

Free from meat protein. Meals are prepared with non-meat protein ingredients, which may include dairy, eggs, beans, plant proteins and nuts.

Carbs (g): Approximate grams of carbohydrates are shown for the **entree (tray only)** and the full meal

♥ **Heart-friendly:** <800mg Sodium <30% Fat <10% Sat. Fat

D **Diabetic-friendly:** All meals contain <75g of carbohydrates.

ITEM	American Classics	CARBS (g)
95126	Corn Chowder and Peaches with Cherries and Apple Juice	79 94 ♥
95136	Broccoli Cheese Soup and Spiced Blueberry-Apple Crisp, Whole Wheat Dinner Roll and Apple Juice 	66 95 ♥
95891	Creamy Macaroni & Cheese and Seasoned Vegetable Blend, Mandarin Orange Cup and Blueberry Applesauce 	43 85
International Flavors		
95060	Coconut Curry Vegetables and Brown Rice, Pineapple Cup and Triple Chocolate Cookie	50 91
95086	Vegetarian Red Beans and Rice and String Cheese	68 69 ♥ D
95094	Teriyaki Stir Fry Vegetables over Brown Rice and Brown Sugar Peaches and Pineapple Cup 	72 87 ♥
95109	Vegetable Primavera with Pasta and Sweet Pineapple & Apples and String Cheese 	65 66 ♥ D
95188	Cheese Lasagna with Marinara Sauce and Spiced Fruit Crisp and Whole Wheat Dinner Roll 	77 90
95238	NEW Three Cheese Ravioli with Garlic Basil Butter Sauce and Seasoned Italian Style Peas, Grape Juice and Triple Chocolate Cookie	40 81
Breakfast Meals		
95130	Vegetable Egg Scramble and Peaches with Cherries, Whole Wheat Bread and Orange Juice 	43 70 ♥ D
95919	Buttermilk Pancakes, Egg Patty and Cinnamon Apple Crisp, Syrup and String Cheese 	81 112

 **Customer Favorite**

Refrigerate meals
upon arrival.

Please select the meals that are most appropriate for your dietary needs.

Menus are subject to change.

As with any kitchen, there are times when availability of ingredients can fluctuate due to seasonal changes causing us to utilize alternative options with like nutritional.

