

GLOBAL MEALS PERFECT PASTA

NUTRITION FACTS

&

INGREDIENTS



ITALIAN STYLE MAC AND CHEESE SKILLET

Description:

Cavatappi Pasta topped with velvety White Cheddar Sauce with Broccoli, sliced Cherry Tomatoes, Breadcrumbs, and shredded Cheese.

Tray Net Wt. 10.20 oz.

Item#: GM0001

Nutrition Facts		
1 serving per container		
Serving size 1 tray (289g/10.2 oz)		
Amount per serving		
Calories	370	
% Daily Value *		
Total Fat 13g	17%	
Saturated Fat 7g	37%	
Trans Fat 0g		
Cholesterol 35mg	12%	
Sodium 680mg	30%	
Total Carbohydrate 50g	18%	
Dietary Fiber 3g	11%	
Total Sugars 4g		
Includes 0g Added Sugars	0%	
Protein 13g		
Vitamin D 0mcg	0%	
Calcium 290mg	25%	
Iron 1.9mg	10%	
Potassium 70mg	2%	
Folate 105mcg DFE (65mcg Folic Acid)	25%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

INGREDIENTS: White Cheese Sauce (water, light cream, cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], asiago cheese [pasteurized milk, cheese culture, salt, enzymes], modified corn starch, wheat flour, Contains 2% or less of: butter [cream, salt], whey, whey protein concentrate, milkfat, skim milk, salt, lactic acid, sodium citrate, yeast extract, sodium alginate, enzymes and nisin preparation), Cavatappi Pasta (durum wheat semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid), Water, Broccoli, Cherry Tomatoes, Yellow Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agent)), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Italian Seasoning (oregano, thyme, basil, sage, rosemary, savory, marjoram), Parsley

CONTAINS: Milk, Wheat

ITALIAN STYLE MEATBALLS & POLENTA

Description:

Beef and Pork Meatballs in Pomodoro Sauce served with creamy Parmesan Polenta and seasoned Broccoli and Carrots.

Tray Net Wt. 9.40 oz.

Item#: GM0002

INGREDIENTS: Cooked Gluten Free Italian Meatballs (pork, beef, liquid eggs whites, ricotta con latte cheese [pasteurized whey, cream and milk, vinegar, salt], Romano cheese made from cow's milk [cultured milk, salt, enzymes], water, crumb [rice flour, paprika extract, annatto extract], salt, dried garlic, spices, dried parsley, brown sugar, natural flavor), Water, Tomatoes (peeled whole tomatoes, tomato juice, tomato puree, salt, calcium chloride, citric acid, basil), Carrots, Broccoli, Polenta (degermed yellow corn meal), Parmesan Cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose [anti-caking agent]), Parsley, Parmesan Cheese Flavor (a dehydrated blend of parmesan cheese [part-skim milk, cheese culture, salt, enzymes], whey, buttermilk solids, sodium phosphate, salt), Canola Oil, Minced Garlic (Garlic, water, citric acid, potassium sorbate, sodium benzoate), Salt (salt, calcium silicate [an anticaking agent]), Sugar, Basil, Modified Food Starch (corn), Baking Soda, Black Pepper

CONTAINS: Eggs, Milk



Nutrition Facts	
1 serving per container	
Serving size 1 tray (265g/9.4 oz)	
Amount per serving	
Calories	370
% Daily Value *	
Total Fat 24g	30%
Saturated Fat 9g	45%
<i>Trans Fat</i> 0g	
Cholesterol 55mg	18%
Sodium 850mg	37%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars 0%	
Protein 18g	
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 3.2mg	20%
Potassium 60mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Gluten
Free
Meal



RAMEN CHICKEN TERIYAKI SKILLET

Description:

Grilled Chicken Strips served with Teriyaki-seasoned Ramen Noodles, Broccoli and Red Bell Peppers.

Tray Net Wt. 9.50 oz.

Item#: GM0003

Nutrition Facts	
1 serving per container	
Serving size 1 tray (269g/9.5 oz)	
Amount per serving	
Calories	480
	% Daily Value *
Total Fat 15g	19%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 850mg	37%
Total Carbohydrate 70g	26%
Dietary Fiber 4g	13%
Total Sugars 25g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0.1mcg	0%
Calcium 40mg	2%
Iron 2.6mg	15%
Potassium 60mg	2%

* The % Daily Value (DV) lets you know how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Yakisoba Noodles (wheat flour, water, wheat gluten, tapioca starch, salt, dough conditioner [salt, wheat flour, dextrose, sugar, monoglycerides, malt barley flour, diacetyl tartaric acid esters of mono-diglycerides (DATEM), contains 2% or less of soybean oil, potassium bromate, L cysteine, ascorbic acid, enzyme and azodicarbonamide (ADA)], canola oil [processing aid], corn starch [processing aid], potassium carbonate and bicarbonate, potassium sorbate, sodium benzoate, FD&C yellow #5 and #6), Zesty Orange Sauce (corn syrup, water, high fructose corn syrup, soy sauce (water, wheat, soybeans, salt, less than 1% sodium benzoate as a preservative), white distilled vinegar, modified cornstarch, 2% or less of garlic, toasted sesame oil, concentrated orange juice, spices, extractives of annatto, canola oil, xanthan gum, salt), Fully Cooked Chicken Breast Strips (boneless skinless chicken breast meat with rib meat and water. contains 2% or less of: modified tapioca starch, salt, dextrose, sodium phosphates, granulated garlic, spices, grill flavor (from vegetable oil), granulated onion, modified food starch, corn syrup solids, spice extractives, soy lecithin, tricalcium phosphate, carrageenan), Carrots, Broccoli, Mushrooms (mushrooms, water, salt, citric acid, ascorbic acid), Red Bell Pepper, Sesame Oil, Scallions, Crispy Fried Onions (onions, palm oil, wheat flour, salt and dextrose), Basil, Cilantro

CONTAINS: Soy, Wheat

ITALIAN SAUSAGE RAVIOLI

Description:

Italian Sausage Ravioli served with creamy Marinara Sauce made with whole Tomatoes, Carrot and Celery blend.

Tray Net Wt. 10.20 oz.

Item#: GM0007

INGREDIENTS: Tomatoes (peeled whole tomatoes, tomato juice, tomato puree, salt, calcium chloride, citric acid, basil), Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Pork, Water, Whole Eggs, Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Heavy Whipping Cream (cream and milk), Parmesan Cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose [anti-caking agent]), Celery, Yellow Onions, Carrots, Canola Oil, Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Modified Food Starch (corn), Salt, Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Fennel, Garlic, Basil, Sugar, Salt (salt, calcium silicate [an anticaking agent]), Parsley, Black Pepper, Baking Soda, Paprika

CONTAINS: Egg, Milk, Wheat



Nutrition Facts

1 serving per container
Serving size 1 tray (288g/10.2 oz)

Amount per serving
Calories 400

% Daily Value *

Total Fat 14g 18%

Saturated Fat 6g 29%

Trans Fat 0g

Cholesterol 95mg 32%

Sodium 1240mg 54%

Total Carbohydrate 48g 17%

Dietary Fiber 4g 13%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 22g

Vitamin D 0.5mcg 2%

Calcium 170mg 15%

Iron 3mg 15%

Potassium 190mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



THAI CHICKEN

Description:

Creamy Coconut Ginger Sauce Grilled Chicken with Asian Rice Noodles served with Carrots, Celery and Onions.

Tray Net Wt. 9.50 oz.

Item#: GM0008

Nutrition Facts	
1 serving per container	
Serving size 1 tray (269g/9.5 oz)	
Amount per serving	
Calories	430
% Daily Value *	
Total Fat 19g	24%
Saturated Fat 8g	41%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 980mg	42%
Total Carbohydrate 48g	17%
Dietary Fiber 2g	6%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 100mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Gluten
Free
Meal

INGREDIENTS: Rice Noodles (water, rice flour, highly refined soybean oil), Fully Cooked Chicken Breast Strips (boneless skinless chicken breast meat with rib meat and water. contains 2% or less of: modified tapioca starch, salt, dextrose, sodium phosphates, granulated garlic, spices, grill flavor (from vegetable oil), granulated onion, modified food starch, corn syrup solids, spice extractives, soy lecithin, tricalcium phosphate, carrageenan), Coconut Milk (coconut extract 60%, water), Onions, Vegetable Base (sautéed vegetable puree mix (carrots, onions, celery, corn oil), cornstarch, maltodextrin, corn oil, hydrolyzed corn protein, autolyzed yeast extract, tomato powder, water, onion powder, 2% or less of disodium inosinate, disodium guanylate, garlic powder, salt, extractives of paprika, natural flavors, modified cornstarch), Coconut Cream (coconut extract, water, citric acid (as antioxidant), sodium metabisulfite [as preservative]), Celery, Canola Oil, Red Bell Peppers, Carrots, Lime Juice, Sweet Chili Sauce (sugar, water, pickled red chili, distilled vinegar [contains sulfites], garlic, salt, stabilizer: xanthan gum), Modified Food Starch (corn), Sriracha Sauce (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfate as a preservative, and xanthan gum), Minced Garlic (Garlic, water, citric acid, potassium sorbate, sodium benzoate), Pure Ginger Puree, Pure Lemon Grass Puree (lemon grass and water), Lime Juice (water, lime juice concentrate, 1/15 of 1% sodium benzoate and 1/25 of 1% sodium bisulfite [preservatives] and lime oil), Jalapeno Peppers, Sesame Oil, Cilantro, Salt, Dried Cilantro, Kaffir Leaves

CONTAINS: Soy, Tree Nuts (Coconut)



CIDER GLAZED CHICKEN

Description:

Grilled Chicken in an Apple Cider Glaze Sauce and Vegetable Farro with Butternut Squash, served with Carrots and Cauliflower.

Tray Net Wt. 10.50 oz.

Item#: GM0009

Nutrition Facts	
1 serving per container	
Serving size 1 tray (298g/10.5 oz)	
Amount per serving	
Calories	270
% Daily Value *	
Total Fat 5g	7%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 650mg	28%
Total Carbohydrate 37g	14%
Dietary Fiber 6g	20%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.6mg	15%
Potassium 100mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Fully Cooked Chicken Breast Strips (boneless skinless chicken breast meat with rib meat and water. contains 2% or less of: modified tapioca starch, salt, dextrose, sodium phosphates, granulated garlic, spices, grill flavor (from vegetable oil), granulated onion, modified food starch, corn syrup solids, spice extractives, soy lecithin, tricalcium phosphate, carrageenan), Water, Farro, Carrots, Cauliflower, Apple Cider Juice (pasteurized 100% pure juice from apples), Butternut Squash, Onions, Celery, Reduced Chicken Stock Base (chicken stock, chicken fat, maltodextrin, modified cornstarch, salt, sugar, 2% or less of corn oil, flavor), Modified Food Starch (corn), Canola Oil, Sugar, Dry Parsley, Chili Powder (chili, spices, garlic and salt), Salt (salt, calcium silicate [an anticaking agent]), White Pepper, Ginger, Pumpkin Spice (cinnamon, ginger, nutmeg, allspice, and sulfating agents)

CONTAINS: Soy, Wheat



100% BEEF MEATLOAF

Description:

100% Beef Meatloaf with Sweet Potato Mash topped with tangy BBQ Sauce, served with Carrots, Corn and Kale.

Tray Net Wt. 9.00 oz.

Item#: GM0010

Nutrition Facts	
1 serving per container	
Serving size	1 tray (255g/9 oz)
Amount per serving	
Calories	310
% Daily Value *	
Total Fat 12g	15%
Saturated Fat 4g	21%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 230mg	10%
Total Carbohydrate 36g	13%
Dietary Fiber 5g	17%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 2.6mg	15%
Potassium 300mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Meatloaf (beef, water, vegetable protein product [soy protein concentrate, caramel color, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), cyanocobalamin (b12)], tomato ketchup (tomato concentrate, corn syrup, distilled vinegar, salt, natural flavorings, onion powder, spice, garlic powder), onions, breadcrumbs (bleached wheat flour, soybean oil, dextrose, leavening [sodium acid pyrophosphate, sodium bicarbonate], whey, oleoresin paprika), bell peppers, seasoning (dehydrated onion, dextrose, autolyzed yeast extract, spice extractive), salt, dried whole eggs, sodium phosphate), Water, Carrots, Mashed Sweet Potato (sweet potatoes, potatoes, sugar, canola oil, contains 2% or less of: salt, natural flavor [milk], paprika oleoresin [color], lactose, sodium caseinate, mono and diglycerides, dipotassium phosphate, freshness preserved with: BHT, sodium bisulfite, citric acid), Kale, Corn, Tomato Paste (fresh vine-ripened tomatoes), Dark Brown Sugar (sugar, molasses), Molasses, Canola Oil, Modified Food Starch (corn), Unsalted Butter, Natural Hickory Liquid Smoke (water, natural hickory smoke concentrate), Chili Powder (chili, spices, garlic and salt), Onion Powder, Garlic Powder, Paprika, Red Wine Vinegar (contains sulfites), Cumin, Salt (salt, calcium silicate [an anticaking agent]), Black Pepper

CONTAINS: Egg, Milk, Soy, Wheat



SALISBURY STEAK

Description:

Salisbury Steak with Mushroom Gravy, served with Mashed Potatoes, Corn and Kale mix and Cauliflower.

Tray Net Wt. 9.75 oz.

Item#: GM0011

Nutrition Facts	
1 serving per container	
Serving size	1 tray (276g/9.8 oz)
Amount per serving	
Calories	370
% Daily Value *	
Total Fat 23g	29%
Saturated Fat 12g	58%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 560mg	25%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0.1mcg	0%
Calcium 50mg	4%
Iron 2.1mg	10%
Potassium 790mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

INGREDIENTS: Water, Salisbury Steak (beef, water, vegetable protein product [soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin a palmitate, calcium pantothenate, thiamine mononitrate (b1), pyridoxine hydrochloride (b6), riboflavin (b2), cyanocobalamin (b12)], bell peppers, seasoning [dehydrated onion, dextrose, autolyzed yeast extract, spice extractives], breadcrumbs [bleached wheat flour, soybean oil, dextrose, leavening (sodium acid pyrophosphate, sodium bicarbonate), whey, oleoresin paprika], salt, sodium phosphate, caramel color), Mashed Potatoes (potatoes, contains 2% or less of: ascorbic acid (vitamin C), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, BHT), Cauliflower, Heavy Whipping Cream (cream and milk), Mushrooms (mushrooms, water, salt, citric acid, ascorbic acid), Kale, Corn, Unsalted Butter, Demi-Glace (modified corn starch, instantized bleached and enriched wheat flour [wheat flour, niacin, ferrous sulfate, thiamine, mononitrate, riboflavin, folic acid], beef fat, maltodextrin [corn, potato], salt, hydrolyzed soy protein, sugar, autolyzed yeast extract, caramel color, tomato powder, dehydrated beef stock, onion powder, gelatin, beef extract, natural flavor, carrot powder, xanthan gum, lard, spice, paprika [color], citric acid, disodium guanylate, disodium inosinate, BHA & propyl gallate [used to protect quality]), Red Wine (13.5% alcohol by volume, contains sulfites), Tomato Paste (fresh vine-ripened tomatoes), Salt (salt, calcium silicate [an anticaking agent]), Thyme, Modified Food Starch (corn), Dried Porcini Mushroom Powder, Black Pepper

CONTAINS: Milk, Soy, Wheat



PASTA DUET

Description:

Spinach and Cheese filled pastas topped with Tomato Basil Sauce and Spinach & Mozzarella.

Tray Net Wt. 10.00 oz.

Item#: GM0013

Nutrition Facts	
1 serving per container	
Serving size	1 tray (283g/10 oz)
Amount per serving	
Calories	390
% Daily Value *	
Total Fat 18g	23%
Saturated Fat 10g	49%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 910mg	40%
Total Carbohydrate 41g	15%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0.2mcg	2%
Calcium 330mg	25%
Iron 4.8mg	25%
Potassium 140mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

INGREDIENTS: Tomatoes (peeled whole tomatoes, tomato juice, tomato puree, salt, calcium chloride, citric acid, basil), Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Water, Spinach, Heavy Whipping Cream (cream and milk), Whey Ricotta Cheese (whey, whole milk, cream, vinegar), Whole Eggs, Imported Parmesan Cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose [anti-caking agent]), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Fontina Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose to prevent caking, natamycin [a natural mold inhibitor]), Dry Parsley, Modified Food Starch (corn), Canola Oil, Parmesan Cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Salt (salt, calcium silicate [an anticaking agent]), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Minced Garlic (Garlic, water, citric acid, potassium sorbate, sodium benzoate), Roasted Garlic, Sugar, Basil, Parsley, Unsalted Butter, Black Pepper, Granulated Garlic, Baking Soda, White Pepper

CONTAINS: Egg, Milk, Wheat



CHICKEN ENCHILADAS

Description:

Cheesy Chicken stuffed Enchiladas with Rice, Corn and Scallions.

Tray Net Wt. 9.00 oz.

Item#: GM0014

Nutrition Facts	
1 serving per container	
Serving size 1 tray (255g/9 oz)	
Amount per serving	
Calories	330
% Daily Value *	
Total Fat 8g	11%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 370mg	16%
Total Carbohydrate 48g	18%
Dietary Fiber 5g	20%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 220mg	15%
Iron 1.8mg	10%
Potassium 230mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Chicken Enchilada (water, stone ground corn masa flour (trace of lime), chicken meat (cooked chicken meat [chicken meat, water, modified food starch, salt, sodium phosphate], chicken breast meat, chicken dark meat), whole milk low moisture mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes, natamycin [a natural mold inhibitor]), salsa (tomatoes [diced tomatoes, tomato puree, citric acid], roasted jalapeno pepper, water, onions, tomato paste, salt, distilled vinegar, dehydrated garlic, sugar, natural flavors), onions, green chili peppers (green chilis, water, citric acid), contains less than 2% of: garlic in oil (garlic, water, soybean oil, phosphoric acid [as an acidifying agent]), jalapeno peppers (jalapenos, vinegar, salt, acetic acid), ancho chili base (chili peppers, dried onion, dried garlic, yeast extract, salt, spices, beef extract, citric acid), wheat flour, seasoning (spices, dehydrated garlic), chicken flavor (salt, maltodextrin, sugar, chicken fat, whey, vegetable stock [carrot, onion, celery], flavors and turmeric), modified food starch, textured vegetable protein (soy flour), cellulose gum, guar gum, salt), Cooked White Rice (water, white long grain rice), Tomatillos (crushed tomatillos), Mozzarella Cheese (pasteurized milk, cheese cultures, salt and enzymes), Corn, Black Beans, Water, Scallions, Onions, Dried Cilantro, Paprika, Extra Virgin Olive Oil, Garlic, Jalapeno Peppers, Salt, Cilantro

CONTAINS: Milk, Soy, Wheat

CHICKEN AND DUMPLINGS

Description:

Potato Dumplings in a creamy Chicken Gravy served with Carrots, Mushrooms, Peas and Herbs.

Tray Net Wt. 7.30 oz.

Item#: GM0015

INGREDIENTS: Reduced Fat Milk, Natural Cooked Diced Chicken, Gnocchi Flour Blend (potato flour 64% (potatoes, emulsifiers: mono-and diglycerides of fatty acids (E 471), stabilizers: diphosphates(E 450), antioxidants: sodium metabisulphite (E 223), ascorbyl palmitate (E 304 (I)), spices, acidity regulator: citric acid (E 330)), wheat starch (contains gluten), corn starch, wheat flour, salt, skimmed milk powder, egg yolk powder, flavourings), Water, Carrots, Onions, Chicken Base (chicken stock, chicken fat, maltodextrin, modified cornstarch, salt, sugar, 2% or less of corn oil, flavor), Garlic, Mushrooms (mushrooms, water, salt, citric acid, ascorbic acid), Leeks, Peas, Modified Food Starch (corn), Canola Oil, Sea Salt (natural sea salt, anticaking E 535), White Pepper, Parsley

CONTAINS: Egg, Milk, Wheat



Nutrition Facts	
1 serving per container	
Serving size	1 tray (206g/7.3 oz)
Amount per serving	
Calories	300
% Daily Value *	
Total Fat 7g	8%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 75mg	26%
Sodium 690mg	30%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	2%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0.9mcg	4%
Calcium 140mg	10%
Iron 1.5mg	8%
Potassium 230mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4



SPANISH RICE FAJITA CHICKEN

Description:

Tamarind BBQ Chicken Strips, Spanish Rice made with Onions, Bell Peppers, and Mexican-Style Beans.

Tray Net Wt. 10.00 oz.

Item#: GM0016

Nutrition Facts	
1 serving per container	
Serving size 1 tray (283g/10 oz)	
Amount per serving	
Calories	270
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 1310mg	57%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.2mg	6%
Potassium 130mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Gluten
Free
Meal

INGREDIENTS: Water, Fully Cooked Chicken Breast Strips (boneless skinless chicken breast meat with rib meat and water. contains 2% or less of: modified tapioca starch, salt, dextrose, sodium phosphates, granulated garlic, spices, grill flavor (from vegetable oil), granulated onion, modified food starch, corn syrup solids, spice extractives, soy lecithin, tricalcium phosphate, carrageenan), Pinto Beans (pinto beans, water, salt, calcium chloride added to help maintain firmness, calcium disodium EDTA added to help promote color retention), Cooked White Rice (water, white long grain rice), Roasted Mixed Peppers & Onions (Yellow Onion, Green Bell Peppers, Red Bell Peppers), Onions, BBQ Sauce (high fructose corn syrup, tomato puree [water, tomato paste], distilled vinegar, modified food starch, contains less than 2% of: salt, pineapple juice concentrate, natural smoke flavor, spices, caramel color, sodium benzoate as a preservative, molasses, corn syrup, garlic, sugar, tamarind), Chopped Tomatoes (chopped tomatoes, salt, citric acid), Unsalted Butter, Natural Chicken Base (chicken meat, including natural chicken juices, natural sea salt, chicken fat, yeast extract, flavoring, vegetable extract and turmeric), Worcestershire Sauce (distilled white vinegar, molasses, water, sugar, onions, anchovies, salt, garlic, cloves, tamarind, natural flavorings, chili pepper extract), Green Onions, Tamarind Concentrate (tamarind fruit, water, citric acid), Salt, Modified Food Starch (corn), Egg Shade Food Color (water, FD&C yellow #5 & yellow #6, caramel color, citric acid, red #40, potassium sorbate, and 1/10 of 1% sodium benzoate (as a preservative)), Jalapeno Peppers, Black Pepper

CONTAINS: Fish, (Anchovy), Milk, Soy

CHICKEN WITH CORNBREAD STUFFING



Nutrition Facts	
1 serving per container	
Serving size	1 tray (255g/9 oz)
Amount per serving	
Calories	360
% Daily Value *	
Total Fat 13g	17%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 90mg	29%
Sodium 990mg	43%
Total Carbohydrate 41g	15%
Dietary Fiber 4g	13%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 1.9mg	10%
Potassium 40mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

Description:

Chicken Breast Strips in a Maple Gravy served with Sweet Cornbread Stuffing, Spinach, Carrots and Green Peas.

Tray Net Wt. 9.00 oz.

Item#: GM0017

INGREDIENTS: Fully Cooked Chicken Breast Strips (boneless skinless chicken breast meat with rib meat and water. contains 2% or less of: modified tapioca starch, salt, dextrose, sodium phosphates, granulated garlic, spices, grill flavor (from vegetable oil), granulated onion, modified food starch, corn syrup solids, spice extractives, soy lecithin, tricalcium phosphate, carrageenan), Cornbread (all-purpose flour, milk, reduced fat, 2% milkfat, cornmeal, egg, sugar, vegetable oil, salt), Water, Spinach, Carrots, Peas, Heavy Whipping Cream (cream and milk), Onions, Celery, Modified Food Starch (corn), Reduced Chicken Stock Base (chicken stock, chicken fat, maltodextrin, modified cornstarch, salt, sugar, 2% or less of corn oil, flavor), Garlic, Maple Syrup, Parsley, White Pepper

CONTAINS: Egg, Milk, Soy, Wheat



COCONUT GINGER SHRIMP

Description:

Coconut Ginger Shrimp served with Rice, Green Onions, Celery and Red Peppers in a Coconut Ginger Sauce.

Tray Net Wt. 9.50 oz.

Item#: GM0018

Gluten
Free
Meal

Nutrition Facts	
1 serving per container	
Serving size 1 tray (269g/9.5 oz)	
Amount per serving	
Calories	350
	% Daily Value *
Total Fat 15g	19%
Saturated Fat 7g	36%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 650mg	28%
Total Carbohydrate 38g	14%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0.1mcg	0%
Calcium 60mg	4%
Iron 2.2mg	10%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

INGREDIENTS: Cooked White Rice (water, white long grain rice), Cooked Shrimp (shrimp, salt), Coconut Milk (coconut extract 60%, water), Carrots, Red Bell Pepper, Onions, Vegetable Base (sautéed vegetable puree mix (carrots, onions, celery, corn oil), cornstarch, maltodextrin, corn oil, hydrolyzed corn protein, autolyzed yeast extract, tomato powder, water, onion powder, 2% or less of disodium inosinate, disodium guanylate, garlic powder, salt, extractives of paprika, natural flavors, modified cornstarch), Edamame, Coconut Cream (coconut extract, water, citric acid (as antioxidant), sodium metabisulfite [as preservative]), Green Onions, Celery, Canola Oil, Red Bell Peppers, Lime Juice, Sweet Chili Sauce (sugar, water, pickled red chili, distilled vinegar [contains sulfites], garlic, salt, stabilizer: xanthan gum), Modified Food Starch (corn), Sriracha Sauce (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfate as a preservative, and xanthan gum), Minced Garlic (Garlic, water, citric acid, potassium sorbate, sodium benzoate), Pure Ginger Puree, Pure Lemon Grass Puree (lemon grass and water), Sesame Oil, Jalapeno Peppers, Lemon Grass, Salt, Kaffir Leaves

CONTAINS: Shellfish (Shrimp), Soy, Tree Nuts (Coconut)



ITALIAN STYLE BREAKFAST SAUSAGE AND QUINOA

Description:

Egg White Quinoa and Kale with Italian Breakfast Sausage in a Romanesco Sauce.

Tray Net Wt. 7.90 oz.

Item#: GM0019

Gluten
Free
Meal

Nutrition Facts	
1 serving per container	
Serving size 1 tray (224g/7.9 oz)	
Amount per serving	
Calories	270
	% Daily Value *
Total Fat 15g	20%
Saturated Fat 6g	32%
Trans Fat 0g	
Cholesterol 55mg	19%
Sodium 1060mg	46%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	6%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 1.2mg	6%
Potassium 230mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Scrambled Egg Whites (egg whites, whole milk, corn starch, sea salt, pepper), Quinoa and Kale (organic quinoa [water, organic white quinoa, organic white quinoa red quinoa], organic kale, organic garlic, olive oil, salt, black pepper), Fully Cooked Italian Chicken Breakfast Sausage Links (boneless, skinless chicken breast meat and thigh meat, red peppers, onions, water, spices, contains 2% or less of: garlic, salt, sugar, extract of rosemary, vinegar, caramel), Mozzarella Cheese (pasteurized milk, cheese cultures, salt and enzymes), Tomatoes (peeled whole tomatoes, tomato juice, tomato puree, salt, calcium chloride, citric acid, basil), Cherry Tomatoes, Heavy Whipping Cream (cream and milk), Feta Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose to prevent caking), Water, Roasted Red Pepper (fire roasted peppers, water, salt, citric acid, calcium chloride), Lemon Juice, Extra Virgin Olive Oil, Red Wine Vinegar (contains sulfites), Minced Garlic (Garlic, water, citric acid, potassium sorbate, sodium benzoate), Natural Savory Roasted Vegetable Base (a blend of vegetables [purees (carrot, celery, onion, sauteed onion, red bell pepper), dehydrated (tomato, carrots, green bell pepper, onion), juices (onion, garlic, shallot, carrot)], sugar, salt, yeast extract), Kosher Salt (salt, yellow prussiate of soda (anti-caking agent)), Modified Food Starch (corn), Canola Oil, Salt (salt, calcium silicate [an anticaking agent]), Lemon Zest, Sweet Paprika, Black Pepper, Sugar, Basil, Ancho Chili Pepper Powder, Baking Soda, Cayenne Pepper, Rosemary

CONTAINS: Egg, Milk



BROWN BUTTER RAVIOLI

Description:

Ricotta Cheese & Brown Butter Ravioli with Tomato Cream Sauce made with blended celery topped with Parmesan Cheese.

Tray Net Wt. 8.30 oz.

Item#: GM0020

Nutrition Facts

1 serving per container
Serving size 1 tray (235g/8.3 oz)

Amount per serving
Calories 400

	% Daily Value *
Total Fat 24g	30%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1100mg	48%
Total Carbohydrate 39g	14%
Dietary Fiber 4g	15%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 2.3mg	15%
Potassium 250mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 Carbohydrate 4 Protein 4

INGREDIENTS: Tomatoes (peeled whole tomatoes, tomato juice, tomato puree, salt, calcium chloride, citric acid, basil), Brown Butter Ravioli (filling [ricotta (whey, milk, cream, vinegar), mascarpone cheese (pasteurized milk, pasteurized cream, citric acid), parmesan cheese (pasteurized cultured part-skimmed milk, salt, enzymes), heavy cream (cream, milk), bread crumbs (wheat flour, yeast, salt), unsalted butter (cream), nonfat dry milk, vegetable fiber, 2% or less of corn starch and potato fiber, sunflower oil, salt, garlic, spice, natural brown butter flavor (nonfat dry milk, butter (cream, salt), natural flavors), roasted garlic, natural flavors], pasta [durum wheat flour, eggs, water]), Heavy Whipping Cream (cream and milk), Honey, Water, Parmesan Cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose [anti-caking agent]), Yellow Onions, Carrots, Celery, Canola Oil, Modified Food Starch (corn), Salt, Unsalted Butter, Garlic, Basil, Granulated Sugar, Black Pepper, Baking Soda, Parsley

CONTAINS: Egg, Milk, Wheat



BEEF TORTELLACCI

Description:

Beef Tortellacci with Chunky Pomodoro Sauce served with Peas and Carrots and topped with shredded Parmesan Cheese.

Tray Net Wt. 9.10 oz.

Item#: GM0021

Nutrition Facts	
1 serving per container	
Serving size 1 tray (258g/9.1 oz)	
Amount per serving	
Calories	400
% Daily Value *	
Total Fat 11g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 990mg	43%
Total Carbohydrate 58g	21%
Dietary Fiber 5g	16%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0.3mcg	2%
Calcium 120mg	8%
Iron 4.2mg	25%
Potassium 170mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

INGREDIENTS: Tomatoes (peeled whole tomatoes, tomato juice, tomato puree, salt, calcium chloride, citric acid, basil), Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Beef, Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Peas, Carrots, Whole Eggs, Water, Whey Ricotta Cheese (whey, whole milk, cream, vinegar), Onions, Canola Oil, Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Parsley, Parmesan Cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose [anti-caking agent]), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Salt (salt, calcium silicate [an anticaking agent]), Minced Garlic (Garlic, water, citric acid, potassium sorbate, sodium benzoate), Sugar, Basil, Natural Beef Base (beef and concentrated beef stock, natural sea salt, yeast extract, flavoring, vegetable extract, malt extract), Modified Food Starch (corn), Black Pepper, Garlic, Baking Soda, Granulated Garlic

CONTAINS: Egg, Milk, Wheat



BUTTERNUT SQUASH RAVIOLI

Description:

Butternut Squash Ravioli with a creamy Sage Sauce served with Butternut Squash and Asiago Cheese.

Tray Net Wt. 9.30 oz.

Item#: GM0022

Nutrition Facts

1 serving per container
Serving size 1 tray (262g/9.3 oz)

Amount per serving
Calories 350

	% Daily Value *
Total Fat 11g	14%
Saturated Fat 5g	24%
Trans Fat 0g	
Cholesterol 50mg	16%
Sodium 730mg	32%
Total Carbohydrate 50g	18%
Dietary Fiber 3g	10%
Total Sugars 10g	
Includes 0g Added Sugars	0%

Protein 15g	
Vitamin D 1.4mg	8%
Calcium 310mg	25%
Iron 1.6mg	10%
Potassium 410mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Reduced Fat Milk, Butternut Squash, Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Asiago Cheese (part skim milk, cheese cultures, salt, and enzymes), Whole Eggs, Water, Natural Chicken Base (chicken meat, including natural chicken juices, natural sea salt, chicken fat, yeast extract, flavoring, vegetable extract and turmeric), Garlic, Modified Food Starch (corn), Canola Oil, Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Sage, Dehydrated Potatoes (100% potatoes), Maple Syrup, Brown Sugar, Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Parmesan Cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), White Pepper, Salt, Cinnamon, Nutmeg

CONTAINS: Egg, Milk, Wheat



PESTO CHICKEN WITH CREAMY RISOTTO

Description:

Chicken Breast Strips in a Pesto Sauce served with Risotto, Spinach, sliced Tomatoes and shredded Parmesan Cheese.

Tray Net Wt. 9.20 oz.

Item#: GM0023

Nutrition Facts	
1 serving per container	
Serving size 1 tray (261g/9.2 oz)	
Amount per serving	
Calories	290
% Daily Value *	
Total Fat 10g	13%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 45mg	14%
Sodium 820mg	35%
Total Carbohydrate 32g	12%
Dietary Fiber 1g	5%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0.8mcg	4%
Calcium 230mg	15%
Iron 1.2mg	6%
Potassium 190mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

Gluten
Free
Meal

INGREDIENTS: Cooked White Rice (water, white long grain rice), Reduced Fat Milk, Fully Cooked Chicken Breast Strips (boneless skinless chicken breast meat with rib meat and water. contains 2% or less of: modified tapioca starch, salt, dextrose, sodium phosphates, granulated garlic, spices, grill flavor (from vegetable oil), granulated onion, modified food starch, corn syrup solids, spice extractives, soy lecithin, tricalcium phosphate, carrageenan), Spinach, Cherry Tomatoes, Parmesan Cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose [anti-caking agent]), Pesto Blend (basil, sunflower oil, sea salt, less than 1 % ascorbic acid), Reduced Chicken Stock Base (chicken stock, chicken fat, maltodextrin, modified cornstarch, salt, sugar, 2% or less of corn oil, flavor), Garlic, Modified Food Starch (corn), Canola Oil, Sea Salt (natural sea salt, anticaking E 535), White Pepper

CONTAINS: Milk, Soy



Nutrition Facts	
1 serving per container	
Serving size 1 tray (276g/9.8 oz)	
Amount per serving	
Calories	270
% Daily Value *	
Total Fat 9g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 790mg	34%
Total Carbohydrate 37g	14%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 2.6mg	15%
Potassium 10mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

PENNE PASTA & MEATBALLS

Description:

Mini Beef and Pork Meatballs in a chunky Pomodoro Sauce, topped with Fontina Cheese.

Tray Net Wt. 9.80 oz.

Item#: GM0024

INGREDIENTS: Tomatoes (peeled whole tomatoes, tomato juice, tomato puree, salt, calcium chloride, citric acid, basil), Penne Pasta (semolina, durum flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid), Water, Cooked Italian Meatballs (beef, pork, water, bread crumbs (wheat flour, water, salt, yeast), Romano cheese (pasteurized cow's milk, culture, salt, enzymes), ricotta cheese (whey, milk, cream, vinegar, and xanthan gum, locust bean gum, guar gum, (stabilizers)), liquid egg whites, textured soy protein (soy protein concentrate, caramel color), salt, dried garlic, spices, parsley, brown sugar, caramel color, disodium inosinate and disodium guanylate, BHA, BHT, citric acid, soy lecithin (used as processing aid), Fontina Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose to prevent caking, natamycin [a natural mold inhibitor]), Canola Oil, Minced Garlic (Garlic, water, citric acid, potassium sorbate, sodium benzoate), Sugar, Basil, Salt (salt, calcium silicate [an anticaking agent]), Modified Food Starch (corn), Baking Soda, Black Pepper, Parsley

CONTAINS: Eggs, Milk, Soy, Wheat



Nutrition Facts

1 serving per container
Serving size 1 tray (264g/9.3 oz)

Amount per serving
Calories 370

% Daily Value *

Total Fat 23g	30%
Saturated Fat 13g	66%
Trans Fat 0g	
Cholesterol 70mg	24%
Sodium 550mg	24%
Total Carbohydrate 41g	15%
Dietary Fiber 4g	15%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 2.1mg	10%
Potassium 0mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

BAKED ZITI

Description:

Ziti Pasta with Roasted Red Tomatoes and Zucchini in Bechamel Pomodoro Sauce and Mozzarella Cheese.

Tray Net Wt. 9.30 oz.

Item#: GM0025

INGREDIENTS: Tomatoes (peeled whole tomatoes, tomato juice, tomato puree, salt, calcium chloride, citric acid, basil), Heavy Whipping Cream (cream and milk), Water, Ziti Pasta (semolina, durum flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid), Roasted Red Tomatoes (tomatoes, canola oil, garlic, oregano, salt), Roasted Zucchini, Mozzarella Cheese (pasteurized milk, cheese cultures, salt and enzymes), Toasted Bread Crumbs (wheat flour, contains 2% or less of the following [sugar, salt, yeast, caramel color, calcium propionate (preservative), soybean oil, and turmeric extract (color)]), Parmesan Cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Canola Oil, Modified Food Starch (corn), Minced Garlic (Garlic, water, citric acid, potassium sorbate, sodium benzoate), Basil, Sugar, Salt (salt, calcium silicate [an anticaking agent]), Baking Soda, Black Pepper, Parsley

CONTAINS: Milk, Wheat

CHICKEN CHORIZO CHILI VERDE



Description:

Scrambled Eggs with Chicken Chorizo, Cilantro, and a blend of Garden Vegetables with Tomatillo Sauce-soaked Tortilla Chips.

Tray Net Wt. 8.00 oz.

Item#: GM0026

Gluten
Free
Meal

Nutrition Facts		
1 serving per container		
Serving size	1 tray (227g/8 oz)	
Amount per serving		
Calories	430	
% Daily Value *		
Total Fat 27g	34%	
Saturated Fat 7g	36%	
Trans Fat 0g		
Cholesterol 315mg	106%	
Sodium 910mg	40%	
Total Carbohydrate 32g	12%	
Dietary Fiber 4g	14%	
Total Sugars 5g		
Includes 0g Added Sugars	0%	
Protein 17g		
Vitamin D 0mcg	0%	
Calcium 310mg	25%	
Iron 2.8mg	15%	
Potassium 170mg	4%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

INGREDIENTS: Precooked Scrambled Eggs (pasteurized whole eggs, non-fat milk, soybean oil, modified food starch, salt, xanthan gum, citric acid, butter flavor [maltodextrin, natural butter flavor, annatto and turmeric (added for color), pepper), Seasoned White Corn Tortilla Chips (stone ground corn, water, corn oil, sea salt, calcium hydroxide), Water, Tomatillos, Cheddar Jack Cheese (mild cheddar cheese [cultured pasteurized milk, salt, enzymes, annatto (color)], Monterey jack cheese [cultured pasteurized milk, salt, enzymes], corn starch, potato starch and powdered cellulose [to prevent caking], natamycin), Cooked Chicken Chorizo Topping (chicken thigh, water, salt, spices and spice extractives, paprika, dehydrated red bell peppers, minced onion and garlic, onion and garlic powder, sugar), Yellow Onions, Tomato Paste (tomatoes and citric acid), Lime Juice, Onions, Roasted Red Sweet Bell Peppers, Roasted Green Sweet Bell Peppers, Red Onions, Scallions, Canola Oil, Chipotle Pepper (chipotle peppers, water, tomato puree, vinegar, salt, sugar, garlic and soybean oil), Salt, Extra Virgin Olive Oil, Cilantro, Garlic, Jalapeno Peppers, Cumin, Salt (salt, calcium silicate [an anticaking agent]), Paprika

CONTAINS: Eggs, Milk



TRADITIONAL CHEESE LASAGNA

Description:

Layers of Lasagna sheets, creamy Cheese and Bechamel filling, smothered in fresh Tomato Pomodoro Sauce and topped with Roasted Red Tomatoes.

Tray Net Wt. 9.50 oz.

Item#: GM0028

Nutrition Facts

1 serving per container
 Serving size 1 tray (269g/9.5 oz)

Amount per serving
Calories 370

% Daily Value *

Total Fat 17g	22%
Saturated Fat 8g	42%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 810mg	35%
Total Carbohydrate 48g	17%
Dietary Fiber 6g	22%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 9.3mg	50%
Potassium 370mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Tomatoes (peeled whole tomatoes, tomato juice, tomato puree, salt, calcium chloride, citric acid, basil), Rippled Pasta Sheets (enriched durum semolina (durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, eggs), Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Roasted Red Tomatoes (tomatoes, canola oil, garlic, oregano, salt), Heavy Whipping Cream (cream and milk), Parsley, Mozzarella Cheese (pasteurized milk, cheese cultures, salt and enzymes), Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Parmesan Cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Canola Oil, Minced Garlic (Garlic, water, citric acid, potassium sorbate, sodium benzoate), Salt (salt, calcium silicate [an anticaking agent]), Water, Modified Food Starch (corn), Sugar, Basil, Black Pepper, Kosher Salt (salt, yellow prussiate of soda(anti-caking agent)), Baking Soda

CONTAINS: Egg, Milk, Wheat

OATMEAL WITH BERRIES



Nutrition Facts

1 serving per container
Serving size 1 tray (262g/9.3 oz)

Amount per serving
Calories 180

% Daily Value *

Total Fat 2g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 460mg 20%

Total Carbohydrate 35g 13%

Dietary Fiber 4g 13%

Total Sugars 13g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 1.4mg 8%

Potassium 40mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Description:

Creamy and sweet, made with non-dairy Milk, a whisper of Cinnamon, topped with Mixed Berries and Apples.

Tray Net Wt. 9.30 oz.

Item#: GM0029

INGREDIENTS: Water, Rice Milk (filtered water, organic brown rice (partially milled), organic expeller pressed canola oil, and/or organic safflower oil, and/or organic sunflower oil, sea salt), Apples, 100 % Rolled Oats, Mixed Berries (strawberries, blueberries, blackberries, and red raspberries), Agave, Modified Food Starch (corn), Brown Sugar, Salt (salt, calcium silicate [an anticaking agent]), Vanilla Extract, Cinnamon

(CONTAINS: None)



BEEF LASAGNA

Description:

Layers of Lasagna sheets with a creamy Cheese filling in a Beef Meat Sauce topped with diced Celery, Carrots and Onions.

Tray Net Wt. 8.00 oz.

Item#: GM0030

Nutrition Facts

1 serving per container
 Serving size 1 tray (227g/8 oz)

Amount per serving
Calories 290

% Daily Value *

Total Fat 9g	11%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 490mg	21%
Total Carbohydrate 36g	13%
Dietary Fiber 2g	8%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 2.5mg	15%
Potassium 170mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Tomatoes (peeled whole tomatoes, tomato juice, tomato puree, salt, calcium chloride, citric acid, basil), Rippled Pasta Sheets (enriched durum semolina (durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, eggs), Cooked Ground Beef, Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Mozzarella Cheese (pasteurized milk, cheese cultures, salt and enzymes), Onions, Carrots, Celery, Canola Oil, Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Minced Garlic (Garlic, water, citric acid, potassium sorbate, sodium benzoate), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Salt (salt, calcium silicate [an anticaking agent]), Sugar, Basil, Parsley, Modified Food Starch (corn), Black Pepper, Baking Soda

CONTAINS: Egg, Milk, Wheat



VEGETABLE CHILI

Description:

Brown Rice with a medley of Butternut Squash, Beets, Carrots and fire-roasted Poblano Peppers, topped with Scallions and Pumpkin Seeds.

Tray Net Wt. 9.00 oz.

Item#: GM0031

Gluten
Free
Meal

Nutrition Facts	
1 serving per container	
Serving size	1 tray (255g/9 oz)
Amount per serving	
Calories	240
	% Daily Value *
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 890mg	39%
Total Carbohydrate 40g	15%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2.9mg	15%
Potassium 490mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

INGREDIENTS: Cooked Brown Rice (water, brown rice), Water, Tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride), Tomato Paste (fresh vine-ripened tomatoes), Carrots, Butternut Squash, Scallions, Leeks, Beets, Celery, Onions, Red Kidney Beans, Mushrooms (mushrooms, water, salt, citric acid, ascorbic acid), Green Bell Peppers, Salt (salt, calcium silicate [an anticaking agent]), Pepita-Pumpkin Seeds (shelled and roasted pepita-pumpkin seeds, cottonseed oil, salt), Natural Savory Roasted Vegetable Base (a blend of vegetables [purees (carrot, celery, onion, sauteed onion, red bell pepper), dehydrated (tomato, carrots, green bell pepper, onion), juices (onion, garlic, shallot, carrot)], sugar, salt, yeast extract), Canola Oil, Chili Powder (chili, spices, garlic and salt), Olive Oil, Thyme, Modified Food Starch (corn), Black Pepper, Cumin, Rosemary, Onion Powder, Granulated Garlic



FRESH MOZZARELLA MANICOTTI

Description:

Mozzarella filled Manicotti with Pink Peppercorn Tomato Sauce topped with Roasted Red Tomatoes.

Tray Net Wt. 9.40 oz.

Item#: GM0032

Nutrition Facts

1 serving per container
Serving size 1 tray (266g/9.4 oz)

Amount per serving
Calories 500

	% Daily Value *
Total Fat 27g	34%
Saturated Fat 16g	81%
Trans Fat 0g	
Cholesterol 125mg	41%
Sodium 1140mg	50%
Total Carbohydrate 49g	18%
Dietary Fiber 3g	12%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0.3mcg	2%
Calcium 250mg	20%
Iron 1.8mg	10%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Tomatoes (peeled whole tomatoes, tomato juice, tomato puree, salt, calcium chloride, citric acid, basil), Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Heavy Whipping Cream (cream and milk), Stracciatella Cheese (pasteurized milk, pasteurized cream, vinegar, enzymes, salt), Water, Whole Eggs, Roasted Red Tomatoes (tomatoes, canola oil, garlic, oregano, salt), Mozzarella Cheese (pasteurized milk, cheese cultures, salt and enzymes), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Salt (salt, calcium silicate [an anticaking agent]), Sugar, Modified Food Starch (corn), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Parsley, Canola Oil, Minced Garlic (Garlic, water, citric acid, potassium sorbate, sodium benzoate), Basil, Baking Soda, Black Pepper, Pink Peppercorn

CONTAINS: Egg, Milk, Wheat



CHICKEN AND WAFFLES SKILLET

Description:

Southern style fried Chicken Tender with Potato Tater Tots, Buttermilk Waffle and Honey Glaze topped with Apple Slices.

Tray Net Wt. 6.30 oz

Item#: GM0033

Nutrition Facts	
1 serving per container	
Serving size	1 tray (179g/6.3 oz)
Amount per serving	
Calories	370
% Daily Value *	
Total Fat 10g	13%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 620mg	27%
Total Carbohydrate 56g	21%
Dietary Fiber 3g	9%
Total Sugars 26g	
Includes <1g Added Sugars	1%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 2.9mg	15%
Potassium 70mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

INGREDIENTS: Fully Cooked Breaded Chicken Breast Tenderloins (Chicken breast tenderloins, water, soy protein concentrate, salt, sodium phosphates. BREADED WITH: Bleached wheat flour, wheat flour, water, modified wheat starch, rice flour, salt, dextrose, spices, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), wheat gluten, yellow corn flour, caramel color, garlic powder, mustard, extractives of paprika and turmeric, natural flavor. Breeding set in vegetable oil), Potato Tator Puffs (potatoes, vegetable oil [may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil, hydrogenated soybean and/or cottonseed oil], dehydrated potato, salt, corn flour, modified food starch, enriched wheat flour [wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid], rice flour, onion powder, natural flavoring, spices, disodium dihydrogen pyrophosphate [to promote color retention], dextrose), Buttermilk Waffles (enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), water, vegetable oil (soybean and palm, canola and/or cottonseed), buttermilk, eggs, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), sugar, contains 2% or less of salt, soy lecithin. Vitamins and Minerals: calcium carbonate, reduced iron, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12), Honey, Apples (sliced apples, ascorbic acid, salt, citric acid), Green Onion, Red Pepper Flakes

CONTAINS: Egg, Milk, Soy, Wheat



FRENCH TOAST WITH BERRY SAUCE

Description:

French Toast with sweet Cinnamon Ricotta Cheese filling with Berry Sauce, Raspberries and Granola Clusters.

Tray Net Wt. 6.40 oz.

Item#: GM0034

Nutrition Facts	
1 serving per container	
Serving size 1 tray (180g/6.4 oz)	
Amount per serving	
Calories	320
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 290mg	12%
Total Carbohydrate 54g	20%
Dietary Fiber 3g	12%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 230mg	20%
Iron 2mg	10%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: French Toast (bread [enriched bleached flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mono-nitrate, riboflavin, folic acid), water, high fructose corn syrup, yeast, salt, soybean oil, wheat gluten calcium propionate (preservative), mono-di-glycerides, ethoxylated mono-di-glycerides, calcium sulfate, mono-calcium phosphate, turmeric (color), ammonium sulfate, calcium peroxide, soy lecithin], batter [water, whole eggs, reduced fat milk, high fructose corn syrup, vegetable shortening (partially hydrogenated soybean oil with soy lecithin, TBHQ and citric acid, natural and artificial flavor, artificial color)]), Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Mixed Berries (strawberries, blueberries, blackberries, and red raspberries), Low Fat Granola (whole grain oats, whole grain wheat, corn syrup, sugar, rice, contains 2% or less of modified corn starch, molasses, expeller pressed canola oil, salt, cinnamon, honey, natural flavor, malt flavor, mixed tocopherols for freshness, soy lecithin. Vitamins and Minerals: niacinamide, reduced iron, vitamin B2 [riboflavin], folic acid), Confectioners Sugar, Granulated Sugar, Blackberries, Blueberries, Raspberries, Modified Food Starch (corn), Lemon Juice, Vanilla Extract, Cinnamon

CONTAINS: Egg, Milk, Soy, Wheat

CHEESY MAC AND BEEF

Nutrition Facts	
1 serving per container	
Serving size 1 tray (306g/10.8 oz)	
Amount per serving	
Calories	410
	% Daily Value *
Total Fat 18g	33%
Saturated Fat 10g	48%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 770mg	34%
Total Carbohydrate 45g	16%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 330mg	25%
Iron 2.2mg	10%
Potassium 130mg	2%
Folate 95mcg DFE (55mcg Folic Acid)	25%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Description:

Cavatappi Pasta, Ground Beef, Cauliflower and Broccoli topped with velvety White Cheddar Sauce and shredded Cheddar.

Tray Net Wt. 10.80 oz.

Item#: GM0035

INGREDIENTS: White Cheese Sauce (water, light cream, cheddar cheese [pasteurized milk, cheese culture, salt, enzymes], asiago cheese [pasteurized milk, cheese culture, salt, enzymes], modified corn starch, wheat flour, Contains 2% or less of: butter [cream, salt], whey, whey protein concentrate, milkfat, skim milk, salt, lactic acid, sodium citrate, yeast extract, sodium alginate, enzymes and nisin preparation), Cavatappi Pasta (durum wheat semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid), Water, Broccoli, Cauliflower, Cooked Ground Beef, Yellow Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agent))

CONTAINS: Milk, Wheat



TURKEY WITH STUFFING

Description:

Sliced Turkey served with savory Herbed Stuffing, Mashed Potatoes with Gravy and Green Beans.

Tray Net Wt. 8.50 oz.

Item#: GM0036

Nutrition Facts	
1 serving per container	
Serving size 1 tray (241g/8.5 oz)	
Amount per serving	
Calories	260
% Daily Value *	
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 620mg	27%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	10%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0.2mcg	0%
Calcium 40mg	4%
Iron 1.5mg	8%
Potassium 400mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Water, Fully Cooked Turkey Thigh (turkey thigh, water, natural chicken base (chicken meat, including natural chicken juices, natural sea salt, chicken fat, yeast extract, flavoring, vegetable extract and turmeric)), Green Beans, Mashed Potatoes (potatoes, contains 2% or less of: ascorbic acid (vitamin C), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, BHT), Unseasoned Croutons (enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola and/or sunflower oil, yeast, high fructose corn syrup, 2% or less of salt, calcium propionate (preservative), enzymes, ascorbic acid, TBHQ (to preserve freshness)), Heavy Whipping Cream (cream and milk), Onions, Celery, Demi-Glace (modified corn starch, instantized bleached and enriched wheat flour [wheat flour, niacin, ferrous sulfate, thiamine, mononitrate, riboflavin, folic acid], beef fat, maltodextrin [corn, potato], salt, hydrolyzed soy protein, sugar, autolyzed yeast extract, caramel color, tomato powder, dehydrated beef stock, onion powder, gelatin, beef extract, natural flavor, carrot powder, xanthan gum, lard, spice, paprika [color], citric acid, disodium guanylate, disodium inosinate, BHA & propyl gallate [used to protect quality]), Carrots, Unsalted Butter, Red Wine (13.5% alcohol by volume, contains sulfites), Natural Chicken Base (chicken meat, including natural chicken juices, natural sea salt, chicken fat, yeast extract, flavoring, vegetable extract and turmeric), Tomato Paste (fresh vine-ripened tomatoes), Canola Oil, Salt (salt, calcium silicate [an anticaking agent]), Thyme, Sage, Rosemary, Modified Food Starch (corn), Black Pepper, Granulated Garlic

CONTAINS: Milk, Soy, Wheat



Nutrition Facts

1 serving per container
Serving size 1 tray (269g/9.5 oz)

Amount per serving
Calories 410

% Daily Value *	
Total Fat 21g	26%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 70mg	24%
Sodium 770mg	34%
Total Carbohydrate 32g	12%
Dietary Fiber 4g	16%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.5mg	8%
Potassium 470mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

COUNTRY STYLE CHICKEN

Description:

Country Style Chicken topped with Gravy and served with Mashed Potatoes, Corn, Green Beans and Broccoli.

Tray Net Wt. 9.50 oz

Item#: GM0037

INGREDIENTS: Fully Cooked Breaded Chicken Breast Fillet (boneless chicken breast meat with rib meat, water, seasoning (modified food starch, carrageenan), salt, sodium phosphates. breaded with bleached wheat flour, water, wheat flour, modified corn starch, salt, leavening (sodium bicarbonate, sodium aluminum phosphate), spices, dextrose, paprika extract (color) and xanthan gum), Water, Broccoli, Green Beans, Corn, Heavy Whipping Cream (cream and milk), Mashed Potatoes (potatoes, contains 2% or less of: ascorbic acid (vitamin C), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, BHT), Reduced Chicken Stock Base (chicken stock, chicken fat, maltodextrin, modified cornstarch, salt, sugar, 2% or less of corn oil, flavor), Unsalted Butter, Modified Food Starch (corn), Natural Browned Butter Flavor (modified food starch, maltodextrin, natural flavor [contains lipolyzed butter oil and sesame oil] salt, and silicon dioxide), Salt (salt, calcium silicate [an anticaking agent]), Black Pepper, Onion Powder, Granulated Garlic

CONTAINS: Milk, Wheat



PANCAKE SKILLET

Description:

Mini Pancakes with Chicken Breakfast Sausage, Potato Tater Tots and Scrambled Eggs, Cheddar Cheese topped with sweet Peach Slices.

Tray Net Wt. 7.10 oz.

Item#: GM0038

Nutrition Facts	
1 serving per container	
Serving size 1 tray (202g/7.1 oz)	
Amount per serving	
Calories	360
% Daily Value *	
Total Fat 20g	25%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 315mg	106%
Sodium 970mg	42%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 1.5mcg	8%
Calcium 140mg	10%
Iron 2.7mg	15%
Potassium 240mg	6%
Folate 15mcg DFE (10mcg Folic Acid)	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

INGREDIENTS: Precooked Scrambled Eggs (whole eggs, non-fat milk, soybean oil, modified food starch, salt, xanthan gum, citric acid, natural butter flavor [maltodextrin, natural butter flavor, annatto and turmeric (added for color)], pepper), Fully Cooked Italian Chicken Breakfast Sausage Links (boneless, skinless chicken breast meat and thigh meat, red peppers, onions, water, spices, contains 2% or less of: garlic, salt, sugar, extract of rosemary, vinegar, caramel), Potato Tator Puffs (potatoes, vegetable oil [may contain one or more of the following: canola oil, sunflower oil, cottonseed oil, palm oil, corn oil, soybean oil, hydrogenated soybean and/or cottonseed oil], dehydrated potato, salt, corn flour, modified food starch, enriched wheat flour [wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid], rice flour, onion powder, natural flavoring, spices, disodium dihydrogen pyrophosphate [to promote color retention], dextrose), Pancakes (enriched flour [wheat flour, malted barley flour, niacin, reduced iron, vitamin B1 {thiamin mononitrate}, vitamin B2 {riboflavin}, folic acid], water, high fructose corn syrup, soybean and/or canola oil, buttermilk, eggs, contains 2% or less of leaving [baking soda, sodium aluminum phosphate, monocalcium phosphate], salt, soy lecithin), Peaches, Yellow Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agent))

CONTAINS: Egg, Eggs, Milk, Soy, Wheat



SCRAMBLED EGG & TURKEY SAUSAGE SKILLET

Description:

Scrambled Eggs with Potatoes, Turkey Sausage, Bacon Bits, Tomatoes and Green Peppers topped with Cheddar Cheese.

Tray Net Wt. 8.60 oz.

Item#: GM0039

Nutrition Facts

1 serving per container
Serving size 1 tray (242g/8.6 oz)

Amount per serving
Calories 330

% Daily Value *

Total Fat 19g 24%

Saturated Fat 7g 37%

Trans Fat 0g

Cholesterol 325mg 109%

Sodium 880mg 38%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 9%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 21g

Vitamin D 1.6mcg 8%

Calcium 180mg 15%

Iron 2.4mg 15%

Potassium 420mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Gluten
Free
Meal

INGREDIENTS: Precooked Scrambled Eggs (whole eggs, non-fat milk, soybean oil, modified food starch, salt, xanthan gum, citric acid, natural butter flavor [maltodextrin, natural butter flavor, annatto and turmeric (added for color)], pepper), Roasted Diced White Potatoes (potatoes, vegetable oil (contains one or more of the following: canola, palm, soybean, sunflower), salt, disodium dihydrogen pyrophosphate (to promote color retention), dextrose), Fully Cooked Turkey Sausage Crumbles (Turkey Thigh, Water, Salt, Spices, Sugar), Green Bell Peppers, Onions, Yellow Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agent)), Red Bell Peppers, Bacon Bits (pork cured with water, salt, sodium phosphates, sodium erythorbate, sodium nitrate; may contain also: sugar, brown sugar, and natural smoke flavor), Green Onion

CONTAINS: Eggs, Milk



CONCHIGLIE PASTA

Description:

Shells in a Butternut Carbonara Sauce with seasoned Spinach and sliced Mushrooms.

Tray Net Wt. 9.00 oz

Item#: GM0040

Nutrition Facts	
1 serving per container	
Serving size	1 tray (255g/9 oz)
Amount per serving	
Calories	430
<small>% Daily Value *</small>	
Total Fat 14g	18%
Saturated Fat 8g	41%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 1060mg	46%
Total Carbohydrate 61g	22%
Dietary Fiber 4g	13%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0.1mcg	0%
Calcium 190mg	15%
Iron 3.6mg	20%
Potassium 60mg	2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Water, Jumbo Shells Pasta (durum wheat semolina [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamine, mononitrate, riboflavin, folic acid)]), Heavy Whipping Cream (cream and milk), Butternut Squash, Spinach, Mushrooms (mushrooms, water, salt, citric acid, ascorbic acid), Parmesan Cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose [anti-caking agent]), Garlic Roasted Puree (roasted garlic, citric acid), Modified Food Starch (corn), Dark Brown Sugar (sugar, molasses), Salt (salt, calcium silicate [an anticaking agent]), Vegetable Base (sautéed vegetable puree mix (carrots, onions, celery, corn oil), cornstarch, maltodextrin, corn oil, hydrolyzed corn protein, autolyzed yeast extract, tomato powder, water, onion powder, 2% or less of disodium inosinate, disodium guanylate, garlic powder, salt, extractives of paprika, natural flavors, modified cornstarch), Cracked Black Peppercorn, Black Pepper, Salt

CONTAINS: Milk, Wheat



CHICKEN RAVIOLI

Description:

Chicken and Cheese filled Ravioli with Creamy Garlic Alfredo Sauce topped with Peas, Carrots and Onions.

Tray Net Wt. 9.50 oz

Item#: GM0041

Nutrition Facts	
1 serving per container	
Serving size 1 tray (269g/9.5 oz)	
Amount per serving	
Calories	430
% Daily Value *	
Total Fat 23g	30%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 115mg	39%
Sodium 620mg	27%
Total Carbohydrate 40g	14%
Dietary Fiber 3g	12%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0.2mcg	2%
Calcium 320mg	25%
Iron 3.1mg	15%
Potassium 140mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

INGREDIENTS: Water, Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Heavy Whipping Cream (cream and milk), Carrots, Fully Cooked Dark Chicken Meat, Parmesan Cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes, powdered cellulose [anti-caking agent]), Peas, Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Garlic Roasted Puree (roasted garlic, citric acid), Whole Eggs, Half & Half (milk, cream), Modified Food Starch (corn), Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Onions, Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Canola Oil, Natural Chicken Base (chicken meat, including natural chicken juices, natural sea salt, chicken fat, yeast extract, flavoring, vegetable extract and turmeric), Salt, Parsley, Salt (salt, calcium silicate [an anticaking agent]), Onion Powder, Garlic Powder, Black Pepper, Oregano, Granulated Garlic

CONTAINS: Egg, Milk, Wheat



BEEF CANNELLONI

Description:

Beef filled Cannelloni with Mushroom Demi Glace Sauce, Green Beans and Carrots.

Tray Net Wt. 9.00 oz

Item#: GM0042

Nutrition Facts	
1 serving per container	
Serving size 1 tray (255g/9 oz)	
Amount per serving	
Calories	440
% Daily Value *	
Total Fat 25g	32%
Saturated Fat 11g	53%
Trans Fat 0.5g	
Cholesterol 130mg	43%
Sodium 900mg	39%
Total Carbohydrate 33g	12%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0.5mcg	2%
Calcium 200mg	15%
Iron 2.8mg	15%
Potassium 220mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

INGREDIENTS: Water, Beef, Durum Wheat Flour (enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin, riboflavin, folic acid)), Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Whey Ricotta Cheese (whey, whole milk, cream, vinegar), Green Beans, Whole Eggs, Mushrooms (mushrooms, water, salt, citric acid, ascorbic acid), Onions, Carrots, Demi-Glace (modified corn starch, instantized bleached and enriched wheat flour [wheat flour, niacin, ferrous sulfate, thiamine, mononitrate, riboflavin, folic acid], beef fat, maltodextrin [corn, potato], salt, hydrolyzed soy protein, sugar, autolyzed yeast extract, caramel color, tomato powder, dehydrated beef stock, onion powder, gelatin, beef extract, natural flavor, carrot powder, xanthan gum, lard, spice, paprika [color], citric acid, disodium guanylate, disodium inosinate, BHA & propyl gallate [used to protect quality]), Red Wine (13.5% alcohol by volume, contains sulfites), Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Unsalted Butter, Tomato Paste (fresh vine-ripened tomatoes), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Canola Oil, Salt (salt, calcium silicate [an anticaking agent]), Flour Blend (yellow corn flour, wheat flour, soybean oil, extractives of turmeric and paprika), Parsley, Natural Beef Base (beef and concentrated beef stock, natural sea salt, yeast extract, flavoring, vegetable extract, malt extract), Thyme, Black Pepper, Garlic, Modified Food Starch (corn), Granulated Garlic

CONTAINS: Egg, Milk, Soy, Wheat



GM0043 – FLORENTINE STUFFED SHELLS

Description:

Cheese & Spinach stuffed Shells with Chunky Pomodoro Sauce and Bell Peppers.

Tray Net Wt. 9.80 oz

Item#: GM0043

Nutrition Facts	
1 serving per container	
Serving size 1 tray (276g/9.8 oz)	
Amount per serving	
Calories	320
% Daily Value *	
Total Fat 16g	20%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 570mg	25%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	9%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 350mg	25%
Iron 2mg	10%
Potassium 40mg	0%
Folate 65mcg DFE (35mcg Folic Acid)	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Tomatoes (peeled whole tomatoes, tomato juice, tomato puree, salt, calcium chloride, citric acid, basil), Cooked Shells Pasta (durum wheat semolina, water, salt, vegetable oil), Spinach, Red Bell Peppers, Green Bell Peppers, Mozzarella Cheese (pasteurized milk, cheese cultures, salt and enzymes), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Canola Oil, Parsley, Minced Garlic (Garlic, water, citric acid, potassium sorbate, sodium benzoate), Salt (salt, calcium silicate [an anticaking agent]), Sugar, Basil, Black Pepper, Modified Food Starch (corn), Baking Soda

CONTAINS: Milk, Wheat



CHICKEN PARMESAN

Description:

Penne Pasta with Chicken Parmesan,
Peas and Carrot blend and Broccoli.

Tray Net Wt. 9.50 oz

Item#: GM0044

Nutrition Facts	
1 serving per container	
Serving size 1 tray (269g/9.5 oz)	
Amount per serving	
Calories	260
% Daily Value *	
Total Fat 7g	8%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 650mg	28%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	16%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 2.3mg	15%
Potassium 20mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

INGREDIENTS: Tomatoes (peeled whole tomatoes, tomato juice, tomato puree, salt, calcium chloride, citric acid, basil), Fully Cooked Breaded Chicken Breast Tenderloins (Chicken breast tenderloins, water, soy protein concentrate, salt, sodium phosphates. **BREADED WITH:** Bleached wheat flour, wheat flour, water, modified wheat starch, rice flour, salt, dextrose, spices, leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate), wheat gluten, yellow corn flour, caramel color, garlic powder, mustard, extractives of paprika and turmeric, natural flavor. Breeding set in vegetable oil), Broccoli, Penne Pasta (semolina, durum flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid), Water, Carrots, Peas, Mozzarella Cheese (pasteurized milk, cheese cultures, salt and enzymes), Canola Oil, Minced Garlic (Garlic, water, citric acid, potassium sorbate, sodium benzoate), Sugar, Basil, Salt (salt, calcium silicate [an anticaking agent]), Modified Food Starch (corn), Baking Soda, Black Pepper

CONTAINS: Milk, Soy, Wheat



BBQ TURKEY MEATBALLS

Description:

BBQ Turkey Meatballs over Vegetable Brown Rice with Mesquite BBQ Sauce, Peas and Carrots.

Tray Net Wt. 10.10 oz.

Item#: GM0045

Nutrition Facts	
1 serving per container	
Serving size 1 tray (286g/10.1 oz)	
Amount per serving	
Calories	360
% Daily Value *	
Total Fat 7g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 45mg	14%
Sodium 680mg	30%
Total Carbohydrate 54g	19%
Dietary Fiber 7g	24%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 3.1mg	15%
Potassium 520mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

INGREDIENTS: Fully Cooked Turkey Meatballs (turkey, mechanically separated turkey, water, breadcrumbs (unbleached wheat flour, salt, yeast), textured soy flour, seasoning blend (salt, garlic powder, onion powder, black pepper, dried parsley), soy protein concentrate, egg whites, Romano cheese (pasteurized sheep's milk, salt, rennet), soy lecithin), Cooked Brown Rice, Black Beans, Peas, Carrots, Water, Corn, Tomato Paste (fresh vine-ripened tomatoes), Dark Brown Sugar (sugar, molasses), Molasses, Canola Oil, Modified Food Starch (corn), Natural Hickory Liquid Smoke (water, natural hickory smoke concentrate), Salt (salt, calcium silicate [an anticaking agent]), Black Pepper, Chili Powder (chili, spices, garlic and salt), Onion Powder, Garlic Powder, Paprika, Red Wine Vinegar (contains sulfites), Cumin

CONTAINS: Egg, Milk, Soy, Wheat



BBQ PULLED PORK & BEANS

Description:

BBQ Pulled Pork and Beans served with Carrots and Green Beans.

Tray Net Wt. 10.00 oz.

Item#: GM0046

Nutrition Facts	
1 serving per container	
Serving size	1 tray (283g/10 oz)
Amount per serving	
Calories	260
% Daily Value *	
Total Fat 5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 570mg	25%
Total Carbohydrate 31g	11%
Dietary Fiber 9g	31%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 3.2mg	20%
Potassium 450mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

Gluten
Free
Meal

INGREDIENTS: Cooked Pork All Natural (pork shoulder cushion, water, salt, garlic, black pepper, onion powder) Carrots, Green Beans, Black Beans, Kidney Beans, Pinto Beans (pinto beans, water, salt, calcium chloride added to help maintain firmness, calcium disodium EDTA added to help promote color retention), Water, Celery, Green Bell Peppers, Tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride), Tomato Paste (fresh vine-ripened tomatoes), Cilantro, Dark Brown Sugar (sugar, molasses), Molasses, Canola Oil, Modified Food Starch (corn), Natural Hickory Liquid Smoke (water, natural hickory smoke concentrate), Salt (salt, calcium silicate [an anticaking agent]), Chili Powder (chili, spices, garlic and salt), Onion Powder, Garlic Powder, Paprika, Red Wine Vinegar (contains sulfites), Cumin, Black Pepper

CONTAINS: None



BBQ CHIPOTLE CHICKEN

Description:

Chipotle pulled Chicken over Brown Rice and Beans, served with Cauliflower & Corn.

Tray Net Wt. 10.40 oz.

Item#: GM0047

Nutrition Facts	
1 serving per container	
Serving size 1 tray (295g/10.4 oz)	
Amount per serving	
Calories	310
% Daily Value *	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 540mg	24%
Total Carbohydrate 39g	14%
Dietary Fiber 5g	16%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2.3mg	15%
Potassium 530mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

Gluten Free
Meal

INGREDIENTS: Fully Cooked Chicken Breast (boneless skinless chicken breast), Cooked Brown Rice, Cauliflower, Corn, Carrots, Water, Pinto Beans (pinto beans, water, salt, calcium chloride added to help maintain firmness, calcium disodium EDTA added to help promote color retention), Celery, Tomato Paste (fresh vine-ripened tomatoes), Dark Brown Sugar (sugar, molasses), Molasses, Canola Oil, Modified Food Starch (corn), Natural Hickory Liquid Smoke (water, natural hickory smoke concentrate), Salt (salt, calcium silicate [an anticaking agent]), Chipotle Pepper (chipotle peppers, water, tomato puree, vinegar, salt, sugar, garlic and soybean oil), Black Pepper, Chili Powder (chili, spices, garlic and salt), Onion Powder, Garlic Powder, Paprika, Red Wine Vinegar (contains sulfites), Cumin

CONTAINS: None



Nutrition Facts	
1 serving per container	
Serving size	1 tray (292g/10.3 oz)
Amount per serving	
Calories	420
<small>% Daily Value *</small>	
Total Fat 15g	20%
Saturated Fat 5g	25%
<i>Trans Fat</i> 0g	
Cholesterol 50mg	16%
Sodium 690mg	30%
Total Carbohydrate 55g	20%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes <1g Added Sugars	2%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 4.2mg	25%
Potassium 330mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

LEMON CAPER FISH

Description:

Battered Pollack Fish with Lemon Caper Sauce and Orzo Pilaf served with Green Beans and Cauliflower.

Tray Net Wt. 10.30 oz.

Item#: GM0051

INGREDIENTS: Cooked Pollock Battered Fillet (pollock, bleached wheat flour, enriched bleached wheat flour [niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], modified food starch, white corn flour, sugar, salt, leavening [sodium aluminum phosphate, sodium bicarbonate, sodium acid pyrophosphate], soybean oil, water, soy flour, dried whey, eggs, dried milk, methylcellulose, dextrose, maltodextrin, enzyme modified butter, cellulose gum, natural flavor, spice, less than 2% sodium silicoaluminat and silicon dioxide [anticaking]), Water, Orzo Pasta (semolina, durum flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid), Cauliflower, Green Beans, Cherry Tomatoes, Zucchini, Heavy Whipping Cream (cream and milk), Onions, Lemon Juice, Unsalted Butter, Minced Garlic (Garlic, water, citric acid, potassium sorbate, sodium benzoate), Reduced Chicken Stock Base (chicken stock, chicken fat, maltodextrin, modified cornstarch, salt, sugar, 2% or less of corn oil, flavor), Capers, Modified Food Starch (corn), Olive Oil, Dry Parsley, Black Pepper, Salt (salt, calcium silicate [an anticaking agent])

CONTAINS: Egg, Fish (Pollock), Milk, Soy, Wheat



TURKEY WITH MASHED POTATOES AND CRANBERRY SAUCE

Description:
 Turkey dinner with Mashed Potatoes and Stuffing served with a Cranberry Sauce.

Tray Net Wt. 10.25 oz.

Item#: GM0052

Nutrition Facts	
1 serving per container	
Serving size 1 tray (291g/10.3 oz)	
Amount per serving	
Calories	330
	% Daily Value *
Total Fat 9g	12%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 740mg	32%
Total Carbohydrate 45g	16%
Dietary Fiber 2g	8%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0.2mcg	0%
Calcium 40mg	4%
Iron 1.3mg	8%
Potassium 470mg	10%
Folate 5mcg DFE (5mcg Folic Acid)	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

INGREDIENTS: Water, Fully Cooked Turkey Thigh (turkey thigh, water, natural chicken base (chicken meat, including natural chicken juices, natural sea salt, chicken fat, yeast extract, flavoring, vegetable extract and turmeric)), Cranberries, 100% Orange Juice, Unseasoned Croutons (enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), canola and/or sunflower oil, yeast, high fructose corn syrup, 2% or less of salt, calcium propionate (preservative), enzymes, ascorbic acid, TBHQ (to preserve freshness)), Mashed Potatoes (potatoes, contains 2% or less of: ascorbic acid (vitamin C), mono and diglycerides, calcium stearoyl-2-lactylate, natural flavor, freshness preserved with: sodium bisulfite, BHT), Light Brown Sugar, Heavy Whipping Cream (cream and milk), Onions, Celery, Modified Food Starch (corn), Carrots, Demi-Glace (modified corn starch, instantized bleached and enriched wheat flour [wheat flour, niacin, ferrous sulfate, thiamine, mononitrate, riboflavin, folic acid], beef fat, maltodextrin [corn, potato], salt, hydrolyzed soy protein, sugar, autolyzed yeast extract, caramel color, tomato powder, dehydrated beef stock, onion powder, gelatin, beef extract, natural flavor, carrot powder, xanthan gum, lard, spice, paprika [color], citric acid, disodium guanylate, disodium inosinate, BHA & propyl gallate [used to protect quality]), Unsalted Butter, Red Wine (13.5% alcohol by volume, contains sulfites), Natural Chicken Base (chicken meat, including natural chicken juices, natural sea salt, chicken fat, yeast extract, flavoring, vegetable extract and turmeric), Tomato Paste (fresh vine-ripened tomatoes), Canola Oil, Salt (salt, calcium silicate [an anticaking agent]), Thyme, Sage, Rosemary, Granulated Garlic, Black Pepper

CONTAINS: Milk, Soy, Wheat



PUMPKIN STUFFED GNOCCHI

Description:

Pumpkin stuffed Gnocchi with roasted Pumpkin Cream Sauce topped with crispy Bacon and Butternut Squash.

Tray Net Wt. 10.20 oz.

Item#: GM0053

Nutrition Facts		
1 serving per container		
Serving size 1 tray (289g/10.2 oz)		
Amount per serving		
Calories	520	
% Daily Value *		
Total Fat 28g	36%	
Saturated Fat 18g	91%	
Trans Fat 0g		
Cholesterol 100mg	34%	
Sodium 1240mg	54%	
Total Carbohydrate 58g	21%	
Dietary Fiber 2g	9%	
Total Sugars 4g		
Includes 0g Added Sugars	0%	
Protein 9g		
Vitamin D 0mcg	0%	
Calcium 120mg	10%	
Iron 0.7mg	4%	
Potassium 70mg	2%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

INGREDIENTS: Water, Heavy Whipping Cream (cream and milk), Gnocchi Flour Blend (potato flour 64% (potatoes, emulsifiers: mono-and diglycerides of fatty acids (E 471), stabilizers: diphosphates (E 450), antioxidants: sodium metabisulphite (E 223), ascorbyl palmitate (E 304 (I)), spices, acidity regulator: citric acid (E 330)), wheat starch (contains gluten), corn starch, wheat flour, salt, skimmed milk powder, egg yolk powder, flavourings), Pumpkin, Butternut Squash, Whole Milk Ricotta Cheese (sweet whey, whole milk, sweet cream, culture, vinegar and salt), Bacon Bits (pork cured with water, salt, sodium phosphates, sodium erythorbate, sodium nitrate; may contain also: sugar, brown sugar, and natural smoke flavor), Unsalted Butter, Parmesan Cheese (pasteurized part-skim cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Onions, Romano Cheese (pasteurized cow's milk, cheese cultures, salt, enzymes, powdered cellulose added to prevent caking), Modified Food Starch (corn), Bread Crumbs (wheat flour, sugar, canola oil, salt, yeast), Parmesan Cheese Flavor (a dehydrated blend of parmesan cheese [part-skim milk, cheese culture, salt, enzymes], whey, buttermilk solids, sodium phosphate, salt), Granulated Sugar, Chives, Dehydrated Potatoes (100% potatoes), Salt (salt, calcium silicate [an anticaking agent]), Natural Browned Butter Flavor (modified food starch, maltodextrin, natural flavor [contains lipolyzed butter oil and sesame oil] salt, and silicon dioxide), White Pepper, Cinnamon, Nutmeg

CONTAINS: Egg, Milk, Wheat



SPAGHETTI AND MEATBALLS

Description:

Turkey Meatballs in a chunky Pomodoro Sauce topped with Fontina Cheese

Tray Net Wt. 10.30 oz.

Item#: GM0054

Nutrition Facts	
1 serving per container	
Serving size 1 tray (292g/10.3 oz)	
Amount per serving	
Calories	270
% Daily Value *	
Total Fat 6g	8%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 750mg	33%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	13%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 90mg	8%
Iron 2.8mg	15%
Potassium 150mg	4%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

INGREDIENTS: Tomatoes (peeled whole tomatoes, tomato juice, tomato puree, salt, calcium chloride, citric acid, basil), Fully Cooked Turkey Meatballs (turkey, mechanically separated turkey, water, breadcrumbs (unbleached wheat flour, salt, yeast), textured soy flour, seasoning blend (salt, garlic powder, onion powder, black pepper, dried parsley), soy protein concentrate, egg whites, Romano cheese (pasteurized sheep's milk, salt, rennet), soy lecithin), Water, Spaghetti Pasta (semolina, durum flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid), Carrots, Broccoli, Canola Oil, Minced Garlic (Garlic, water, citric acid, potassium sorbate, sodium benzoate), Sugar, Basil, Salt (salt, calcium silicate [an anticaking agent]), Modified Food Starch (corn), Baking Soda, Black Pepper

CONTAINS: Egg, Milk, Soy, Wheat



**Gluten Free
Meal**

Nutrition Facts	
1 serving per container	
Serving size	1 tray (312g/11 oz)
Amount per serving	
Calories	240
% Daily Value *	
Total Fat 8g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 350mg	15%
Total Carbohydrate 24g	9%
Dietary Fiber 8g	28%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0.1mcg	0%
Calcium 120mg	8%
Iron 3.3mg	20%
Potassium 450mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

TURKEY CHILI

Description:

Ground Turkey Chili with Red Kidney Beans and Pinto beans in a chunky Tomato Chili sauce & Cheddar Cheese topping served with Green Beans and Carrots

Tray Net Wt. 11 oz.

Item#: GM0055

INGREDIENTS: Water, Tomatoes (tomatoes, tomato juice, salt, citric acid, calcium chloride), Turkey Crumbles (fully cooked turkey), Kidney Beans, Carrots, Green Beans, Onions, Pinto Beans (pinto beans, water, salt, calcium chloride added to help maintain firmness, calcium disodium EDTA added to help promote color retention), Green Bell Peppers, Tomato Paste (fresh vine-ripened tomatoes), Red Bell Peppers, Yellow Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes, annatto vegetable color, potato starch, corn starch, cellulose (anti-caking agent)), Reduced Chicken Stock Base (chicken stock, chicken fat, maltodextrin, modified cornstarch, salt, sugar, 2% or less of corn oil, flavor), Green Onion, Canola Oil, Low Sodium Vegetable Base (sautéed vegetable puree mix (carrots, onions, celery, corn oil), cornstarch, maltodextrin, corn oil, hydrolyzed corn protein, autolyzed yeast extract, tomato powder, water, onion powder, 2% or less of disodium inosinate, disodium guanylate, garlic powder, salt, extractives of paprika, natural flavors, modified cornstarch), Modified Food Starch (corn), Cumin, Salt (salt, calcium silicate [an anticaking agent]), Onion Powder, Chili Powder (chili, spices, garlic and salt), Granulated Garlic, Black Pepper

CONTAINS: Milk