

# Frozen Meals Product Catalog

Variety Meal Packages and Straight Packages



Winter &  
Spring 2025





# Our Value

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## *Traditions*

You will receive great tasting meals filled with nutrients good for health and well-being.

We can accommodate special diets and regional taste preferences with a wide variety of frozen meals applicable for older adults, patients upon discharge and individuals who benefit from medically tailored meals.

Our chefs ensure meals are filled with flavors and variety that our customers enjoy. Meals are designed by our Registered Dietitians to provide key nutrients. Our Registered Dietitians can provide you with detailed nutrition analysis for all meals and menus.

We partner with clients to develop a solution that meets their specific needs, leveraging our three capabilities: meal development, meal production and logistics. Our teams make a difference in the lives of people with nutritious meals, a friendly face, a warm smile and a compassionate heart.

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# Frozen Meal Cases

The 20-Meal Pack Case offers a convenient, consistent solution for meal programs. Each case includes 20 of the same USDA-certified, dietitian-approved, and chef-designed frozen meals. This option allows for efficient meal distribution, ensuring that programs can easily plan and manage their offerings.

## Beef Entrees

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
  <b>Meatballs over Pizzaiola Noodles</b> with Carrots and Greens Beans (16)	248	26.1	403	19.1
 <b>Three Layer Spinach Lasagna with Meat Sauce</b> with Spinach and Corn with Peppers (21)	369	45	536	20.7
  <b>NY Strip Beef Patty with Horseradish Sauce</b> with Red Skin Potatoes and Brussels Sprouts (22)	255	25.5	477	18.8
 <b>Homestyle Meatloaf</b> with Winter Vegetables and Red Skin Potatoes (23)	273	27.6	599	18.8
 <b>NY Strip Beef Patty with Orange Rice &amp; Vegetables</b> with Corn with Peppers and Broccoli Florets (27)	411	61.4	495	21.2
 <b>Creamy Country Fried Steak</b> with Red Skin Potatoes and Mixed Vegetables (32)	422	52.3	438	18.7
  <b>Chili with Beans</b> with Carrots and Broccoli Florets (34)	361	38	550	24.6
  <b>Taco Soup</b> with Sweet Potatoes and Cauliflower (37)	258	44.8	470	12.3
  <b>NY Strip Beef Patty &amp; Gravy</b> with Spinach and Four Seasons Vegetables (38)	211	13.7	521	19
  <b>Pepper &amp; Beef Patty with Gravy</b> with Spinach and Sweet Potatoes (42)	306	25.7	491	24.3
<b>Florentine Stuffed Shell with Meat Sauce</b> with Northern Beans and Spring Vegetables (46)	401	48.4	614	24.2
   <b>Salisbury Steak</b> with Red Skin Potatoes and Mixed Vegetables (47)	296	30.9	339	17.9
 <b>Meatballs &amp; Alfredo Shell Pasta</b> with Corn with Peppers and Green Beans (55)	286	34.8	399	19.9
 <b>Thai Chili Meatballs with Rice</b> with Green Pea Blend and Broccoli Florets (59)	323	45.1	419	20.7
 <b>Spaghetti &amp; Meatballs</b> with Whole Kernel Corn and Broccoli Florets (65)	349	49.8	410	22
<b>Cilantro Lime Meatballs with Rice</b> with Bean Blend and Carrots (76)	430	50.6	591	25.5
  <b>Beef Patty over Cheesy Chipotle Rice</b> with Whole Kernel Corn and Broccoli Florets (82)	328	39.1	315	20.8
    <b>Chipotle Meatloaf</b> with Red Skin Potatoes and Green Beans (84)	264	26.3	408	17.4
  <b>Beef Patty &amp; Onion Gravy</b> with Red Skin Potatoes and Broccoli Florets (88)	249	21.8	289	19
   <b>Beef Patty</b> with Carrots and Brussels Sprouts (99)	201	11.7	180	18.4
 <b>Meatballs with Rice &amp; Gravy</b> with Spinach and Bean Blend (100)	368	46.8	471	27.4

# Poultry Entrees

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
   <b>Cacciatore Chicken Tenders</b> with Asparagus and Hash Browns (11)	230	24	549	20.7
 <b>Pepperoni Pizza</b> with Four Seasons Vegetables and Corn (12)	376	45.3	520	19.4
<b>Honey Mustard Chicken Tenders</b> with Spinach and Carrots (17)	302	29.3	625	23.3
   <b>Chicken &amp; Mushroom Swiss Rice</b> with Peas & Carrots and Cauliflower (19)	243	23.8	510	22.8
  <b>Chicken with Rosemary Gravy</b> with Lima Beans and Spring Vegetables (25)	262	28.8	518	24
 <b>Chicken Patty &amp; Apricot Rice</b> with Carrots and Brussels Sprouts (28)	280	38.1	452	20.6
 <b>Chicken with Tomato Basil Penne</b> with Corn with Peppers and Green Beans (29)	327	41.9	546	24.2
  <b>Honey Mustard Chicken</b> with Sweet Potatoes and Brussels Sprouts (36)	249	32.7	448	20.2
 <b>Bruschetta Chicken</b> with Red Skin Potatoes and Autumn Blend (39)	335	32	489	22.7
<b>New Orleans Chicken &amp; Rice</b> with Sweet Potatoes and Four Seasons Vegetables (43)	308	45.6	745	20.8
 <b>Breaded Chicken Patty</b> with Whole Kernel Corn and Spring Vegetables (50)	318	33.8	467	17.1
<b>Chicken Noodle Casserole</b> with Three Seasons Vegetable Blend and Bean Blend (51)	476	51.9	576	30
 <b>Chicken &amp; Teriyaki Rice</b> with Sweet Potatoes and Brussels Sprouts (52)	326	48.1	504	21.9
    <b>BBQ Chicken</b> with Succotash and Green Beans (53)	221	23.4	415	19.7
<b>Chicken &amp; Dumplings</b> with Lima Beans and Winter Vegetables (54)	337	38.7	705	26.2
   <b>Chicken Chili with Beans</b> with Cauliflower and Spring Vegetables (62)	252	30.3	345	19
 <b>Breaded Chicken Nuggets</b> with Whole Kernel Corn and Broccoli Florets (68)	334	31.3	560	20.7
<b>Chicken Parmesan</b> with Red Skin Potatoes and Mixed Vegetables (77)	372	42	607	18.7
    <b>Chicken Florentine</b> with Asparagus and Carrots (79)	237	23.6	401	20.8
 <b>Chicken over Rice &amp; Gravy</b> with Bean Blend and Carrots (80)	339	42.7	412	26
   <b>Chimichurri Chicken</b> with Stewed Tomatoes and Black Beans & Corn (81)	283	25.7	326	21
  <b>Pesto Basil Chicken</b> with Lima Beans and Three Seasons Vegetable Blend (83)	323	35.1	404	24.4
<b>Creamy Breaded Chicken</b> with Lima Beans and Mixed Vegetables (86)	409	47.5	636	22.4
<b>Southwest Chicken Tenders</b> with Sweet Potatoes and Broccoli Florets (89)	328	45.8	555	23.3
 <b>Chicken Tenders over Zesty Orange Rice</b> with Bean Blend and Three Seasons Vegetables (90)	433	64.2	443	27.4







 Gluten-aware

 Lower Sodium - less than 600 mg sodium

 Diabetic Friendly - Less than 30 grams of carbohydrates and less than 600 mg sodium

 Renal Friendly - less than 600 mg sodium, 600 mg potassium & 400 mg phosphorus

## Poultry Entrees (Cont.)










	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
  <b>Chicken &amp; Penne Pasta Alfredo</b> with Carrots and Butternut Squash (94)	288	34.8	432	21.1
  <b>Chicken &amp; Honey Lemon Rice</b> with Black Beans & Corn and Brussels Sprouts (95)	306	41.2	314	23.4
  <b>Turkey Meatloaf with Zesty Orange Sauce</b> with Three Season Vegetables and Italian Green Beans (98)	314	40	539	16.9

**NEW**

## Pork Entrees

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
  <b>Grilled BBQ Pork Patty</b> with Black Beans and Corn and Brussels Sprouts (13)	320	35.1	355	20.8
   <b>Pizzaiola Pork</b> with Asparagus and Carrots (15)	229	14	411	18.1
  <b>Red Beans &amp; Rice with Sausage</b> with Corn with Peppers and Butternut Squash (20)	433	62.3	481	18.1
 <b>Pork Patty &amp; Zesty Orange Rice</b> with Green Peas and Carrots (31)	366	45.3	563	20.4
  <b>Pork Patty &amp; Gravy</b> with Spinach and Sweet Potatoes (41)	267	25.4	501	18.8
<b>Smoked Sausage with Mac &amp; Cheese</b> with Bean Blend and Cauliflower (58)	594	48.7	814	26.9
 <b>Pork Patty &amp; Rice with Roasted Garlic Gravy</b> with Succotash and Carrots (63)	316	35.5	506	19
  <b>Pork Patty &amp; Mushroom Gravy</b> with Sweet Potatoes and Green Beans (87)	264	26.8	492	17.2
 <b>Ginger Pork Patty</b> with Red Skin Potatoes and Green Pea Blend (97)	327	36	525	18.9

## Seafood Entrees

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
   <b>Breaded Pollock</b> with Green Pea Blend and Carrots (44)	285	30.3	372	19
  <b>Breaded Pollock Wedge with Parma Rosa Sauce</b> with Corn with Peppers & Italian Green Beans (67)	284	31.7	399	18.7
 <b>Pollock Nuggets</b> with Northern Beans & Broccoli Florets (70)	351	41.9	376	26.1
 <b>Breaded Pollock Wedge</b> with Butternut Squash and Autumn Blend (85)	300	35.8	375	20.9
 <b>Breaded Pollock with Alfredo Spinach Sauce</b> with Sweet Potatoes and Cauliflower (91)	355	40.1	497	22.7
 <b>Breaded Pollock with Coconut Curry Rice</b> with Three Seasons Vegetables and Broccoli Florets (96)	361	47.7	525	20.2
















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# Meatless Entrees

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
 <b>Florentine Stuffed Shell with Parma Rosa Sauce</b> with Lima Beans and Carrots (18)	317	44.7	542	15.9
 <b>Cheese Pizza</b> with Bean Blend and Mixed Vegetables (24)	461	58.4	452	25.2
 <b>Plant Based Meatballs over Spaghetti and Bruschetta Sauce</b> with Winter Vegetables and Green Beans (33) <b>NEW</b>	312	30.7	583	19.6
  <b>Cheese Manicotti &amp; Alfredo Sauce</b> with Bean Blend and Butternut Squash (45)	320	58.1	335	15.5
  <b>Three Cheese Ravioli &amp; Spinach Alfredo</b> with Mixed Vegetables and Cauliflower (49)	340	49.1	423	23
  <b>Red Beans, Chickpeas and Rice</b> with Butternut Squash and Corn with Peppers (56) <b>NEW</b>	381	75.3	375	15.7
  <b>Chickpea and Sweet Potato Chili</b> with Corn and Broccoli Florets (57) <b>NEW</b>	313	58.5	453	14.9
 <b>Southwest Black Bean and Corn Casserole</b> with Sweet Potatoes and Brussels Sprouts (64) <b>NEW</b>	393	75.6	603	17.1
 <b>Chicken Nuggets</b> with Green Pea Blend and Butternut Squash (72) <b>NEW</b>	266	31.8	373	18.5
  <b>Macaroni &amp; Cheese</b> with Bean Blend and Brussels Sprouts (75)	446	68.6	479	21.7

# Breakfast Entrees

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
  <b>Huevos Rancheros</b> with Red Skin Potatoes and Broccoli Florets (61)	407	34.7	457	19.5
<b>Sausage &amp; French Toast</b> with Applesauce and Hash Browns (66)	548	57.5	629	11.6
  <b>Cheese Omelet &amp; Salsa</b> with Broccoli Florets and Hash Browns (71)	292	25.4	575	12.8
 <b>Sausages &amp; Pancake</b> with Sweet Potatoes and Cinnamon Apples (73)	410	41	580	10.7
   <b>Fried Egg Patties</b> with Asparagus and Sweet Potatoes (74)	269	22.8	237	13.6
 <b>Breakfast Burrito with Salsa</b> with Hash Browns and Applesauce (78)	497	68.6	494	18.7
<b>White Gravy over Sausage &amp; Biscuit</b> with Cinnamon Apples and Hash Browns (92)	537	45.7	1095	11.2
   <b>Breakfast Scramble</b> with Asparagus and Hash Browns (93)	290	19.3	422	17.7

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# Delight Menu

It is offered as a 3-pack and 5-pack. Both offered with and without milk.

## 3-Meal Delight Menus

### **DYNAMIC TRIO (4W513104)**

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**Cheese Manicotti & Alfredo Sauce** with Bean Blend, Butternut Squash, Bran Muffin, Margarine, Milk, and Vanilla Creme Cookies

**Breaded Chicken Patty** with Whole Kernel Corn, Spring Vegetable Blend, Cornbread Muffin, Margarine, Milk, and Raisins

**Sausages & Pancake** with Sweet Potatoes, Cinnamon Apples, Whole Wheat Bread, Margarine, Milk, and Strawberry Crisp Bar

### **WEEK TWO (4W523104)**

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**Red Beans, Chickpeas and Rice** with Butternut Squash, Corn with Peppers, Whole Wheat Bread, Margarine, Milk, and Applesauce Cup

**Creamy Breaded Chicken** with Lima Beans, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, and Vanilla Creme Cookies

**Breaded Pollock Wedge** with Butternut Squash, Autumn Vegetable Blend, Whole Wheat Bread, Margarine, Milk, and Apple Spice Cookie

### **SAVORY COMFORTS (4W53310)**

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**NY Strip Beef Patty & Gravy** with Spinach, Four Seasons Vegetables, Bran Muffin, Margarine, Milk, and Raisins

**Turkey Meatloaf with Zesty Orange Sauce** with Three Seasons Vegetables, Italian Green Beans, Whole Wheat Bread, Margarine, Milk, and Banana Creme Cookies

**Grilled BBQ Pork Patty** with Black Beans & Corn, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Chocolate Creme Cookies

### **HOMESTYLE FAVORITES (4W453104)**

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**Beef Patty** with Carrots, Brussels Sprouts, Bran Muffin, Margarine, Milk, and Grape Juice

**Pollock Nuggets** with Northern Beans, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Banana Creme Cookies

**Chicken Parmesan** with Red Skin Potatoes, Mixed Vegetable, Whole Wheat Bread, Margarine, Milk, and Chocolate Creme Cookies

### **SEASONAL FLAVORS (4W553104)**

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**Southwest Black Bean & Corn Casserole** with Sweet Potatoes, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Vanilla Creme Cookies

**Pepperoni Pizza** with Four Seasons Vegetables, Corn, Whole Wheat Bread, Margarine, Milk, and Apple Spice Cookie

**NY Beef Strip Patty with Horseradish Sauce** with Red Skin Potatoes, Brussels Sprouts, Cornbread Muffin, Margarine, Milk, and Chocolate Creme Cookies



# 5-Meal Delight Menus

## NAME (4W515104)

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**Cheese Manicotti & Alfredo Sauce** with Bean Blend, Butternut Squash, Bran Muffin, Margarine, Milk, and Vanilla Creme Cookies

**Breaded Chicken Patty** with Whole Kernel Corn, Spring Vegetables, Cornbread Muffin, Margarine, Milk, and Raisins

**Sausages & Pancake** with Sweet Potatoes, Cinnamon Apples, Whole Wheat Bread, Margarine, Milk, and Strawberry Crisp Bar

**Breaded Pollock** with Green Pea Blend, Carrots, Cornbread Muffin, Margarine, Milk, and Chocolate Creme Cookies

**Taco Soup** with Sweet Potatoes, Cauliflower, Cornbread Muffin, Margarine, Milk, and Snickerdoodle Cookie

## NAME (4W525104)

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**Chipotle Meatloaf** with Red Skin Potatoes, Green Beans, Cornbread Muffin, Margarine, Milk, and Raisins

**Creamy Breaded Chicken** with Lima Beans, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, and Vanilla Crème Cookies

**Breaded Pollock Wedge** with Autumn Vegetables, Butternut Squash, Whole Wheat Bread, Margarine, Milk, and Apple Spice Cookie

**Fried Egg Patties** with Asparagus, Sweet Potatoes, Bran Muffin, Margarine, Milk, and Blueberry Lemon Bar

**Red Beans, Chickpeas and Rice** with Butternut Squash, Corn with Peppers, Whole Wheat Bread, Margarine, Milk, and Applesauce Cup

## NAME (4W535104)

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**NY Strip Beef Patty & Gravy** with Spinach, Four Seasons Vegetables, Bran Muffin, Margarine, Milk, and Raisins

**Turkey Meatloaf with Zesty Orange Sauce** with Three Seasons Vegetables, Italian Green Beans, Whole Wheat Bread, Margarine, Milk, and Banana Creme Cookies

**Grilled BBQ Pork Patty** with Black Beans and Corn, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Chocolate Creme Cookies

**Cilantro Lime Meatballs with Rice** with Bean Blend, Carrots, Whole Wheat Bread, Margarine, Milk, and Snickerdoodle Cookie

**Breaded Pollock with Parma Rosa Sauce** with Corn with Peppers, Italian Green Beans, Whole Wheat Bread, Margarine, Milk, and Oatmeal Creme Cookie

## NAME (4W545104)

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**Beef Patty** with Carrots, Brussels Sprouts, Bran Muffin, Margarine, Milk, and Grape Juice

**Pollock Nuggets** with Northern Beans, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Banana Creme Cookies

**Chicken Parmesan** with Red Skin Potatoes, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, and Chocolate Creme Cookies

**Chickpea and Sweet Potato Chili** with Corn, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Raisins

**Macaroni & Cheese** with Bean Blend, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Vanilla Creme Cookies

## NAME (4W555104)

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**Southwest Black Bean and Corn Casserole** with Sweet Potatoes, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Vanilla Creme Cookies

**Pepperoni Pizza** with Four Seasons Vegetables, Corn, Whole Wheat Bread, Margarine, Milk, and Apple Spice Cookie

**NY Strip Beef Patty with Horseradish Sauce** with Red Skin Potatoes, Brussels Sprouts, Cornbread Muffin, Margarine, Milk, and Chocolate Creme Cookies

**Breaded Chicken Nuggets** with Whole Kernel Corn, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Banana Creme Cookies

**Pork Patty & Mushroom Gravy** with Sweet Potatoes, Green Beans, Cornbread Muffin, Margarine, Milk, and Raisins



# Variety Meal Packages

Offering your customers a variety of healthy meal options in a 2-meal, 3-meal, 5-meal, or 7-meal box. Our menus change seasonally each Spring and Winter.

## 2-Meal Variety Package Menus

Perfect solution to provide 2 weekend meals to your customers.

Select from our 5 menus for 2-meal packages. You can order meals with or without milk.

### TOP TWO (4W512102)

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**Cheese Manicotti & Alfredo Sauce** with Bean Blend, Butternut Squash, Bran Muffin, Margarine, Milk, and Dragon Punch Juice

**Breaded Chicken Patty** with Whole Kernel Corn, Spring Vegetables, Cornbread Muffin, Margarine, Milk, and Orange Juice

### A BIT OF ZEST (4W522102)

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**Pork Patty & Rice with Roasted Garlic Gravy** with Succotash, Carrots, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Vanilla Creme Cookie

**Pepper & Beef Patty with Gravy** with Spinach, Sweet Potatoes, Whole Wheat Bread, Margarine, Milk, and Star Crunch Cookie

### FLAVORS TO SAVOR (4W532102)

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**Meatballs over Pizzaiola Noodles** with Carrots, Green Beans, Bran Muffin, Margarine, Milk, and Orange Juice

**Grilled BBQ Pork Patty** with Black Beans & Corn, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, Chocolate Creme Cookies

### DYNAMIC DUO (4W542102)

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**Chicken Parmesan** with Red Skin Potatoes, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, and Orange Juice

**Chickpea and Sweet Potato Chili** with Corn, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Blueberry Lemon Bar

### COMFORT X 2 (4W552102)

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**Pepperoni Pizza** with Four Seasons Vegetable Blend, Corn, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Graham Crackers

**Meatballs & Alfredo Shell Pasta** with Corn with Peppers, Green Beans, Whole Wheat Bread, Margarine, Milk, Strawberry Applesauce Cup, and Chocolate Creme Cookies

All juices are calcium fortified.

## 3-Meal Variety Package Menus

Select from our 5 menus for 3-meal packages. Each meal package is complete with desserts, breads, milk and appropriate accompaniments.

### TRIPLE THE FLAVORS (4W513102)

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**Spaghetti & Meatballs** with Whole Kernel Corn, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Chocolate Creme Cookies

**Pork Patty & Gravy** with Spinach, Sweet Potatoes, Cornbread Muffin, Margarine, Milk, and Raisins

**Breaded Pollock** with Green Pea Blend, Carrots, Whole Wheat Bread, Margarine, Milk, Mixed Fruit Cup, and Strawberry Crisp Bar

### TRIO OF FLAVORS (4W523102)

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**Fried Egg Patties** with Asparagus, Sweet Potatoes, Oatmeal, Margarine, Milk, Blueberry Lemon Bar

**Salisbury Steak** with Red Skin Potatoes, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Apple Spice Cookie

**Chicken & Dumplings** with Lima Beans, Winter Vegetables, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Graham Crackers

### CLASSIC COMFORT (4W533102)

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**Honey Mustard Chicken Tenders** with Spinach, Carrots, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Banana Creme Cookies

**Breaded Pollock Wedge with Parma Rosa Sauce** with Corn with Peppers, Italian Green Beans, Whole Wheat Bread, Margarine, Milk, Strawberry Applesauce Cup and Snickerdoodle Cookie

**Huevos Rancheros** with Red Skin Potatoes, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Raisins

### BURST OF COMFORT (4W543102)

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**Three Layer Spinach Lasagna with Meat Sauce** with Spinach, Corn with Peppers, Whole Wheat Bread, Margarine, Milk, and Apple Juice

**Chicken with Rosemary Gravy** with Lima Beans, Spring Vegetables, Cornbread Muffin, Margarine, Milk, Orange Juice, and Graham Crackers

**Ginger Pork Patty** with Red Skin Potatoes, Green Pea Blend, Whole Wheat Bread, Margarine, Milk, and Campfire S'mores Bar

### MODERN FARE (4W553102)

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**Breakfast Burrito with Salsa** with Hash Browns, Applesauce, Whole Wheat Bread, Margarine, Milk, and Dragon Punch Juice

**Homestyle Meatloaf** with Winter Vegetables, Red Skin Potatoes, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Vanilla Creme Cookies

**Chicken Patty & Apricot Rice** with Carrots, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Graham Crackers

### Vegetable Blend Ingredients

#### Spring Vegetables

carrots, zucchini, green beans, green peas, onions

#### Three Seasons Vegetables

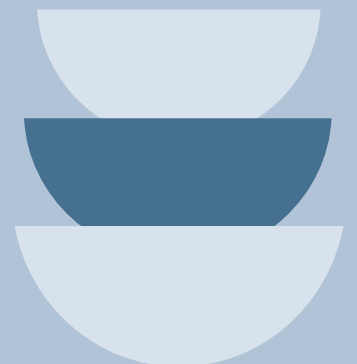
butternut squash, sweet potatoes, blueberries

#### Bean Blend

kidney beans, garbanzo beans, red peppers

#### Four Seasons Vegetable Blend

cauliflower, carrots, squash, pinto beans



## 5-Meal Variety Package Menus

Perfect solution to provide 1 weekday meal to your customers.

Select from our 5 menus for 5-meal packages. Each package is complete with desserts, breads and appropriate accompaniments. You can order meals with or without milk.

### **ZESTY FLAVORS (4W515102)**

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**Spaghetti & Meatballs** with Whole Kernel Corn, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Chocolate Creme Cookies

**Pork Patty & Gravy** with Spinach, Sweet Potatoes, Cornbread Muffin, Margarine, Milk, and Raisins

**Breaded Pollock** with Green Pea Blend, Carrots, Whole Wheat Bread, Margarine, Milk, Mixed Fruit Cup, and Strawberry Crisp Bar

**Chicken Tenders & Zesty Orange Rice** with Bean Blend, Three Seasons Vegetables, Whole Wheat Bread, Margarine, Milk, and Snickerdoodle Cookie

**Creamy Country Fried Steak** with Red Skin Potatoes, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, and Dragon Punch Juice

### **BUST OF COMFORT MENU (4W525102)**

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**Fried Egg Patties** with Asparagus, Sweet Potatoes, Oatmeal, Margarine, Milk, Blueberry Lemon Bar

**Salisbury Steak** with Red Skin Potatoes, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Apple Spice Cookie

**Chicken & Dumplings** with Lima Beans, Winter Vegetables, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Graham Crackers

**Red Beans & Rice with Sausage** with Corn with Peppers, Butternut Squash, Cornbread Muffin, Margarine, Milk, and Applesauce Cup

**New Orleans Chicken & Rice** with Sweet Potatoes, Four Seasons Vegetables, Whole Wheat Bread, Margarine, Milk, and Cherry Cookie

Good for your well-being and health



## FLAVORS TO SAVOR (4W535102)

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**Honey Mustard Chicken Tenders** with Spinach, Carrots, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Banana Creme Cookies

**Breaded Pollock Wedge with Parma Rosa Sauce** with Corn with Peppers, Italian Green Beans, Whole Wheat Bread, Margarine, Milk, Strawberry Applesauce Cup and Snickerdoodle Cookie

**Huevos Rancheros** with Red Skin Potatoes, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Raisins

**NY Strip Beef Patty & Gravy** with Spinach, Four Seasons Vegetables, Cornbread Muffin, Margarine, Milk, and Oatmeal Creme Cookie

**Turkey Meatloaf with Zesty Orange Sauce** with Three Seasons Vegetables, Italian Green Beans, Whole Wheat Bread, Margarine, Milk, and Banana Creme Cookies

## VARIETY ABOUND MENU (4W545102)

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**Three Layer Spinach Lasagna with Meat Sauce** with Spinach, Corn with Peppers, Whole Wheat Bread, Margarine, Milk, and Apple Juice

**Chicken with Rosemary Gravy** with Lima Beans, Spring Vegetables, Cornbread Muffin, Margarine, Milk, Orange Juice, and Graham Crackers

**Ginger Pork Patty** with Red Skin Potatoes, Green Pea Blend, Whole Wheat Bread, Margarine, Milk, and Campfire S'mores Bar

**Beef Patty** with Carrots, Brussels Sprouts, Bran Muffin, Margarine, Milk, and Grape Juice

**Pollock Nuggets** with Northern Beans, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Banana Creme Cookies

## COMFORT DELIGHTS MENU (4W555102)

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**Breakfast Burrito with Salsa** with Hash Browns, Applesauce, Whole Wheat Bread, Margarine, Milk, and Dragon Punch Juice

**Homestyle Meatloaf** with Winter Vegetables, Red Skin Potatoes, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Vanilla Creme Cookies

**Chicken Patty & Apricot Rice** with Carrots, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Graham Crackers

**Breaded Pollock with Coconut Curry Rice** with Three Seasons Vegetables, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Apple Spice Cookie

**Southwest Black Bean and Corn Casserole** with Sweet Potatoes, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Pear Cup



A partnership with us enables you to provide nutritious meals to your customers. Should you decide, we can deliver the meals to your customers. Our experience and efficiencies enable us to deliver a quality, yet more cost-effective solution.

## 7-Pack Variety Package Menus

Perfect solution to provide 1 meal to your customers for a week.

Select from our 5 menus for 7-meal packages. Each package is complete with desserts, breads and appropriate accompaniments. You can order meals with or without milk.

### **CHEF'S MOST REQUESTED MENU (4W517102)**

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**Spaghetti & Meatballs** with Whole Kernel Corn, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Chocolate Creme Cookies

**Pork Patty & Gravy** with Spinach, Sweet Potatoes, Cornbread Muffin, Margarine, Milk, and Raisins

**Breaded Pollock** with Green Pea Blend, Carrots, Whole Wheat Bread, Margarine, Milk, Mixed Fruit Cup, and Strawberry Crisp Bar

**Chicken Tenders & Zesty Orange Rice** with Bean Blend, Three Seasons Vegetables, Whole Wheat Bread, Margarine, Milk, and Snickerdoodle Cookie

**Creamy Country Fried Steak** with Red Skin Potatoes, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, and Dragon Punch Juice

**Cheese Manicotti & Alfredo Sauce** with Bean Blend, Butternut Squash, Bran Muffin, Margarine, Milk, and Dragon Punch Juice

**Breaded Chicken Patty** with Whole Kernel Corn, Spring Vegetables, Cornbread Muffin, Margarine, Milk, and Orange Juice

### **THE BEST OF COMFORT MENU (4W527102)**

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**Fried Egg Patties** with Asparagus, Sweet Potatoes, Oatmeal, Margarine, Milk, Blueberry Lemon Bar

**Salisbury Steak** with Red Skin Potatoes, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Apple Spice Cookie

**Chicken & Dumplings** with Lima Beans, Winter Vegetables, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Graham Crackers

**Red Beans & Rice with Sausage** with Corn with Peppers, Butternut Squash, Cornbread Muffin, Margarine, Milk, and Applesauce Cup

**New Orleans Chicken & Rice** with Sweet Potatoes, Four Seasons Vegetables, Whole Wheat Bread, Margarine, Milk, and Cherry Cookie

**Pork Patty & Rice with Roasted Garlic Gravy** with Succotash, Carrots, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Vanilla Creme Cookie

**Pepper & Beef Patty with Gravy** with Spinach, Sweet Potatoes, Whole Wheat Bread, Margarine, Milk, and Star Crunch Cookie

## THE CLASSICS ALL WRAPPED UP FOR YOU (4W537102)

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**Honey Mustard Chicken Tenders** with Spinach, Carrots, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Banana Creme Cookies

**Breaded Pollock Wedge with Parma Rosa Sauce** with Corn with Peppers, Italian Green Beans, Whole Wheat Bread, Margarine, Milk, Strawberry Applesauce Cup, and Snickerdoodle Cookie

**Huevos Rancheros** with Red Skin Potatoes, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Raisins

**NY Strip Beef Patty & Gravy** with Spinach, Four Seasons Vegetables, Cornbread Muffin, Margarine, Milk, and Oatmeal Creme Cookie

**Turkey Meatloaf with Zesty Orange Sauce** with Three Seasons Vegetables, Italian Green Beans, Whole Wheat Bread, Margarine, Milk, and Banana Creme Cookies

**Meatballs over Pizzaiola Noodles** with Carrots, Green Beans, Bran Muffin, Margarine, Milk, and Orange Juice

**Grilled BBQ Pork Patty** with Black Beans & Corn, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, Chocolate Creme Cookies

## CHEF MARIO'S FAVORITE MEALS (4W547102)

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**Three Layer Spinach Lasagna with Meat Sauce** with Spinach, Corn with Peppers, Whole Wheat Bread, Margarine, Milk, and Apple Juice

**Chicken with Rosemary Gravy** with Lima Beans, Spring Vegetables, Cornbread Muffin, Margarine, Milk, Orange Juice, and Graham Crackers

**Ginger Pork Patty** with Red Skin Potatoes, Green Pea Blend, Whole Wheat Bread, Margarine, Milk, and Campfire S'mores Bar

**Beef Patty** with Carrots, Brussels Sprouts, Bran Muffin, Margarine, Milk, and Grape Juice

**Pollock Nuggets** with Northern Beans, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Banana Creme Cookies

**Chicken Parmesan** with Red Skin Potatoes, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, and Orange Juice

**Chickpea and Sweet Potato Chili** with Corn, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Blueberry Lemon Bar

## SEASONAL FAVORITES MENU (4W557102)

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**Breakfast Burrito with Salsa** with Hash Browns, Applesauce, Whole Wheat Bread, Margarine, Milk, and Dragon Punch Juice

**Homestyle Meatloaf** with Winter Vegetables, Red Skin Potatoes, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Vanilla Creme Cookies

**Chicken Patty & Apricot Rice** with Carrots, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Graham Crackers

**Breaded Pollock with Coconut Curry Rice** with Three Seasons Vegetables, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Apple Spice Cookie

**Southwest Black Bean and Corn Casserole** with Sweet Potatoes, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Pear Cup

**Pepperoni Pizza** with Four Seasons Vegetable Blend, Corn, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Graham Crackers

**Meatballs & Alfredo Shell Pasta** with Corn with Peppers, Green Beans, Whole Wheat Bread, Margarine, Milk, Strawberry Applesauce Cup, and Chocolate Creme Cookies



# Medically Tailored Meal Packages

At Traditions, we believe that Food is Medicine. Our medically tailored meals provide essential nourishment for individuals transitioning from hospital to home and those managing chronic medical conditions. Carefully crafted by dietitians and chefs, these meals are designed to support recovery, promote ongoing health, and fit diverse lifestyles.

Choose from specialty diet options, including Diabetic & Lower Sodium, Gluten-aware, Renal-friendly, and Vegetarian meals, available in convenient 5-meal and 7-meal packages.







## 5-Meal Variety Package Specialty Menus

Perfect solution to provide a weekday meal to your customers.

Each package is complete with appropriate accompaniments.

### Diabetic Friendly & Lower Sodium ≤30 gm Carbohydrate and <600 mg Sodium

#### MENU 40015021

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**Chicken Chili with Beans** with Cauliflower and Spring Vegetables

**Fried Egg Patties** with Asparagus and Sweet Potatoes

**Chimichurri Chicken** with Stewed Tomatoes and Black Beans & Corn

**Beef Patty** with Carrots and Brussels Sprouts

**Chicken Florentine** with Asparagus and Carrots

#### MENU 40025021

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**Salisbury Steak** with Red Skin Potatoes and Mixed Vegetables

**Pizzaiola Pork** with Asparagus and Carrots

**Breaded Pollock** with Green Pea Blend and Carrots

**NY Strip Shape Beef Pattyy with Horseradish Sauce** with Red Skin Potatoes and Brussels Sprouts

**Chicken & Mushroom Swiss Rice** with Peas & Carrots and Cauliflower

### Gluten-aware

#### MENU 40015021

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**Chicken Chili with Beans** with Cauliflower and Spring Vegetables

**Fried Egg Patties** with Sweet Potatoes and Asparagus

**Chimichurri Chicken** with Stewed Tomatoes and Black Beans & Corn

**Beef Patty** with Carrots and Brussels Sprouts

**Chicken Florentine** with Asparagus and Carrots

#### MENU 40025045

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**Chili with Beans** with Carrots and Broccoli Florets

**BBQ Chicken** with Succotash and Green Beans

**Cheese Omelet & Salsa** with Broccoli Florets and Hash Browns

**Red Beans & Rice with Sausage** with Corn with Peppers and Butternut Squash

**Cacciatore Chicken Tenders** with Red Skin Potatoes and Asparagus





## Renal

While some vegetables may be high in potassium or phosphorus, they may be consumed as part of a reduced potassium, reduced phosphorus diet. Each menu totals fewer than 455 mg phosphorus, 650 mg potassium and 610 mg sodium.

### **MENU 40015058**

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**Chicken & Penne Pasta Alfredo** with Carrots and Butternut Squash

**Fried Egg Patties** with Asparagus and Sweet Potatoes

**Breaded Pollock** with Green Pea Blend and Carrots

**Salisbury Steak** with Red Skin Potatoes and Mixed Vegetables

**Chicken Florentine** with Asparagus and Carrots

### **MENU 40025058**

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**BBQ Chicken** with Succatosh and Green Beans

**Chipotle Meatloaf** with Red Skin Potatoes and Green Beans

**Breaded Pollock Wedge with Parma Rosa Sauce** with Corn with Peppers and Italian Green Beans

**Sausages & Pancakes** with Sweet Potatoes and Cinnamon Apples

**Cheese Omelet & Salsa** with Broccoli Florets and Hash Browns

## Vegetarian

### **MENU 40015050**

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**Fried Egg Patties** with Asparagus and Sweet Potatoes

**Plant Based Meatballs over Spaghetti and Bruschetta Sauce** with Winter Vegetables and Green Beans

**Cheese Pizza** with Bean Blend and Mixed Vegetables

**Red Beans, Chickpeas and Rice** with Butternut Squash and Corn with Peppers

**Chickpea and Sweet Potato Chili** with Corn and Broccoli Florets

## 7-Meal Variety Package Specialty Menus

Perfect solution to provide a variety of 7 meals in one convenient box.

Each package is complete with appropriate accompaniments.

### Gluten-aware

#### MENU 40017021

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**Chicken Chili with Beans** with Cauliflower and Spring Vegetables

**Fried Egg Patties** with Asparagus and Sweet Potatoes

**Chimichurri Chicken** with Stewed Tomatoes and Black Beans & Corn

**Beef Patty** with Carrots and Brussels Sprouts

**Chicken Florentine** with Asparagus and Carrots

**Chipotle Meatloaf** with Red Skin Potatoes and Green Beans

**Breakfast Scramble** with Asparagus and Hash Browns

#### MENU 40027045

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**Chili with Beans** with Carrots and Broccoli Florets

**BBQ Chicken** with Succotash and Green Beans

**Cheese Omelet & Salsa** with Broccoli Florets and Hash Browns

**Red Beans & Rice with Sausage** with Corn with Peppers and Butternut Squash

**Cacciatore Chicken Tenders** with Red Skin Potatoes and Asparagus

**Beef Patty over Cheesy Chipotle Rice** with Whole Kernel Corn and Broccoli Florets

**Pesto Basil Chicken** with Lima Beans and Three Seasons Mixed Vegetables



## Diabetic Friendly & Lower Sodium

≤30 gm Carbohydrate and <600 mg Sodium

### MENU 40017021

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**Chicken Chili with Beans** with Cauliflower and Spring Vegetables

**Fried Egg Patties** with Asparagus and Sweet Potatoes

**Chimichurri Chicken** with Stewed Tomatoes and Black Beans & Corn

**Beef Patty** with Carrots and Brussels Sprouts

**Chicken Florentine** with Asparagus and Carrots

**Chipotle Meatloaf** with Red Skin Potatoes and Green Beans

**Breakfast Scramble** with Asparagus and Hash Browns

### MENU 40027021

---

**Salisbury Steak** with Red Skin Potatoes and Mixed Vegetables

**Pizzaiola Pork** with Asparagus and Carrots

**Breaded Pollock** with Green Pea Blend and Carrots

**NY Strip Beef Patty with Horseradish Sauce** with Red Skin Potatoes and Brussels Sprouts

**Chicken & Mushroom Swiss Rice** with Peas & Carrots and Cauliflower

**Beef Patty & Onion Gravy** with Red Skin Potatoes and Broccoli Florets

**Pork Patty & Gravy** with Spinach and Sweet Potatoes

## Vegetarian

### MENU 40017050

---

**Fried Egg Patties** with Asparagus and Sweet Potatoes

**Plant Based Meatballs over Spaghetti and Bruschetta Sauce** with Winter Vegetables and Green Beans

**Cheese Pizza** with Bean Blend and Mixed Vegetables

**Red Beans, Chickpeas and Rice** with Butternut Squash and Corn with Peppers

**Chickpea and Sweet Potato Chili** with Corn and Broccoli Florets

**Three Cheese Ravioli & Spinach Alfredo** with Mixed Vegetables and Cauliflower

**Huevos Rancheros** with Red Skin Potatoes and Broccoli Florets





## Renal

While some vegetables may be high in potassium or phosphorus, they may be consumed as part of a reduced potassium, reduced phosphorus diet.

Each meal totals fewer than 455 mg phosphorus, 650 mg potassium and 610 mg sodium.

### MENU 40017058

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**Chicken & Penne Pasta Alfredo** with Carrots and Butternut Squash

**Fried Egg Patties** with Asparagus and Sweet Potatoes

**Breaded Pollock** with Green Pea Blend and Carrots

**Salisbury Steak** with Red Skin Potatoes and Mixed Vegetables

**Chicken Florentine** with Asparagus and Carrots

**Macaroni & Cheese** with Bean Blends and Brussels Sprouts

**Breakfast Scramble** with Asparagus and Hash Browns

### MENU 40027058

---

**BBQ Chicken** with Succotash and Green Beans

**Chipotle Meatloaf** with Red Skin Potatoes and Green Beans

**Breaded Pollock Wedge with Parma Rosa Sauce** with Corn with Peppers and Italian Green Beans

**Sausages & Pancakes** with Sweet Potatoes and Cinnamon Apples

**Cheese Omelet & Salsa** with Broccoli Florets and Hash Browns

**Three Cheese Ravioli & Spinach Alfredo** with Mixed Vegetables and Cauliflower

**Pizzaiola Pork** with Asparagus and Carrots

[www.traditionsi.com](http://www.traditionsi.com)  
877.936.8148



Nutritional information available upon request.