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| Chicken Breasts with Buttermilk Marinade  Ingredients: Chicken Breasts, buttermilk, dill, salt, paprika, garlic  Nutritional Info: Calories 144/Fat 2g/Carbs 3g/Fiber 0/Sodium 95mg/Protein 28g |
| Chicken Cordon Bleu  Ingredients: **Chicken Breasts, Swiss cheese, diced ham** (cured with: water, dextrose, salt, modified food starch, potassium lactate, sodium phosphates, sodium diacetate, sodium erythorbate, smoke flavoring, sodium nitrite, may contain sodium ascorbate) **, cream cheese** ( pasteurized milk and cream, whey protein concentrate, whey, salt, carob bean gum, xanthan gum, guar gum, natamycin (a natural mold inhibitor), vitamin A palmitate, cheese culture)**, panko** (Wheat flour, contains 2% or less of the following: sugar, yeast, soybean oil and salt) **, pepper, parsley, olive oil** (Canola Oil, extra virgin olive oil)  *Nutritional Info: Calories 257/Total Fat 12g/Sat Fat 5g/Sodium 17mg/Carbs 5g/Fiber 0/Sugar 1g/Protein 31g* |
| Cranberry Glazed Meatloaf  Ingredients: **Beef, panko** (Wheat flour, contains 2% or less of the following: sugar, yeast, soybean oil and salt ), **onion**, **egg** (whole eggs, citric acid, .0.15 water added as carrier for citric acid, citric acid added to preserve color), **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), **cranberry sauce** ( cranberries, high fructose corn syrup, water, corn syrup, citric acid), **brown sugar,** **milk, rosemary, salt, pepper**  Nut: Cal 380/Fat 11/ Protein 22/ Carb 41.5/ Fiber 1.67/ Sugar 21 |
| Cream of Tuscan Soup (GF)  Ingredients: **Chicken Broth** (Roasted chicken, salt, msg, sugar autolyzed yeast extract, chicken fat, onion powder, maltodextrin, turmeric and extractive of turmeric (color), spice extractives), **Sausage** (pork, water, seasoning (dextrose, spice, monosodium glutamate, tricalcium phosphate, corn oil, natural flavor, propyl gallate, BHT, sunflower oil, paprika oleoresin [paprika extract, soybean oil]), salt). **Cream** (heavy cream (milk), mono and diglycerides, carrageenan, disodium phosphate, sodium citrate, polysorbate 80), **Spinach, Potatoes** (potatoes, canola oil, whey salt, maltodextrin, modified food starch, spices, natural flavor, dehydrated onion and garlic, partially hydrogenated canola oil, citric acid, high fructose corn syrup). **Garlic** (garlic, water, citric acid), **Onions, Bacon** (cured with water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite)  Nutritional Info: Calories 314/Fat 25g/Sat Fat 10g/Carbs 11g/Fiber 2g/Sodium 1134mg/Protein 12g/Sugar 1g |
| Lasagna Rolls  ingredients: **chicken** (chicken meat, water, seasoning (maltodextrin, chicken broth, yeast extract, salt, natural flavors) unmodified potato starch, vinegar, and sea salt), **marinara** (vine ripened tomatoes, tomato puree, soybean oil, corn syrup, salt, modified dehydrated onion, dehydrated garlic, spices, dextrose, citric acid, natural flavors), **alfredo** (skim milk, cream, cream cheese (cream, nonfat dry milk, salt, enzymes), parmesan cheese (cultured milk, salt, enzymes), Romano cheese (cultured milk, salt, enzymes), butter (cream, salt), food starch-modified, contains less than 2% of maltodextrin, salt, natural flavor, sodium phosphate, sodium citrate, cellulose gel, cellulose gum, vegetable mono and diglycerides, spice)**, asparagus, egg (**whole eggs, citric acid, .0.15 water added as carrier for citric acid), **ricotta cheese,(**pasteurized milk, vinegar, salt, stabilizer (modified food starch, guar gum, carrageenan), potassium sorbate to protect flavor), **garlic,(**garlic, citric acid), p**armesan cheese** (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), rice flour and powdered cellulose added to prevent caking), **oregano**  Nutritional Info: Calories 271/Fat 12g/Sat Fat 5.4g/Carbs 25g/Fiber1g/Sodium 546/Protein 16g/Sugar 10g |
| Loaded Chicken & Potato Casserole (GF)  Ingredients: Potatoes (potatoes, canola oil, whey, salt, maltodextrin, modified food starch, spices, natural flavor, dehydrated onion and garlic, partially hydrogenated canola oil, citric acid, high fructose corn syrup), Chicken (chicken meat, water, seasoning (maltodextrin, chicken broth, yeast extract, salt, natural flavors) unmodified potato starch, vinegar, and sea salt) , cheddar Cheese (Cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), Bacon (cured with: water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite), sour cream (cultured milk and cream, enzymes), parmesan cheese (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), rice flour and powdered cellulose added to prevent caking), green onions, paprika, pepper  Nutritional Info: Calories 446/Fat 24g/sat fat 12g/ Carbs 19.6g/Fiber 1.4g/Sodium 833mg/Protein 34.6g/Sugar 1g |
| Mac & Cheese Done Right  Ingredients: Elbow pasta (100% durum wheat semolina), evaporated milk (milk, dipotassium phosphate, carrageenan, vitamin D3), milk, eggs, cheddar cheese (Cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)) White Cheddar Cheese (Cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor))  Nutritional Info: Calories 654/Fat 34g/Sat Fat 21g/Carbs 44g/Fiber 1g/Sodium 778mg/ Protein 42g/Sugar 18g |
| Pad Thai Chicken (GF)  Ingredients: **Chicken breasts, peanut butter** (Peanuts, Dextrose, Fully Hydrogenated Vegetable Oil (Rapeseed, Cottonseed, Soybean), salt, corn syrup)**, Coconut Milk** (Coconut, water, guar gum)**, chili paste (**Smoked Red Jalapeno, water, vinegar, sugar, salt, natural smoke essence, xanthan gum and garlic)**, fish sauce** (anchovy extract, salt, sugar, and water), **sugar**  Nutritional Info (w/o pasta): Cal 543/Fat 37.8g/Sat Fat 24.6g/Carbs 16.4g/Fiber 2.8g/Sodium 3265mg/ Protein 38g/Sugar 13g |
| Sesame BBQ Meatballs  Ingredients: beef 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), brown sugar (Sugar, molasses), onion, 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) , garlic (garlic, water, citric acid) , sesame seeds, green onion, honey, soy sauce (Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative), white vinegar ( distilled vinegar from corn, (diluted with water to 5% acidity)) , ginger (ginger, phosphoric acid, sodium benzoate and potassium sorbate added as preservatives  Calories 472/Fat 18g/Sat Fat 6g/Carbs 47g/Fiber 1g/Sodium 1347mg/Protein 32g/Sugar 9g |
| Sesame Shrimp Stir Fry  ingredients: **shrimp, Broccoli, Sugar Snap Peas, Red Pepper, Water Chestnuts, ginger, cayenne pepper, cornstarch, sesame seeds, sesame oil, teriyaki sauce** (water, soy sauce (water, wheat, soybeans, salt, sodium benzoate as a preservative) high fructose corn syrup, sherry wine (sherry wine, salt), brown sugar syrup, modified cornstarch, soybean oil, sesame oil, dried onions, citric acid, natural flavors), **chicken broth** (roasted chicken, salt, msg, sugar autolyzed yeast extract, chicken fat, onion powder, maltodextrin, turmeric and extractive of turmeric (color), spice extractives)  info: cal. 225.8/fat 7.2g/sat fat 1.1/carbs 23.5/ fiber 1.6g/ sodium 503.3/protein 15.6/sugars 2g |
| Shepherd’s Pie  Ingredients: **Tomato soup** (tomato puree, water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, salt, palm and soybean oil, citric acid, onion powder, spice), **beef base** (roasted beef & beef stock, hydrolyzed soy protein, salt, monosodium glutamate, corn starch, caramel color, contains 2% or less of onion powder, sugar, flavors, disodium guanylate), **beef, green beans, onions, corn, mashed potatoes** (Potatoes, canola oil, cream cheese, water, whole milk solids, maltodextrin garlic puree (garlic, high maltose corn syrup solids) salt, creamer (whey, whole milk, milk protein concentrate, sorbitol) onion powder, garlic powder, disodium dihydrogen pyrophosphate), **cheddar cheese** (Cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor))  Nutritional Information: Calories 398/Fat 21g/ Carbs 25 g/Fiber 2.6g/Sodium 907/Protein 28 |
| Sweet & Sour Chicken  Ingredients: **Chicken, pineapple** (pineapple, water, sugar), **soy sauce** (Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative), **vinegar, brown sugar**, (sugar, molasses), **green bell peppers, red bell pepper, celery, cornstarch**  Nutritional info: Calories 238/Fat 1.5g/sat fat .4/Carbs 28g/Fiber 1.3g/Sodium 689mg/Protein 27g/Sugar 5 |