

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 	81	96 ♥
95136	Broccoli Cheese Soup and Spiced Blueberry Apple Crisp, Whole Wheat Dinner Roll and Apple Juice 	67	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 	74	89 ♥
95109	Vegetable Primavera with Pasta and Sweet Pineapple & Apples and String Cheese 	68	69 D
95188	Cheese Lasagna with Marinara Sauce and Spiced Fruit Crisp and Whole Wheat Dinner Roll 	77	90 ♥
95872	Moroccan Spiced Carrots and Raisins with Quinoa and Sweet Pineapple & Apples, Orange and Triple Chocolate Cookie	73	117 ♥
Breakfast Meals			
95130	Vegetable Egg Scramble and Peaches with Cherries, Whole Wheat Bread and Orange Juice 	43	70 ♥ D
95919	Mini Pancakes and Colby Cheese Omelet and Cranberry Apple Crisp, and Syrup	70	100 ♥

 **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.

