

Southwest Eggs, Breakfast Potatoes, Peach Compote Meal

- Southwest eggs: liquid egg whites, cheddar cheese, mild salsa, black beans
- Roasted potatoes: red potatoes, onion, green peppers
- Peach crumble: peach slices topped with granola crumble
- Other ingredients:
 - Paprika
 - Thyme
 - Black pepper
 - Garlic herb seasoning
 - Cinnamon



French Toast, Turkey Sausage, Mixed Berry Compote Meal

- Hot berry compote: frozen blueberries, strawberries, orange juice mix
- Whole grain French toast sticks
- Turkey sausage patty
- Sugar free maple pancake syrup



Western Eggs, Pancake, Mixed Berry Compote Meal

- Western eggs: liquid egg whites, onion, green pepper, ground chicken scramble
- Pancake
- Sugar free maple syrup
- Compote: frozen strawberries, blueberries, orange juice mix



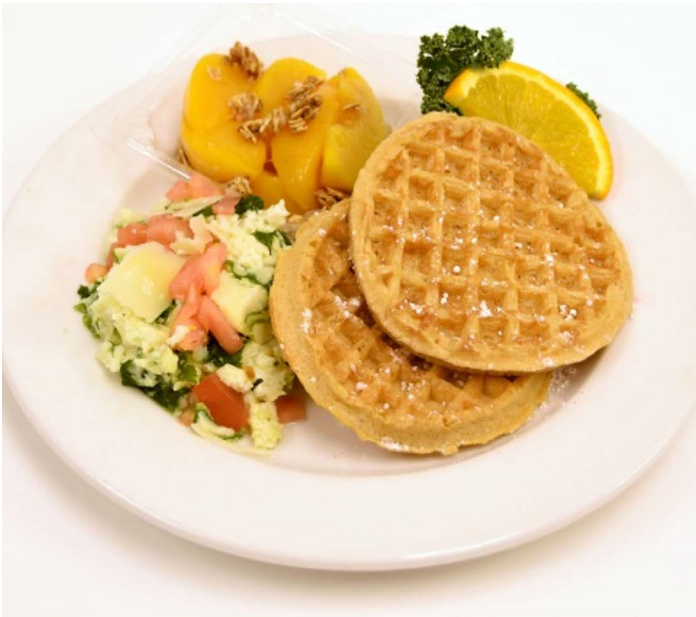
Garden Egg Casserole with Roasted Potatoes and Apple Cinnamon Crumble Meal

- Garden egg casserole: spinach, green peppers, carrots, mushrooms, potatoes, cheddar cheese
- Roasted potatoes: red potatoes, onions, green peppers
- Hot cinnamon apples: sliced apples topped with granola crumble
- Other ingredients:
 - No added salt garlic herb seasoning
 - Black pepper
 - Paprika
 - Thyme



Eggs Florentine, Waffle, Peach Crumble Meal

- Eggs florentine: liquid egg whites, spinach, onions, diced tomato, parmesan scramble
- Waffle
- Sugar free syrup
- Hot cinnamon peach crumble topped with granola
- Other ingredients:
 - Garlic
 - Black pepper



Balsamic Chicken, Mashed Potatoes Meal

- Boneless chicken breast
- Mashed potatoes
- Low sodium chicken/brown gravy
- Corn kernels
- Seasonings:
 - Thyme
 - Honey
 - Dijon mustard
 - Butter Buds®
 - Black pepper
 - Canola oil



Pot Roast Meal

- Beef chuck roast
- Carrots
 - Glaze: artificial sweeteners, orange juice, yellow food dye
- Red potatoes
- Other ingredients:
 - Low sodium chicken/brown gravy
 - White onions
 - Fresh parsley
 - Garlic
 - Paprika
 - Black pepper
 - Salt
 - Honey
 - No added salt garlic herb seasoning
 - Sunflower/canola/coconut oil



Roasted Pork Meal

- Pork loin
- Frozen mixed veggies: carrots, celery, corn, green beans, onion, pepper, tomato
- Egg noodles
- Other ingredients/seasonings:
 - Garlic
 - No added salt garlic herb seasoning
 - Rosemary
 - Parsley
 - Black pepper
 - Low sodium chicken brown beef gravy
 - Canola oil



Blackened Chicken Meal

- Boneless chicken breast
- Corn
- Rice pilaf: white rice, celery, carrots, mushroom, tomato white onions
- Other ingredients/seasonings:
 - Vegetables: fresh carrots, celery, pepper, mushrooms, diced onions, tomato
 - Butter Buds®
 - Vegetable broth
 - Dried parsley flakes
 - Sunflower/canola/olive oil
 - Blackened seasoning blend



Roasted Turkey Meal

- Turkey breast
- Mashed potatoes
- Broccoli
- Other ingredients/seasonings:
 - Garlic herb seasoning
 - Parsley
 - Black pepper
 - Low sodium chicken/beef flavored gravy
 - Butter Buds®



Teriyaki Chicken Meal

- Boneless chicken breast
- White rice
- Stir-fry vegetables: broccoli, onions, peas, pepper, water chestnuts
- Other ingredients/seasonings:
 - Sesame oil
 - Garlic
 - Teriyaki sauce-soy
 - Molasses

Asian Pepper Steak Meal

- Beef flank
- Udon noodles
- Mixed vegetables: green beans, cabbage, edamame, onions, red pepper, mushrooms, carrots
- Other ingredients/seasonings:
 - Asian sesame dressing
 - Garlic
 - Lemon juice
 - Black pepper
 - Reduced sodium teriyaki sauce
 - Soy sauce



Fettuccine and Meatballs Meal

- Seasoned chicken meatballs
- Fettuccine pasta
- Cauliflower florets
- Other ingredients/seasonings:
 - Marinara sauce (tomato-based)
 - Onion
 - Garlic
 - Molasses
 - Soy
 - Oregano
 - Parsley
 - Safflower/canola oil
 - Thyme
 - Basil



Cheese Tortellini with Marinara Sauce Meal

- Tri-colored cheese tortellini
- Marinara sauce
- Cauliflower
- Other ingredients/seasonings:
 - Garlic
 - Oregano
 - Parsley
 - Onion
 - Tomato



Meatloaf Meal

- Meatloaf (chicken/turkey)
- Potato
- Broccoli florets
- Other ingredients:
 - Butter Buds®
 - Carrots
 - Liquid egg white
 - Garlic herb seasoning
 - Garlic
 - Ketchup
 - Diced onion
 - Green pepper
 - Black pepper
 - Salt



Blackened Tilapia with Mac & Cheese Meal

- Frozen tilapia
- Green beans
- Macaroni & cheese (pasta/cheddar cheese)
- Other ingredients/seasonings:
 - Butter Buds®
 - Unsalted butter
 - Lemon juice
 - 2% milk
 - Mushroom
 - Dijon mustard
 - Onion
 - Blackened seasoning
 - Black pepper



Cajun Red Beans, Roasted Veggies Meal

- Red kidney beans
- Rice pilaf
- Root vegetable blend: beets, carrots, celery, pepper
- Other ingredients/seasonings:
 - Vegetable broth
 - Mild chili powder
 - Garlic
 - Parsley
 - Red/white onion
 - Green pepper
 - Mushrooms
 - Cumin
 - Tomato
 - Worcestershire sauce
 - Sunflower/canola/olive oil



BBQ Pork Meal

- Pulled pork
- Macaroni and cheese
- Green beans
- Honey BBQ sauce: molasses, onion powder, black/white pepper, salt, beef flavoring, mushroom, olive oil, cider vinegar
- Other ingredients/seasonings:
 - Beef/vegetable broths
 - Butter Buds®
 - Unsalted butter
 - Cheddar cheese
 - Apple juice
 - 2% milk
 - Dijon mustard

