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| Caramelized Baked Chicken  Nutritional Info: Calories 201/Fat 1g/Carbs 20g/Fiber 0/Sodium 638/Protein 27g  Ingredients: **Chicken breasts, 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, soy sauce (**Water, Hydrolyzed soy protein, salt, molasses, caramel color, and sodium benzoate added as a preservative), **garlic** (garlic, water, citric acid) **, pepper, cornstarch**  Not Gluten Free |
| Coconut Curry Shrimp  Nutritional Info: Calories 369/Fat 24.6g/Sat Fat 14g/Carbs 11g/Fiber 2.5g/Sodium 303mg/Protein 27g/Sugar 4g  Ingredients: **Shrimp, curry paste** (garlic, lemongrass, shallot, dried red chili, salt, galanga, cumin, cinnamon, star anise, turmeric, kaffir lime peel, coriander seed), **onion, coconut milk** (coconut extract, water, citric acid (as antioxidant), sodium Metabisulfite (as preservative)) **carrots, cilantro, garlic** (garlic, water, citric acid), **olive oil** (Canola Oil, extra virgin olive oil)  Gluten Free & Dairy Free |
| Ham, Potato & 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**  **CONTAINS Milk**  Nutritional Info: Calories 374/Fat 18g/Carbs 27g/ Fiber 3g/Sodium 1517mg/ Protein 24 g  Gluten Free |
| Honey Mustard Meatloaf  Nutritional Info: Calories 399/Fat 23g/Sat Fat 10g/Carbs 9g/Fiber 0/ Sod 77mg/Protein 38g/Sugar 5g  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, mayonnaise, lemon juice** |
| Kielbasa & Alfredo Bake  Nutritional Info: Calories 355/Fat 11.5g/Saturated Fat 4.3g/Carbs 49.3g/Fiber .7g/Sodium 430mg/Protein 15g  Ingredients: **Pasta** (water, enriched durum semolina (durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), **Alfredo sauce** (skim milk, water, 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)**, 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), **milk, garlic** (garlic, water, citric acid), **Parmesan Cheese** (imported parmesan cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), rice flour and powdered cellulose added to prevent caking), **Oregano, black pepper Allergies: Wheat, milk** |
| Korean Pork Empanadas  Nutritional Info: Calories 298/Fat 30g/Carbs 34g/Fiber 4g/Sodium 906mg/ Protein 12 g/ Sugar 3g  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), **Shredded Pork** (smoked cooked pork , cider vinegar, sugar, salt, spices), **Korean BBQ** (soy sauce, apples, sugar,, water, apple juice concentrate, rice wine vinegar, canola oil, dried garlic and onion, sesame oil, corn starch, onions distilled vinegar, seasoning (water, dextrose, rice, corn syrup and salt), xanthan gum, spices, seasonings, **Broccoli, Cabbage, Carrot**.  **Contains:** Soy and wheat |
| Mexican Chicken Bake  Ingredients: **Chicken breasts, black beans** (black beans, water, salt, ferrous gluconate calcium chloride (to help maintain firmness), **taco seasoning** (spices (including chili pepper paprika, oregano), onion, salt, potato starch, sugar, garlic & natural flavor), **salsa** (tomatoes, water, tomato paste, jalapeno peppers, onions, distilled vinegar, salt, dehydrated onions, dehydrated garlic, natural flavor) , **Monterey jack cheese** (cultured pasteurized milk, salt, enzymes, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)  Nutritional Info: Calories 361/Fat 19g/Sat Fat 18g/Carbs 11g/Fiber 1g/Sodium 361mg/Protein 36g/Sugar 0  Naturally Gluten Free |
| Pacific Rim Marinated Chicken  Ingredients: **Chicken, salsa** (tomatoes, water, tomato paste, jalapeno peppers, onions, distilled vinegar, salt, dehydrated onions, dehydrated garlic, natural flavor), **lime juice, hoisin sauce** (Sugar, soybean paste (water, soybeans, salt, wheat flour), rice vinegar, salted garlic (garlic, salt), sesame seed oil, salted chili (chili, water, salt) & spices), **garlic** (garlic, water, citric acid)  Nutritional info: Calories 146/Fat 2g/Sat Fat 4g/Carbs 5g/Fiber 1g/Sodium 290mg/Protein 27g /Sugar 3g |
| Seasoned Chicken Breasts with Mango  Ingredients: **Chicken Breasts, mango, lime juice, cilantro, onion, oregano, cumin, garlic, oil** (Canola Oil, extra virgin olive oil)  Nutritional Info: Calories 273/Fat 15g/Sat Fat .3/Carbs 6g/Fiber .9g/Sodium 76mg/Protein 27g/Sugar 6g |
| Shrimp Chowder  Nutritional Info: Calories 377/Fat 22g/Sat Fat 13.4g/Carbs 34.1g/Fiber 2.5g/Sodium 238mg/Protein 12.2g/Sugar 6.1g  Ingredients: **Shrimp, 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), onions, milk, cream, corn, creole seasoning (onion powder, oregano, thyme, pepper, cayenne, garlic, basil, paprika), **vegetable base**(sauteed 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**  Naturally Gluten Free |
| Slow Cooker Chicken & Rice  Ingredients**: Chicken tenders, 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), **carrots, celery, 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 CONTAINS: soy, milk, wheat, sulfites), **mushrooms, chicken broth** (Roasted chicken, salt, msg, sugar autolyzed yeast extract, chicken fat, onion powder, maltodextrin, turmeric and extractive of turmeric (color), spice extractives) **brown rice, pepper, garlic powder**  Nutritional Info: Calories 518/Fat 23g/Sat Fat 5g/Carbs 55g/Fiber 5g/Sodium 1324mg/Protein 23g/ Sugar 5g |
| 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 |