|  |
| --- |
| Baked Parmesan Chicken Ingredients: **Chicken Breasts, 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**Nutritional Info: Calories 596g/Fat 14.8g/Sat Fat 2.1hg/Carbs 7.9g/Fiber.8g/Sodium 426mg/Protein 100.9g/Sugar .8g |
| Chicken Cordon Bleu EmpanadasIngredients: **Pie shell** (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 [amtodextrin, 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), **ham** (cured with: water, dextrose, salt, modified food starch, potassium lactate, sodium phosphates, sodium diacetate, dosium 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), **Swiss cheese, parsley, pepper**Nutritional Info: Cal 152.9 Fat 59 Sat fat 3.26 Carbs 2.46 Fiber 0 Sodium 514 Protein 18 Sugar 1 |
| Ham, Potato, and Spinach Gratin Ingredients: **Potatoes, ham, cheddar cheese** (Cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), **spinach,** **powder milk, corn starch, bouillon powder** (salt, monosodium glutamate, corn starch, potassium chloride, powdered cooked chicken, sugar, natural flavor, chicken fat, palm oil, disodium guanylate, disodium inosinate, caramel color, maltodextrin, parsley, citric acid, turmeric, paprika oleoresin), **mushrooms, onion powder, basil, thyme, garlic powder, pepper**, **Milk**, **Cheddar Cheese** Nutritional Info: Calories 374/Fat 18g/Carbs 27g/ Fiber 3g/Sodium 1517mg/ Protein 24 g |
| Harvest KielbasaIngredients**: Kielbasa** (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), **onion, applesauce, brown sugar** (Sugar, molasses)Nutritional Info: Calories 315/Fat 13g/Sat Fat 5g/Carbs 41g/Fiber 2g/Sodium 918mg/Protein 11g/Sugar 6g |
| Italian Sausage Lasagna (GF) (vegetarian)Ingredients: **Ricotta cheese** (pasteurized milk, vinegar, salt, stabilizer (modified food starch, guar gum, carrageenan), potassium sorbate to protect flavor), **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) , **sausage** (pork, water, salt, spices, sugar, flavoring), **parmesan cheese** (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), rice flour and powdered cellulose added to prevent caking) , **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), pasta (100% durum wheat semolina) , **marinara** (Vine ripened tomatoes, tomato puree, soybean oil, corn syrup, salt, modified dehydrated onion, dehydrated garlic, spices, dextrose, citric acid, natural flavors),, **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)Nutritional Info: Calories 418/Fat 20g/Sat Fat 11g/Carbs 37 g/Fiber 1g/Sodium 866mg/Protein 22g/Sugar 7.5g |
| Pasta PrimaveraIngredients: **Shrimp, pasta** (100% durum wheat semolina), **red wine vinegar** (Red wine vinegar, water, potassium metabisulfite (preservative)), **olive oil** (Canola Oil, extra virgin olive oil), **garlic** (garlic, water, citric acid), **baby corn, sun dried tomato**es, red bell peppers, green onion, broccoliNutritional: Calories 453, Fat 12g, Sat Fat 2g, Carbs 62g, Fiber 4g, Sodium 204mg, Protein 26g, Sugar 2g |
| Slow Cooker Chicken & DumplingsIngredients: chicken **breasts, celery, chicken broth** (roasted chicken and chicken broth, salt, sugar, hydrolyzed corn protein, contains 2% or less of chicken fat, onion powder, disodium inosinate, disodium guanylate, extractive of turmeric (color), spice extractive),**dumpling mix** (enriched bleached flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, malted barley flour ascorbic acid), palm and soybean oil, sugar. Less than 2% of :baking soda, monocalcium phosphate, sodium aluminum phosphate, salt, corn syrup solids, sodium caseinate (milk protein), dipotassium phosphate, monoglycerides, ascorbic acid), **powder milk, corn starch, bouillon powder** (salt, monosodium glutamate, corn starch, potassium chloride, powdered cooked chicken, sugar, natural flavor, chicken fat, palm oil, disodium guanylate, disodium inosinate, caramel color, maltodextrin, parsley, citric acid, turmeric, paprika oleoresin), **mushrooms, onion powder, basil, thyme, garlic powder, pepper**Nutritional Info: Calories 450/Fat 18g/Sat Fat 6g/Carbs 38g/Fiber 3g/Sodium 1517mg/ Protein 32g/ Sugar 5g |
| Steakhouse Meatloaf Ingredients: **Ground beef, onions, green bell peppers, celery, garlic** (garlic, water, citric acid), **steak sauce** (tomato puree (water, tomato paste), distilled vinegar, corn syrup, salt, raisin paste, contains 2% or less of crushed orange puree, spices and herbs, dried garlic and onion, caramel color, potassium sorbate (preservative), xanthan gum), **breadcrumbs** (Wheat flour, contains 2% or less of the following: sugar, yeast, soybean oil and salt), seasoning salt (salt, sugar, paprika, garlic, spices, powdered cellulose (anti-caking)), **pepper, egg** (whole eggs, citric acid, .0.15 water added as carrier for citric acid, citric acid added to preserve color)Nutritional Info: Calories 575/Fat 15g/Carbs 16g/Fiber 1g/Sodium 858mg/Protein 36g |
| Sweet & Gooey Chicken Ingredients: **Chicken, soy sauce** (Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative), **Brown sugar** (Sugar, molasses). **Oil** (Canola Oil, extra virgin olive oil), **ginger, garlic powder**Nutritional Info: Calories 107/Fat 5.1g/Carbs 13.9g/Fiber .2/Sodium 12317mg/Protein 5.3g |
| Sweet & Sour Meatballs 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)**, pineapple** (pineapple, water, sugar**), green & red peppers, soy sauce**(Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative), **vinegar (**distilled vinegar from corn (diluted with water to 5% acidity), **brown sugar** (Sugar, molasses),**celery, corn starch** Nutritional Info: Calories 343/Fat 17g/Sat Fat 6.7g/Carbs 37g/Fiber 1g/Sodium 1015mg/Protein 12g/Sugar 23.3 |
| Taco SoupIngredients: **Chicken, refried beans (**Cooked beans, water. Contains 2% or less of: partially hydrogenated lard, salt, vinegar, onion powder, garlic powder, spice, chili pepper), **crushed tomatoes** (Vine ripened unpeeled tomatoes, tomato puree, less than 2% of: salt, citric acid), **corn, onions, chicken broth** (roasted chicken and chicken broth, salt, sugar, hydrolyzed corn protein, contains 2% or less of chicken fat, onion powder, disodium inosinate, disodium guanylate, extractive of turmeric (color), spice extractive), **salsa** (tomatoes, water, tomato paste, jalapeno peppers, onions, distilled vinegar, salt, dehydrated onions, dehydrated garlic, natural flavor) , **cilantro, cornstarch, taco seasoning**, (spices (including chili pepper paprika, oregano), onion, salt, potato starch, sugar, garlic & natural flavor), **sugar**Nutritional Info (12 oz serving): Calories 168/Fat 2g/Sat Fat 0/Carbs 32g/Fiber 7g/Sodium 1031/Protein 10g/Sugar 6g |
| Teriyaki Shrimp Ingredients: **shrimp, garlic**(garlic, water, citric acid), **red wine vinegar** (red wine vinegar (diluted with water to 5% acidity) and potassium metabisulfite (as a preservative))**, brown sugar**(sugar, molasses)**, soy sauce** (water, hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative)**, ginger** (ginger, phosphoric acid, sodium benzoate and potassium sorbate added as preservatives)**, olive oil** (canola oil, extra virgin olive oil), **red pepper flakes, corn starch, yakisoba noodles** (enriched unbleached wheat flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin and folic acid), water, salt, soybean oil, potassium sorbate, potassium carbonate, and fd&c yellow #5 and #6)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 |