

**CARROLL COUNTY COUNCIL FOR AGING, INC.
DBA: CARROLL COUNTY MEALS ON WHEELS**

MENU INGREDIENT LIST

Category	Subcategory	Item	
Entrée	Meats		
		Pepper Steak	Beef, water, seasoning [salt, maltodextrin, sodium phosphate, garlic, spices, disodium inosinate and disodium guanylate, papain]. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredients. Peppers and Onions. See Brown Gravy Mix
		BBQ Riblet	Pattie Ingredients: Pork, Water, Textured Soy Protein [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Soy Protein Concentrate, Sugar, Tomato Powder, Salt, Spices (Including Celery) Dextrose, Paprika, Brown Sugar, Citric Acid, Natural Smoke Flavor, Sodium Acetate and Sodium Diacetate, Natural Spice Extractives of Paprika, Guar Gum, Onion and Garlic Powder. Sweet Baby Rays BBQ Sauce
		Monterey Chicken	Boneless, skinless chicken breast filets with rib meat CONTAINING: Up to 15% of a solution of water, salt and sodium phosphates. Monterey cheese, Peppers and Onions, Mushrooms, Mrs. Dash for seasoning
		Cheese Omelet	EGG PATTY: WHOLE EGGS, WATER, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, WHEY SOLIDS, NONFAT DRIED MILK AND CITRIC ACID. FILLING: PASTEURIZED PROCESS COLBY CHEESE (COLBY CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, CREAM, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), COLOR ADDED (PAPRIKA AND ANNATTO)). COMMON ALLERGENS PRESENT: Egg, Milk.
		Hamburg Gravy	Beef, Water, Textured Soy Flour, Salt, Spices, Granulated Onion, Granulated Garlic, Caramel Color. COMMON ALLERGENS PRESENT: Soy. Biscuit Gravy Mix-See below
		Sausage Links & Patties	pork, water, dextrose, salt, flavorings, (spice and spice extractives) citric acid, propyl gallate. COMMON ALLERGENS PRESENT: None.

	Cheese Burger	Beef, water, bread crumbs [enriched bleached wheat flour, (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), durum flour, leavening (sodium bicarbonate, sodium acid pyrophosphate), yeast], seasoning [salt, dextrose, hydrolyzed soy protein, sugar, autolyzed yeast extract, beef tallow, tomato powder, hydrolyzed soy corn wheat gluten protein, modified food starch, spices, citric acid, onion powder, dehydrated beef extract, maltodextrin, corn syrup solids, disodium inosinate, disodium guanylate, thiamine hydrochloride, spice extractives, vinegar solids]. COMMON ALLERGENS PRESENT American Cheese on Top
	Lasagna Roll Up	Ricotta Cheese (Pasteurized Whey, Pasteurized Milk, Vinegar and Carrageenan), Semolina Flour, Water, Heavy Whipping Cream (Cream, Carrageenan), Contains Less than 2% of: Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Unsalted Butter (Pasteurized Cream, Natural Flavorings), Eggs, Romano Cheese (Pasteurized Cow's Milk, Cheese Cultures, Salt, Enzymes), Dehydrated Garlic, Dehydrated Onion, Spice, Citric Acid, Modified Food Starch, Salt. COMMON ALLERGENS PRESENT: Milk, Wheat. mozzarella Cheese, Marinara Sauces-see below
	Italian Chicken	Boneless, skinless chicken breast filets with rib meat, water, seasoning [salt, corn syrup solids, Romano cheese (pasteurized milk, cheese cultures, salt, enzymes), dried garlic, spices, dried tomato, dried onion, autolyzed yeast extract, dried parsley, lemon juice, gum Arabic, paprika extract (color), natural flavor, grill flavor (from sunflower oil)], modified food starch, sodium phosphates, soy protein concentrate. COMMON ALLERGENS PRESENT: MILK, SOY
	Shepherd's Pie	Beef, Water, Textured Soy Flour, Salt, Spices, Granulated Onion, Granulated Garlic, Caramel Color. COMMON ALLERGENS PRESENT: Soy. Onions, Celery, Peas, Carrots, Mashed Potatoes. Seasoning
	Swiss Steak	Beef. COMMON ALLERGENS PRESENT: None,
	Chicken Alfredo Pasta	Boneless, skinless chicken breast filets with rib meat CONTAINING: Up to 15% of a solution of water, salt and sodium phosphates. COMMON ALLERGENS PRESENT: N/A. Noodles with Alfredo Sauce on top-See below
	Baked Fish	Cod, Sodium Tripolyphosphate (to retain moisture). COMMON ALLERGENS PRESENT: FISH. Butter, Lemon pepper, parsley, and paprika.
	Meat Sauce (Spaghetti)	Beef, Water, Textured Soy Flour, Salt, Spices, Granulated Onion, Granulated Garlic, Caramel Color. COMMON ALLERGENS PRESENT: Soy. Marinara Sauce-See Below
	Scalloped Potatoes & Ham	WATER, POTATOES, WHOLE MILK POWDER, ONION, MARGARINE (SOYBEAN OIL, PALM OIL, WATER, SALT, CONTAINS 2% OR LESS OF: MONO- & DIGLYCERIDES, SOYBEAN LECITHIN [SOY], NATURAL FLAVOR, ANNATTO [COLOR], VITAMIN A PALMITATE ADDED), WHITE WINE, FOOD STARCH-MODIFIED, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, DEHYDRATED ONION, MONO- & DIGLYCERIDES, GROUND WHITE PEPPER. COMMON ALLERGENS PRESENT: Milk, Soy. Meat-Ham
	Egg Salad	HARD COOKED EGGS. CITRIC ACID, SODIUM BENZOATE, AND NISIN PREPARATION (AS PRESERVATIVES). COMMON ALLERGENS PRESENT: Egg. Miracle Whip, Honey Mustard, Pepper, and Paprika.

	Chicken Thigh	CHICKEN THIGHS WITH BACKS, WATER, ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN, SALT, SODIUM PHOSPHATES. BREADED AND BATTERED WITH: ENRICHED BLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, SPICES, WHEAT GLUTEN, MONOSODIUM GLUTAMATE, GARLIC POWDER, AND EXTRACTIVES OF PAPRIKA. BREADING SET IN VEGETABLE OIL. COMMON ALLERGENS: WHEAT, SOY.
	Country Fried Steak	Beef, water, textured vegetable protein product [soy flour, soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), cyanocobalamin (b12)], contains 2% or less of: salt, soy sauce powder [fermented soybeans and wheat, salt], sugar, maltodextrin, natural flavors, hydrolyzed vegetable protein [corn gluten, soy protein, wheat gluten], onions, sodium phosphate, spices, soybean oil, autolyzed yeast extract, safflower oil [added to reduce dusting], thiamine HCl, disodium inosinate and disodium guanylate, dextrose, extractive of paprika, nonfat dry milk, lactic acid. Breaded and battered with: enriched bleached wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, contains 2% or less of: dextrose, yellow corn flour, modified corn starch, salt, natural flavorings, leavening (sodium acid pyrophosphate, sodium bicarbonate), soybean oil, potato flour, caramel color, extractives of paprika, soy flour, spices, kosher gelatin, methylcellulose, guar gum. Set in vegetable oil. Topped with Brown Gravy-See Below
	Sloppy Joe& Coney Sauce	Beef, Water, Textured Soy Flour, Salt, Spices, Granulated Onion, Granulated Garlic, Caramel Color. COMMON ALLERGENS PRESENT: Soy. Onion Ketchup , Brown Sugar , Onions
	Ham Loaf	Fresh ham trimmings, smoked ham (ham cured with water, salt, sodium phosphate, sodium erythorbate, sodium nitrite), water, sugar, autolyzed yeast, sodium nitrite, natural flavorings, parasol (potassium lactate and sodium diacetate). COMMON ALLERGENS PRESENT: None
	Turkey & Swiss Sandwich	Turkey Breast, Turkey Broth, Contains 2% or Less of the Following: Vinegar, Modified Food Starch, Dextrose, Salt, Sodium Phosphate, Turkey Fat, Natural Flavoring. COMMON ALLERGENS PRESENT: None Swiss. Cheese. Milk
	Ham Tetrizzini	Ham, Spaghetti Noodles, Onions, Swedish Sauce, Mrs. Dash
	Chicken Parmesan	Chicken Breast, Marinara Sauce , Spaghetti Noodles
	Swedish Meatballs	BEEF, WATER, TEXTURED SOY FLOUR, SOY PROTEIN CONCENTRATE, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, WHEAT FLOUR, DEHYDRATED ONION, FLAVORINGS, SODIUM PHOSPHATE, HYDROLYZED SOY PROTEIN, PAPRIKA, GARLIC POWDER, EXTRACTIVES OF PAPRIKA, NONFAT DRY MILK. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk. Swedish Sauce
	Barbeque Chicken	Chicken Breast, Sweet Baby Rays BBQ Sauce
	Baked Chicken	Bone in Chicken, Italian Seasoning, Brown Sugar

	Vegetable Lasagna	ENZYMES), MILK (VITAMIN D3 ADDED), BROCCOLI, RICOTTA CHEESE (PASTEURIZED WHEY, PASTEURIZED CREAM, VINEGAR, SALT), WHITE CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), ZUCCHINI, CAULIFLOWER, CARROTS, CORN, BREAD CRUMBS (WHEAT FLOUR, SUGAR, YEAST, SOYBEAN OIL, SALT), SPINACH, MARGARINE (SOYBEAN OIL, PALM OIL, WATER, SALT, CONTAINS 2% OR LESS OF: MONO- & DIGLYCERIDES, SOYBEAN LECITHIN [SOY], NATURAL FLAVOR, ANNATTO [COLOR], VITAMIN A PALMITATE ADDED), FOOD STARCH-MODIFIED, ONION, CHEDDAR CONCENTRATE (CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES], WATER, SALT, XANTHAN GUM), SALT, PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), LACTIC ACID (FOOD STARCH-MODIFIED, LACTIC ACID), WHEAT FLOUR, SUGAR, ONION POWDER, GARLIC POWDER, SPICES. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk.
	Chicken & Noodles	IQF Shredded Chicken, Chicken Broth, Egg Noodles. Pepper . Onions,
	Meat Lasagna	TOMATO PUREE (WATER, TOMATO PASTE), COOKED ENRICHED LASAGNA PASTA (WATER, SEMOLINA [MILLED WHEAT, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], EGG WHITES), COOKED BEEF, RICOTTA CHEESE (PASTEURIZED WHEY, PASTEURIZED CREAM, VINEGAR, SALT), MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, TOMATOES (TOMATOES, TOMATO JUICE, CALCIUM CHLORIDE, CITRIC ACID), PARMESAN CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SUGAR, CELERY, SALT, CARROTS, BREAD CRUMBS (BLEACHED WHEAT FLOUR, DEXTROSE, SALT, YEAST), FOOD STARCH-MODIFIED, FLAVORING, DEHYDRATED GARLIC, SEASONING BLEND (SPICES, DEXTROSE), DEXTROSE, ASCORBIC ACID. COMMON ALLERGENS PRESENT: Milk, Egg, Wheat.
	Pizza Casserole	Penne Pasta, Marinara Sauce, Beef Crumbles, Sausage Crumbles, Pepperoni , Onion, Mozzarella cheese
	Cream Chicken Sand	IQF Chicken, Cream of Chicken Soup (CHICKEN STOCK, MODIFIED FOOD STARCH, CONTAINS LESS THAN 2% OF: CHICKEN FAT, CHICKEN MEAT, CREAM (MILK), WHEAT FLOUR, SALT, VEGETABLE OIL, DEHYDRATED WHEY, WATER, WHEY PROTEIN CONCENTRATE, YEAST EXTRACT, FLAVORING, BETA CAROTENE, SOY PROTEIN ISOLATE, SODIUM PHOSPHATE, CELERY EXTRACT, DEHYDRATED CHICKEN, ONION EXTRACT. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy.)
	Cream Chicken Gravy	Shredded IQF Chicken, Chicken Gravy Mix, Pepper
	Hamburg Gravy	Beef Crumbles, Biscuit Gravy Mix
	Chicken Cordon Blu	Boneless, skinless, breast of chicken with rib meat (containing up to 8% of a solution of water, seasoning (sugar, salt, dehydrated chicken broth, dehydrated garlic, dehydrated onion), seasoning (modified potato starch, flavoring), vinegar with natural flavor, sodium phosphates), Filling (pasteurized-process Swiss & American cheese [Swiss cheese (cultured milk, salt, enzymes), American cheese (cultured milk, salt, enzymes), cream, sodium phosphates], cooked ham water added(pork, water, salt, dextrose, sodium lactate, sodium phosphates, sodium erythorbate, sodium diacetate, sodium nitrite)), Breading (bleached wheat flour, whey, yellow corn flour, dextrose, salt, blend of Romano and Parmesan cheese (pasteurized cows milk, cheese cultures, salt, sodium silicoaluminate, sorbic acid, enzymes), yeast, spices, soybean oil, oleoresin paprika, annatto extract, sodium silicoaluminate, garlic powder, onion powder, natural flavor), Batter (water, enriched bleached wheat flour [wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), modified food starch, yellow corn flour, salt, leavening [sodium acid pyrophosphate, sodium bicarbonate])). Prebrowned in vegetable oil. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy.

	Stuffed Peppers	GREEN BELL PEPPERS, COOKED BEEF, COOKED RICE, ONION, WATER, EGG, BREAD CRUMBS (WHEAT FLOUR, SUGAR, YEAST, SOYBEAN OIL, SALT), TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), CELERY, NONFAT DRY MILK, SALT, ISOLATED SOY PROTEIN, BLACK PEPPER, DRIED BEEF STOCK, CARAMEL COLOR. COMMON ALLERGENS PRESENT: Wheat, Milk, Egg, Soy. Tomato Soup
	Meat Loaf	Ground Beef, Onion, Parsley, Mrs. Dash, Eggs, Beef Base, Bread Crumbs , and Milk
	Teriyaki Chicken	Chicken Breast, WATER, SOY SAUCE (WATER, WHEAT, SOYBEAN, SALT, SODIUM BENZOATE [A PRESERVATIVE]), SUGAR, PINEAPPLE JUICE CONCENTRATE, RICE VINEGAR, BROWN SUGAR, FOOD STARCH-MODIFIED, CONTAINS LESS THAN 2% OF ONION JUICE, DISTILLED VINEGAR, ONION*, GARLIC*, SALT, SESAME SEED, AUTOLYZED YEAST EXTRACT, GREEN ONION*, RED BELL PEPPER*, SODIUM BENZOATE (A PRESERVATIVE), NATURAL FLAVOR, SPICE. *DEHYDRATED. COMMON ALLERGENS PRESENT: Soy, Wheat.
	Chicken Salad	IQF Chicken. Mayonnaise, Honey Mustard, Onions, Celery, Mrs. Dash
	Stuffed Shells/ Manicotti	Water, Semolina (Durum Semolina, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Ricotta Cheese (Whey, Milk, Vinegar, Carrageenan [stabilizer]), Wheat Flour (Enriched Wheat Flour [Contains Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Sugar, Soybean Oil, Yeast), Modified Food Starch, Parmesan Cheese (Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose [anti-caking agent]), Salt, Black Pepper, Parsley. COMMON ALLERGENS PRESENT: Wheat, Milk, Marinara Sauce
	Beef Hoagie	Beef, Water, Soy Protein Concentrate, Seasoning (Sugar, Salt, Monosodium Glutamate, Spices, Paprika, Turmeric), Dextrose, Potassium Phosphate. COMMON ALLERGENS PRESENT: Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED. Click here for K12 spec sheet:
	Chicken Alfredo	Boneless, skinless chicken breast filets with rib meat CONTAINING: Up to 15% of a solution of water, salt and sodium phosphates. COMMON ALLERGENS PRESENT: None. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated April 2020. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.
	Rigatoni/ Johnny Marzetti	Rigatoni , Beef Crumbles , Onion, Marinara Sauce

	Steak Fajita	Beef, Water, Seasoning [Salt, Maltodextrin, Sodium Phosphates, Garlic, Spices, Disodium Inosinate and Disodium Guanylate, Papain], Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Contains 2% Or Less Of: Soybean Oil, Dextrose, Sodium Phosphate, Black Pepper, Yeast Extract, Natural Flavor. COMMON ALLERGENS PRESENT: Soy, Cheese, Lettuce, & Tomato
	Chicken Fajita	Boneless skinless chicken breast meat with rib meat and water, Contains 2% or less of: Salt, Garlic Powder, Sodium Phosphate, Dextrose, Yeast Extract, Onion Powder, Corn Syrup Solids, Gum Arabic, Carrageenan, Grill Flavor (from sunflower oil), Lime Juice solids, Flavors (Including extractives of celery seed), Smoke flavor.
	Roast Pork	Pork Loin with Mrs. Dash Seasoning
	Cheese Ravioli	Wheat Flour (Durum Whole Wheat Flour, Enriched Durum Flour [Enriched with Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid]), Water, Liquid Pasteurized Whole Eggs, Part Skim Ricotta Cheese (Whey, Milk, Vinegar, Carrageenan as a stabilizer), Shredded Mozzarella Cheese (Pasteurized Whole Milk, Cheese Cultures, Salt, Enzymes, Rice Flour, Powdered Cellulose to prevent caking), Enriched Bread Crumbs (Enriched Bleached Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Dextrose, Salt, Yeast), Dried Whole Eggs, Grated Romano Cheese (Pasteurized Cows Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose to prevent caking), Salt, Parsley Flakes, Granulated Garlic, Black Pepper, Nutmeg. COMMON ALLERGENS PRESENT: Wheat, Milk, Eggs.
	Chicken & Dumplings	Shredded chicken Breast, Chicken Gravy Spaetzle Dumplings
	Hot Dog	Beef and pork, water, salt, less than 2% of the following: dextrose, flavoring, potassium lactate, sodium diacetate, sodium erythorbate, sodium nitrite, oleoresin of paprika. COMMON ALLERGENS PRESENT: None
	Honey Mustard Chicken	Chicken Breast , Honey Mustard Dressing
	Hot Turkey Sandwich	TURKEY BREAST, TURKEY BROTH AND 2% OR LESS OF THE FOLLOWING: SALT, MODIFIED FOOD STARCH, DEXTROSE, POTASSIUM LACTATE, CARRAGEENAN, SODIUM PHOSPHATE, SODIUM DIACETATE, SODIUM ERYTHORBATE, NATURAL SMOKE FLAVOR, NATURAL FLAVORS, SODIUM NITRITE. COMMON ALLERGENS PRESENT: N/A.
	Sweet & Sour Meatballs	BEEF, WATER, TEXTURED SOY FLOUR, SOY PROTEIN CONCENTRATE, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, WHEAT FLOUR, DEHYDRATED ONION, FLAVORINGS, SODIUM PHOSPHATE, HYDROLYZED SOY PROTEIN, PAPRIKA, GARLIC POWDER, EXTRACTIVES OF PAPRIKA, NONFAT DRY MILK. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk.
	Cabbage Rolls	CABBAGE LEAVES, WATER, COOKED BEEF, TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID), COOKED RICE, TOMATO PASTE, ONION, EGG, BREAD CRUMBS (WHEAT FLOUR, SUGAR, YEAST, SOYBEAN OIL, SALT), GREEN BELL PEPPER, SALT, FOOD STARCH-MODIFIED, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), CELERY, SUGAR, NONFAT DRY MILK, ISOLATED SOY PROTEIN, VINEGAR (DISTILLED WHITE VINEGAR, WATER), SPICES, DRIED BEEF STOCK, CARAMEL COLOR, DEHYDRATED GARLIC. COMMON ALLERGENS PRESENT: Egg, Wheat, Soy, Milk, Tomato Soup
	Tuna Noodle Casserole	Egg Noodles, Pepper, Cream Of Mushroom Soup, Tuna

	Baked Ham	Cured with water, dextrose, contains 2% or less of salt, sodium phosphates, potassium acetate, potassium lactate, sodium diacetate, sodium erythorbate, sodium nitrite. COMMON ALLERGENS PRESENT: NONE.
	Ham, Cabbage & Potatoes	Ham, Cabbage, Potatoes, Mrs. Dash, Onion, Chicken Broth
	Steak Hoagie	Beef, Water, Soy Protein Concentrate, Seasoning [Wheat Flour, Dehydrated Onion, Salt, Whey, Hydrolyzed Soy Protein, Hydrolyzed Corn Protein, Caramel Color, Dextrose, Sugar, Dehydrated Bell Peppers, Monosodium Glutamate, Spice, Natural Flavors], Potassium Phosphates, Salt, Caramel Color. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk. Prior Peppers, Onions 7 Mozzarella Cheese
	Cream Chicken	IQF Chicken, Chicken Gravy Mix
	Meatball Sub	BEEF, WATER, TEXTURED SOY FLOUR, SOY PROTEIN CONCENTRATE, CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, WHEAT FLOUR, DEHYDRATED ONION, FLAVORINGS, SODIUM PHOSPHATE, HYDROLYZED SOY PROTEIN, PAPRIKA, GARLIC POWDER, EXTRACTIVES OF PAPRIKA, NONFAT DRY MILK. COMMON ALLERGENS PRESENT: Soy, Wheat, Milk. Maranara Sauce, Mozzarella Cheese.
	Sweet & Sour Chicken	Sweet & Sour Sauce Boneless skinless chicken breast meat with rib meat and water, Contains 2% or less of: Salt, Garlic Powder, Sodium Phosphate, Dextrose, Yeast Extract, Onion Powder, Corn Syrup Solids, Gum Arabic, Carrageenan, Grill Flavor (from sunflower oil), Lime Juice solids, Flavors (Including extractives of celery seed), Smoke flavor. COMMON ALLERGENS PRESENT: None
	Beef Stroganoff	Beef, Water, Textured Soy Flour, Salt, Spices, Granulated Onion, Granulated Garlic, Caramel Color. COMMON ALLERGENS PRESENT: Soy. Egg Noodles, Onion, Sour Cream, Brown Gravy . Mushrooms
	Western Egg Frittata	WHOLE EGGS, PASTEURIZED PROCESS CHEDDAR CHEESE (CHEDDAR CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, MILKFAT, SODIUM PHOSPHATE, SODIUM HEXAMETAPHOSPHATE, SALT, ARTIFICIAL COLOR), WATER, HAM WITH NATURAL JUICES, SMOKE FLAVOR ADDED (HAM, WATER, SALT, DEXTROSE, SODIUM PHOSPHATES, SMOKE FLAVORING, SODIUM ERYTHORBATE, SODIUM NITRITE), ONIONS, GREEN PEPPERS, RED PEPPERS, SOYBEAN OIL, WHOLE MILK, MODIFIED CORN STARCH, SALT, XANTHAN GUM, CITRIC ACID. COMMON ALLERGENS PRESENT: Egg, Milk
	Chicken Lasagna	COOKED ENRICHED LASAGNA PASTA (WATER, SEMOLINA [MILLED WHEAT, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, RICOTTA CHEESE (PASTEURIZED WHEY, PASTEURIZED CREAM, VINEGAR, SALT), COOKED CHICKEN TENDERS, CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS [GUAR GUM AND CAROB BEAN GUM]), PARMESAN CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), MOZZARELLA CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), CREAM, SOYBEAN OIL, NONFAT DRY MILK, RED BELL PEPPER, SPINACH, FOOD STARCH-MODIFIED, CHICKEN FLAVOR BASE (CHICKEN FLAVOR [CHICKEN, FLAVORS], SALT, LACTOSE, FLAVORS, SUGAR, ONION POWDER, GARLIC POWDER, MONO- & DIGLYCERIDES, TURMERIC OLEORESIN), FOOD STARCH-MODIFIED (FOOD STARCH-MODIFIED, CORNSTARCH), SHERRY, SALT, SPICES, DEHYDRATED GARLIC, XANTHAN GUM, ONION POWDER. COMMON ALLERGENS PRESENT: Wheat, Milk
	Souper Chicken	Chicken Breast, Onion, Celery , Carrots, Cream of Chicken Soup, and Mrs. Dash
	Bratwurst	Pork, Water and less than 2% of the following: Corn Syrup, Salt, Dextrose, Flavorings, BHA, Propyl Gallate, Citric Acid. COMMON ALLERGENS PRESENT: None.

	Chicken Strips	Boneless chicken breast with rib meat, water, seasoning [salt, flavors, maltodextrin, sugar, vegetable stock (carrot, onion, celery), garlic powder], salt, sodium phosphates. BREADED WITH: Bleached wheat flour, water, wheat flour, salt, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), wheat gluten, spices, disodium inosinate and disodium guanylate, dried onion, dried garlic, canola oil, modified palm oils, dextrose, dried yeast, and turmeric extract (color). Breeding set in vegetable oil. COMMON ALLERGENS PRESENT: WHEAT.
	Turkey Roll w/ Stuffing	Sliced Turkey, Bread Stuffing(Bread cubes, onion, celery, ground sage , whirl, chicken broth
	Ham & Cheese Omelet	EGG PATTY (WHOLE EGGS, WHEY, DRIED CREAM CHEESE (CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), NON-FAT DRIED MILK, SODIUM PHOSPHATE), CONTAINS 2% OR LESS OF THE FOLLOWING: SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, XANTHAN GUM, CITRIC ACID, GUAR GUM, WHITE PEPPER, NATURAL BUTTER FLAVOR (SUNFLOWER OIL, NATURAL FLAVORS, MEDIUM CHAIN TRIGLYCERIDES)). FILLING (PASTEURIZED PROCESS CHEDDAR CHEESE (CHEDDAR CHEESE (MILK, CULTURE, SALT, ENZYMES), DRY CREAM (CREAM, SKIM MILK), WATER, SODIUM PHOSPHATES, SALT, LACTIC ACID, APOCAROTENAL (COLOR)), HAM (HAM, WATER, SALT, DEXTROSE, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM NITRITE)). COMMON ALLERGENS PRESENT: Egg, Milk.
	Di Russo Sausage Patty	Pork, Water, Salt, Spices, Dextrose, Paprika, Natural flavors, Citric Acid, BHA, BHT
	Sweet & Sour Pork	Pork, Water, Pineapple (Pineapple, Pineapple Juice, Citric Acid), Sugar, Tomatoes (Contains Tomato Juice, Calcium Chloride, Citric Acid), Brown Sugar, Food Starch - Modified, Onion, Vinegar, Tomato Paste, Green Peppers, Salt, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Corn Oil, Natural Flavor, Soy Sauce [Water, Wheat, Soybeans, Salt, Sodium Benzoate(Preservative)], Onion Powder, Spice, Garlic Powder. COMMON ALLERGENS PRESENT: Wheat, Soy
	Beef Ravioli	Marinara Sauce, Pasta Ingredients: Extra Fancy Durum Flour (Enriched With Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Liquid Pasteurized Whole Eggs. Filling: Cooked Beef (Beef, Salt), Water, Bread Crumbs (Wheat Flour, Sugar, Yeast, Salt), Spinach, Rehydrated Egg Whites (Water, Dried Egg Whites), Romano Cheese (Pasteurized Sheeps Milk, Cultures, Rennet, Salt), Beef Broth Flavor (Yeast Extract, Maltodextrin, Hydrolyzed Corn Protein, Beef Broth Powder, Salt, Torula Yeast, Natural Flavor), Chopped Garlic, Salt, Salami Seasoning (Salt, Fennel, Black Pepper, Garlic, Mustard, Rosemary), Black Pepper, Fennel. COMMON ALLERGENS PRESENT: Wheat, Milk, Egg.
Soups	Broccoli Soup	Broccoli, Biscuit Gravy Mix, Onions, Cheddar Cheese Sauce, Chicken Base, & Whirl.
	Chicken Tortellini Soup	Shredded IQF Chicken, Cheese Tortellini, Onions, Celery, Spinach, Chicken Broth, Mrs. Dash

	Bean Soup	Great northern white beans, water, salt, calcium chloride. COMMON ALLERGENS PRESENT: Nonmeat-Ham or Bacon. Oniony, Celery, Carrots, Chicken Base, Mrs. Dash.
	Cream of Cauliflower Soup	Cauliflower, Onion, Celery. Carrots, Corn, Cheese Sauce, Chicken Broth, Biscuit Gravy Mix
	Potato Soup	Potatoes, Onion, Celery, Chicken Base, Biscuit Gravy Mix, Cheese Sauce, Bacon Bits
	Chicken Wild Rice Soup	Shredded IQF Chicken, White & Wild Rice, Onion, Celery, Carrots, Chicken Base, Chicken Broth
	Chicken Corn Chowder	IQF Shredded Chicken, Chicken Base, Onions, Celery, Carrots, Potatoes, Bacon Bits, Corn, Mrs. Dash, & Biscuit Gravy mix
	Chicken Sand. (Breaded)	Chicken Breast With Rib Meat, Water, Textured Vegetable Protein Product (Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate [B1], Pyridoxine Hydrochloride [B6], Riboflavin [B2], And Cyanocobalamin [B12]), Soy Protein Concentrate, Contains 2% Or Less Of: Salt, Sodium Phosphate, Hydrolyzed Corn Protein, Autolyzed Yeast Extract, Dehydrated Onion, Spices, Natural Flavors, Spice Extractive. Breaded And Battered With: Whole Wheat Flour, Enriched Wheat Flour (Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Contains 2% Or Less Of: Salt, Modified Food Starch, Extractives Of Paprika And Annatto, Spices, Natural Flavors, Dextrose, Spice Extractive. Set In Vegetable Oil. COMMON ALLERGENS PRESENT: Soy, Wheat.
	Chili	Beef Crumbles, Chili Beans, Marinara Sauce, Diced Tomatoes, Onions, Peppers, Tomato Juice Chili Powder, Pepper
	Cheese Burger Soup	Beef Crumbles, Potatoes, Onion, Bacon Bits, Beef Broth, Cheese Sauce, Mrs. Dash
	Beef Barley Soup	WATER, COOKED BARLEY (BARLEY, WATER), ONIONS, COOKED BEEF, CELERY, Potatoes CARROTS, BEEF BASE (ROASTED BEEF INCLUDING BEEF JUICES, SALT, HYDROLYZED VEGETABLE PROTEIN [SOY, CORN], MALTODEXTRIN, YEAST EXTRACT, SUGAR, POTATO FLOUR, BEEF FLAVOR, NATURAL FLAVOR, CARAMEL COLOR), CONTAINS LESS THAN 2% OF SUGAR, MODIFIED CORN STARCH, SALT, GRANULATED ONION, GRANULATED GARLIC, SPICES, FLAVORING (MALTODEXTRIN [CORN], SALT, YEAST EXTRACT). COMMON ALLERGENS PRESENT: SOY.
	White Chili-Southwestern	Shredded Chicken, Onion, Green Pepper, Chili Powder, Chicken Broth, Chili Beans, Diced Tomatoes, Biscuit Gravy Mix Prepared Red Beans, Water, Tomato Paste, Modified Corn Starch, Salt, Chili Pepper, Sugar, Paprika, Onion, Garlic, Calcium Chloride.
	Vegetable Beef Soup	Beef, Onions, Celery, Potatoes, Carrots, Corn, Green Beans, Peas, Tomato Juice, Beef Broth, Mrs. Dash

	Tomato Tortellini Soup	Tomato Soup, Cheese Tortellini, Beef Broth, Spinach
	Mushroom Potato Chowder	WATER, VEGETABLE OIL (CORN, CANOLA, AND/OR SOYBEAN), MUSHROOMS, MODIFIED FOOD STARCH, WHEAT FLOUR, CONTAINS LESS THAN 2% OF: SALT, CREAM (MILK), SOY PROTEIN CONCENTRATE, YEAST EXTRACT, DEHYDRATED WHEY, DEHYDRATED GARLIC, FLAVORING. COMMON ALLERGENS PRESENT: Milk, Wheat, Soy.
	Wedding Soup	WATER, COOKED ENRICHED MACARONI PRODUCT (SEMOLINA [WHEAT], ENRICHED WITH NIACIN, IRON, [FERROUS SULFATE], THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), MEATBALLS (BEEF, WATER, TEXTURED SOY PROTEIN CONCENTRATE [SOY PROTEIN CONCENTRATE, CARAMEL COLOR], EGGS, CONTAINS LESS THAN 2% OF THE FOLLOWING: ROMANO CHEESE [PASTEURIZED SHEEP'S AND/OR COW'S MILK, RENNET, SALT, CHEESE CULTURES, ENZYMES], DEHYDRATED ONION, WHITE PEPPER, GARLIC POWDER, PARSLEY, SPICES, FLAVORINGS, CORN SYRUP SOLIDS, BREAD CRUMBS [WHEAT FLOUR, SOYBEAN OIL], SOY PROTEIN CONCENTRATE, TEXTURED SOY FLOUR, SALT, SODIUM PHOSPHATE), CELERY, ONIONS, KALE, CARROTS, CHICKEN BASE (COOKED CHICKEN, SALT, CHICKEN FAT, SUGAR, MALTODEXTRIN (FROM CORN), HYDROLYZED WHEAT GLUTEN, NATURAL FLAVORING, POTATO STARCH, YEAST EXTRACT), CONTAINS LESS THAN 2% OF CULTURED DEXTROSE, MODIFIED CORN STARCH, CHEESE BASE (PARMESAN AND ROMANO CHEESE [COW'S MILK, CULTURES, ENZYMES, SALT], WATER, WHEY, SALT, MODIFIED CORN STARCH, NATURAL FLAVOR, YEAST EXTRACT, CORN OIL, XANTHAN GUM, LACTIC ACID), SALT, GRANULATED GARLIC, SPICE. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy.
Salads	Chef Salads Small & Large	Iceberg Lettuce. Cheese, Ham, Turkey, Tomato, Onion, Egg
	Three Bean Salad	Cut Green Beans, Cut Wax Beans, Water, Dark Red Kidney Beans, Sugar, Vinegar, Diced Onions, Diced Red Bell Peppers, Soybean Oil, Salt, Natural Flavoring, Calcium Chloride, Disodium EDTA (To Preserve Color), Turmeric. COMMON ALLERGENS PRESENT: Soy
	Cole Slaw	Green cabbage, carrots. COMMON ALLERGENS PRESENT: None.
	Peas Salad	Peas, Marzetti Slaw Dressing, Cheddar Cheese, Onion, Bacon Bits
	Cole Slaw	Cabbage, Carrots, Marzetti Slaw Dressing

	Grilled Steak Salad	Beef, Water, Seasoning [Salt, Maltodextrin, Sodium Phosphates, Garlic, Spices, Disodium Inosinate and Disodium Guanylate, Papain], Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12)], Contains 2% Or Less Of: Soybean Oil, Dextrose, Sodium Phosphate, Black Pepper, Yeast Extract, Natural Flavor. COMMON ALLERGENS PRESENT: Soy. Salad Mix Cheddar Cheese, Onion, Tomatoes,
	Broccoli Salad	Broccoli, Marzetti Slaw Dressing, Cheddar Cheese, Onion, Bacon Bits
	Perfection Salad	Sugar, Dextrose, Gelatin, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Natural and Artificial Flavor, Ascorbic Acid (Vitamin C), Yellow
	Taco Salad	BEEF, WATER, TEXTURED VEGETABLE PROTEIN (soy protein concentrate, caramel color), CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, CHILI PEPPER, SALT, SEASONING (potassium chloride, flavor [contains maltodextrin]), SOY LECITHIN, SUGAR, SPICES, SEASONING (hydrolyzed soy and corn protein, salt), DEHYDRATED GARLIC, CARAMEL COLOR, DISODIUM INOSINATE AND DISODIUM GUANYLATE, ONION POWDER, PAPRIKA EXTRACT, SODIUM PHOSPHATES. COMMON ALLERGENS PRESENT: Soy. Salad Mix , Cheddar Cheese, Onion, & Tomatoes.
	Grape Salad	Grapes, Sour Cream, Cream Cheese, Sugar, Vanilla , Marshmallow Cream
	Pasta Salad	COOKED PENNE PASTA (SEMOLINA [WHEAT], ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, CONTAINS LESS THAN 2% OF SALT. COMMON ALLERGENS PRESENT: Wheat.
	Macaroni Salad	COOKED ENRICHED MACARONI PRODUCT (SEMOLINA [WHEAT], ENRICHED WITH NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, WATER, SUGAR, CELERY, CONTAINS LESS THAN 2% OF EGGS, ONIONS, SALT, MUSTARD (DISTILLED VINEGAR, MUSTARD SEED, SALT, TURMERIC, SPICES), RED BELL PEPPERS, WHITE DISTILLED VINEGAR, EGG YOLKS (EGG YOLKS, SALT), POTASSIUM SORBATE (TO RETARD SPOILAGE), LEMON JUICE CONCENTRATE, PAPRIKA (COLOR). COMMON ALLERGENS PRESENT: Wheat, Egg.
	Chicken Pasta Salad	Shredded Chicken, Pasta Noodles , Chicken Broth, Frozen Peas, Onions , Pepper, Garlic Powder, Mrs. Dash
	Potato Salad	Diced Potatoes, Celery, Onion, Miracle Whip, Honey Mustard Dressing. Celery Seed, Pepper. Paprika
	Chicken Cobb Salad	Lettuce. Shredded Chicken, Bacon, Cheese. Tomatoes, Roasted Corn & Black Beans
	Waldorf Salad	Diced Apples, Dried Cranberries, Walnuts, Sauce(Cream Cheese, Sour Cream, Sugar, Vanilla, & Marshmallow Cream)
	Perfection Salad	Shredded Cabbage & Carrots, Crushed Pineapple, Lime Jell Sugar, Dextrose, Gelatin, Fumaric Acid, Fumaric Acid, Sodium Phosphate, Sodium Citrate, Malic Acid, Citric Acid, Natural and Artificial Flavor, Ascorbic Acid (Vitamin C), Yellow 5, Yellow 5 Lake,
	Tuna Salad	Tuna, Miracle Whip. Celery , Onion, Boiled Egg, Mrs. Dash

Sides	Fruit-Canned	Mandarin Oranges	Whole mandarin orange segments, water, sugar.
		Apricots	Apricots, water, sugar. COMMON ALLERGENS PRESENT: None.
		Applesauce	Apples, water. Ascorbic acid added to maintain color. COMMON ALLERGENS PRESENT: None.
		Tropical Fruit	PINEAPPLE, PINEAPPLE JUICE, RED PAPAYA, WATER, YELLOW PAPAYA, GUAVA, SUGAR, PASSION FRUIT JUICE, CITRIC ACID. COMMON ALLERGENS PRESENT: None.
		Peaches	Peaches, water, sugar. COMMON ALLERGENS PRESENT: None
		Baked Apples	Apples, water, sugar, cellulose gum, spices (cinnamon and nutmeg) and natural flavor. COMMON ALLERGENS PRESENT: None.
		Pears	Pears, Water, Sugar. COMMON ALLERGENS PRESENT: None.
		Pineapple	Pineapple, water, unsweetened pineapple juice. COMMON ALLERGENS PRESENT: None.
		Mixed Fruit	Diced Peaches, Water, Diced Pears, Grapes, Sugar. COMMON ALLERGENS PRESENT: None.
	Fruit-Fresh	Watermelon	Watermelon
		Banana	Banana
		Fresh Apple	Apple
		Fresh Orange	Orange
		Fresh Pears	Pear
		Grapes	Grape
	Vegetables	Broccoli	Broccoli. COMMON ALLERGENS PRESENT: None. Prior to consuming the product,
		Lima Beans	Lima beans. COMMON ALLERGENS PRESENT
		French Fries	Potatoes, Vegetable Oil (May Contain One or More of the Following: Canola Oil, Sunflower Oil, Cottonseed Oil, Palm Oil, Corn Oil, Soybean Oil, Hydrogenated Soybean and/or Cottonseed Oil), Enriched Wheat Flour (Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Salt, Cornstarch, Onion Powder, Modified Corn Starch, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate), Spice, Maltodextrin, Natural and Artificial Flavor (Contains Milk), Cultured Sour Cream (Milk, Cream, Non-Fat Dry Milk, Modified Corn Starch, Guar Gum, Locust Bean Gum, arrageenan), Sweet Buttermilk, Lactic Acid. COMMON ALLERGENS PRESENT: Milk, Wheat.
	Cascade Vegetables	Broccoli, Carrots, Green Beans, Yellow Carrots, Wax Beans and Red Peppers. COMMON ALLERGENS PRESENT: None.	

	Carrots	Carrots, water, salt, calcium chloride. COMMON ALLERGENS PRESENT: NONE.
	California Blend	Broccoli, Cauliflower, Carrots. COMMON ALLERGENS PRESENT: NONE.
	Mashed Potatoes	POTATOES, CANOLA OIL, SALT, CONTAINS 2% OR LESS OF: ARTIFICIAL COLORS, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS (MILK), FRESHNESS PRESERVED WITH: SODIUM BISULFITE, SODIUM ACID PYROPHOSPHATE, CITRIC ACID, BHT.
	Cauliflower	Cauliflower. COMMON ALLERGENS PRESENT: None.
	Green Beans	Green beans, water, salt. COMMON ALLERGENS PRESENT: None.
	Baked Beans	White Beans, Water, Sugar, Brown Sugar, Modified Food Starch, Salt, Bacon (Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrate), Caramel Color, Liquid Smoke, Calcium Chloride, Natural Flavor. COMMON ALLERGENS PRESENT: None.
	Corn	Corn, water, sugar, salt. COMMON ALLERGENS PRESENT: None
	Peas	Peas, water, sugar, salt. COMMON ALLERGENS PRESENT: None.
	Peas & Carrots	Green peas, water, carrots, sugar, salt. COMMON ALLERGENS PRESENT: None
	Stewed Tomatoes	Tomatoes, tomato juice, sugar, salt, dried onion, dried celery, dried bell pepper, citric acid, calcium chloride, natural flavors. COMMON ALLERGENS PRESENT: None
	Diced Red Potatoes	POTATOES, DEXTROSE, DISODIUM PYROPHOSPHATE (ADDED TO MAINTAIN COLOR), POTASSIUM SORBATE (ADDED TO MAINTAIN FRESHNESS). COMMON ALLERGENS PRESENT: None.
	Spinach	Spinach. COMMON ALLERGENS PRESENT: None
	Baked Potato	Idaho Potatoes. COMMON ALLERGENS PRESENT:
	Creamed Peas	Peas, Water, Sugar Salt, Whirl, Pepper and Biscuit Gravy Mix
	Winters Blend	Broccoli cuts and cauliflower clusters. COMMON ALLERGENS: None.
	Beets	BEETS, WATER, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, SALT, NATURAL FLAVORINGS. COMMON ALLERGENS PRESENT: None.
	Brussel Sprouts	Brussels sprouts. COMMON ALLERGENS PRESENT: None.
	Baby Bakers	Potatoes, Olive Oil, contains less than 2 % of Garlic Powder, Maltodextrina, Natural Flavor, Onion Powder, Salt, Spice, Sugar, Vinegar Powder(Maltedextrin, Vinegar)
	Cheesy Potatoes	Shredded Potatoes, Onion, Cheddar Cheese , Sour Cream, Cream of Chicken Soup
	Beets	BEETS, WATER, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, SALT, NATURAL FLAVORINGS. COMMON ALLERGENS PRESENT: None.

	Refried Beans	Prepared Pinto Beans, Water, Lard, Salt. COMMON ALLERGENS PRESENT
	Sidewinder Fries	Potatoes, vegetable oil(soybean, canola, cottonseed, and/or sunflower), food starch-modified, contains less than 2% of dextrose, leavening (sodium acid, pyrophosphate, sodium bicarbonate), rice flour, salt, xanthan gum, disodium dihydrogen pyrophosphate(to maintain natural color).
	Potato Wedges	Potatoes, Vegetable Oil (Contains One or More of the Following: Canola, Palm, Soybean, Sunflower), Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose. COMMON ALLERGENS PRESENT: None.
	Calico Beans	Baked bean, Northern Beans, Kidney Beans, Ketchup , brown Sugar, Onions, and Beef Crumbles
	Corn & Black Bean Fiesta	Sweet corn, Black beans, Tomato, Onion, Green Bell Pepper, Contains less than 2% of brown sugar, Citric Acid , Dehydrated Vegetables(onions,bell pepper, garlic) Lime Juice Powder, Modified food starch, Maltodextrin, Citric acid, Natural Flavor including grill and smoke, Olive oil, salt, spices, sugar, yeast extract
	Scalloped Potatoes	POTATO (DRY), SEASONING [MODIFIED FOOD STARCH, WHEY, LACTOSE, DRIED ONION, CORN SYRUP SOLIDS, SUNFLOWER OIL, SALT, POTASSIUM CHLORIDE, DRIED GARLIC, MALTODEXTRIN, CREAM CHEESE (PASTEURIZED CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM, GUAR GUM), NATURAL FLAVORS, DIPOTASSIUM PHOSPHATE, DRIED GREEN ONION, MONO AND DIGLYCERIDES, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), YEAST EXTRACT, NONFAT MILK, SPICES, ANNATTO EXTRACT (COLOR), AND SOYBEAN OIL]. FRESHNESS PRESERVED WITH SODIUM BISULFITE. COMMON ALLERGENS PRESENT: Milk.
	Green Bean Casserole	Green Beans, Mushroom Soup Mrs Dash Dehydrated Onion rings ONIONS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUNFLOWER, SAFFLOWER AND/OR CANOLA OIL, SALT. COMMON ALLERGENS PRESENT: Wheat
	Sweet Potato Casserole	SWEET POTATOES, MARGARINE (SOYBEAN OIL, PALM OIL, WATER, SALT, CONTAINS 2% OR LESS OF: MONO- & DIGLYCERIDES, SOYBEAN LECITHIN [SOY], NATURAL FLAVOR, ANNATTO [COLOR], VITAMIN A PALMITATE ADDED), BROWN SUGAR, EGGS, CREAM, WHEAT FLOUR, BREAD CRUMBS (ENRICHED WHEAT FLOUR [NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], YEAST, SOYBEAN OIL, SALT, CORN SYRUP), FOOD STARCH-MODIFIED, WATER, SUGAR, PECANS, SALT, CINNAMON, WALNUTS, CARAMEL COLOR. COMMON ALLERGENS PRESENT: Milk, Eggs, Wheat, Tree Nuts, Soy
	Sweet Potato Fries	Sweet Potatoes, Vegetable Oil (Contains One or More of the Following: High Oleic Canola, Canola, Sunflower), Modified Food Starch (Corn, Tapioca, Potato), Sugar, Rice Flour, Corn Starch, Dextrin, Spice, Salt, Oleoresin Paprika, Xanthan Gum, Leavening (Disodium Dihydrogen Pyrophosphate, Sodium Bicarbonate). COMMON ALLERGENS PRESENT: NONE.
	Lo Mein Noodles	Bleached Wheat Flour, Water, Wheat Gluten, Salt, Potassium Carbonate, Soybean Oil. COMMON ALLERGENS PRESENT: WHEAT

		Loaded Mashed Potatoes	Sour Cream, Bacon, Cheddar Cheese, Pepper , Butter, POTATOES, MALTODEXTRIN, SALT, PALM OIL, CONTAINS 2% OR LESS OF: CORN SYRUP SOLIDS, MONO AND DIGLYCERIDES, NATURAL FLAVOR (MILK), COLOR (TITANIUM DIOXIDE), SODIUM CASEINATE, SPICE, WHEY, DIPOTASSIUM PHOSPHATE, MODIFIED FOOD STARCH, NATURAL AND ARTIFICIAL FLAVOR, FRESHNESS PRESERVED WITH (SODIUM BISULFITE, BHT). COMMON ALLERGENS PRESENT: MILK.
		Onion Petals	Onions, Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Oil (Soybean And/Or Canola), Yellow Corn Flour, Bleached Wheat Flour. Contains 2% or less of Blue 1, Calcium Caseinate, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Mono- & Diglycerides, Natural Flavors, Oleoresin Paprika (color), Potato Starch, Red 40, Salt, Sodium Alginate, Spices, Sugar, Whey, Yellow 5. COMMON ALLERGENS PRESENT: MILK, WHEAT
Dairy		Sour Cream	Cultured Skim Milk, Cream, Whey, Modified Cornstarch, Sodium Phosphate, Guar Gum, Carrageenan, Sodium Citrate, Locust Bean Gum, Potassium Sorbate (to preserve freshness). COMMON ALLERGENS PRESENT: Milk.
		Cottage Cheese	Pasteurized Cultured Skim Milk, Milk, Cream, Salt, Whey, Guar Gum, Mono and Diglycerides, Carrageenan, Polysorbate 80, Xanthan Gum, Locust Bean Gum, Potassium Sorbate (to preserve freshness), Citric Acid and Enzymes. COMMON ALLERGENS PRESENT: Milk.
		Yogurt	STRAWBERRY: Cultured Grade A Non Fat Milk, Strawberries, Water, Modified Food Starch, Cane Sugar, Contains Less than 1% of Kosher Gelatin, Vegetable Juice (for Color), Natural and Artificial Flavors, Sucralose, Acesulfame Potassium, Malic Acid, Sodium Citrate, Vitamin A Palmitate, Vitamin D3, Active Yogurt Cultures L. Bulgaricus & S. Thermophilus. PEACH: Cultured Grade A Non Fat Milk, Water, Modified Food Starch, Peaches, Cane Sugar, Contains Less than 1% of Kosher Gelatin, Natural and Artificial Flavors, Sucralose, Annatto Extract (for Color), Malic Acid, Acesulfame Potassium, Vitamin A Palmitate, Vitamin D, Sodium Citrate. Active Yogurt Cultures L. Bulgaricus & S. Thermophilus. COMMON ALLERGENS PRESENT: Milk.
		American Cheese	American cheese (milk, cheese cultures, salt, enzymes, annatto vegetable color, if colored), water, cream, sodium citrate, color added, salt, sorbic acid added as a preservative, and soy lecithin (non sticking agent). COMMON ALLERGENS PRESENT: Milk, Soy.
		Swiss Cheese	SWISS CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES). COMMON ALLERGENS PRESENT: Milk.
		Cheddar Cheese Cubes	CHEDDAR CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES, COLOR ADDED), ANTICAKE (POWDERED CELLULOSE). COMMON ALLERGENS PRESENT: Milk.
		Mozzerella String Cheese	Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes. COMMON ALLERGENS PRESENT: Milk.

Breads /Grains		White Rice	Parboiled long grain rice enriched with iron (ferric phosphate), niacin, thiamine, mononitrate, & folic acid. COMMON ALLERGENS PRESENT: None.
		Crackers	folic acid), soybean oil (with TBHQ for freshness), salt, corn syrup. Contains 2% or less of baking soda, yeast, soy lecithin. COMMON ALLERGENS PRESENT: Wheat, Soy.
		Wheat Bread	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Soybean Oil, Contains 2% or less of the following: Salt, Yeast, Monoglycerides, Wheat Gluten, Calcium Propionate (Preservative), Ascorbic Acid.
		Biscuits	MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALMOIL, BUTTERMILK, SUGAR, PALM KERNEL OIL, CALCIUM ACID PYROPHOSPHATE, NONFAT MILK, WHEY PROTEIN CONCENTRATE, BAKING SODA, SALT, WHEY, SODIUM ALUMINUM PHOSPHATE, PECTIN, NATURAL AND
		Bread Stick	THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WATER, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, WHEAT GLUTEN, SALT, YEAST, CALCIUM PROPIONATE (A PRESERVATIVE), VINEGAR, CORN FLOUR, MONOGLYCERIDES, CORN STARCH, LACTIC ACID, CITRIC ACID, CALCIUM SULFATE, SORBIC ACID, MONOCALCIUM PHOSPHATE, ACETIC ACID, ASCORBIC ACID. COMMON ALLERGENS PRESENT: Wheat.
		Dinner Roll	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Water, Sugar, Yeast, Contains 2% or less of the following: Wheat Gluten, Soybean Oil, Salt, Monoglycerides, Ascorbic Acid, Sodium Stearoyl Lactylate, Calcium Propionate (Preservative). COMMON ALLERGENS PRESENT:
		Corn Bread (muffin)	ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, WATER, SUGAR, SOYBEAN OIL, YELLOW CORN MEAL, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS: SKIM MILK, MODIFIED CORN STARCH, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), SALT, MONO- AND DIGLYCERIDES, LACTOSE, MILK PROTEIN CONCENTRATE, XANTHAN GUM. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat.
		Garlic Bread	ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, PALM OIL, SALT, DEXTROSE, GARLIC POWDER, YEAST (ASCORBIC ACID, CELLULOSE GUM), DOUGH IMPROVER (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], ASCORBIC ACID, MALTED BARLEY FLOUR, ENZYMES), ONION POWDER, WHEAT GLUTEN, BUTTER (CREAM, SALT), INACTIVE YEAST, SOY LECITHIN, NATURAL FLAVOR, ANNATTO, PARSLEY FLAKES. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk

		Rice Pilaf	Enriched Long Grain Parboiled Rice (Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid), Enriched Toasted Orzo (Semolina Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Pilaf Seasoning [Hydrolyzed Corn Protein, Dextrose, Salt, Malt Barley Extract, Maltodextrin, Sugar, Soybean Oil, Potassium Chloride, Inactive Yeast, Yeast Extract, Color (Caramel Color, Turmeric Extract), Spice, Natural Flavor, Worcestershire Sauce Blend (Worcestershire Sauce {Distilled Vinegar, Molasses, Corn Syrup, Salt, Caramel Color, Garlic Powder, Sugar, Spice, Tamarind, Natural Flavor, Sulfiting Agents}, Maltodextrin), Onion Powder, Disodium Inosinate & Disodium Guanylate, Thiamine Hydrochloride, Contains Less Than 2% Silicon Dioxide (Anticaking)]. COMMON ALLERGENS
		Spaghetti	Durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat.
		Egg Noodles	Durum wheat semolina, durum wheat flour, eggs, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat, Egg
		White Bread	ENRICHED UNBLEACHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WATER, SUGAR, YEAST, SOYBEAN OIL, SALT, WHEAT PROTEIN ISOLATE, MONOGLYCERIDES, CALCIUM PROPIONATE (A PRESERVATIVE), LACTIC ACID, NATURAL FLAVOR, CALCIUM SULFATE, CITRIC ACID, ASCORBIC ACID, SOY LECITHIN. COMMON ALLERGENS PRESENT: Wheat, Soy
		Egg rolls	Cabbage, Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Pork, Water, Enriched Durum Flour (Durum Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Onion, Textured Vegetable Protein (Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin), Carrot, Celery, Contains Less Than 2% Of: Flavor Enhancer (Yeast Extract, Natural Flavor), Salt, Spice, Sugar, Vital Wheat Gluten, Dried Whole Eggs, Cottonseed Oil. Prefried In Vegetable Oil (Soybean And/Or Cottonseed). COMMON ALLERGENS PRESENT: Egg, Wheat, Soy.
		Fortune cookie	Whole Wheat Flour (51%), Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid], Sugar, Water, Soy Lecithin, Soybean Oil, Natural Orange Flavor, Sodium Bicarbonate. COMMON ALLERGENS PRESENT: Wheat, Soy
		Rigitoni	Durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat.

		Fruit Muffin	Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Banana Puree, Sugar, Water, Soybean Oil, Eggs, Walnuts, Contains 2% or less of the Following: Nonfat Dry Milk, Modified Corn Starch, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Salt, High Fructose Corn Syrup, Natural Flavor, Sodium Propionate and Potassium Sorbate (Preservatives), Xanthan Gum. COMMON ALLERGENS PRESENT: Wheat, Egg, Milk, Tree Nuts.
		Croissant	Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Margarine [Palm Oil, Water, Soybean Oil, Sugar, Soy Lecithin, Mono & Diglycerides, Potassium Sorbate and Citric Acid (Added as Preservatives), Natural and Artificial Flavors, Beta Carotene, Vitamin A Palmitate], High Fructose Corn Syrup, Contains 2% or less of the following: Yeast, Salt, Whey, Calcium Propionate, Artificial Flavor, Calcium Sulfate, Ascorbic Acid, Enzymes, Calcium Phosphate. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk.
		Tortilla Shells	Enriched Flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), Water, Palm Oil, Sugar, Salt, Sodium Bicarbonate, Sodium Aluminum Phosphate, Potassium Sorbate (a preservative), Fumaric Acid, Mono & Diglycerides, Calcium Propionate (a preservative), Enzyme, Dough Conditioner (Sodium Metabisulfite). COMMON ALLERGENS PRESENT: Wheat.
		Wrap	Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Wheat Gluten, Liquid Brown Sugar, Oat Fiber, Contains Less than 2% of the Following: Soy Flour, Soybean Oil, Prune Juice Concentrate, Sodium Acid Pyrophosphate, Sodium Bicarbonate, Fumaric Acid, Potassium Sorbate, and Sodium Propionate (Preservatives), Wheat Protein Isolate, Salt, Cellulose Gum, Yeast, Maltodextrin, Carrageenan, Guar Gum, Xanthan Gum, Annatto Color.
		Mexican Rice	Enriched Long Grain Rice, Iron Phosphosphate, Thiamine Mononitrate, Folic Acid, Redbeans, Sugar, Seasoning Blend, Maltodextrin, Hydrolyzed Soy Protein, Natural Flavors, Onion, Salt, Sugar, Potassium Chloride, Yeast Extract, Red Bell Pepper, Green Bell Pepper, Garlic, Hydrolyzed Corn Soy Wheat Gluten Protein, Parsley, Paprika, Torula Yeast, Canola Oil, Spices, Xanthan Gum, Chili Pepper, Autolyzed yeast, Dextrin Dried
		Pancakes	WHOLE WHEAT FLOUR, WATER, WHEY, SUGAR, DEXTROSE, SOY FLOUR, EGGS. CONTAINS 2% OR LESS OF: SOYBEAN OIL AND/OR CANOLA OIL, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, NATURAL & ARTIFICIAL FLAVORS, PALMITATE (VITAMIN A), NIACIN, VITAMIN B12, PYRIDOXINE (VITAMIN B6), RIBOFLAVIN, THIAMINE HYDROCHLORIDE, REDUCED IRON, FOLATE, SOY LECITHIN (AN EMULSIFIER). COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy.
		Tortilla Chips	Ground Whole Grain Corn, Vegetable Oil (Contains One or More of the Following: Corn, Sunflower, Safflower, or Canola Oil), and Salt.
		English Muffin	Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid) Water, Yeast, Contains 2% or Less of each of the following: Sugar, Soybean Oil, Organic Cultured Wheat Flour, Salt, Organic Wheat Flour, Citric Acid, Vinegar, Organic Whole Grain Cornmeal, Enzymes, Ascorbic Acid, Organic Vinegar. COMMON ALLERGENS PRESENT: Wheat

Sauces		Cheddar Cheese Sauce	WHEY, SKIM MILK, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: SUNFLOWER OIL, CANOLA OIL, SOYBEAN OIL), MODIFIED FOOD STARCH, SODIUM PHOSPHATE, CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO), SALT, DISTILLED VINEGAR, NATURAL FLAVORS, CONTAINS 0.5% OR LESS OF: DATEM, MONO- AND DIGLYCERIDES, YEAST EXTRACT, CELLULOSE GUM, TORULA YEAST EXTRACT, CORN SYRUP SOLIDS, EXTRACTIVES OF ANNATTO AND PAPRIKA. COMMON ALLERGENS PRESENT: Milk.
		Southern Gravy Mix	RIBOFLAVIN, FOLIC ACID), MALTODEXTRIN, CANOLA OIL, MODIFIED CORNSTARCH, WHEY, CORN SYRUP SOLIDS, SALT, 2% OR LESS OF SODIUM CASEINATE (A MILK DERIVATIVE), SOYBEAN OIL, BLACK PEPPER, DIPOTASSIUM PHOSPHATE, VEGETABLE OIL (PARTIALLY HYDROGENATED COCONUT OR PALM KERNEL, HYDROGENATED SOYBEAN), XANTHAN GUM, BHT, CITRIC ACID, DEXTROSE, MONO- AND DIGLYCERIDES, TRICALCIUM PHOSPHATE, GARLIC POWDER, YEAST EXTRACT, COLOR ADDED, NATURAL AND ARTIFICIAL FLAVOR, SODIUM SILICOALUMINATE, SUGAR, BETA CAROTENE (COLOR), DATEM, ANNATTO (COLOR). COMMON ALLERGENS
		Chicken Gravy Mix	MALTODEXTRIN, CORNSTARCH, HYDROLYZED CORN AND WHEAT PROTEINS, MODIFIED CORNSTARCH, PALM OIL, CHICKEN FAT, SALT, 2% OR LESS OF SOYBEAN OIL, YEAST EXTRACT, COLOR ADDED, SUGAR, XANTHAN GUM, DISODIUM GUANYLATE, DISODIUM INOSINATE, ONION POWDER, NATURAL FLAVORS, PARSLEY, THIAMINE HYDROCHLORIDE, CARAMEL COLOR, TURMERIC. COMMON ALLERGENS PRESENT: Wheat.
		Alfredo Sauce	ENZYMES), MODIFIED CORNSTARCH, SOYBEAN OIL, 2% OR LESS OF PARMESAN CHEESE PASTE (GRANULAR AND PARMESAN CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], WATER, SALT, LACTIC ACID, CITRIC ACID), BUTTER (CREAM, SALT), SEA SALT, WHEY PROTEIN CONCENTRATE, CREAM (CREAM, NONFAT MILK), DATEM, SPICE, SEASONING (CORNSTARCH, EXTRACTIVES OF TURMERIC AND ANNATTO, NATURAL FLAVOR). COMMON
		BBQ Sauce	High Fructose Corn Syrup, Distilled Vinegar, Tomato Paste, Modified Food Starch, Contains less than 2% of: Salt, Pineapple Juice Concentrate, Natural Smoke Flavor, Spices, Caramel Color, Sodium Benzoate as a preservative, Molasses, Corn Syrup, Garlic*, Sugar, Tamarind, Natural Flavor. COMMON ALLERGENS PRESENT: None.
		Maranara Sauce	Tomato Puree (Water, Tomato Paste), Diced Tomatoes, High Fructose Corn Syrup, Soyben Oil, Less Than 2% Of: Salt, Dried Garlic, Sea Salt, Dried Onion, Citric Acid, Dried Parsley, Spices. COMMON ALLERGENS PRESENT: None.
		Marzeti Slaw Dressing	SOYBEAN OIL, SUGAR, CORN CIDER VINEGAR, WATER, EGG YOLK, SALT, MUSTARD SEED, XANTHAN GUM. COMMON ALLERGENS PRESENT: Egg.
		Chicken Broth	Salt, Chicken Fat, Natural Flavors, Sugar, Yeast Extract, Vegetable Stock (Concentrates of Onion, Celery Root and Carrot
		Beef Broth	Salt, Yeast Extract, Nataural Flavors, Sunflower Oil, Onion Powder

		Swedish Sauce	Water, Sour Cream [Cultured Cream, Stabilizers (May Contain Food Starch-Modified, Guar Gum, Locust Bean Gum, Carrageenan, and/or Pectin), Sodium Citrate, and Potassium Sorbate], Food Starch - Modified, Beef, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Salt, Onion Powder, Sugar, Buttermilk Flavor (Buttermilk, Butter Oil, Lactic Acid, Natural Flavor, Nonfat Milk, Disodium Phosphate, Enzymes, Mixed Tocopherols), Caramel Color, Yeast Extract, Maltodextrin, Soybean Oil, Flavoring (Contains Canola Oil), Beef Stock Powder, Disodium Inosinate, Disodium Guanylate, Lactic Acid, Calcium Lactate, Grill Flavor (Contains Sunflower Oil). COMMON ALLERGENS PRESENT: Milk, Wheat.
		Ketchup	Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Less Than 2% Of: Spice, Onion Powder, Natural Flavors. COMMON ALLERGENS PRESENT: None.
		Honey Mustard Dressing	WATER, SOYBEAN OIL, RELISH (CURED CUCUMBER, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, DISTILLED VINEGAR, MINCED ONION, SALT, SUGAR, RED BELL PEPPER, XANTHAN GUM, ALUM, NATURAL SPICE FLAVORS, POLYSORBATE 80), HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, FOOD STARCH-MODIFIED, EGG YOLKS, CONTAINS LESS THAN 2% OF SALT, DEXTROSE, TOMATO PASTE, SPICE, MALTODEXTRIN, PAPRIKA, CITRIC ACID, OLEORESIN PAPRIKA (COLOR), CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. COMMON ALLERGENS PRESENT: Egg.
		Marzetti Slaw Dressing	SOYBEAN OIL, SUGAR, CORN CIDER VINEGAR, WATER, EGG YOLK, SALT, MUSTARD SEED, XANTHAN GUM. COMMON ALLERGENS PRESENT: Egg.
		Brown Gravy	MALTODEXTRIN, MODIFIED CORNSTARCH, BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), HYDROLYZED SOY, CORN AND WHEAT PROTEIN, CORNSTARCH, BEEF FAT (BEEF FAT, BHT AND CITRIC ACID [PRESERVATIVES]), WHEY, ONION POWDER, 2% OR LESS OF YEAST EXTRACT, SUGAR, SOYBEAN OIL, SOY SAUCE (SOYBEAN, WHEAT, SALT), CAMEL COLOR, XANTHAN GUM, GARLIC POWDER, SALT, DEXTROSE, DISODIUM GUANYLATE, DISODIUM INOSINATE, NATURAL FLAVORS, SPICE, CITRIC ACID, EXTRACTIVES OF PAPRIKA, DATEM, SOY LECITHIN, SULFITES. COMMON ALLERGENS PRESENT:
		Biscuit Gravy Mix	ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, FOOD STARCH-MODIFIED, MALTODEXTRIN, SALT, CORN SYRUP SOLIDS, Contains less than 2%: WHEY PROTEIN CONCENTRATE, SODIUM CASEINATE, MONO & DIGLYCERIDES, COLOR ADDED. COMMON ALLERGENS PRESENT: Milk, Wheat. MAY CONTAIN: Egg, Soy.
		Sweet & Sour Sauce	Water, Pineapple (Pineapple, Pineapple Juice, Citric Acid), Sugar, Tomatoes (Contains Tomato Juice, Calcium Chloride, Citric Acid), Brown Sugar, Food Starch - Modified, Onion, Vinegar, Tomato Paste, Green Peppers, Salt, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Corn Oil, Natural Flavor, Soy Sauce [Water, Wheat, Soybeans, Salt, Sodium Benzoate(Preservative)], Onion Powder, Spice, Garlic Powder. COMMON ALLERGENS PRESENT: Wheat, Soy.
		Cream of Mushroom Soup	Water, Vegetable Oil (corn, Canola, and/or soybean), Mushrooms, Modified Food Starch, Wheat Flour, contains less than 2% of Salt, Cream (milk), Soy Protein Concentrate, Yeast Extract, Dehydrated Whey, Flavoring, Dehydrated Garlic

		Cream Of Chicken Soup	Chicken Stock, Modified Food Starch, Vegetable Oil, Wheat Flour, Cream (milk), Contains less than 2 % of: Salt, Chicken, Carrot Juice Concentrate, Soy Protein Concentrate, Chicken Fat, Yeast Extract, Flavoring, Chicken Broth, Cane Sugar, Onions, Celery Extract, Onion Extract, Dried
		Tomato Soup	Tomato Puree (Water, Tomato Paste), High Fructose Corn Syrup, Wheat Flour, Water, Contains Less than 2% of Salt, Ascorbic Acid (Vitamin C), White Pepper, Natural Flavor, Natural Onion, Disodium Phosphate, Potassium Chloride. Contains Wheat
Fats		Whirl butter Alternative	Soybean oil, Hydrogenated soybean oil. Contains 2% or less of Salt, Sunflower lecithin, Artificial butter flavor, Beta carotene (color), Yeast extract. COMMON ALLERGENS PRESENT: N/A.
		Sour Cream	Cultured Cream, Enzyme. COMMON ALLERGENS PRESENT: Milk.
		Margarine	WATER, LIQUID AND HYDROGENATED SOYBEAN OIL, PALM OIL, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, POTASSIUM SORBATE (A PRESERVATIVE), CITRIC ACID, NATURAL & ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. COMMON ALLERGENS PRESENT: None.
		Miracle Whip	WATER, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, VINEGAR, MODIFIED CORNSTARCH, EGGS, SALT, NATURAL FLAVOR, MUSTARD FLOUR, POTASSIUM SORBATE AS A PRESERVATIVE, PAPRIKA, SPICE, DRIED GARLIC. COMMON ALLERGENS PRESENT: Egg
Beverages	Juices	Apple Juice	Water, Concentrated Apple Juice, Ascorbic Acid (Vitamin C). COMMON ALLERGENS PRESENT: None
		Grape Juice	Water, Concentrated Grape Juice, Ascorbic Acid (Vitamin C). COMMON ALLERGENS PRESENT: None.
		Orange Juice	Water, Concentrated Orange Juice, Ascorbic Acid (Vitamin C). COMMON ALLERGENS PRESENT: None.
		Cranberry Juice	Water, high fructose corn syrup, concentrated grape juice, concentrated cranberry juice, malic acid, natural flavors, ascorbic acid (Vitamin C). COMMON ALLERGENS PRESENT: None
		V-8 Juice	Reconstituted Vegetable Juice Blend (Water and Concentrated Juices of Tomatoes, Carrots, Celery, Beets, Parsley, Lettuce, Watercress, and Spinach), Contains less than 2% Of: Salt, Vitamin C (Ascorbic Acid), Natural Flavoring, Citric Acid. COMMON ALLERGENS PRESENT: None.
		Tomato Juice	Tomato Juice From Concentrate (Water, Tomato Concentrate), Salt, Citric Acid. COMMON ALLERGENS PRESENT: None.
		2 % Milk	Reduced fat milk, vitamin A palmitate, vitamin D3. COMMON ALLERGENS PRESENT: Milk.

		Chocolate Milk	Nonfat milk, liquid sugar (sugar, water), contains less than 1% of cocoa (processed with alkali), cocoa, cornstarch, salt, carrageenan, natural flavor, vitamin A palmitate, vitamin D3. COMMON ALLERGENS PRESENT: Milk.
Seasonings		Italian Seasoning	SALT, SUGAR, GARLIC*, ONIONS*, SPICE, MONOSODIUM GLUTAMATE, RED BELL PEPPERS*, GUAR GUM, XANTHAN GUM, NATURAL FLAVOR *DRIED COMMON ALLERGENS PRESENT: None.
		Brown Sugar	Sugar, molasses. COMMON ALLERGENS PRESENT: None.
		Mrs Dash	Onion, Spices, (Black Pepper, Parsley, Celery Seed, Basil, Bay, Marjoram, Oregano, Savory, Thyme, Cayenne Pepper, Coriander, Cumin, Mustard, Rosemary), Garlic, Carrot, Orange Peel, Tomato, Lemon Juice Powder, Citric Acid, Oil Of Lemon. COMMON ALLERGENS PRESENT: None.
Frozen Meals-Traditions		Chili	CHILI with BEANS - [CRUMBLLED BEEF & TEXTURED SOY PROTEIN PATTY- Ground beef, water, textured soy protein (soy flour, caramel, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, cyanocobalamin), seasoning: hydrolyzed soy protein, dehydrated onion and garlic, maltodextrin, spices, sugar, salt, potassium chloride, autolyzed yeast, torula yeast, yeast extract, disodium inosinate, caramel, spice extracts). PINTO BEANS - Prepared pinto beans, water, salt calcium chloride and calcium disodium EDTA added for color retention. TOMATO PUREE - Tomato concentrate (water, tomato paste), citric acid. KIDNEY BEANS - Prepared kidney beans, water, sugar, dextrose, salt, calcium chloride (firming agent), and disodium EDTA (promotes color retention). TOMATO JUICE - Vine-ripened tomatoes, contains less than 2% of: citric acid, Vitamin C (ascorbic acid). GUM BLEND THICKENER - Water, guar gum, locust bean gum and xanthan gum. CHILI WITH BEANS SEASONING - Spices (chili pepper, cumin, oregano, black pepper, red pepper), garlic powder, sugar, salt and dehydrated garlic. DICED GREEN PEPPERS. DICED ONIONS. DICED CELERY.] CARROTS - [CARROTS. WATER.] BROCCOLI - [BROCCOLI. WATER.] COMMON ALLERGENS PRESENT: Egg, Milk, Soy.

		Meatballs & Alfredo Shell	<p>MEATBALLS & ALFREDO SHELL PASTA - [BEEF MEATBALLS - Beef, water, textured vegetable protein (soy flour, caramel color), soy protein concentrate, hydrolyzed soy protein, flavoring, salt. ALFREDO SAUCE- Water, powdered creamer (palm oil, corn syrup solids, sodium caseinate, mono and diglycerides, sodium silicoaluminate, dipotassium phosphate), modified corn starch, cheese blend {(milk, salt, cheese culture and enzymes), parmesan, romano, blue cheese, natural flavor, buttermilk powder, whey powder, non-fat dry milk, maltodextrin}, autolyzed yeast extract, salt, sugar, dextrose, spices, garlic powder, onion powder, xanthan gum, natural parmesan cheese flavor [maltodextrin, whey powder, food starch, autolyzed yeast extract, salt, natural flavors (contains lipolyzed butter oil), whey solids, parmesan cheese (milk, starter culture, salt, enzymes), cream, water, natural flavor), disodium inosinate and disodium guanylate and silicon dioxide], titanium dioxide (color), disodium inosinate and guanylate, dehydrated parsley, carrageenan, monoglycerides and spice extractive. SHELL PASTA - Durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid. Processed in a facility that uses egg. DICED ONIONS. GUM BLEND THICKENER - Water, guar gum, locust bean gum and xanthan gum. GARLIC POWDER.] WHOLE KERNEL CORN - [WHOLE KERNEL CORN. WATER.] GREEN BEANS - [GREEN BEANS. WATER.] COMMON ALLERGENS PRESENT: Milk, Wheat, Soy.</p>
		Salisbury Steak	<p>SALISBURY STEAK - [SALISBURY STEAK - Beef, textured vegetable protein (soy flour, caramel color), water, onions, soy protein concentrate, ketchup (tomato concentrate, distilled vinegar, sugar, salt, onion powder, spice, natural flavoring), green peppers, flavoring, hydrolyzed soy protein, salt, parsley. WATER. BROWN GRAVY MIX - Modified corn starch, modified whey, maltodextrin, beef extract (beef stock, natural flavor, hydrolyzed soy, corn and wheat protein, autolyzed yeast, disodium inosinate and disodium guanaylate), natural and artificial beef flavor (rendered beef fat, hydrolyzed beef fat, hydrolyzed corn gluten, soy and wheat protein, natural and artificial flavors and salt), salt, onion and garlic powder, dextrose, soybean oil, caramel color, sugar, yeast extract, lecithin powder, spices, citric acid, guar gum and xanthan gum.] POTATOES - [DICED POTATOES - Red potatoes. Sodium acid pyrophosphate may be used to retain natural color. WATER.] MIXED VEGETABLES - [MIXED VEGETABLES - Green peas, green beans, carrots, and cut corn. WATER.] COMMON ALLERGENS PRESENT: Milk, Wheat, Soy.</p>
		Zesty Orange Chicken	<p>ZESTY ORANGE CHICKEN TENDERS - [CHICKEN BREAST TENDERS - Chicken breast, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, Vitamin B12, copper gluconate, Vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, and riboflavin), dextrose, brown sugar, flavoring, sodium phosphate, salt. BROWN RICE - Whole grain parboiled brown rice. ZESTY ORANGE SAUCE - Water, corn syrup, high fructose corn syrup, soy sauce (water, wheat, soybeans, salt and less than 1% sodium benzoate as a preservative), sugar, distilled vinegar, modified corn starch, orange juice concentrate, garlic powder, ginger puree (ginger roots, water, citric acid), spice, sesame oil, annatto (color), sucralose, xanthan gum, sodium benzoate and potassium sorbate. CRUSHED PINEAPPLE - Pineapple, pineapple juice, citric acid. WATER. GUM BLEND THICKENER - Water, guar gum, locust bean gum, and xanthan gum.] BEAN BLEND with PEPPERS - [Kidney beans, garbanzo beans and red peppers. WATER.] THREE SEASON</p>

		<p>Chicken Patty & Dressing</p>	<p>CHICKEN PATTY & DRESSING with CHICKEN GRAVY - [CHICKEN PATTY - Chicken breast, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, Vitamin B12, copper gluconate, Vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, and riboflavin), dextrose, brown sugar, flavoring, sodium phosphate, salt. DRESSING - Whole grain cornbread mix (whole wheat flour, degermend cornmeal and enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), dextrose, buttermilk powder, modified wheat starch, potassium bicarbonate, sodium aluminum phosphate, salt), water, celery, onions, soybean oil, Topping: whole grain biscuit (whole wheat flour, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, sodium aluminum phosphate, potassium bicarbonate, salt, tapioca), chicken base, green onions, sage, pepper, natural turkey flavor, parsley. CHICKEN GRAVY - Water, modified corn starch, wheat flour, chicken broth flavor (hydrolyzed corn gluten, salt, maltodextrin, chicken fat, chicken broth, natural flavor, beef broth, sodium phosphate, sugar, disodium inosinate, disodium guanylate, spice and spice extractives), salt, modified whey, dextrose, hydrolyzed soy protein.]THREE SEASON VEGETABLES- [Butternut squash, sweet potatoes and blueberries. Cinnamon Dessert Mix- Dextrose, sugar, fructose, creaming agent (palm oil, corn syrup solids, sodium caseinate, mono-and diglycerides, sodium silicoaluminate, dipotassium phosphate), dried egg yolks, sodium caseinate, dried egg whites, cinnamon, ascorbic acid and less than 2% of the following: silicone dioxide (anti-caking), carrageenan gum, sodium citrate, natural and artificial flavors (including vanilla), salt and natural flavor. WATER.] SPRING VEGETABLES - [Julienne carrots, zucchini, green beans, green peas, diced onions. WATER.] COMMON ALLERGENS PRESENT: Milk, Eggs, Wheat, Soy.</p>
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