

## **Roasted Pork Tenderloin, Au Gratin Potatoes, Green Beans, Banana**

**Roasted Pork Tenderloin-** Pork Loin and Seasonings

**Au Gratin Potatoes-** POTATOES, WATER, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO [VEGETABLE COLOR]), CHEDDAR CLUB CHEESE (CHEDDAR CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], WATER, SALT, ANNATTO [COLOR]), 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), NONFAT DRY MILK, HALF & HALF (MILK, CREAM), RICE FLOUR, FOOD STARCH-MODIFIED, VEGETABLE BASE (SAUTEED VEGETABLES [CARROT, CELERY, ONION], SOYBEAN OIL, SALT, MALTODEXTRIN, CORN STARCH, NATURAL FLAVOR), CHEESE POWDER (WHEY, REDUCED LACTOSE WHEY, CHEDDAR CHEESE [CULTURED MILK, SALT, ENZYMES], NATURAL FLAVORS, CREAM, MALTODEXTRIN, SALT, WHEY PROTEIN CONCENTRATE, SODIUM PHOSPHATE, BLUE CHEESE [CULTURED MILK, SALT, ENZYMES], CITRIC ACID, LACTIC ACID), SALT, LACTIC ACID (FOOD STARCH-MODIFIED AND LACTIC ACID), MONO- & DIGLYCERIDES, GROUND RED PEPPER. COMMON ALLERGENS PRESENT: Milk, Soy

**Green Beans-** Green beans

**Banana-** Banana

## Chicken Pot Pie, Tossed Salad, Brownie

### Chicken Pot Pie:

**Filling-** WATER, POTATOES, MILK (MILK, VITAMIN D3 ADDED), COOKED WHITE MEAT CHICKEN (WHITE MEAT CHICKEN, WATER, POTASSIUM LACTATE, SODIUM TRIPOLYPHOSPHATE, SALT), CARROTS, CELERY, ONIONS, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF PEAS, CHICKEN AU JUS CONCENTRATE (CHICKEN BROTH, SALT, HYDROLYZED SOY PROTEIN, CHICKEN FAT, YEAST EXTRACT, CORN SYRUP SOLIDS, MODIFIED POTATO STARCH, FLAVORING [INCLUDING ONION AND GARLIC], DISODIUM INOSINATE AND DISODIUM GUANYLATE, EXTRACTIVES OF TURMERIC AND PAPRIKA), ENRICHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHICKEN FAT, CULTURED NONFAT DRY MILK POWDER, VEGETABLE BASE (CARROT, ONION, CELERY, SALT, SUGAR, CORN OIL, MODIFIED POTATO STARCH, MALTODEXTRIN [FROM CORN], CARROT POWDER), SPICES. COMMON ALLERGENS PRESENT: Milk, Soy, Wheat.

**Biscuit Mix-** Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Palm And Soybean Oil, Buttermilk, Less Than 2% Of: Ascorbic Acid, Baking Soda, Dextrose, Monocalcium Phosphate, Salt, Sodium Acid Pyrophosphate, Sodium Aluminum Phosphate. COMMON ALLERGENS PRESENT: Wheat, Milk.

**Tossed Salad-** Lettuce, tomatoes, shredded cheddar cheese-**m**Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Potato Starch, Powdered Cellulose). COMMON ALLERGENS PRESENT: MILK.

**Brownie-** SUGAR, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), VEGETABLE SHORTENING ([CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA AND/OR PALM OIL] WITH TBHQ [PRESERVATIVE]). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CALCIUM CARBONATE, SALT, CORN STARCH, EGG WHITE, ANTI-CAKING AGENT (CALCIUM SILICATE), EGG YOLK, LEAVENING (BAKING SODA), XANTHAN GUM, NATURAL AND ARTIFICIAL FLAVOR, SODIUM LAURYL SULFATE. COMMON ALLERGENS PRESENT: Egg, Wheat.

## **Meatloaf, Mashed Potatoes and Gravy, Green Peas, Ginger Spiced Blondie Bar**

**Meatloaf-** COOKED BEEF, CRACKER MEAL (BLEACHED WHEAT FLOUR), EGG, ONION, TOMATOES (TOMATOES, TOMATO JUICE, CITRIC ACID), MILK (VITAMIN D3 ADDED), WORCESTERSHIRE SAUCE (VINEGAR, MOLASSES, WATER, TAMARIND, NATURAL FLAVOR, SUGAR, SALT, ONION, GARLIC), GREEN BELL PEPPER, SALT, BEEF BASE (BEEF STOCK, SALT, FLAVOR, YEAST EXTRACT, BEEF FAT, CARAMEL COLOR, ONION POWDER, SOY SAUCE [WATER, WHEAT, SOYBEANS, SALT], MODIFIED CORNSTARCH, GARLIC POWDER, CORN SYRUP SOLIDS), BLACK PEPPER, DEHYDRATED GARLIC. COMMON ALLERGENS PRESENT: Wheat, Milk, Soy, Egg.

**Mashed Potatoes-** POTATO (DRY), MONO AND DIGLYCERIDES, ASCORBIC ACID (VITAMIN C), CALCIUM STEAROYL-2-LACTYLATE. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT.

**Gravy-** Water, Roasted Beef and Beef Juices, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Food Starch - Modified, Salt, Onion Powder, Hydrolyzed Corn, Wheat and Soy Protein, Sugar, Caramel Color, Soybean Oil, Disodium.

**Green Peas-** Peas

**Ginger Spiced Blondie Bar:**

**White Cake Mix-** ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (BAKING SODA, ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE, DICALCIUM PHOSPHATE), PROPYLENE GLYCOL MONO- AND DIESTERS, WHOLE EGG, SALT, MONO AND DIGLYCERIDES, MODIFIED CORN STARCH, NONFAT MILK, EGG YOLK, GUAR GUM, ARTIFICIAL FLAVOR, SOY LECITHIN, CITRIC ACID. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy.

**Butter-** Cream. COMMON ALLERGENS PRESENT: Milk

**Ginger-** Ginger

## **Chili with Beans, Baked Potato, Chilled Peaches**

### **Chili with Beans:**

**Ground Beef- Boneless Beef Trim**

**Onion- Onion**

**Seasonings- Garlic powder, onion powder, paprika, chili powder, bay leaves**

**Kidney Beans-** Light red kidney beans, water, sugar, salt, calcium chloride

**Tomato Sauce-** Tomato Puree (Water, Tomato Paste), Less Than 2% Of: Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors

**Whole Tomatoes-** Tomatoes, tomato juice, less than 2% of: salt, calcium chloride, citric acid.

**Baked Potato -** Potato

**Chilled Peaches-** Peaches

## **Lemon Baked Cod, Roasted Red Potatoes, Brussel Sprouts, Frosted Marble Cake**

### **Lemon Baked Cod:**

**Cod-** Cod, Sodium Tripolyphosphate (to Retain Moisture). COMMON ALLERGENS PRESENT: FISH.

Lemon Seasoning- Black Pepper, Salt, Modified Corn Starch, Citric Acid, Sugar, Dried Lemon Peel, Monosodium Glutamate, Dried Garlic, Dried Onion, Lemon Oil, Natural Flavor, Riboflavin (color).

**Roasted Red Potatoes-** Red potatoes

**Brussel Sprouts-** Brussel Sprouts

### **Frosted Marble Cake:**

**White Cake-** Sugar, Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Palm And Soybean Oil, Nonfat Milk, Less Than 2% Of: Ascorbic Acid, Baking Soda, Corn Syrup Solids, Dextrose, Egg Whites, Food Starch-Modified, Monocalcium Phosphate, Mono & Diglycerides, Natural And Artificial Flavors, Polysorbate 60, Propylene Glycol Ester, Salt, Sodium Aluminum Phosphate, Sodium Stearoyl Lactylate, Soy Lecithin, Wheat Protein Isolate, Whey Protein Isolate, Xanthan Gum. COMMON ALLERGENS PRESENT: Wheat, Milk, Egg, Soy.

**Water-** Water

**Chocolate Cake-** Sugar, Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Palm And Soybean Oil, Cocoa (Processed With Alkali), Nonfat Milk, Less Than 2% Of: Baking Soda, Caramel Color, Egg Whites, Eggs, Monocalcium Phosphate, Mono & Diglycerides, Natural And Artificial Flavor, Polysorbate 60, Propylene Glycol Ester, Salt, Sodium Aluminum Phosphate, Sodium Stearoyl Lactylate, Soy Lecithin, Wheat Protein Isolate, Whey Protein Isolate. COMMON ALLERGENS PRESENT: Wheat, Egg, Milk, Soy.

**Icing-** SUGAR, PALM OIL, WATER, CORN SYRUP, CORN STARCH. CONTAINS 2% OR LESS OF: SALT, MONOGLYCERIDES, YELLOW 5 & 6 AND OTHER COLOR ADDED, POLYSORBATE 60, POTASSIUM SORBATE (PRESERVATIVE), NATURAL AND ARTIFICIAL FLAVOR, SODIUM STEAROYL LACTYLATE, SODIUM ACID PYROPHOSPHATE, CITRIC ACID, NONFAT MILK. COMMON ALLERGENS PRESENT: MILK.

## **Stuffed Cabbage Rolls with Sauce, Garden Rice Blend, Broccoli, Lemon Bar**

**Stuffed Cabbage Rolls with Sauce-** 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

**Garden Rice Blend-** Rice Blend [Enriched Long Grain Parboiled Rice (Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid), Wild Rice], Garden Blend Seasoning [Dehydrated Vegetables (Carrots, Onion, Celery, Garlic), Sugar, Yeast Extract, Hydrolyzed Corn Protein, Maltodextrin, Salt, Parsley, Dextrose, Coconut Oil, Celery Seed, Inactive Yeast, Soybean Oil, Natural Flavor, Caramel Color, Modified Food Starch, Turmeric Extract (Color), Spice, Disodium Inosinate & Disodium Guanylate, Thiamine Hydrochloride, Mono & Diglycerides, Calcium Phosphate, Contains 2% or Less Silicon Dioxide (Anticaking)].

**Broccoli-** Broccoli

**Lemon Bar-** Sugar, Butter [cream, lactic acid], Enriched Wheat Flour [wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], Eggs, Water, Margarine [soybean oil, palm oil, water, salt, mono & diglycerides, nonfat dry milk, sunflower lecithin, natural flavor, vitamin A palmitate, beta carotene], Lemon Juice Concentrate, Sweet New Snow [dextrose, corn starch, palm oil, magnesium stearate, natural flavor], Lemon Peel [lemon peel zest, cane sugar, lemon oil essence], Salt, Baking Powder [sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate]. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy.

## Turkey Mostaccioli, Cauliflower, Garlic Toast, Chocolate Chip Cookie

### Turkey Mostaccioli:

**Ground Turkey-** GROUND TURKEY, DRIED VINEGAR

**Diced Tomatoes-** Tomatoes, Tomato Juice, Less Than 2% of: Salt, Calcium Chloride, Citric Acid.

**Onion-** Onion

**Cottage Cheese-** Grade A cultured nonfat milk, milk, cream, contains less than 2 % of: salt, whey, maltodextrin, guar gum, citric acid, carrageenan, mono and diglycerides, locust bean gum, natural and artificial flavorings, potassium sorbate (preservative), enzymes.  
COMMON ALLERGENS PRESENT: Milk.

**Tomato Paste-** VINE RIPENED TOMATOES, CITRIC ACID.

**Oregano-** Oregano

**Parmesan Cheese-** Imported Parmesan Cheese: (Pasteurized Part-Skim Cows Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose added to prevent caking, Natamycin (A Natural Mold Inhibitor). COMMON ALLERGENS PRESENT: Milk.

**Mostaccioli-** Durum wheat semolina niacin iron (ferrous sulfate) thiamin mononitrate riboflavin folic acid. COMMON ALLERGENS PRESENT: Wheat. MAY CONTAIN: Egg.

### Cauliflower- Cauliflower

**Chocolate Chip Cookie-** SUGAR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN [EMULSIFIER], NATURAL FLAVOR, MILK), MARGARINE (PALM OIL, WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE [PRESERVATIVE], ARTIFICIAL FLAVOR, BETA-CAROTENE [COLOR], VITAMIN A PALMITATE), WHEAT FLOUR, SHORTENING (PALM OIL), WATER, INVERT SUGAR, CONTAINS LESS THAN 2% OF BAKING SODA, EGGS, MOLASSES, NATURAL FLAVORS (MILK), SALT, WHEY PROTEIN CONCENTRATE, WHITE CHOCOLATE FLAVORED POWDER (SUGAR, CREAMER [COCONUT OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE {MILK}], SUGAR, TRICALCIUM PHOSPHATE, DIPOTASSIUM PHOSPHATE, PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, MONO- AND DIGLYCERIDES, SALT, ARTIFICIAL FLAVOR], MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVOR, GUAR GUM, XANTHAN GUM). COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy. MAY CONTAIN: Peanuts, Tree Nuts.

## **Beef Sheperds Pie, Mashed Potatoes, Citrus Fruited Gelatin**

### **Beef Sheperds Pie:**

#### **Ground Beef- Ground Beef**

#### **Pease and Carrots- Peas and Carrots**

**Flour-** BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.  
COMMON ALLERGENS PRESENT: Wheat.

#### **Water- Water**

**Beef Base-** ROASTED BEEF AND BEEF JUICES, SALT, HYDROLYZED SOY PROTEIN (WITH CARAMEL COLOR ADDED), BEEF STOCK, SUGAR, MONOSODIUM GLUTAMATE, ONION POWDER, YEAST EXTRACT, CARAMEL COLOR, HYDROLYZED CORN PROTEIN, SOYBEAN OIL, HYDROLYZED WHEAT PROTEIN, CORN SYRUP SOLIDS, GARLIC POWDER, FLAVORING, THIAMINE HYDROCHLORIDE, BEEF EXTRACT, DISODIUM INOSINATE, DISODIUM GUANYLATE. COMMON ALLERGENS PRESENT: Soy, Wheat

**Diced Tomatoes-** Diced tomatoes, tomato juice, salt, calcium chloride, citric acid

**Mashed Potatoes-** POTATOES, SALT, BUTTER (CREAM, SALT), CONTAINS 2% OR LESS OF: BUTTERMILK, CANOLA OIL, CREAM, MONO AND DIGLYCERIDES, MALTODEXTRIN, NONFAT MILK, NATURAL FLAVOR (MILK), WHEY, SUNFLOWER LECITHIN, FRESHNESS PRESERVED WITH (SODIUM BISULFITE, BHT, SODIUM ACID PYROPHOSPHATE, CITRIC ACID). COMMON ALLERGENS PRESENT: Milk

### **Citrus Fruited Gelatin:**

**Gelatin-** Sugar, Dextrose, Gelatin, Less than 2% of Fumaric Acid, Sodium Citrate, Disodium Phosphate, Malic Acid, Citric Acid, Natural Flavor, Ascorbic Acid (Vitamin C), Yellow 5, Yellow 5 Lake, Blue 1, Blue 1 Lake.

**Fruit Cocktail-** DICED PEACHES, DICED PEARS, WATER, GRAPES, PEAR JUICE CONCENTRATE, PINEAPPLE SEGMENTS, HALVED CHERRIES ARTIFICIALLY COLORED RED WITH CARMINE.



## **Breaded Fish, Potato Wedges, Capri Vegetable Blend, Frosted Chocolate Cake**

**Fried Fish-** COD, BLEACHED WHEAT FLOUR, VEGETABLE OIL (CANOLA, COTTONSEED, SOYBEAN, AND/OR SUNFLOWER), YELLOW CORNFLOUR, BEER (WATER, BARLEY MALT, FLAKED CORN, WHEAT MALT, OATS, HOPS, YEAST), WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, WHEAT FLOUR, WHITE CORN FLOUR, SUGAR, SALT, SPICES, LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), NATURAL FLAVORS. COMMON ALLERGENS PRESENT: Fish, Wheat.

**French Fries-** Potatoes, Vegetable Oil (Contains One or More of the Following: Soybean, Canola, Palm, Sunflower), Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose.

**Capri Vegetable Blend-** Zucchini, Yellow Squash, Carrots, Green Beans

**Frosted Chocolate Cake-** SUGAR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEY, EGGS, CORN SYRUP, VEGETABLE OIL (SOYBEAN, PALM), WATER, SHORTENING [PALM OIL AND SOYBEAN OIL, CITRIC ACID (PRESERVATIVE)], CONTAINS 2% OR LESS: ORANGE PEEL, MODIFIED CORN STARCH, SKIM MILK, CORN STARCH, MONO- AND DIGLYCERIDES, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), NATURAL AND ARTIFICIAL FLAVORS, SALT, LACTOSE, SODIUM ALGINATE, SOY LECITHIN, SKIM MILK PROTEIN CONCENTRATE, CITRIC ACID, POLYSORBATE 60, GUMS (GELLAN, TRAGACANTH), COLORED WITH (ANNATTO EXTRACT, TURMERIC), LACTYLIC ESTERS OF FATTY ACIDS, POTASSIUM SORBATE (PRESERVATIVE). COMMON ALLERGENS PRESENT: Wheat, Milk, Eggs, Soy.

## **Cornflake Chicken, Red Bliss Potatoes, Far East Vegetable Blend, Grapes**

### **Cornflake Chicken:**

#### **Chicken- Chicken**

**Cornflakes-** "DEGERMED YELLOW CORN MEAL, SUGAR, CONTAINS 2% OR LESS OF: SALT, BARLEY MALT EXTRACT, VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID), IRON (FERROUS FUMARATE), VITAMIN A (PALMITATE), NIACINAMIDE, VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B12 (CYANOCOBALAMIN), FOLIC ACID. BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS".

**Mayonnaise-** WATER, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, FOOD STARCH-MODIFIED, EGG YOLKS, SALT, CONTAINS LESS THAN 2% OF CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR. COMMON ALLERGENS PRESENT: Egg.

**Seasoning-** Garlic powder, onion powder, paprika, salt and pepper

**Roasted Red Potatoes-** Fresh red potatoes

**Far East Vegetable Blend-** Broccoli, Pea pods, Carrots, Baby Cob Corn, Pearl Onions, Bamboo Shoots, Red Pepper, and Water Chestnuts

**Grapes-** Fresh grapes

## Swedish Meatballs, Egg Noodles, Green Peas, Breadstick, Oatmeal Rasin Cookie

### Swedish Meatballs:

**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.

**Cheese-** Monterey Jack Cheese (Cultured Pasteurized Milk, Salt, Enzymes), Anticake (Potato Starch, Powdered Cellulose). COMMON ALLERGENS PRESENT: MILK.

**Cream of Mushroom-** 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, WHEY\*, GARLIC\*, FLAVORING. \*DRIED. COMMON ALLERGENS PRESENT: MILK, WHEAT, SOY.

**Egg Noodles-** Semolina, Durum Flour, Egg Yolk, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid. COMMON ALLERGENS PRESENT: EGG, WHEAT

**Green Peas-** Peas

**Breadstick-** Unbleached 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, Calcium Propionate (Preservative), Wheat Starch, Enzymes, Ascorbic Acid. COMMON ALLERGENS PRESENT: Wheat.

**Oatmeal Rasin Cookie-** SUGAR, RAISINS (RAISINS, SUNFLOWER OIL), ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), OATS, WHEAT FLOUR, WALNUTS, BUTTER (CREAM, NATURAL FLAVORING), WATER, MARGARINE (PALM OIL, WATER, SALT, MONO- AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE [PRESERVATIVE], ARTIFICIAL FLAVOR, BETA-CAROTENE [COLOR], VITAMIN A PALMITATE), INVERT SUGAR, MARGARINE (SOYBEAN OIL, WATER, VEGETABLE MONO- AND DIGLYCERIDES, SALT, CONTAINS LESS THAN 2% OF WHEY SOLIDS, SOY LECITHIN, SODIUM BENZOATE [PRESERVATIVE], CITRIC ACID, ARTIFICIAL FLAVOR, BETA CAROTENE [COLOR], VITAMIN A PALMITATE), CONTAINS LESS THAN 2% OF BAKING SODA, EGGS, HONEY, MOLASSES, NATURAL FLAVORS, SALT, SPICE, WHEY PROTEIN CONCENTRATE, WHITE CHOCOLATE FLAVORED POWDER (SUGAR, CREAMER [COCONUT OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE {MILK}, SUGAR, TRICALCIUM PHOSPHATE, DIPOTASSIUM PHOSPHATE, PROPYLENE GLYCOL ESTERS OF FATTY ACIDS, MONO- AND DIGLYCERIDES, SALT, ARTIFICIAL FLAVOR], MALTODEXTRIN, NATURAL

AND ARTIFICIAL FLAVOR, GUAR GUM, XANTHAN GUM). COMMON ALLERGENS PRESENT: Milk, Wheat, Soy, Egg, Tree Nuts. MAY CONTAIN: Peanuts.

## Ham and Beans, Green Beans, Biscuit, Apple Dump Cake

### Ham and Beans:

**Ham-** Ham

**Beans-** Great northern white beans, water, salt, calcium chloride.

**Chicken Broth-** Water, ROASTED CHICKEN AND CHICKEN JUICES, SALT, MONOSODIUM GLUTAMATE, SUGAR, YEAST EXTRACT, CHICKEN FAT, DEHYDRATED ONION, CITRIC ACID, TURMERIC, XANTHAN GUM, CARAMEL COLOR, FLAVORING.

**Onions-** Onion

### Green Beans-

Green Beans

**Biscuit-** ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, PALM OIL, BUTTERMILK, Contains less than 2% of: SUGAR, SALT, BAKING SODA, SOYBEAN OIL, WHEY, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, MODIFIED WHEAT STARCH, MONOCALCIUM PHOSPHATE, DEXTROSE, NATURAL AND ARTIFICIAL FLAVORS. COMMON ALLERGENS PRESENT: Milk, Wheat.

### Apple Dump Cake:

**Apple Pie Filling-** APPLES, WATER, HIGH FRUCTOSE CORN SYRUP, FOOD STARCH-MODIFIED, CALCIUM LACTATE, CITRIC ACID, SPICES AND COLORING, SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVES), ERYTHORBIC ACID (TO PROMOTE COLOR RETENTION).

**White Cake Mix-** ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (BAKING SODA, ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE, DICALCIUM PHOSPHATE), PROPYLENE GLYCOL MONO- AND DIESTERS, WHOLE EGG, SALT, MONO AND DIGLYCERIDES, MODIFIED CORN STARCH, NONFAT MILK, EGG YOLK, GUAR GUM, ARTIFICIAL FLAVOR, SOY LECITHIN, CITRIC ACID. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy.

**Butter-** Cream. COMMON ALLERGENS PRESENT: Milk.

## **Beef Pepper Patty, Mashed Potatoes and Gravy, Roasted Zucchini, Cherry Crisp**

### **Beef Pepper Patty:**

**Hamburgers-** 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: SOY, WHEAT.

**Peppers and Onions-** Peppers and Onions

**Mashed Potatoes-** POTATO (DRY), MONO AND DIGLYCERIDES, ASCORBIC ACID (VITAMIN C), CALCIUM STEAROYL-2-LACTYLATE. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT.

**Gravy-** Water, Roasted Beef and Beef Juices, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Food Starch - Modified, Salt, Onion Powder, Hydrolyzed Corn, Wheat and Soy Protein, Sugar, Caramel Color, Soybean Oil, Disodium.

**Zucchini-** Zucchini

### **Cherry Crisp:**

**Cherry Pie Filling-** Cherries, High Fructose Corn Syrup, Water, Food Starch-Modified, Sodium Benzoate and Potassium Sorbate (Preservatives), Erythorbic Acid (to promote color retention), Red 40.

**Oatmeal-** 100% Whole grain rolled oats.

**Butter-** Cream. COMMON ALLERGENS PRESENT: Milk.

**Sugar-** Granulated sugar.

## **Citrus Glazed Chicken Breast, Bread Stuffing, California Vegetable Blend, Chocolate Chip Blondie**

### **Citrus Glazed Chicken Breast:**

**Chicken-** Chicken

**Citrus Glaze-** Sugar, Water, Corn Syrup, Pineapple Juice Concentrate, Rice Wine Vinegar, Brown Sugar, Contains less than 2% Modified Food Starch, Chicken Base (Chicken Meat, Broth and Fat, Salt, Sugar, Yeast Extract, Onion and Garlic Powder, Natural Flavor, Turmeric and Annatto Extract), Salt, Dehydrated Red Bell Pepper, Rum, Spice, Natural Flavor, Potassium Sorbate and Sodium Benzoate as Preservatives, Paprika.

**Bread Stuffing-** Breadcrumbs [Enriched Wheat Flour (Enriched with Reduced Iron, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Meal, High Fructose Corn Syrup, Palm Oil, Contains 2% or Less of Each of the Following: Salt, Yeast, Calcium Propionate (Preservative), Soy Lecithin, Annatto (Color)], Seasoning [Maltodextrin, Dehydrated Vegetables (Onion, Celery, Garlic), Salt, Sugar, Yellow Corn Meal, Natural & Artificial Flavor, Celery Seed, Parsley, Disodium Inosinate & Guanylate, Spice, Hydrolyzed Corn & Soy Protein, Citric Acid, Yeast Extract, Color (Turmeric Extract, Turmeric), Spice Extractives, Celery Extract, Contains 2% or Less Silicon Dioxide (Anticaking)]. COMMON ALLERGENS: Wheat, Soy.

**California Vegetable Blend-** Broccoli Florets, Cauliflower Clusters and Sliced Crinkle Cut Carrots.

### **Chocolate Chip Blondie:**

**Chocolate Chips-** Sugar, hydrogenated palm kernel oil, cocoa, cocoa processed with alkali, dextrose, nonfat dry milk, soy lecithin. COMMON ALLERGENS PRESENT: Milk, Soy.

**Butter-** Cream. COMMON ALLERGENS PRESENT: Milk.

**Water-** Water

**White Cake Mix-** ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, DEXTROSE. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: LEAVENING (BAKING SODA, ALUMINUM SULFATE, SODIUM ALUMINUM PHOSPHATE, DICALCIUM PHOSPHATE), PROPYLENE GLYCOL MONO- AND DIESTERS, WHOLE EGG, SALT, MONO AND DIGLYCERIDES, MODIFIED CORN STARCH, NONFAT MILK, EGG YOLK, GUAR GUM, ARTIFICIAL FLAVOR, SOY LECITHIN, CITRIC ACID. COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy

## Spaghetti with Marinara and Beef, Cauliflower, Garlic Bread, Apple Slices

### Spaghetti with Marinara and Beef:

**Spaghetti Noodles-** Durum Wheat Semolina, durum wheat flour, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat. MAY CONTAIN: Egg.

**Marinara Sauce-** Tomato Puree (Water, Tomato Paste), High Fructose Corn Syrup, Salt, Soybean Oil, Dried Onion, Citric Acid, Spices, Dried Garlic.

**Ground Beef-** Ground Beef

**Cauliflower-** Cauliflower

**Garlic Bread-** FRENCH BREAD: WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VITAL WHEAT GLUTEN, PEA PROTEIN, CONTAINS 2% OR LESS OF: SUGAR, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), YEAST, DOUGH CONDITIONER (WHEAT FLOUR, ASCORBIC ACID, ENZYMES), SEA SALT, SALT, SOY LECITHIN, NONFAT DRY MILK; CHEESE BLEND: PROVOLONE CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), SUBSTITUTE MOZZARELLA CHEESE (WATER, CORN OIL AND/OR SOY OIL, CASEIN [MILK], MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUMPHOSPHATE, SORBIC ACID [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT [MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, IRON, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12), NIACINAMIDE (VITAMIN B3), THIAMINE MONONITRATE (VITAMIN B1), VITAMIN A PALMITATE]), SUBSTITUTE CHEDDAR CHEESE (WATER, CASEIN [MILK], SOYBEAN OIL, WHEY, CHEDDAR CHEESE [MILK, CHEESE CULTURES, SALT, ENZYMES], MODIFIED CORN STARCH, CONTAINS 2% OR LESS OF: SODIUM ALUMINUM PHOSPHATE, SODIUM CITRATE, SALT, LACTIC ACID, SODIUM PHOSPHATES, SORBIC ACID [PRESERVATIVE], ANNATTO [COLOR], NATURAL FLAVOR, MONO AND DIGLYCERIDES, MAGNESIUM OXIDE, NIACINAMIDE [VITAMIN B3], FERRIC ORTHOPHOSPHATE, ZINC OXIDE, CYANOCOBALAMIN [VITAMIN B12], PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], RIBOFLAVIN, THIAMINE MONONITRATE [VITAMIN B1], FOLIC ACID, VITAMIN A PALMITATE); SAUCE: WATER, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), MODIFIED FOOD STARCH, SUGAR, SALT, CONTAINS 2% OR LESS OF: DRIED GARLIC, NATURAL FLAVOR (MALTODEXTRIN, NATURAL FLAVOR, ANNATTO AND TURMERIC [COLOR]), GUM BLEND (XANTHAN GUM, GUAR GUM, SODIUM ALGINATE), NATURAL FLAVOR, ANNATTO (COLOR). INGREDIENT STATEMENT: INGREDIENTS: FRENCH BREAD: WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VITAL WHEAT GLUTEN, PEA PROTEIN, CONTAINS 2% OR LESS OF:



SUGAR,VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), YEAST, DOUGH CONDITIONER (WHEAT FLOUR, ASCORBIC ACID, ENZYMES), SEA SALT, SALT, SOY LECITHIN, NONFAT DRY MILK. COMMON ALLERGENS PRESENT: MILK, WHEAT, SOY.

**Apple Slices-** Sliced apples and water.

## **Panko Crusted Tilapia, Potato Wedges, Broccoli, Coconut Brownie**

**Panko Crusted Tilapia-** TILAPIA, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (CANOLA OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, PARMESAN CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), WATER, SUGAR, SALT, SPICES, GARLIC POWDER, MALTODEXTRIN, VINEGAR, YELLOW CORN FLOUR, ONION POWDER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHITE CORN FLOUR, DISODIUM GUANYLATE, DISODIUM INOSINATE, SOY SAUCE POWDER [SOY SAUCE (FERMENTED SOYBEANS AND WHEAT, SALT), MALTODEXTRIN], WHEY, MALTED BARLEY FLOUR, YEAST, LEAVENING (SODIUM BICARBONATE), SEA SALT, CITRIC ACID, TOMATO POWDER, MODIFIED BUTTER OIL AND DEHYDRATED BUTTER, AUTOLYZED YEAST EXTRACT, GUAR GUM, TORULA YEAST, ENZYME MODIFIED PARMESAN CHEESE [PARMESAN CHEESE (MILK, STARTER CULTURE, SALT, ENZYMES), CREAM, NATURAL FLAVOR], ROMANO CHEESE (COW'S MILK, STARTER CULTURE, SALT, ENZYMES), DEXTROSE, NATURAL FLAVORS, EXTRACTIVES OF ANNATTO AND TURMERIC (COLOR). COMMON ALLERGENS PRESENT: Fish (Tilapia), Soy, Milk, Wheat.

**Potato Wedges-** Potatoes, Vegetable Oil (Contains One or More of the Following: Soybean, Canola, Palm, Sunflower), Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose.

**Broccoli-** Broccoli

**Coconut Brownie:**

**Brownie Mix-** SUGAR, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), VEGETABLE SHORTENING ([CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA AND/OR PALM OIL] WITH TBHQ [PRESERVATIVE]). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CALCIUM CARBONATE, SALT, CORN STARCH, EGG WHITE, ANTI-CAKING AGENT (CALCIUM SILICATE), EGG YOLK, LEAVENING (BAKING SODA), XANTHAN GUM, NATURAL AND ARTIFICIAL FLAVOR, SODIUM LAURYL SULFATE. COMMON ALLERGENS PRESENT: Egg, Wheat.

**Water-** Water

**Coconut Shreds-** Coconut (sodium metabisulfite added to retain color) sugar, water, propylene glycol, & salt

## **Ham Slice, Duchess Potatoes, Whole Baby Carrots, Cornbread, Diced Pears**

**Ham Slice-** Fresh pork hams cured with water, dextrose, salt, brown sugar, sodium phosphate, sodium erythorbate, sodium nitrite.

### **Duchess Potatoes:**

#### **Potatoes- Potatoes**

**Heavy Cream-** Heavy Cream, Contains less than 0.5% of: Carrageenan, Mono and Diglycerides, Polysorbate 80. COMMON ALLERGENS PRESENT: MILK

**Butter-** Cream. COMMON ALLERGENS PRESENT: Milk.

**Nutmeg-** Nutmeg

**Pepper-** Pepper

**Eggs-** Whole Eggs, Citric Acid, 0.15% water added as carrier for citric acid. Citric Acid added to Preserve Color. COMMON ALLERGENS PRESENT: Egg

### **Whole Baby Carrots-** Carrots

**Cornbread-** ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, SUGAR, WATER, EGGS, YELLOW CORN MEAL, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS: ISOLATED SOY PROTEIN, GLYCERIN, LEAVENING (SODIUM AND PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), WHEAT STARCH, WHEY, POTASSIUM SORBATE (PRESERVATIVE), MODIFIED CORN STARCH, SALT, CORN STARCH, SOY LECITHIN, MONOGLYCERIDES, XANTHAN GUM, LACTYLIC ESTERS OF FATTY ACIDS. COMMON ALLERGENS PRESENT: Milk, Wheat, Eggs, Soy.

**Diced Pears-** Pears, Water, Pear Juice Concentrate.

## Chicken a la King, Capri Vegetable, Bowtie Pasta, Cherry Chocolate Bar

### Chicken ala King:

**Chicken-** Chicken

**Mushrooms-** Mushrooms ROASTED CHICKEN AND CHICKEN JUICES, SALT, MONOSODIUM GLUTAMATE, SUGAR, YEAST EXTRACT, CHICKEN FAT, DEHYDRATED ONION, CITRIC ACID, TURMERIC, XANTHAN GUM, CARAMEL COLOR, FLAVORING.

**Chicken Base-**

**Water-** Water

**Peas-** Peas

**Carrots-** Carrots

**Capri Vegetable-** Zucchini, Yellow Squash, Carrots, Green Beans.

**Bowtie Pasta-** Durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid. COMMON ALLERGENS PRESENT: Wheat. MAY CONTAIN: Egg.

### Cherry Chocolate Bar:

**Cherries-** Cherries, water, corn syrup, sugar, acid: citric acid, flavour, colour: allura red (FD&C Red #40), preservatives: potassium sorbate, sodium benzoate.

**Brownie Mix-** SUGAR, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), VEGETABLE SHORTENING ([CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA AND/OR PALM OIL] WITH TBHQ [PRESERVATIVE]). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CALCIUM CARBONATE, SALT, CORN STARCH, EGG WHITE, ANTI-CAKING AGENT (CALCIUM SILICATE), EGG YOLK, LEAVENING (BAKING SODA), XANTHAN GUM, NATURAL AND ARTIFICIAL FLAVOR, SODIUM LAURYL SULFATE. COMMON ALLERGENS PRESENT: Egg, Wheat.

**Water-** Water

## **Sloppy Joe, Steak Fries, Far East Vegetable Blend, Grapes**

### **Sloppy Joe:**

**Ground Beef-** Ground Beef

**Tomato Sauce-** Tomato Puree (Water, Tomato Paste), Less Than 2% Of: Salt, Citric Acid, Onion Powder, Garlic Powder, Dehydrated Bell Peppers, Natural Flavors.

**Seasonings-** Garlic powder, onion powder, salt, pepper

**Steak Fries-** Potatoes, Vegetable Oil (Contains One or More of the Following: Soybean, Canola, Palm, Sunflower), Disodium Dihydrogen Pyrophosphate (to promote color retention), Dextrose.

**Far East Vegetable Blend-** Broccoli, Pea pods, Carrots, Baby Cob Corn, Pearl Onions, Bamboo Shoots, Red Pepper, and Water Chestnuts

**Grapes-** Grapes

## **Beef Stew, Tossed Salad, Saltines, Breadstick, Banana**

### **Beef Stew:**

**Cubed Beef-** Beef, Salt.

**Carrots-** Carrots

**Potatoes-** Potato

**Onion-** Onion

**Beef Base-** ROASTED BEEF AND BEEF JUICES, SALT, HYDROLYZED SOY PROTEIN (WITH CARAMEL COLOR ADDED), BEEF STOCK, SUGAR, MONOSODIUM GLUTAMATE, ONION POWDER, YEAST EXTRACT, CARAMEL COLOR, HYDROLYZED CORN PROTEIN, SOYBEAN OIL, HYDROLYZED WHEAT PROTEIN, CORN SYRUP SOLIDS, GARLIC POWDER, FLAVORING, THIAMINE HYDROCHLORIDE, BEEF EXTRACT, DISODIUM INOSINATE, DISODIUM GUANYLATE. COMMON ALLERGENS PRESENT: Soy, Wheat.

**Water-** Water

### **Tossed Salad:**

**Lettuce-** Lettuce

**Tomatoes-** Tomato

**Cheese-** Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Potato Starch, Powdered Cellulose).  
COMMON ALLERGENS PRESENT: MILK

**Saltines-** Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], 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.

**Breadstick-** Unbleached Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Contains 2% or less of the following: Soybean Oil, Yeast, Sugar, Salt, Italian Garlic Herb Blend (Dehydrated Garlic & Onion, Spices, Maltodextrin, Red Bell Pepper), Vinegar, Calcium Propionate (Preservative), Artificial Flavors, Wheat Starch, Enzymes, Ascorbic Acid.  
COMMON ALLERGENS PRESENT: Wheat

**Banana-** Banana

## **Beef Stroganoff, Egg Noodles, Whole Baby Carrots, Spiced Fruit and Nut Cake**

**Beef Stroganoff-** ROASTED SEASONED PRIME RIB BEEF STEAK DICES AND MODIFIED FOOD STARCH (BEEF, BEEF BROTH, LESS THAN 2% OF MODIFIED CORN STARCH, SALT, SEASONING [TURBINADO SUGAR, SODIUM CARBONATE, SEA SALT, FLAVOR], DEXTROSE, CORN SYRUP SOLIDS, CARAMEL COLOR, SPICE EXTRACTIVES), WATER, SOUR CREAM (CULTURED CREAM, NONFAT MILK, MICROBIAL ENZYMES), TOMATO PUREE (WATER, TOMATO PASTE), MUSHROOMS (MUSHROOMS, WATER, SALT), ONION, FOOD STARCH-MODIFIED, BEEF BASE (BEEF STOCK, SALT, FLAVOR, YEAST EXTRACT, BEEF FAT, CARAMEL COLOR, ONION POWDER, SOY SAUCE [WATER, WHEAT, SOYBEANS, SALT], MODIFIED CORN STARCH, GARLIC POWDER, CORN SYRUP SOLIDS), RED WINE, BUTTER, WHEAT FLOUR, BEEF FLAVOR (AUTOLYZED YEAST EXTRACT, MONO- & DIGLYCERIDES, POLYSORBATE 60, DISODIUM INOSINATE & DISODIUM GUANYLATE, XANTHAN GUM), CARAMEL COLOR, GARLIC POWDER, ONION POWDER, BLACK PEPPER. COMMON ALLERGENS PRESENT: Milk, Soy, Wheat

**Egg Noodles-** Semolina, Durum Flour, Egg Yolk, Niacin, Ferrous Sulfate (Iron), Thiamine Mononitrate, Riboflavin, Folic Acid. COMMON ALLERGENS PRESENT: EGG, WHEAT.

**Carrots-** Carrots

### **Spiced Fruit and Nut Cake:**

**White Cake Mix-** Sugar, Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Palm And Soybean Oil, Nonfat Milk, Less Than 2% Of: Ascorbic Acid, Baking Soda, Corn Syrup Solids, Dextrose, Egg Whites, Food Starch-Modified, Monocalcium Phosphate, Mono & Diglycerides, Natural And Artificial Flavors, Polysorbate 60, Propylene Glycol Ester, Salt, Sodium Aluminum Phosphate, Sodium Stearoyl Lactylate, Soy Lecithin, Wheat Protein Isolate, Whey Protein Isolate, Xanthan Gum. COMMON ALLERGENS PRESENT: Wheat, Milk, Egg, Soy.

**Spices-** Cinnamon, ginger, cloves, nutmeg

**Vanilla Extract-** Water, Alcohol, Sugar, and Vanilla Bean extractives.

**Cranberries-** Cranberries

**Plums-** Plums

**Apples-** Apples

**Pecans-** Pecans



**Walnuts-** Walnuts

**Water-** Water

## **Chicken and Rice Casserole, Key West Vegetable Blend, Tossed Salad, Pineapple**

### **Chicken and Rice Casserole:**

**Chicken-** Chicken

**Rice-** Parboiled long grain rice enriched with iron (ferric phosphate), niacin, thiamine, mononitrate, & folic acid.

**Cream of Chicken-** CHICKEN STOCK, WATER, VEGETABLE OIL, MODIFIED FOOD STARCH, WHEAT FLOUR, CREAM (MILK), CONTAINS LESS THAN 2% OF: SALT, CHICKEN\*, SOY PROTEIN CONCENTRATE, CHICKEN FAT, YEAST EXTRACT, BETA CAROTENE (FOR COLOR), CHICKEN BROTH\*, FLAVORING, CANE SUGAR, ONIONS\*, CORNSTARCH, CELERY EXTRACT, ONION EXTRACT, XANTHAN GUM. \*DRIED.  
COMMON ALLERGENS PRESENT: Milk, Wheat, Soy.

**Cheese-** Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Potato Starch, Powdered Cellulose).  
COMMON ALLERGENS PRESENT: MILK

**Key West Vegetable Blend-** Green Beans, Carrots, Yellow Carrots and Red Peppers

### **Tossed Salad:**

**Lettuce-** Lettuce

**Tomatoes-** Tomato

**Cheese-** Cheddar Cheese (Cultured Pasteurized Milk, Salt, Enzymes, Color Added), Anticake (Potato Starch, Powdered Cellulose).  
COMMON ALLERGENS PRESENT: MILK

**Pineapple-** Pineapple, unsweetened pineapple juice.

## **Pot Roast, Golden Mashed Potatoes, California Vegetable Blend, Chocolate Cheesecake Bars**

### **Pot Roast- Beef**

#### **Golden Mashed Potatoes:**

**Mashed Potatoes-** POTATOES, SALT, BUTTER (CREAM, SALT), CONTAINS 2% OR LESS OF: BUTTERMILK, CANOLA OIL, CREAM, MONO AND DIGLYCERIDES, MALTODEXTRIN, NONFAT MILK, NATURAL FLAVOR (MILK), WHEY, SUNFLOWER LECITHIN, FRESHNESS PRESERVED WITH (SODIUM BISULFITE, BHT, SODIUM ACID PYROPHOSPHATE, CITRIC ACID). COMMON ALLERGENS PRESENT: Milk.

#### **Water- Water**

**Butter-** Cream. COMMON ALLERGENS PRESENT: Milk.

**California Vegetable Blend-** Carrots, cauliflower, and broccoli

#### **Chocolate Cheese Cake Bars:**

**Graham Cracker Crumbs-** Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), palm and palm kernel oil with TBHQ for freshness, sugar, graham flour, corn syrup, molasses, contains 2% or less of salt, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), malt extract, soy lecithin. COMMON ALLERGENS PRESENT: WHEAT, SOY.

**Cheesecake-** SUGAR, DEXTROSE, BUTTERMILK, BAKER'S CHEESE (SKIM MILK, LACTIC ACID, CULTURE, BHA [PRESERVATIVE]), MODIFIED TAPIOCA STARCH, PALM KERNEL OIL, CORN SYRUP SOLIDS, CONTAINS LESS THAN 2% OF PROPYLENE GLYCOLMONOSTEARATE, SODIUM CASEINATE, ACETYLATED MONOGLYCERIDES, TETRASODIUM PYROPHOSPHATE, DISODIUM PHOSPHATE, LACTIC ACID, CALCIUM LACTATE, SALT, MONO- AND DIGLYCERIDES, ARTIFICIAL FLAVOR, CELLULOSE GEL, CELLULOSE GUM, YELLOW 5, COCONUT OIL, YELLOW 6, NATURAL FLAVOR. COMMON ALLERGENS PRESENT: Milk.

**Milk-** Reduced fat milk, vitamin A palmitate, vitamin D3. COMMON ALLERGENS PRESENT: Milk.

**Chocolate Pudding-** Reduced fat milk, vitamin A palmitate, vitamin D3. COMMON ALLERGENS PRESENT: Milk.

## **Cranberry Glazed Turkey, Baked Sweet Potato Half, Broccoli, Buckeye Cake**

### **Cranberry Glazed Turkey:**

**Turkey-** Turkey

**Cranberry Glaze-** Cranberries, High Fructose Corn Syrup, Filtered Water, Corn Syrup.

**Baked Half Sweet Potato-** Sweet potato

**Broccoli-** Broccoli

### **Buckeye Cake:**

**Chocolate Cake Mix-** Sugar, Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Palm And Soybean Oil, Cocoa (Processed With Alkali), Nonfat Milk, Less Than 2% Of: Baking Soda, Cara mel Color, Egg Whites, Eggs, Monocalcium Phosphate, Mono & Diglycerides, Natural And Artificial Flavor, Polysorbate 60, Propylene Glycol Ester, Salt, Sodium Aluminum Phosphate, Sodium Stearoyl Lactylate, Soy Lecithin, Wheat Protein Isolate, Whey Protein Iso late. COMMON ALLERGENS PRESENT: Wheat, Egg, Milk, Soy.

**Water- Water**

**Peanut butter-** Roasted Peanuts, Sugar, Contains 2% Or Less Of: Molasses, Fully Hydrogenated Vegetable Oils (rapeseed And Soybean), Mono And Diglycerides, Salt. COMMON ALLERGENS PRESENT: Peanuts.

**Butter-** Cream. COMMON ALLERGENS PRESENT: Milk.

**Powder Sugar-** Sugar, corn starch.

## **Sweet and Sour Meatballs, White Rice, Sugar Snap Peas, Fruit Cocktail**

### **Sweet and Sour Meatballs:**

**Sweet and Sour Sauce-** Water, Pineapple (Pineapple, Pineapple Juice, Citric Acid), Sugar, Tomatoes in Juice (Contains Calcium Chloride, Citric Acid), Brown Sugar, Food Starch - Modified, Onion, Vinegar, Contains less than 2% of Tomato Paste, Green Peppers, Salt, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Oil, Citric Acid, Natural Flavor, Soy Sauce [Water, Wheat, Soybeans, Salt, Sodium Benzoate (Preservative)], Onion Powder, Spice, Garlic Powder. COMMON ALLERGENS PRESENT: Wheat, Soy.

**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

**White Rice-** Long grain rice enriched with iron (ferric orthophosphate), niacin, thiamin mononitrate and folic acid.

**Sugar Snap Peas-** Sugar snap peas.

**Fruit Cocktail-** DICED PEACHES, DICED PEARS, WATER, GRAPES, PEAR JUICE CONCENTRATE, PINEAPPLE SEGMENTS, HALVED CHERRIES ARTIFICIALLY COLORED RED WITH CARMINE.

**The following ingredient list obtains items that may come with your meal, or ingredients may be cooked in:**

**RANCH DRESSING-** SOYBEAN OIL, BUTTERMILK, DISTILLED VINEGAR, EGG YOLK, SALT, SUGAR, NATURAL FLAVOR, YEAST EXTRACT, GARLIC\*, XANTHAN GUM, SPICE, ONION\*. \*DRIED

**French Dressing-** Water, Sugar, Soybean Oil, Distilled Vinegar, Modified Food Starch, contains 2% or less of Salt, Potassium Chloride, Spice, Xanthan Gum, Onion & Garlic Powder, Potassium Sorbate & Sodium Benzoate (as preservatives), Rice Flour, Paprika, Oleoresin Paprika, Calcium Disodium EDTA added to protect flavor.

**Fryer Oil-** LIQUID AND HYDROGENATED SOYBEAN OIL, TBHQ AND CITRIC ACID ADDED TO PROTECT FLAVOR, DIMETHYLPOLYSILOXANE (AN ANTI-FOAMING AGENT). COMMON ALLERGENS PRESENT: NONE.

**Butter-** VEGETABLE OIL BLEND (PALM AND PALM KERNEL OIL, SOYBEAN OIL), SKIM MILK, BUTTER (CREAM, SALT), CONTAINS LESS THAN 2% OF NATURAL FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE (COLOR), SALT. COMMON ALLERGENS PRESENT: Milk.

**Roll-** Unbleached, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Soybean Oil, Contains 2% or less of the following: Potato Flakes, Wheat Gluten, Salt, Ascorbic Acid, Barley Malt Extract, Corn Grits, Calcium Propionate (Preservative), Spices (Annatto, Turmeric). COMMON ALLERGENS PRESENT: Wheat.

**Wheat Bread-** Whole Wheat Flour, Water, Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Ascorbic Acid, Enzymes, Calcium Propionate (Preservative). COMMON ALLERGENS PRESENT: Wheat.

**Sour Cream-** CULTURED PASTEURIZED LIGHT CREAM AND NONFAT MILK, MODIFIED CORN STARCH, SODIUM PHOSPHATE, GUAR GUM, SODIUM CITRATE, CARRAGEENAN AND LOCUST BEAN GUM. COMMON ALLERGENS PRESENT: Milk