

Frozen Meals Product Catalog

Variety Meal Packages and Straight Packages



Summer 2026
July – September





Reliable Nutrition. Ready When You Need It.

Consistent, great-tasting meals designed to support health and well-being.

Flexible frozen meals designed for older adults, post-discharge patients, and medically tailored needs. Options support regional preferences and special diets.

Meals are developed by Registered Dietitians to meet nutritional standards while delivering flavor and variety. Detailed nutrition information is available across all menus.

Flexible production and distribution support programs of all sizes, with reliable meal solutions that adapt to evolving needs.

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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)	
 	Meatballs over Pizzaiola Noodles with Carrots and Greens Beans (16)	305	37.5	402	21.2	
	Three Layer Spinach Lasagna with Meat Sauce with Spinach and Corn with Peppers (21)	369	45	536	20.7	
 	NY Strip Beef Patty with Horseradish Sauce with Red Skin Potatoes and Brussels Sprouts (22)	255	25.5	477	18.8	
	Homestyle Meatloaf with Winter Vegetables and Red Skin Potatoes (23)	TOP 10	273	27.6	599	18.8
	NY Strip Beef Patty with Orange Rice & Vegetables with Corn with Peppers and Broccoli Florets (27)	411	61.4	495	21.2	
	Creamy Country Fried Steak with Red Skin Potatoes and Mixed Vegetables (32)	422	52.3	438	18.7	
 	Beef Chili with Beans with Carrots and Broccoli Florets (34)	361	38	550	24.6	
 	Taco Soup with Sweet Potatoes and Cauliflower (37)	279	44.8	471	13.9	
 	NY Strip Beef Patty & Gravy with Spinach and Four Seasons Vegetables (38)	211	13.7	521	19	
 	Pepper & Beef Patty with Gravy with Spinach and Sweet Potatoes (42)	306	25.7	491	24.3	
	Cheese Rollup with Meat Sauce with Northern Beans and Spring Vegetables (46)	388	57.2	496	23.2	
  	Salisbury Steak with Roasted Potatoes and Mixed Vegetables (47)	TOP 10	285	29.1	345	17.6
	Meatballs & Alfredo Shell Pasta with Corn with Peppers and Green Beans (55)	323	42.1	399	21.3	
	Thai Chili Meatballs with Rice with Green Pea Blend and Broccoli Florets (59)	323	45.1	419	20.7	
	Spaghetti & Meatballs with Whole Kernel Corn and Broccoli Florets (65)	TOP 10	416	62.9	410	24.5
	Cilantro Lime Meatballs with Rice with Bean Blend and Carrots (76)	430	50.6	591	25.5	
 	Beef Patty over Cheesy Chipotle Rice with Whole Kernel Corn and Broccoli Florets (82)	328	39.1	315	20.8	
  	Chipotle Meatloaf with Red Skin Potatoes and Green Beans (84)	264	26.3	408	17.4	
 	Beef Patty & Onion Gravy with Red Skin Potatoes and Broccoli Florets (88)	TOP 10	249	21.8	289	19
  	Beef Patty with Carrots and Brussels Sprouts (99)	TOP 10	201	11.7	180	18.4
	Meatballs with Rice & Gravy with Spinach and Bean Blend (100)	368	46.8	471	27.4	

Poultry Entrees

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

 Top 10 Traditions Frozen Meals

 Gluten-aware

 Lower Sodium – less than 550 mg sodium

 Diabetic Friendly – Less than 30 grams of carbohydrates and less than 550 mg sodium

 Renal Friendly – less than 600 mg sodium, 650 mg potassium & 400 mg phosphorus

Poultry Entrees (Cont.)

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

Pork Entrees

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

Seafood Entrees

		CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
  	Breaded Pollock with Green Pea Blend and Carrots (44)	TOP 10 285	30.3	372	19
 	Breaded Pollock Wedge with Parma Rosa Sauce with Corn with Peppers and Italian Green Beans (67)	284	31.7	399	18.7
	Pollock Nuggets with Northern Beans & Broccoli Florets (70)	351	41.9	376	26.1
	Breaded Pollock Wedge with Autumn Blend and Butternut Squash (85)	300	35.8	375	20.9
	Breaded Pollock with Alfredo Spinach Sauce with Sweet Potatoes and Cauliflower (91)	355	40.1	497	22.7
	Breaded Pollock with Coconut Curry Rice 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)
	Cheese Rollup with Parma Rosa Sauce with Lima Beans and Carrots (18)	305	53.5	425	14.8
	Cheese Pizza with Bean Blend and Mixed Vegetables (24)	461	58.4	452	25.2
	Plant Based Meatballs over Spaghetti and Bruschetta Sauce with Winter Vegetables and Green Beans (33)	312	30.7	583	19.6
 	Cheese Manicotti & Alfredo Sauce with Bean Blend and Butternut Squash (45)	320	58.1	335	15.5
 	Three Cheese Ravioli & Spinach Alfredo with Mixed Vegetables and Cauliflower (49)	340	49.1	423	23
 	Chickpea and Sweet Potato Chili with Corn and Broccoli Florets (57)	313	58.5	453	14.9
	Southwest Black Bean and Corn Casserole with Sweet Potatoes and Brussels Sprouts (64)	393	75.6	603	17.1
	Chickenless Nuggets with Green Pea Blend and Butternut Squash (72)	266	31.8	373	18.5
 	Macaroni & Cheese with Bean Blend and Brussels Sprouts (75)	446	68.6	479	21.7

**TOP
10**

Breakfast Entrees

		CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
 	Huevos Rancheros with Red Skin Potatoes and Broccoli Florets (61)	407	34.7	457	19.5
	Sausage & French Toast with Applesauce and Hash Browns (66)	548	57.5	629	11.6
	Chicken/Beef Sausage Patties & Scrambled Eggs with Peaches and Roasted Potatoes (69)	374	40.3	21.5	444
 	Cheese Omelet & Salsa with Broccoli Florets and Hash Browns (71)	292	25.4	575	12.8
	Sausages & Pancake with Sweet Potatoes and Cinnamon Apples (73)	410	41	580	10.7
  	Fried Egg Patties with Asparagus and Sweet Potatoes (74)	269	22.8	237	13.6
	Breakfast Burrito with Salsa with Hash Browns and Applesauce (78)	497	68.6	494	18.7
	Sausage Patties & Biscuit with Country Gravy with Cinnamon Apples and Hash Browns (92)	537	45.7	1095	11.2
  	Breakfast Scramble with Asparagus and Hash Browns (93)	290	19.3	422	17.7

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www.traditionsmeals.com
877.936.8148



Delight Menu

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

3-Meal Delight Menus

Dynamic TRIO (13104 4U6 milk | 13004 4U6 without milk)

NY Beef Strip Patty & Gravy with Spinach, Four Seasons Vegetables, Cornbread Muffin, Margarine, Milk, Apple Juice, and Banana Creme Cookies

Turkey Meatloaf with Zesty Orange Sauce with Three Seasons Vegetables, Italian Green Beans, Whole Wheat Bread, Margarine, Milk, and Cherry Cookie

BBQ Pork Patty with Black Beans & Corn, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Apple Spice Cookie

Comfort Cravings (23104 4U6 milk | 23004 4U6 without milk)

Chipotle Meatloaf with Red Skin Potatoes, Green Beans, Whole Wheat Bread, Margarine, Milk, Applesauce Cup, and Chocolate Creme Cookies

Beef Patty with Carrots, Brussels Sprouts, Hamburger Bun, Margarine, Milk, and Vanilla Creme Cookies

Cheese Rollup with Parma Rosa Sauce with Lima Beans, Carrots, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Banana Creme Cookies

Savory Comforts (33104 4U6 milk | 33004 4U6 without milk)

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

Cheese Manicotti & Alfredo Sauce with Bean Blend, Butternut Squash, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Graham Crackers

Fried Egg Patties with Sweet Potatoes, Asparagus, Scooters Cereal, Margarine, Milk, and Blueberry Lemon Bar

Homestyle Favorites (43104 4U6 milk | 43004 4U6 without milk)

Pollock Nuggets with Northern Beans, Broccoli Florets, Cornbread Muffin, Margarine, Milk, and Orange Pineapple Juice

Pork Patty & Gravy with Spinach, Sweet Potatoes, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Strawberry Crisp Bar

Southwest Black Bean and Corn Casserole with Sweet Potatoes, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Snickerdoodle Cookie

Seasonal Flavors (53104 4U6 milk | 53004 4U6 without milk)

Chicken/Beef Sausage Patties & Scrambled Eggs with Roasted Potatoes, Peaches, Whole Wheat Bread, Margarine, Milk, and Orange Pineapple Juice

Pork Patty & Mushroom Gravy with Sweet Potatoes, Green Beans, Cornbread Muffin, Margarine, Milk, and Blueberry Lemon Bar

Breaded Pollock Wedge with Autumn Blend, Butternut Squash, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Chocolate Creme Cookies

5-Meal Delight Menus

Tasteful Traditions (15104 4U6 milk | 15004 4U6 without milk)

NY Beef Strip Patty & Gravy with Spinach, Four Seasons Vegetables, Cornbread Muffin, Margarine, Milk, Apple Juice, and Banana Creme Cookies

Turkey Meatloaf with Zesty Orange Sauce with Three Seasons Vegetables, Italian Green Beans, Whole Wheat Bread, Margarine, Milk, and Cherry Cookie

BBQ Pork Patty with Black Beans & Corn, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Apple Spice Cookie

Breaded Chicken Nuggets with Whole Kernel Corn, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Graham Crackers

Cilantro Lime Meatballs with Rice with Bean Blend, Carrots, Whole Wheat Bread, Margarine, Milk, and Orange Juice

Culinary Comforts (25104 4U6 milk | 25004 4U6 without milk)

Chipotle Meatloaf with Red Skin Potatoes, Green Beans, Whole Wheat Bread, Margarine, Milk, Applesauce Cup, and Chocolate Creme Cookies

Beef Patty with Carrots, Brussels Sprouts, Hamburger Bun, Margarine, Milk, and Vanilla Creme Cookies

Cheese Rollup with Parma Rosa Sauce with Lima Beans, Carrots, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Banana Creme Cookies

Red Beans & Rice with Sausage with Corn with Peppers, Butternut Squash, Whole Wheat Bread, Margarine, Milk, and Dragon Punch Juice

Macaroni & Cheese with Bean Blend, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Graham Crackers

Fresh Favorites (35104 4U6 milk | 35004 4U6 without milk)

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

Cheese Manicotti & Alfredo Sauce with Bean Blend, Butternut Squash, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Graham Crackers

Fried Egg Patties with Sweet Potatoes, Asparagus, Scooters Cereal, Margarine, Milk, and Blueberry Lemon Bar

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

Salisbury Steak with Roasted Potatoes, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, Strawberry Applesauce Cup, and Chocolate Creme Cookies

Flavorful Delights (45104 4U6 milk | 45004 4U6 without milk)

Pollock Nuggets with Northern Beans, Broccoli Florets, Cornbread Muffin, Margarine, Milk, and Orange Pineapple Juice

Pork Patty & Gravy with Spinach, Sweet Potatoes, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Strawberry Crisp Bar

Southwest Black Bean and Corn Casserole with Sweet Potatoes, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Snickerdoodle Cookie

Pepperoni Pizza with Four Seasons Vegetables, Corn, Whole Wheat Bread, Margarine, Milk, and Dragon Punch Juice

Creamy Breaded Chicken with Lima Beans, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, and Applesauce Cup

Global Bites (55104 4U6 milk | 55004 4U6 without milk)

Chicken/Beef Sausage Patties & Scrambled Eggs with Roasted Potatoes, Peaches, Whole Wheat Bread, Margarine, Milk, and Orange Pineapple Juice

Pork Patty & Mushroom Gravy with Sweet Potatoes, Green Beans, Cornbread Muffin, Margarine, Milk, and Blueberry Lemon Bar

Breaded Pollock Wedge with Autumn Blend, Butternut Squash, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Chocolate Creme Cookies

NY Strip Beef Patty with Horseradish Sauce with Red Skin Potatoes, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Banana Creme Cookies

Taco Soup with Sweet Potatoes, Cauliflower, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Vanilla Creme Cookies



JULY-SEPTEMBER 2026

Summer 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 (12102 4U6 milk | 12002 4U6 without milk)

Breaded Pollock with Green Pea Blend, Carrots, Hamburger Bun, Margarine, Milk, and Mixed Fruit Cup

Cheese Pizza with Mixed Vegetables, Bean Blend, Whole Wheat Bread, Margarine, Milk, and Dragon Punch Juice

A BIT OF ZEST (22102 4U6 milk | 22002 4U6 without milk)

Pollock with Alfredo Spinach Sauce with Sweet Potatoes, Cauliflower, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Snickerdoodle Cookie

Beef Patty with Carrots, Brussels Sprouts, Hamburger Bun, Margarine, Milk, and Star Crunch Cookie

FLAVORS TO SAVOR (32102 4U6 milk | 32002 4U6 without milk)

Ginger Pork with Red Skin Potatoes, Green Pea Blend, Whole Wheat Bread, Margarine, Milk, and Oatmeal Creme Cookie

Beef Chili with Beans with Carrots, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Raisins

DYNAMIC DUO (42102 4U6 milk | 42002 4U6 without milk)

Pollock Nuggets with Northern Beans, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, Orange Pineapple Juice, and Chocolate Creme Cookies

Pork Patty & Gravy with Spinach, Sweet Potatoes, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Apple Spice Cookie

COMFORT X 2 (52102 4U6 milk | 52002 4U6 without milk)

BBQ Chicken with Succotash, Green Beans, Cornbread Muffin, Margarine, Milk, Orange Juice, and Star Crunch Cookie

Pork Patty & Zesty Orange Rice with Green Peas, Carrots, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Graham Crackers

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 (13102 4U6 milk | 13002 4U6 without milk)

NY Strip Beef Patty & Gravy with Spinach, Four Seasons Vegetables, Cornbread Muffin, Margarine, Milk, Apple Juice, and Banana Creme Cookies

Turkey Meatloaf with Zesty Orange Sauce with Three Seasons Vegetables, Italian Green Beans, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Cherry Cookie

BBQ Pork Patty with Black Beans & Corn, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Apple Spice Cookie

TRIO OF FLAVORS (23102 4U6 milk | 23002 4U6 without milk)

Honey Mustard Chicken with Sweet Potatoes, Brussels Sprouts, Bran Muffin, Margarine, Milk, Grape Juice, and Graham Crackers

Chipotle Meatloaf with Red Skin Potatoes, Green Beans, Whole Wheat Bread, Margarine, Milk, Applesauce Cup, and Chocolate Creme Cookies

Pork Patty & Rice with Roasted Garlic Gravy with Succotash, Carrots, Cornbread Muffin, Margarine, Milk, and Orange Juice

CLASSIC COMFORT (33102 4U6 milk | 33002 4U6 without milk)

Chicken with Tomato Basil Penne with Corn with Peppers, Green Beans, Whole Wheat Bread, Margarine, Milk, Orange Pineapple Juice, and Snickerdoodle Cookie

Salisbury Steak with Roasted Potatoes, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Cherry Cookie

Breaded Chicken Patty with Whole Kernel Corn, Spring Vegetables, Hamburger Bun, Margarine, Milk, and Strawberry Applesauce Cup

BURST OF COMFORT (43102 4U6 milk | 43002 4U6 without milk)

Cheese Omelet & Salsa with Broccoli Florets, Hash Browns, Scooters Cereal, Margarine, Milk, Raisins, and Graham Crackers

Pizzaiola Pork with Asparagus, Carrots, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Strawberry Crisp Bar

Meatballs & Alfredo Shell Pasta with Corn with Peppers, Green Beans, Cornbread Muffin, Margarine, Milk, and Orange Juice

MODERN FARE (53102 4U6 milk | 53002 4U6 without milk)

Chicken & Mushroom Swiss Rice with Peas & Carrots, Cauliflower, Cornbread Muffin, Margarine, Milk, and Blueberry Lemon Bar

Three Layer Spinach Lasagna with Meat Sauce with Spinach, Corn with Peppers, Whole Wheat Bread, Margarine, Milk, and Cherry Cookie

Chicken/Beef Sausage Patties & Scrambled Eggs with Roasted Potatoes, Peaches, Bran Muffin, Margarine, Milk, and Orange Juice

Vegetable Blend Ingredients

Spring Vegetables

carrots, zucchini, green beans, green peas, onions

Three Seasons Vegetables

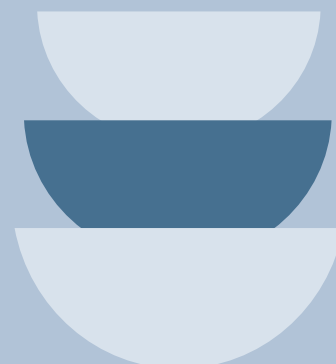
butternut squash, sweet potatoes, blueberries

Bean Blend

kidney beans, garbanzo beans, red peppers

Four Seasons Vegetables

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 (15102 4U6 milk | 15002 4U6 without milk)

NY Strip Beef Patty & Gravy with Spinach, Four Seasons Vegetables, Cornbread Muffin, Margarine, Milk, Apple Juice, and Banana Creme Cookies

Turkey Meatloaf with Zesty Orange Sauce with Three Seasons Vegetables, Italian Green Beans, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Cherry Cookie

BBQ Pork Patty with Black Beans & Corn, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Apple Spice Cookie

Cilantro Lime Meatballs with Rice with Bean Blend, Carrots, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Graham Crackers

Bruschetta Chicken with Red Skin Potatoes, Autumn Blend, Whole Wheat Bread, Margarine, Milk, and Vanilla Creme Cookies

BUST OF COMFORT MENU (25102 4U6 milk | 25002 4U6 without milk)

Honey Mustard Chicken with Sweet Potatoes, Brussels Sprouts, Bran Muffin, Margarine, Milk, Grape Juice, and Graham Crackers

Chipotle Meatloaf with Red Skin Potatoes, Green Beans, Whole Wheat Bread, Margarine, Milk, Applesauce Cup, and Chocolate Creme Cookies

Pork Patty & Rice with Roasted Garlic Gravy with Succotash, Carrots, Cornbread Muffin, Margarine, Milk, and Orange Juice

Spaghetti and Meatballs with Whole Kernel Corn, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Blueberry Lemon Bar

Chicken Tenders over Zesty Orange Rice with Bean Blend, Three Seasons Vegetables, Whole Wheat Bread, Margarine, Milk, and Vanilla Creme Cookies

Good for your well-being and health





FLAVORS TO SAVOR (35102 4U6 milk | 35002 4U6 without milk)

Chicken with Tomato Basil Penne with Corn with Peppers, Green Beans, Whole Wheat Bread, Margarine, Milk, Orange Pineapple Juice, and Snickerdoodle Cookie

Salisbury Steak with Roasted Potatoes, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Cherry Cookie

Breaded Chicken Patty with Whole Kernel Corn, Spring Vegetables, Hamburger Bun, Margarine, Milk, and Strawberry Applesauce Cup

Beef Patty & Onion Gravy with Red Skin Potatoes, Broccoli Florets, Cornbread Muffin, Margarine, Milk, Apple Juice, and Blueberry Lemon Bar

Chicken & Teriyaki Rice with Sweet Potatoes, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Campfire S'mores Bar

VARIETY ABOUND MENU (45102 4U6 milk | 45002 4U6 without milk)

Cheese Omelet & Salsa with Broccoli Florets, Hash Browns, Scooters Cereal, Margarine, Milk, Raisins, and Graham Crackers

Pizzaiola Pork with Asparagus, Carrots, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Strawberry Crisp Bar

Meatballs & Alfredo Shell Pasta with Corn with Peppers, Green Beans, Cornbread Muffin, Margarine, Milk, and Orange Juice

Chicken over Rice & Gravy with Bean Blend, Carrots, Whole Wheat Bread, Margarine, Milk, Applesauce Cup, and Snickerdoodle Cookie

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

COMFORT DELIGHTS MENU (55102 4U6 milk | 55002 4U6 without milk)

Chicken & Mushroom Swiss Rice with Peas & Carrots, Cauliflower, Cornbread Muffin, Margarine, Milk, and Blueberry Lemon Bar

Three Layer Spinach Lasagna with Meat Sauce with Spinach, Corn with Peppers, Whole Wheat Bread, Margarine, Milk, and Cherry Cookie

Chicken/Beef Sausage Patties & Scrambled Eggs with Roasted Potatoes, Peaches, Bran Muffin, Margarine, Milk, and Orange Juice

Pork Patty & Mushroom Gravy with Sweet Potatoes, Green Beans, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Campfire S'mores Bar

NY Strip Beef Patty with Horseradish Gravy with Red Skin Potatoes, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Vanilla Creme Cookies

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 (17102 4U6 milk | 17002 4U6 without milk)

NY Strip Beef Patty & Gravy with Spinach, Four Seasons Vegetables, Cornbread Muffin, Margarine, Milk, Apple Juice, and Banana Creme Cookies

Turkey Meatloaf with Zesty Orange Sauce with Three Seasons Vegetables, Italian Green Beans, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Cherry Cookie

BBQ Pork Patty with Black Beans & Corn, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Apple Spice Cookie

Cilantro Lime Meatballs with Rice with Bean Blend, Carrots, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Graham Crackers

Bruschetta Chicken with Red Skin Potatoes, Autumn Blend, Whole Wheat Bread, Margarine, Milk, and Vanilla Creme Cookies

Breaded Pollock with Green Pea Blend, Carrots, Hamburger Bun, Margarine, Milk, and Mixed Fruit Cup

Cheese Pizza with Mixed Vegetables, Bean Blend, Whole Wheat Bread, Margarine, Milk, and Dragon Punch Juice

THE BEST OF COMFORT MENU (27102 4U6 milk | 27002 4U6 without milk)

Honey Mustard Chicken with Sweet Potatoes, Brussels Sprouts, Bran Muffin, Margarine, Milk, Grape Juice, and Graham Crackers

Chipotle Meatloaf with Red Skin Potatoes, Green Beans, Whole Wheat Bread, Margarine, Milk, Applesauce Cup, and Chocolate Creme Cookies

Pork Patty & Rice with Roasted Garlic Gravy with Succotash, Carrots, Cornbread Muffin, Margarine, Milk, and Orange Juice

Spaghetti and Meatballs with Whole Kernel Corn, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Blueberry Lemon Bar

Chicken Tenders over Zesty Orange Rice with Bean Blend, Three Seasons Vegetables, Whole Wheat Bread, Margarine, Milk, and Vanilla Creme Cookies

Pollock with Alfredo Spinach Sauce with Sweet Potatoes, Cauliflower, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Snickerdoodle Cookie

Beef Patty with Carrots, Brussels Sprouts, Hamburger Bun, Margarine, Milk, and Star Crunch Cookie

THE CLASSICS ALL WRAPPED UP FOR YOU

(37102 4U6 milk | 37002 4U6 without milk)

Chicken with Tomato Basil Penne with Corn with Peppers, Green Beans, Whole Wheat Bread, Margarine, Milk, Orange Pineapple Juice, and Snickerdoodle Cookie

Salisbury Steak with Roasted Potatoes, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Cherry Cookie

Breaded Chicken Patty with Whole Kernel Corn, Spring Vegetables, Hamburger Bun, Margarine, Milk, and Strawberry Applesauce Cup

Beef Patty & Onion Gravy with Red Skin Potatoes, Broccoli Florets, Cornbread Muffin, Margarine, Milk, Apple Juice, and Blueberry Lemon Bar

Chicken & Teriyaki Rice with Sweet Potatoes, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Campfire S'mores Bar

Ginger Pork with Red Skin Potatoes, Green Pea Blend, Whole Wheat Bread, Margarine, Milk, and Oatmeal Creme Cookie

Beef Chili with Beans with Carrots, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Raisins

CHEF MARIO'S FAVORITE MEALS

(47102 4U6 milk | 47002 4U6 without milk)

Cheese Omelet & Salsa with Broccoli Florets, Hash Browns, Scooters Cereal, Margarine, Milk, Raisins, and Graham Crackers

Pizzaiola Pork with Asparagus, Carrots, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Strawberry Crisp Bar

Meatballs & Alfredo Shell Pasta with Corn with Peppers, Green Beans, Cornbread Muffin, Margarine, Milk, and Orange Juice

Chicken over Rice & Gravy with Bean Blend, Carrots, Whole Wheat Bread, Margarine, Milk, Applesauce Cup, and Snickerdoodle Cookie

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

Pollock Nuggets with Northern Beans, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, Orange Pineapple Juice, and Chocolate Creme Cookies

Pork Patty & Gravy with Spinach, Sweet Potatoes, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Apple Spice Cookie

Seasonal FAVORITES MENU (57102 4U6 milk | 57002 4U6 without milk)

Chicken & Mushroom Swiss Rice with Peas & Carrots, Cauliflower, Cornbread Muffin, Margarine, Milk, and Blueberry Lemon Bar

Three Layer Spinach Lasagna with Meat Sauce with Spinach, Corn with Peppers, Whole Wheat Bread, Margarine, Milk, and Cherry Cookie

Chicken/Beef Sausage Patties & Scrambled Eggs with Roasted Potatoes, Peaches, Bran Muffin, Margarine, Milk, and Orange Juice

Pork Patty & Mushroom Gravy with Sweet Potatoes, Green Beans, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Campfire S'mores Bar

NY Strip Beef Patty with Horseradish Gravy with Red Skin Potatoes, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Vanilla Creme Cookies

BBQ Chicken with Succotash, Green Beans, Cornbread Muffin, Margarine, Milk, Orange Juice, and Star Crunch Cookie

Pork Patty & Zesty Orange Rice with Green Peas, Carrots, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Graham Crackers



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 <550 mg Sodium

MENU 40015021

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

Salisbury Steak with Roasted 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

Gluten-aware

MENU 40015021

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

Beef Chili with Beans with Carrots and Broccoli Florets

Honey Mustard Chicken with Sweet Potatoes and Brussels Sprouts

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 400 mg phosphorus, 650 mg potassium and 600 mg sodium.

MENU 40015058

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
Pork Patty & Zesty Orange Rice with Green Peas and Carrots
Chicken Florentine with Asparagus and Carrots

MENU 40025058

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

Vegetarian

MENU 40015050

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
Cheese Manicotti & Alfredo Sauce with Bean Blend and Butternut Squash
Chickpea and Sweet Potato Chili with Corn and Broccoli Florets

MENU 40025050

Cheese Rollup with Parma Rosa Sauce with Lima Beans and Carrots
Southwest Black Bean and Corn Casserole with Sweet Potatoes and Brussels Sprouts
Cheese Omelet & Salsa with Broccoli Florets and Hash Browns
Macaroni & Cheese with Bean Blend and Brussels Sprouts
Chickenless Nuggets with Green Pea Blend and Butternut Squash

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

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

BBQ Chicken with Succotash and Green Beans

Breakfast Scramble with Asparagus and Hash Browns

MENU 40027045

Beef Chili with Beans with Carrots and Broccoli Florets

Honey Mustard Chicken with Sweet Potatoes and Brussels Sprouts

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 <550 mg Sodium

MENU 40017021

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
BBQ Chicken with Succotash and Green Beans
Breakfast Scramble with Asparagus and Hash Browns

MENU 40027021

Salisbury Steak with Roasted 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
Cheese Manicotti & Alfredo Sauce with Bean Blend and Butternut Squash
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

Menu 40027050

Florentine Stuffed Shell with Parma Rosa Sauce with Lima Beans and Carrots
Southwest Black Bean and Corn Casserole with Sweet Potatoes and Brussels Sprouts
Cheese Omelet & Salsa with Broccoli Florets and Hash Browns
Macaroni & Cheese with Bean Blend and Brussels Sprouts
Chickenless Nuggets with Green Pea Blend and Butternut Squash
Cheese Manicotti & Alfredo Sauce with Bean Blend and Butternut Squash
Fried Egg Patties with Asparagus and Sweet Potatoes



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 400 mg phosphorus, 650 mg potassium and 600 mg sodium.

MENU 40017058

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

Pork Patty & Zesty Orange Rice with Green Peas and Carrots

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.traditionsmeals.com
877.936.8148



Nutritional information available upon request.