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| **Baked Parmesan Tilapia**  *Ingredients:* ***Tilapia, parmesan cheese****( imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), rice flour and powdered cellulose added to prevent caking),* ***mayonnaise*** *(soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice concentrate, calcium disodium edta (used to protect quality) natural flavors) ,* ***green onion****,* ***panko****(Wheat flour, contains 2% or less of the following: sugar, yeast, soybean oil and salt,* ***basil, oregano***  ***Contains: Wheat, milk, egg***  *Nutritional Info: Calories 309/Fat 19g/Saturated Fat 4g/Carbohydrates7g/Fiber: 1g/Sodium: 334mg/Protein 27g/Sugar 1g* |
| **Brown Sugar Meatloaf**  Ingredients: **Ground beef, milk, ketchup** (tomato concentrate made from vine ripened tomatoes, high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of onion powder, garlic powder, natural flavors) , **brown sugar** (Sugar, molasses) **, vinegar** (distilled vinegar from corn (diluted with water to 5% acidity))**, panko** ( *Wheat flour, contains 2% or less of the following: sugar, yeast, soybean oil and salt)***, onion, Worcestershire sauce** (distilled white vinegar, water, molasses, high fructose corn syrup, salt, caramel color, sugar, artificial flavor)**, egg** (whole eggs, citric acid, .0.15 water added as carrier for citric acid, citric acid added to preserve color)**, garlic** (garlic, water, citric acid)  ***Contains: Wheat, milk, egg***  Nutritional Info: Calories 476/ Fat 31g/Sat. Fat 12g/Carbs 20g/Fiber 0g/Sodium 395mg/Protein 29g/Sugar 16g |
| **Chicken Bacon Empanadas**  *Ingredients:* ***Pie dough*** *(unbleached enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), margarine (vegetable oil, water, salt, mono-and-diglycerides of fatty acid, citric acid, tocopherol-rich extract, flavor, beta carotene (color)), water, unbleached enriched wheat flour (ascorbic acid, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid, enzymes (added for improved baking)), milk substitute (soy, whey), salt, sea, dough relaxer (wheat flour, salt, soybean oil, L-cysteine, ascorbic acid, enzymes) ,* ***chicken*** *(boneless, skinless, diced white chicken with rib meat, water, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder and garlic powder], modified food starch, sodium phosphates, soy protein concentrate, sea salt) ,* ***ranch dressing*** *(mayonnaise, sour cream, buttermilk, chives, parsley, garlic powder, onion powder, salt, pepper),* ***bacon***  *(cured with: water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite,)* ***mozzarella*** *(low moisture part skim mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes) potato starch, canola oil and cellulose added to prevent caking, natamycin (a natural mold inhibitor)) , garlic (garlic, water, citric acid),* ***parmesan (****imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), rice flour and powdered cellulose added to prevent caking*  ***Contains: Wheat, milk, egg***  *Nutritional Info: Calories454/Fat 21g/Sat Fat 6g/Carbs 17g/Fiber 0g/Sodium 1033mg/Protein 24g/Sugar 1g* |
| **Chicken Parmigiana**  Ingredients: **Breaded Chicken Breasts** (chicken, water, textured soy protein concentrate, isolated soy protein, seasoning [corn syrup solids, brown sugar, dextrose, salt, vinegar powder (maltodextrin, vinegar), garlic powder, onion powder, natural\* chicken broth flavor (chicken broth, natural flavor, salt, onion juice concentrate], sodium phosphates. breaded with whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, modified corn starch, salt, spice, garlic powder, paprika, leavening (cream of tartar, sodium bicarbonate), celery seed, natural flavors (including extractives of celery seed), extractives of turmeric. breading set in vegetable oil), **marinara** (Vine ripened tomatoes, tomato puree, soybean oil, sorn syrup, salt, modified dehydrated onion, dehydrated garlic, spices, dextrose, citric acid, natural flavors), **mozzarella cheese** (low moisture part skim mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes) potato starch, canola oil and cellulose added to prevent caking, natamycin (a natural mold inhibitor)  ***Contains: Wheat, milk, egg***  Nutritional Info: Calories 294/Fat 14g/Sat Fat 13.5/Carbs 22g/Fiber 1g/  Sodium 1046mg/Protein 21g/Sugar 4g |
| **Chicken Stroganoff with Egg Noodles**  Ingredients: **Chicken (**boneless, skinless, diced white chicken with rib meat, water, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder and garlic powder], modified food starch, sodium phosphates, soy protein concentrate, sea salt), **mushrooms, onions,** **chicken broth**(*Roasted chicken, salt, msg, sugar autolyzed yeast extract, chicken fat, onion powder, maltodextrin, turmeric and extractive of turmeric (color), spice extractives)*, **sour cream** (cultured milk and cream, enzymes) , **corn starch, dry mustard, egg noodles** (Durum Semolina, Durum Flour, Egg Yolk, Niacin, Ferrous Sulfate (Iron), Thiamin Mononitrate, Riboflavin, Folic Acid)  ***Contains: Wheat, milk, egg***  Nutritional Info: Calories 245/Fat 7g/Sat Fat 3.4g/Carbs 37g/Fiber 1g/Sod 590g/Protein 7g/Sugar 4g |
| **Coconut Chicken Soup**  Ingredients: **chicken** (boneless, skinless, diced white chicken with rib meat, water, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder and garlic powder], modified food starch, sodium phosphates, soy protein concentrate, sea salt)**, coconut milk** (Coconut, water, guar gum), **lime juice, carrots, soy sauce** (Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative)**, oyster sauce** (Water, sugar, salt, oyster extractives (Oyster, water, salt) msg, modified corn starch, wheat flour, caramel color), **chili powder, cayenne, curry** (garlic, lemongrass, salt, shallot, galangal, dried red chili, coriander seed, kefir lime peel, curry powder, cumin, cinnamon, turmeric, cardamom, nutmeg), **garlic** (garlic, water, citric acid)**, onion, parsley, rice**  ***Contains: Wheat***  Nutritional Info: Calories 468/Carbs 33.7/Fiber 3.1/Sodium 274mg/Protein 31.8g |
| **Creamy Meatballs & Potatoes**  *Ingredients:* ***Meatballs*** *(ground beef, water, bread crumbs (enriched bleached wheat flour (bleached wheat flour, niacin, reduced iron thiamine mononitrate, riboflavin, folic acid), salt, durum flour, hydrogenated vegetable oil shortening (soybean), leavening )* ***, cream of mushroom soup*** *( water, mushrooms, cream, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid) food starch-modified, corn oil, salt, palm oil, flavor (flavoring (contains canola oil) nonfat dry milk, autolyzed yeast extract, hydrolyzed corn gluten, hydrolyzed soy protein, salt cultured whey, disodium inosinate, disodium guanylate, lecithin) hydrolyzed wheat gluten, maltodextrin, sugar, onion powder, disodium inosinate, disodium guanylate, natural flavoring CONTAINS Milk, Wheat, Soy),* ***onion soup (****dehydrated onions, potato starch, salt, hydrolyzed vegetable protein (corn, soy), beef fat, maltodextrin, lactose, sugar, autolyzed yeast extract, hydrolyzed wheat protein, caramel color, natural flavor, onion juice concentrate, gum arabic, spice, bha and propyl gallate (used to protect quality), citric acid),* ***broccoli, potatoes, sour cream*** *(cultured milk and cream, enzymes)*  ***Contains: Wheat, milk, egg***  *Nutritional Info: Calories 541g/Fat 34g/Sat Fat 13g/Carbs 35g/Fiber 8g/Sodium 2019mg/Protein 25g, Sugar 4* |
| One Pot Italian Pasta  Ingredients: **Diced Chicken**(boneless, skinless, diced white chicken with rib meat, water, seasoning [maltodextrin, salt, sugar, chicken stock, vegetable stock (carrot, onion, celery), flavors, carrot powder and garlic powder], modified food starch, sodium phosphates, soy protein concentrate, sea salt), **White Wine** (Sauterne Wine, Salt, Potassium Metabisulfite (as a preservative)**, Spinach, onion, sundried tomatoes, garlic, chicken base, Italian seasoning, pepper, crushed red pepper, pasta** ( 100% durum wheat semolina)  **Allergens: Wheat, milk**    Nutritional Info: Calories 355/Fat4.6g/Sat Fat 2g/Carbs 6.2g/ Fiber6.8/ Sodium320mg/ Protein29g/ Sugar 2.6 |
| **Orange Chicken**  *Ingredients:* ***Chicken, Sugar, Apple Cider Vinegar, Soy Sauce*** *(Water*, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative),***Garlic Powder, ginger, orange peel, corn starch, Worcestershire sauce*** *(distilled* white vinegar, water, molasses, high fructose corn syrup, salt, caramel color, sugar, artificial flavor),***red pepper flakes***  ***Allergens: Wheat***  *Nutritional Info: Calories 291/Fat 1g/Sat Fat 0g/ Carbs 40g/Fiber 0/Sodium 1012/Protein 26g/ Sugar 8g* |
| **Roasted Chicken Breasts w/Veggies**  Ingredients: **Chicken Breast, carrots, red onions, potatoes, garlic** (garlic, water, citric acid**), thyme, olive oil** (Canola Oil, extra virgin olive oil), **seasoning salt** (salt, sugar, paprika, garlic, spices, powdered cellulose (anti-caking))  Nutritional Info: Calories 268/Fat 11g/Sat Fat3g/Carbs 15g/Fiber 4g/Sodium 497mg/Protein 28g/Sugar 4g |
| **Sweet & Spicy Shrimp**  Ingredients: **Shrimp, Mayonnaise** (soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice concentrate, calcium disodium edta (used to protect quality) natural flavors), **buttermilk** (cultured low-fat milk, contains less than 2% of: nonfat milk, food starch-modified, locust bean gum, salt, sodium citrate, carrageenan, vitamin A palmitate, vitamin D3), **sweet chili sauce** (sugar, water, chili peppers, garlic, salt, acetic acid, xanthan gum, citric acid), **corn starch, sriracha** (red jalapeño pepper, water, sugar, salt, garlic, distilled vinegar, xanthan gum and tabasco® brand pepper sauce (distilled vinegar, red pepper and salt).  Nutritional info: Calories 119/Fat 9g/Carbs 8g/Fiber 0/Sodium 276mg/Protein 9g/Sugar 3g |
| **Sweet Berry Kielbasa**  Ingredients: **Kielbasa sausage** (meat ingredients (pork, beef) mechanically separated turkey, water, corn syrup, contains 2% or less; salt, potassium lactate, spice, sodium phosphate, natural flavor, yeast extract, pork stock sodium diacetate, sodium erythorbate, sodium nitrite, isolated soy product, isolated soy protein) **, cranberry sauce (**Cranberries, high fructose corn syrup, water, corn syrup, citric acid)**, brown sugar (**Sugar, molasses)**, pineapple** (pineapple, water, sugar)  Nutritional Info: Calories 567/Fat 20g/Sat Fat 7g/Carbs 85g/Fiber 1g/Sodium 1392mg/Protein 15g/ Sugar 8g |