

Substitutions may be made without prior notice. Please place your order early to avoid disappointment. All entrées are certified and approved by a licensed dietician.

- 🍷 Low-calorie options are at or less than 500 calories
- 🍷 Low-fat options are at or less than 16 grams total fat and are at or less than 5 grams saturated fat
- 🍷 Carb-controlled options are at or less than 45 grams total carbohydrates
- 🍷 Gluten-restricted options contain no wheat but are prepared in a commercial kitchen with risk of gluten exposure
- 🍷 Sodium-controlled options are at or less than 750 mg of sodium
- 🍷 Renal options are moderate restriction of sodium, potassium and phosphorus
- 🍷 Kosher Style Cultural options are no pork, shellfish or meat and dairy combinations

PLEASE DO NOT OVERHEAT, MIGHT MAKE YOUR DELICIOUS MEALS TOUGH.

Please remove all packets, condiments, wrappers and bread products before heating.

Chicken

#01-SS 🍷🍷 Southwest Chicken with Mexican Style Street Corn – Golden crispy chicken breast topped with enchilada sauce served with Mexican style street corn (roasted corn, black beans, cotija cheese, sour cream, and lime)
Contains: Milk, Wheat

#02-SS 🍷🍷🍷🍷🍷🍷🍷🍷 Garlic Parmesan Chicken Pasta with Broccoli – Garlic Parmesan pasta (gluten free rotini pasta mixed with garlic Parmesan sauce, red peppers, and cheddar cheese) served with a grilled chicken breast and chopped broccoli. **Contains: Egg, Milk, Soy, Wheat**

#03-SS 🍷🍷🍷🍷🍷🍷🍷🍷 Loaded Potato & Chicken Casserole – Oven roasted potato medley, mashed potatoes, bacon, diced chicken, sour cream and cheddar cheese served with a mini garlic toast and 4-Way vegetables (corn, carrots, peas & green beans). **Contains: Egg, Milk, Soy, Wheat**
Please remove all packets, wrappers, condiments, and bread products before heating.

#04-SS 🍷🍷🍷🍷🍷🍷 Teriyaki Chicken Stir Fry – Hearty brown rice and quinoa mixture, Midori vegetable (sugar snap peas, baby corn, red peppers, edamame, and water chestnuts) and BBQ chicken topped with pineapple and teriyaki sauce. **Contains: Milk, Soy, Wheat**

#05-SS 🍷🍷 Homestyle Turkey Noodle – Creamy gluten free rotini pasta mixed with diced turkey, onion, peppers, celery, sliced mushrooms and shredded cheddar cheese served with Scandinavian vegetables (green peas, carrots, green beans, and diced white onion). **Contains: Egg, MSG, Milk, Wheat**

Fish/Seafood

#06-SS 🍷🍷🍷🍷🍷🍷🍷🍷 Mexican Style Pollock with Rice & Beans – Alaskan pollock filets topped with southwestern pesto sauce and roasted pumpkin seeds, served with Mexi Rice (rice, black beans, pinto beans, tomatoes, cumin, chili powder, and enchilada sauce) and diced carrots. **Contains: Fish**

#07-SS 🍷🍷🍷🍷🍷🍷🍷🍷 Citrus Pepper Salmon – A mild flavored citrus pepper salmon filet, sundried tomato brown rice and quinoa and green beans.
Contains: Fish, Milk, Soy

Vegan & Vegetarian

#08-SS 🍷🍷🍷🍷🍷🍷🍷🍷 Vegan Lentil Orzo Stew – Vegan stew (potatoes, sweet potatoes, red lentils, orzo, pepper, onions, spinach, tomatoes mixed with nondairy garlic sauce) topped with roasted pumpkin seeds. **Contains: Wheat**

#09-SS 🍷🍷🍷🍷🍷🍷🍷🍷 Vegan Chick'n Nuggets – Soy protein, plant based chick'n nuggets with roasted diced sweet potatoes and peas. **Contains: Soy, Wheat**

#10-SS 🍷🍷🍷🍷🍷🍷🍷🍷 Lasagna Rollup with Vegetarian Alfredo Sauce – A lasagna noodle rolled up with ricotta, Parmesan, Romano cheese and spices, topped with our new vegetarian (contains cheese) Alfredo sauce served with Italian vegetables (zucchini, cauliflower, carrots, green beans, lima beans, and red pepper). **Contains: Egg, Milk, Wheat**

#11-SS 🍷🍷🍷🍷🍷🍷🍷🍷 Black Bean Burger Bowl with Tropical Fruit Salsa – Black bean burger topped with tropical fruit salsa (green chile enchilada sauce, mango, pineapple, red peppers, roasted green chiles) served with Midori vegetables (sugar snap peas, baby corn, red peppers, edamame, and water chestnuts) and two corn tortillas. **Contains: Soy**
Please remove all packets, wrappers, condiments, and bread products before heating.

Pork

#12-SS 🍷🍷 Grandpa's BBQ Pork Rib Patty – Pork rib patty covered in BBQ sauce, diced sweet potatoes, peas, and an individual wrapped corn bread.
Contain: Egg, Milk, Soy, Wheat
Please remove all packets, wrappers, condiments, and bread products before heating.

#13-SS 🍳🥛🌾 Ham & Scalloped Potato Casserole – Ham and scalloped potato casserole (mashed potatoes, scalloped potatoes mixed with ham, peppers, onions, sour cream, and cheese) served with Italian vegetables (zucchini, cauliflower, carrots, green beans, lima beans, and red pepper) and a mini garlic toast.

Contain: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before heating.

#14-SS 🍳🌾🌾🌾🌾🌾🌾🌾 Pork Tamales – Two traditional pork and red chile tamales, Mexi Rice (rice, black beans, pinto beans, tomatoes, cumin, chili powder, and enchilada sauce) and roasted corn. Contain: No Allergens

Beef

#15-SS 🍳🌾🌾🌾🌾🌾🌾🌾 Homestyle Cheeseburger – Whole-grain bun, premium beef burger patty and American cheese served with 4-Way vegetables (corn, carrots, peas & green beans). Contain: Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before heating.

#16-SS 🍳🌾🌾🌾🌾🌾🌾🌾 Beef Finger Steak Dinner – Whole-grain breaded beef finger steaks, cheesy roasted potato medley, and Scandinavian vegetables (green peas, carrots, green beans, and diced white onion). Contains: Milk, Soy, Wheat

#17-SS 🍳🥛🌾🌾🌾🌾🌾🌾 Chopped Steak with Mac & Cheese – Homestyle mac and cheese served with chopped broccoli and a premium beef patty.

Contains: Egg, Milk, Wheat

#18-SS 🍳🌾🌾🌾🌾🌾🌾🌾 Classic Baked Beans & Franks Casserole – Traditional baked beans with navy beans, pinto, and garbanzo beans mixed with a turkey frank, diced carrots and an individual wrapped corn bread. Contains: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before heating.

#19-SS 🍳🌾🌾🌾🌾🌾🌾🌾 Old Fashioned Meatloaf – Classic beef meatloaf, mashed potatoes, 4-Way vegetables (corn, carrots, peas & green beans) and a mini garlic toast. Contains: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before heating.

#20-SS 🍳🌾🌾🌾🌾🌾🌾🌾 Tamale Pie – Tamale pie mixture (ground beef, black beans, pinto beans, roasted green chiles, tomato, enchilada sauce, and mozzarella cheese) served over a corn bread bowl and roasted corn.

Contains: Egg, Milk, Soy, Wheat

Breakfast

#21-SS 🍳🥛🌾🌾🌾🌾🌾🌾 Ham, Egg & Cheese Breakfast Scramble – Low sodium diced ham, shredded cheddar cheese, scrambled eggs with roasted potatoes, two corn tortillas and an applesauce cup. Contains: Egg, Milk

Please remove all packets, wrappers, condiments, and bread products before reheating.

#22-SS 🍳🌾🌾🌾🌾🌾🌾🌾 Pancake Breakfast – Buttermilk pancakes served with cheesy scrambled eggs and an applesauce cup. Contains: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before reheating.

#23-SS 🍳🌾🌾🌾🌾🌾🌾🌾 Breakfast Bagel Pizza – Whole-wheat bagel topped with cheese sauce, shredded cheddar cheese, eggs, sausage and bacon served with roasted sweet potatoes. Contains: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before reheating.

#24-SS 🍳🌾🌾🌾🌾🌾🌾🌾 Mixed Berry Gems – Three gluten free mixed berry gems served with a mixed berry fruit cup and two pork sausage links. Contains: Milk

Please remove all packets, wrappers, condiments, and bread products before reheating.

#25-SS 🍳🌾🌾🌾🌾🌾🌾🌾 Old Fashioned Cake Donut – Individually wrapped old fashioned cake donut, two turkey sausages and an applesauce cup.

Contains: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before reheating.

#26-SS 🍳🥛🌾🌾🌾🌾🌾🌾 Breakfast Enchiladas – Two cheese enchiladas topped with eggs, mozzarella cheese, roasted green chiles, green chile enchilada sauce and tomatoes served with roasted sweet potatoes. Contains: Egg, Milk, Wheat

#27-SS 🍳🌾🌾🌾🌾🌾🌾🌾 Sausage, Egg & Cheese Croissant Sandwich – Individually wrapped sausage, egg, and cheese croissant sandwich with roasted sweet potatoes.

Contains: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before reheating.

#28-SS 🍳🌾🌾🌾🌾🌾🌾🌾🌾 Vanilla Yogurt with Mango, Strawberries & a Granola Packet – Vanilla yogurt topped with mango, strawberries, and a cinnamon flavored granola packet. Contains: Milk

*This entrée does not require cooking but please remember to remove the packet.

#29-SS 🍳🌾🌾🌾🌾🌾🌾🌾 Banana Muffin Breakfast – Individually wrapped banana muffin, mixed berry fruit cup and two turkey sausage links.

Contains: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before reheating.

#30-SS 🍳🌾🌾🌾🌾🌾🌾🌾 Breakfast Pocket – Egg, cheese, and sausage breakfast pocket served with cheesy roasted sweet potatoes. Contains: Egg, Milk, Soy, Wheat

Please remove all packets, wrappers, condiments, and bread products before reheating.