Sugars 5g

Protein 35g

Vitamin A 40%



Vitamin C 45%

Calcium 20%



Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet.

Ham & Cheese Eggs, Tater Tots

INGREDIENTS: Eggs (Whole Eggs, Non Fat Milk, Modified Food Starch, Cream Cheese, Corn Oil, Salt, Xanthan Gum, Guar Gum, Butter Flavor, Pepper, Citric Acid, Ham), Cheddar Cheese (Monterey Jack and Yellow Cheddar Cheeses, Pasteurized Cultured Milk, Salt, Enzymes, Natural Annatto, and Anti-Caking Agent), Tater Tots (Potatoes, Vegetable Oil, Dextrose, Modified Cellulose, Natural Flavor, Salt).

ALLERGENS: Eggs, Milk

Nutrition Facts

Serving Size: 1 meal (284.0g)

Servings: 1

Amount Per Serving

Calories 460

Calories from Fat 250

% Daily Value*

Total Fat 28g

42%

Saturated Fat 9g

45%

Trans Fat 0g

Cholesterol 340mg

113%

Sodium 1540mg

64%

Total Carbohydrate 26g

9%

Dietary Fiber 2g

8%

Sugars 6g

Protein 27g

Vitamin A 10%



Vitamin C 0%

Calcium 25%



Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Ham & Sweet Potatoes, Peas

INGREDIENTS: Ham, Sweet Potatoes (Water, Corn Syrup, Sugar), Sweet & Sour Glaze Sauce (Water, Corn Syrup, Vinegar, Sugar, Tomato Paste, Corn Starch, Pineapple Juice, Salt, Sodium Benzoate), Peas.

Nutrition Facts

Serving Size: 1 meal (515.2g)

Servings: 1

Amount Per Serving

Calories 560

Calories from Fat 60

% Daily Value*

Total Fat 7g

11%

Saturated Fat 2g

10%

Trans Fat 0g

Cholesterol 80mg

27%

Sodium 2360mg

98%

Total Carbohydrate 92g

31%

Dietary Fiber 9g

35%

Sugars 55g

Protein 28g

Vitamin A 280%



Vitamin C 25%

Calcium 6%



Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Hearty Beef Stew

INGREDIENTS: Water, Beef Base, Chuck Beef, Onion, Celery, Carrots, Potato, Black Pepper, Garlic Powder, Cornstarch, Mixed Vegetables (Carrots, Corn, Green Beans, Peas), Oyster Crackers (Unbleached Wheat Flour, Water, Canola Oil, Cane Sugar, Salt, Yeast, Baking Soda).

ALLERGENS: Wheat

Nutrition Facts

Serving Size: 1 meal (468.4g)

Servings: 1

Amount Per Serving

Calories 420

Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 80mg **26%**

Sodium 820mg **34%**

Total Carbohydrate 49g **16%**

Dietary Fiber 6g **23%**

Sugars 8g

Protein 32g

Vitamin A 250%



Vitamin C 8%

Calcium 10%



Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet.

Honey Barbecued Chicken, Rice & Mixed Vegetables

INGREDIENTS: Chicken Thigh, Soy Sauce, Barbecue Sauce (High Fructose Corn Syrup, Tomato Paste, Vinegar, Salt, Mustard Flour, Chili Powder, Spices, Hot Pepper Sauce, Sodium Benzoate, Honey), Rice, Mixed Vegetables.

ALLERGENS: Soy

Nutrition Facts

Serving Size: 1 meal (458.0g)

Servings: 1

Amount Per Serving

Calories 770

Calories from Fat 60

% Daily Value*

Total Fat 7g 10%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 145mg 48%

Sodium 1310mg 55%

Total Carbohydrate 126g 42%

Dietary Fiber 3g 10%

Sugars 18g

Protein 44g

Vitamin A 60% • Vitamin C 40%

Calcium 30% • Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet.

Lasagna, Italian Sausage & Broccoli

INGREDIENTS: Ground Beef, Tomato Paste, Water, Enriched Lasagna, Mozzarella Cheese, Cottage Cheese, Soy Sauce, Wheat Flour, Salt, Modified Potato Starch, Partially Hydrogenated Soybean Oil, Stabilizer, Parmesan Cheese, Spices, Dried Whey, Flavoring, Granulated Garlic, Citric Acid, Caramel Color, Broccoli.

ALLERGENS: Eggs, Milk, Soy, Wheat

Nutrition Facts

Serving Size: 1 meal (396.4g)

Servings: 1

Amount Per Serving

Calories 430 Calories from Fat 160

% Daily Value*

Total Fat 18g **27%**

Saturated Fat 7g **34%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 940mg **39%**

Total Carbohydrate 31g **10%**

Dietary Fiber 7g **28%**

Sugars 5g

Protein 31g

Vitamin A 30% • Vitamin C 90%

Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Lemon Chicken, Rice & Green Beans

INGREDIENTS: Boneless Chicken Breast (Rib Meat, Water, Seasoning), Lemon and Herb Seasoning (Salt, Citric Acid, Onion, Sugar, Spices, Lemon Oil), Black Pepper, Cilantro, Teriyaki Sauce, Vegetable Oil, Garlic Powder, White Rice, Green Beans.

ALLERGENS: Soy

Nutrition Facts

Serving Size: 1 meal (424.6g)

Servings: 1

Amount Per Serving

Calories 640

Calories from Fat 60

% Daily Value*

Total Fat 7g 10%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 145mg 48%

Sodium 640mg 27%

Total Carbohydrate 95g 32%

Dietary Fiber 2g 8%

Sugars 3g

Protein 44g

Vitamin A 20% • Vitamin C 50%

Calcium 20% • Iron 50%

*Percent Daily Values are based on a 2,000 calorie diet.

Lemon Pepper Fish, Macaroni & Cheese, Broccoli

INGREDIENTS: Atlantic Pollack, Butter, Lemon & Herb Seasoning, Macaroni & Cheese (Wheat Semolina, Niacin, Iron, Thiamine, Riboflavin, Folic Acid, Cheese Whey, Soybean Oil, Modified Food Starch, Cheese, Salt, Sodium Phosphate, Natural Flavors, Monosodium Glutamate, Color Added, Lactic and Citric Acids), Broccoli, Lemon Juice.

ALLERGENS: Wheat, Milk

Nutrition Facts

Serving Size: 1 meal (439.8g)

Servings: 1

Amount Per Serving

Calories 710

Calories from Fat 180

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 3g **16%**

Trans Fat 1g

Cholesterol 75mg **25%**

Sodium 420mg **18%**

Total Carbohydrate 89g **30%**

Dietary Fiber 8g **32%**

Sugars 5g

Protein 45g

Vitamin A 30%

● Vitamin C 80%

Calcium 8%

● Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Macaroni & Cheese, Broccoli

INGREDIENTS: Macaroni & Cheese (Wheat Semolina, Niacin, Iron, Thiamine, Riboflavin, Folic Acid/Cheese Whey, Soybean Oil, Modified Food Starch, Cheese, Salt, Sodium Phosphate, Natural Flavors, Monosodium Glutamate, Color Added, Lactic and Citric Acids), Cheddar Cheese (Monterey Jack and Yellow Cheddar Cheese, Pasteurized Cultured Milk, Salt, Enzymes, Natural Annatto Color, Anti-Caking Agent), Broccoli.

ALLERGENS: Wheat, Milk, Soy

Nutrition Facts

Serving Size: 1 meal (448.7g)

Servings: 1

Amount Per Serving

Calories 750

Calories from Fat 80

% Daily Value*

Total Fat 8g **13%**

Saturated Fat 1.5g **7%**

Trans Fat 2g

Cholesterol 0mg **0%**

Sodium 490mg **20%**

Total Carbohydrate 138g **46%**

Dietary Fiber 14g **56%**

Sugars 10g

Protein 28g

Vitamin A 50% • Vitamin C 150%

Calcium 10% • Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet.

Meatloaf, Mashed Potatoes & Gravy, Peas

INGREDIENTS: Ground Beef, Onion, Pepper, Ketchup, Worcestershire Sauce, Salt Pepper, Garlic, Bread Crumbs, Egg, Peas, Potatoes, Whey Solids, Calcium Stearoyl Lactylate, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oils, Water, Beef Base, Wheat Flour, Thiamin Mononitrate, Food Starch-Modified, Hydrolyzed Corn Gluten, Wheat Protein and Soy Protein, Sugar, Carmel Color.

ALLERGENS: Eggs, Milk, Wheat, Soy

Nutrition Facts

Serving Size: 1 meal (455.8g)

Servings: 1

Amount Per Serving

Calories 600

Calories from Fat 310

% Daily Value*

Total Fat 34g **52%**

Saturated Fat 15g **73%**

Trans Fat 0g

Cholesterol 120mg **39%**

Sodium 450mg **19%**

Total Carbohydrate 31g **10%**

Dietary Fiber 8g **30%**

Sugars 6g

Protein 38g

Vitamin A 50%

• Vitamin C 20%

Calcium 2%

• Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

Pan Fried Chicken Fettuccine & Carrots

INGREDIENTS: Chicken, Pasta, (Semolina, Wheat Flour, Egg Yolks, Spinich, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Onion, Green Pepper, Pepper, Chicken Base, Garlic, Basil, Diced Tomatoes, Tomato Sauce, Vegetable Oil, Carrots.

ALLERGENS: Wheat, Eggs

Nutrition Facts

Serving Size: 1 meal (509.8g)

Servings: 1

Amount Per Serving

Calories 460	Calories from Fat 90
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% Daily Value*

Total Fat	9g	15%
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Saturated Fat	2g	10%
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Trans Fat	0g	
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Cholesterol	150mg	50%
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Sodium	980mg	41%
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Total Carbohydrate	64g	21%
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Dietary Fiber	9g	34%
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Sugars	15g	
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Protein	30g	
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Vitamin A 760%	●	Vitamin C 20%
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Calcium 10%	●	Iron 25%
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*Percent Daily Values are based on a 2,000 calorie diet.

Pancakes & Sausage

INGREDIENTS: Pancakes (Enriched Wheat Flour, Water, High Fructose Corn Syrup, Corn Syrup, Corn Flour, Eggs, Soybean Oil, Soy Flour, Buttermilk, Levening, Salt, Artificial Flavor), Pork Sausage (Pork, Water, Corn Syrup Solids, Spices, Sugar, Dextrose, Flavorings, BHT, Propyl Gallate, Citric Acid), Pancake Syrup, Jelly, Butter.

ALLERGENS: Wheat, Milk, Eggs, Soy

Nutrition Facts

Serving Size: 1 meal (188.0g)

Servings: 1

Amount Per Serving

Calories 510 Calories from Fat 170

% Daily Value*

Total Fat 19g **29%**

Saturated Fat 4.5g **25%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 740mg **31%**

Total Carbohydrate 77g **26%**

Dietary Fiber 2g **8%**

Sugars 28g

Protein 10g

Vitamin A 4% • Vitamin C 0%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Pepper Steak, Rice & Carrots

INGREDIENTS: Beef (Top Round), Beef Base, Soy Sauce, Salt, Pepper, Garlic, Corn Starch, Water, Onion, Bell Pepper, Mushrooms, Peas, White Rice, Carrots.

ALLERGENS: Soy

Nutrition Facts

Serving Size: 1 meal (501.0g)

Servings: 1

Amount Per Serving

Calories 730

Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 2.5g 12%

Trans Fat 0g

Cholesterol 105mg 35%

Sodium 1100mg 46%

Total Carbohydrate 110g 37%

Dietary Fiber 7g 29%

Sugars 9g

Protein 52g

Vitamin A 430%

• Vitamin C 60%

Calcium 25%

• Iron 70%

*Percent Daily Values are based on a 2,000 calorie diet.

Pot Roast, Mashed Potatoes & Gravy, Broccoli

INGREDIENTS: Beef/Chuck, Beef Base, Corn Starch, Black, Pepper, Garlic Powder, Onions, Carrots, Celery, Broccoli, Potatoes, Water, Whey Solids, Calcium Stearoyl Lactylate, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oils.

ALLERGENS: Milk, Soybean, Wheat, Soy

Nutrition Facts

Serving Size: 1 meal (457.8g)

Servings: 1

Amount Per Serving

Calories 420

Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 4.5g **22%**

Trans Fat 0g

Cholesterol 115mg **39%**

Sodium 390mg **16%**

Total Carbohydrate 20g **7%**

Dietary Fiber 6g **24%**

Sugars 0g

Protein 51g

Vitamin A 25%

● Vitamin C 80%

Calcium 4%

● Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet.

Baked Chicken Puree

INGREDIENTS: Chicken Puree (Dark Chicken Meat, Water, Isolated Soy Protein, Rice Flour, Egg Whites, Seasoning, Modified Corn Starch, Xanthan Gum, Artificial Butter Flavor), Carrot Puree (Carrot Puree, Sugar, Soybean Oil, Modified Food Starch, Water, Modified Cornstarch, Rice Flour, Artificial Flavor, Natural Carrot Flavor, Soy Lecithin, Salt, Cultured Dextrose, Egg Whites, Whey Protein, Xanthan Gum, Lemon Juice Powder), Potatoes-Mashed (Potatoes, Whey Solids, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oil, Soy Lecithin), Gravy (Mushrooms, Wheat Flour, Soybean Oil, Salt, Corn Starch, Monosodium Glutamate, Whey Powder, Isolated Soy Protein, Cream, Yeast Extract, Spices, Citric Acid, Garlic Powder, Onion Powder).

ALLERGENS: Egg, Milk, Soy, Wheat

Nutrition Facts

Serving Size: 1 meal (348.4g)

Servings: 1

Amount Per Serving

Calories 340 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 2.5g **11%**

Trans Fat 0g

Cholesterol 35mg **11%**

Sodium 860mg **36%**

Total Carbohydrate 34g **11%**

Dietary Fiber 5g **20%**

Sugars 5g

Protein 20g

Vitamin A 25% • Vitamin C 20%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Baked Ham Puree

INGREDIENTS: Baked Ham Puree (Cooked Ham Meat, Water, Soy Protein Isolate, Egg Whites, Seasoning (Salt, Sugar, Sodium Erythorbate, Spice), Pureed Ham Patty Cure (Salt, Sugar, Nitrite), Rice Flour, Soybean Oil, Modified Cornstarch, Cultured Dextrose, Xanthan Gum, Artificial Flavor (Water, Glycerine, Invert Sugar), Artificial Smoke Flavor, Pureed Shaped Peas (Pea Puree, Water, Soybean Oil, Sugar, Modified Food Starch, Modified Cornstarch, Rice Flour, Salt, Artificial Flavor, Soy Lecithin, Egg Whites, Cultured Dextrose, Hydrolyzed Whey Protein, Natural Flavor, Xanthan Gum, Natural Lemon Juice Powder), Potatoes-Mashed (Potatoes, Whey Solids, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oil, Soy Lecithin), Sweet & Sour Sauce (Water, High Fructose Corn Syrup, Distilled White Vinegar, Sugar, Tomato Paste, Modified Cornstarch, Pineapple Juice Concentrate, Salt, Xanthan Gum, Citric Acid, Coloring).

ALLERGENS: Egg, Soy, Wheat, Whey

Nutrition Facts

Serving Size: 1 meal (354.2g)

Servings: 1

Amount Per Serving

Calories 440

Calories from Fat 130

% Daily Value*

Total Fat 14g 22%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 1150mg 48%

Total Carbohydrate 61g 20%

Dietary Fiber 4g 16%

Sugars 27g

Protein 18g

Vitamin A 25%

• Vitamin C 20%

Calcium 4%

• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Baked White Fish Puree

INGREDIENTS: Baked White Fish Puree (White Fish, Water, Soy Protein Isolate, Egg Whites, Soybean Oil, Rice Flour, Artificial Flavor, Modified Corn Starch, Cultured Dextrose, Xanthan Gum, Garlic Powder, Salt, Natural Flavor, Broccoli Puree (Broccoli, Soybean Oil, Modified Corn Starch, Sugar, Natural Broccoli Flavor, Natural Lemon Juice Powder, Xanthan gum, Salt, Black Pepper), Potatoes-Mashed (Potatoes, Whey Solids, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oil, Soy Lecithin), Gravy (Mushrooms, Wheat Flour, Soybean Oil, Salt, Corn Starch, Monosodium Glutamate, Whey Powder, Isolated Soy Protein, Cream, Yeast Extract, Spices, Citric Acid, Garlic Powder, Onion Powder), Lemon Juice Packet, Tartar Sauce Packet.

ALLERGENS: Egg, Milk, Soy, Wheat, Whey

Nutrition Facts

Serving Size: 1 meal (348.4g)

Servings: 1

Amount Per Serving

Calories 310

Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 1.5g **6%**

Trans Fat 0g

Cholesterol 35mg **11%**

Sodium 920mg **38%**

Total Carbohydrate 26g **9%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 22g

Vitamin A 15% • Vitamin C 60%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Roast Beef Puree

INGREDIENTS: Roast Beef Puree (Cooked Beef, Water, Isolated Soy Protein, Rice Flour, Egg Whites, Roast Beef Seasoning, Modified Food Starch, Xanthan Gum, Artificial Butter Flavor), Green Bean Puree (Green Beans, Soybean Oil, Modified Food Starch, Water, Rice Flour, Modified Corn Starch, Sugar, Natural Green Bean Flavor, Salt, Egg Whites, Soy Lecithin, Hydrolyzed Whey Protein, Cultured Dextrose, Black Pepper, Xanthan Gum), Potatoes-Mashed (Potatoes, Whey Solids, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oil, Soy Lecithin), Gravy (Water, Roasted Beef and Beef Juices, Enriched Wheat Flour, Modified Food Starch, Salt, Onion Powder, Hydrolyzed Corn Gluten, Wheat Protein and Soy Protein, Sugar, Caramel Color.

ALLERGENS: Egg, Soy, Wheat, Whey

Nutrition Facts

Serving Size: 1 meal (344.4g)

Servings: 1

Amount Per Serving

Calories 350

Calories from Fat 170

% Daily Value*

Total Fat 19g 28%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 1110mg 46%

Total Carbohydrate 34g 11%

Dietary Fiber 4g 16%

Sugars 4g

Protein 18g

Vitamin A 180% • Vitamin C 2%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Roast Pork Puree

INGREDIENTS: Cooked Pork, Water, Soy Protein Isolate, Modified Corn Starch, Egg Whites, Roast Pork Seasoning (Onion Powder, Worcestershire Sauce, Garlic Powder, Salt, Lime Flavor, Caramel Color, Calcium Phosphate), Rice Flour, Salt, Cultured Dextrose, Xanthan Gum, Artificial Flavor, Hydrolyzed Wheat Protein, Carrot Puree (Carrot Puree, Sugar, Soybean Oil, Modified Food Starch, Water, Modified Cornstarch, Rice Flour, Artificial Flavor, Natural Carrot Flavor, Soy Lecithin, Salt, Cultured Dextrose, Egg Whites, Whey Protein, Xanthan Gum, Lemon Juice Powder), Potatoes-Mashed (Potatoes, Whey Solids, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oil, Soy Lecithin), Gravy (Water, Roasted Beef and Beef Juices, Enriched Wheat Flour, Modified Food Starch, Salt, Onion Powder, Hydrolyzed Corn Gluten, Wheat Protein and Soy Protein, Sugar, Caramel Color.

ALLERGENS: Egg, Soy, Wheat, Whey

Nutrition Facts

Serving Size: 1 meal (344.4g)

Servings: 1

Amount Per Serving

Calories 330 Calories from Fat 150

% Daily Value*

Total Fat 17g **25%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 1010mg **42%**

Total Carbohydrate 34g **11%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 16g

Vitamin A 180% • Vitamin C 4%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Roast Beef, Rice, Gravy & Green Beans

INGREDIENTS: Beef/Top Round, Rice, Beef Base, Corn Starch, Black Pepper, Garlic Powder, Green Beans.

Nutrition Facts

Serving Size: 1 meal (457.9g)

Servings: 1

Amount Per Serving

Calories 750

Calories from Fat 140

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 6g **31%**

Trans Fat 0g

Cholesterol 120mg **40%**

Sodium 350mg **14%**

Total Carbohydrate 97g **32%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 48g

Vitamin A 20%

● Vitamin C 45%

Calcium 25%

● Iron 60%

*Percent Daily Values are based on a 2,000 calorie diet.

Salisbury Steak, Mashed Potatoes & Gravy, Mixed Vegetables

INGREDIENTS: Beef/Ground, Beef Base, Corn Starch, Black Pepper, Garlic Powder, Mushrooms, Onion, Water, Potatoes, Whey Solids, Calcium Stearoyl Lactylate, Corn Syrup Solids, Soy Protein, Partially Hydrogenated Vegetable Oils, Mixed Vegetables (Corn, Peas, Carrots, Green Beans).

ALLERGENS: Milk, Soybean, Wheat, Soy

Nutrition Facts

Serving Size: 1 meal (512.5g)

Servings: 1

Amount Per Serving

Calories 590

Calories from Fat 310

% Daily Value*

Total Fat 34g **52%**

Saturated Fat 15g **73%**

Trans Fat 0g

Cholesterol 120mg **39%**

Sodium 550mg **23%**

Total Carbohydrate 32g **11%**

Dietary Fiber 6g **24%**

Sugars 5g

Protein 35g

Vitamin A 35%



Vitamin C 0%

Calcium 8%



Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

Seafood Alfredo & Green Beans

INGREDIENTS: Shrimp, Imitation Crabmeat (Pollock and Whiting, Water, Wheat Starch, Corn Starch, Egg Whites, Potato Starch, Sugar, Snow Crabmeat, Sorbitol, Salt, Natural and Artificial Flavors, Soybean Oil, Color added), Fettuccini (Semolina, Niacin, Iron, Thiamine Monontrate, Riboflavin, Folic Acid), Milk, Salt, Pepper, Garlic, Parmesan Cheese, Flour, Butter, Green Beans.

ALLERGENS: Fish, Crab, Eggs, Wheat, Milk

Nutrition Facts

Serving Size: 1 meal (453.5g)

Servings: 1

Amount Per Serving

Calories 670

Calories from Fat 70

% Daily Value*

Total Fat 8g

13%

Saturated Fat 4g

19%

Trans Fat 0g

Cholesterol 75mg

25%

Sodium 920mg

38%

Total Carbohydrate 111g

37%

Dietary Fiber 8g

31%

Sugars 19g

Protein 32g

Vitamin A 10%



Vitamin C 15%

Calcium 35%



Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet.

Spaghetti, Meat Sauce & Green Beans

INGREDIENTS: Ground Beef, Tomato Puree, Water, Salt, Pepper, Onion Powder, Garlic, Italian Seasoning, Sugar, Basil, Citric Acid, Mushrooms, Diced Tomatoes, Spaghetti (Durum Semolina Wheat), Green Beans.

ALLERGENS: Wheat, Eggs

Nutrition Facts

Serving Size: 1 meal (506.8g)

Servings: 1

Amount Per Serving

Calories 770

Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 15mg 4%

Sodium 330mg 14%

Total Carbohydrate 139g 46%

Dietary Fiber 11g 43%

Sugars 15g

Protein 29g

Vitamin A 10% • Vitamin C 35%

Calcium 2% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet.

Spanish Omelet, Sausage Patties & Tater Tots

INGREDIENTS: Egg (Whole Eggs, Non Fat Milk, Modified Food Starch, Cream Cheese, Corn Oil, Salt, Xanathan Gum Guar Gum, Butter Flavor, Pepper, Citric Acid), Salsa (Crushed Tomatoes, Water, Fresh Jalepeno Pepper, Distilled Vinegar, Onions, Salt, Xanthan Gum, Garlic, Natural Flavoring), Sausage (Chicken, Nutmeg, Sage, Black Pepper, White Pepper, Salt, Meat Tenderizer, Sugar, Apple Juice), Tater Tots (Potatoes, Vegetable Oil, Dextrose, Modified Cellulose, Natural Flavor, Salt).

ALLERGENS: Eggs, Milk

Nutrition Facts

Serving Size: 1 meal (318.0g)

Servings: 1

Amount Per Serving

Calories 390

Calories from Fat 170

% Daily Value*

Total Fat 19g

30%

Saturated Fat 4g

20%

Trans Fat 0g

Cholesterol 360mg

119%

Sodium 1100mg

46%

Total Carbohydrate 23g

8%

Dietary Fiber 3g

10%

Sugars 4g

Protein 29g

Vitamin A 8%



Vitamin C 6%

Calcium 8%



Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Stir Fry Chicken, Rice & Oriental Vegetables

INGREDIENTS: Chicken, White Rice, Oriental Vegetables, Soy Sauce, Vegetable Oil, Garlic Powder, Black Pepper.

ALLERGENS: Soy

Nutrition Facts

Serving Size: 1 meal (397.1g)

Servings: 1

Amount Per Serving

Calories 570

Calories from Fat 40

% Daily Value*

Total Fat 4.5g

7%

Saturated Fat 1g

5%

Trans Fat 0g

Cholesterol 95mg

32%

Sodium 2620mg

109%

Total Carbohydrate 99g

33%

Dietary Fiber 3g

12%

Sugars 3g

Protein 35g

Vitamin A 20%



Vitamin C 80%

Calcium 25%



Iron 40%

*Percent Daily Values are based on a 2,000 calorie diet.

Turkey & Dressing, Mashed Potatoes, Peas

INGREDIENTS: Turkey Breast, Salt, Pepper, Garlic, Mashed Potatoes (Potatoes, Whey Solids, Calcium Stearoyl Lactylate, Corn Syrup, Partially Hydrogenated Vegetables Oil, Water), Stuffing (Bread Crumbs, Flour, Corn Meal, Sugar, Yeast Extract, Milk, Onion, Celery, Parsley, Turmeric), Turkey Stock, Butter, Flour, Peas.

ALLERGENS: Wheat, Soy, Milk

Nutrition Facts

Serving Size: 1 meal (512.5g)

Servings: 1

Amount Per Serving

Calories 630 Calories from Fat 130

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 105mg **34%**

Sodium 2030mg **85%**

Total Carbohydrate 74g **25%**

Dietary Fiber 9g **37%**

Sugars 11g

Protein 45g

Vitamin A 50% • Vitamin C 25%

Calcium 15% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet.

Vegetable Lasagna & Scandinavian Blend Vegetables

INGREDIENTS: Vegetable Lasagna (Cooked Enriched Lasagna Noodles (Water, Semolina, Egg Whites), Water, Ricotta Cheese (Whey Cream, Vinegar, Carrageenan), Carrots, Parmesan and Romano Cheeses (Pasteurized Part Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Low Moisture Mozzarella Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Spinach, Cream, Broccoli, Mozzarella Cheese Blend, Bread Crumbs (Bleached Wheat Flour, Yeast, Sugar, Salt), Margarine, Modified Food Starch, Vegetables Base, Wheat Flour, Salt, Sugar, Egg Whites, Crushed Garlic with Citric Acid, Spices, Mushroom Base, Paprika), Scandinavian Blend Vegetables (Peas, Green Beans, Zucchini, Carrots, Onion)

ALLERGENS: Eggs, Milk, Soy, Wheat

Nutrition Facts

Serving Size: 1 meal (340.2g)

Servings: 1

Amount Per Serving

Calories 340

Calories from Fat 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 840mg **35%**

Total Carbohydrate 39g **13%**

Dietary Fiber 8g **32%**

Sugars 7g

Protein 19g

Vitamin A 60%

● Vitamin C 10%

Calcium 40%

● Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Waffles with Bacon, Jelly & Syrup

INGREDIENTS: Waffles (Enriched Wheat Flour, Water, Partially Hydrogenated Soybean Oil, Sugar, Whey, Leavening, Eggs, Calcium Carbonate, Calcium Chloride, Salt, Corn Syrup Solids, Colored By Yellow 5, Yellow 6, Iron, Niacinamide, Dextrose, Corn Starch, Soy Lecithin), Bacon (Cured with Water, Salt, Sugar, Smoke Flavorings, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate), Pancake Syrup, Jelly.

ALLERGENS: Wheat, Milk, Eggs, Soy

Nutrition Facts

Serving Size: 1 meal (117.0g)

Servings: 1

Amount Per Serving

Calories 340

Calories from Fat 80

% Daily Value*

Total Fat 9g 13%

Saturated Fat 2.5g 11%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 610mg 26%

Total Carbohydrate 61g 20%

Dietary Fiber 0g 0%

Sugars 23g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 35%

*Percent Daily Values are based on a 2,000 calorie diet.

Western Pork Chop, Seasoned Potatoes & Peas

INGREDIENTS: Pork Chop, Salt, Pepper, Garlic Powder, Soy Sauce, Worcestershire Sauce, Vegetable Oil, Green and Red Pepper, Onion, Seasoned Diced Potatoes (Potatoes, Vegetable Oil, Bleached Enriched Wheat Flour, Dextrin, Dextrose, Extractives of Capsicum, Garlic Powder, Leavening, Onion Powder, Paprika (Color), Salt, Spices, Tapioca Starch, Xanthan Gum), Peas.

ALLERGENS: Soy, Wheat

Nutrition Facts

Serving Size: 1 meal (431.1g)

Servings: 1

Amount Per Serving

Calories 590

Calories from Fat 190

% Daily Value*

Total Fat 21g **32%**

Saturated Fat 7g **33%**

Trans Fat 0g

Cholesterol 135mg **46%**

Sodium 630mg **26%**

Total Carbohydrate 40g **13%**

Dietary Fiber 9g **35%**

Sugars 8g

Protein 58g

Vitamin A 60%

● Vitamin C 70%

Calcium 8%

● Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.