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| Baked Dijon Chicken with Bacon  Nutritional Info: Cal 203/Fat 6g/Sat Fat 2g/Carbs 12g/Fiber 0/Sodium 1086mg/Protein 32g/Sugar 1g  ingredients: chicken breasts, Dijon mustard (water, mustard seeds, vinegar, salt, sulfites as a preservative), 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), parmesan cheese (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), rice flour and powdered cellulose added to prevent caking), bacon bits (cured with: water, salt, sugar, smoke flavoring, sodium phosphate, sodium erythorbate, flavoring, sodium nitrite), soy sauce (water, hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative) |
| BBQ Pork Roast (GF) |
| Cheesy Beef & Noodle Bake (GF)  ingredients: **sour cream** (cultured milk and cream, enzymes), **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)**, cottage cheese** (cultured nonfat milk, milk, whey, salt, guar gum\*, citric acid, carrageenan\*, carob gum\*, natural flavor, enzymes, carbon dioxide (to help protect flavor).)**, green onions, cooked ground beef , tomato sauce** (tomatoes, salt, onion powder, garlic powder and natural flavorings)**, garlic, pepper, cheddar cheese** (cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)**, egg noodles** (durum semolina, durum flour, egg yolk, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid)  nutritional info: calories 571/fat 35g/sat fat 18g/carbs 27g/fiber 2g/sodium 672mg/protein 36g/sugar 7g |
| Chicken Italiano (GF)  *Nutritional Info: Calories 158/Fat 3g/Sat Fat 0/Carbs3g/Fiber 1g/Sodium 149mg/Protein 27g/Sugar 2g*  *Ingredients:* ***Chicken, Chicken Broth*** *(Roasted chicken, salt, msg, sugar autolyzed yeast extract, chicken fat, onion powder, maltodextrin, turmeric and extractive of turmeric (color), spice extractives),*  ***SunDried Tomatoes, Basil, White Wine*** *(Sauterne Wine, Salt, Potassium Metabisulfite (as a preservative).,* ***Garlic*** *(garlic, water, citric acid)* |
| Chicken Pot Pie 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)), **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), **onion powder, basil, thyme, garlic powder, pepper**, **cream cheese** (pasteurized milk and cream, whey protein concentrate, whey, salt, carob bean gum, xanthan gum, guar gum, vitamin a palmitate, cheese culture), **carrots, peas, green onions, pepper, sage** |
| Coconut Chicken Soup (GF)  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 juice concentrate oyster [molluscan shellfish],water, salt, modified corn starch, caramel color, yeast extract, oyster extract molluscan shellfish)**, 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**  Nutritional Info: Calories 468/Carbs 33.7/Fiber 3.1/Sodium 274mg/Protein 31.8g  **Allergen Warning: Contains shellfish** |
| Ham & Corn Chowder (GF)  Ingredients: **Rosemary 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) **, ham, corn, onions, Half & Half** (milk, cream)**, thyme, vegetable base** (sautéed vegetable puree mix (carrots, onions, celery) salt, sugar, maltodextrin, corn oil, 2% or less of yeast extract, water, potato starch, xanthan gum, natural flavors, carrot juice concentrate) **, 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) **, pepper, garlic** (garlic, water, citric acid) |
| Honey Mustard Meatloaf (GF)  Ingredients: **Beef, Cheddar Cheese** (Cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), **panko** (*Wheat flour, contains 2% or less of the following: sugar, yeast, soybean oil and salt* ), **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), **honey mustard** (mayo [soybean oil, water, whole eggs and egg yolks, vinegar, salt, sugar, lemon juice concentrate, calcium disodium edta (used to protect quality) natural flavors] Dijon mustard [Water, mustard seeds, vinegar, salt, sulfites as a preservative]honey ) |
| Jambalaya (GF)  *Ingredients:* ***Sausage*** *(*pork, water, soy grits, salt, onion, spices, paprika, corn syrup, sugar, garlic, sodium erythrobate, parsley, sodium nitrite)***, 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) *,* ***onion, pepper, celery, garlic, paprika, tomatoes*** *(*Vine ripened unpeeled tomatoes, tomato puree, less than 2% of: salt, citric acid)***, rice***  ***Nutritional Info: Calories 361/Fat 7g/Sat Fat 2g/Carbs 44g/Fiber 4g/ Sodium 789mg/Protein 30g/Sugar 4g*** |
| Queso Chicken Casserole (GF) |
| Swedish 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), , **sour cream** (cultured milk and cream, enzymes), **country gravy** (shortening powder (coconut oil, corn syrup solids, sodium caseinate, mono & diglycerides), enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), food starch - modified, palm and soybean oil, buttermilk powder, salt, maltodextrin, sugar, spice, titanium dioxide, disodium inosinate, disodium guanylate, hydrolyzed wheat protein, flavorings, onion powder)**, Worcestershire sauce (**distilled white vinegar, water, molasses, high fructose corn syrup, salt, caramel color, sugar, artificial flavor)**, sherry (**sherry wine, salt, potassium sorbate (a preservative), potassium metabisulfite))**, dill, allspice**  Nutritional Info: Cal353.7/ Fat 24g/Sat Fat 11.2/ Carbs 11g/ Fiber .4g/Sodium 618.7mg/Protein 21g/Sugar 3g |
| Szechwan Shrimp (GF)  *Ingredients****: Shrimp, 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) ,* ***soy sauce*** *(Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative),* ***corn starch, honey, red pepper flakes, ginger garlic*** *(garlic, water, citric acid),* ***rice***  *Nutritional Info: Calories 305/Fat 1.3g/Sat Fat .3g/Carbs 54g/Fiber 1.4g/Sodium 343mg/Protein 21g/Sugar 3g* |