

FROZEN MEALS PRODUCT CATALOG

Variety Meal Packages and Straight Packages

SUMMER & FALL 2024



OUR VALUE

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.

FROZEN MEALS

This section provides you with a complete listing of our USDA-packed frozen meals. Each of these meals is available in a 20-Meal Straight Pack Case. Our Variety Meal Packages for traditional and special diets follow this section.

BEEF ENTREES

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
  Meatballs over Pizzaiola Noodles with Carrots and Greens Beans (16)	242	24.9	402	18.8
 Three Layer Spinach Lasagna with Meat Sauce with Spinach and Corn with Peppers (21)	376	46.5	549	21.4
  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 Blend Vegetables and Red Skin Potatoes (23)	259	24.6	603	18.3
 NY Strip Beef Patty with Orange Rice & Vegetables with Corn with Peppers and Broccoli Florets (27)	418	63.3	484	21.5
 Creamy Country Fried Steak with Red Skin Potatoes and Mixed Vegetables (32) NEW	422	52.3	438	18.7
  Chili with Beans with Carrots and Broccoli Florets (34)	358	37.4	543	24.3
  Taco Soup with Sweet Potatoes and Cauliflower (37)	279	47.6	488	16.2
  NY Strip Beef Patty & Gravy with Spinach and Four Seasons Vegetables (38)	218	15.3	535	19.6
  Pepper & Beef Patty with Gravy with Spinach and Sweet Potatoes (42)	314	25.9	522	27.8
Florentine Stuffed Shell with Meat Sauce with Northern Beans and Spring Vegetables (46)	402	48.9	618	24.2
  Salisbury Steak with Red Skin Potatoes and Mixed Vegetables (47)	282	27.8	343	17.3
  Meatballs & Alfredo Shell Pasta with Corn with Peppers and Green Beans (55)	278	33.3	399	19.6
 Thai Chili Meatballs with Rice with Green Pea Blend and Broccoli Florets (59)	331	46.9	418	21
 Spaghetti & Meatballs with Whole Kernel Corn and Broccoli Florets (65)	326	45.4	402	21.2
Cilantro Lime Meatballs with Rice with Bean Blend and Carrots (76)	486	64.1	620	26.3
  Beef Patty over Cheesy Chipotle Rice with Whole Kernel Corn and Broccoli Florets (82)	328	39.1	307	20.8
   Chipotle Meatloaf with Red Skin Potatoes and Green Beans (84)	250	23.3	412	16.9
  Beef Patty & Onion Gravy with Red Skin Potatoes and Broccoli Florets (88)	235	18.7	286	18.5
   Beef Patty with Carrots and Brussels Sprouts (99)	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)	275	22.9	615	24.9
 Pepperoni Pizza with Four Seasons Vegetables and Corn (12)	376	45.3	520	19.4
 Honey Mustard Chicken Tenders with Spinach and Carrots (17)	310	30.8	639	24
   Chicken & Mushroom Swiss Rice with Peas & Carrots and Cauliflower (19)	306	27.8	548	26.4
  Chicken with Rosemary Gravy with Lima Beans and Spring Vegetables (25)	307	31.8	541	26
  Chicken Patty & Apricot Rice with Carrots and Brussels Sprouts (28)	332	42.7	479	22.9
  Chicken with Tomato Basil Penne with Corn with Peppers and Green Beans (29)	332	33.4	608	27
  Honey Mustard Chicken with Sweet Potatoes and Brussels Sprouts (36)	295	34.3	488	25
  Bruschetta Chicken with Red Skin Potatoes and Autumn Blend (39)	391	36.3	525	25.3
New Orleans Chicken & Rice with Sweet Potatoes and Four Seasons Vegetables (43)	356	47.8	785	25.7
  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)	470	50.7	576	29.8
 Chicken & Teriyaki Rice with Sweet Potatoes and Brussels Sprouts (52)	377	51.2	542	26.9
    BBQ Chicken with Succotash and Green Beans (53)	288	30.3	457	21.7
Chicken & Dumplings with Lima Beans and Winter Vegetables (54)	390	39.6	767	30.7
  Chicken Chili with Beans with Cauliflower and Spring Vegetables (62)	250	30	347	20
   Breaded Chicken Nuggets with Whole Kernel Corn and Broccoli Florets (68)	296	28.7	483	19.8

 Gluten Free

 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)
 Chicken Parmesan with Red Skin Potatoes and Mixed Vegetables (77)	358	39	611	18.2
   GF Chicken Florentine with Asparagus and Carrots (79)	302	27	464	25.8
  Chicken over Rice & Gravy with Bean Blend and Carrots (80)	384	45.7	435	28
  GF Chimichurri Chicken with Stewed Tomatoes and Black Beans & Corn (81)	330	28.4	346	23.5
 GF Pesto Basil Chicken with Lima Beans and Three Seasons Vegetable Blend (83)	368	38.1	427	26.4
 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)	389	47.1	626	30.9
 Chicken Tenders over Zesty Orange Rice with Bean Blend and Three Seasons Vegetable Blend (90)	497	67.6	503	32.3
   Chicken & Penne Pasta Alfredo with Carrots and Butternut Squash (94)	288	29	455	21.4
  GF Chicken & Honey Lemon Rice with Black Beans & Corn and Brussels Sprouts (95)	360	45.4	332	26.1

PORK ENTREES

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
 GF Grilled BBQ Pork Patty with Black Beans and Corn and Brussels Sprouts (13)	320	35.1	355	20.8
  Pizzaiola Pork with Asparagus and Carrots (15)	229	14	411	18.1
 GF Red Beans & Rice with Sausage with Corn with Peppers and Butternut Squash (20)	404	60.9	565	16.8
Pork Patty & Zesty Orange Rice with Green Peas and Carrots (31)	371	46.6	561	20.6
  Pork Patty & Gravy with Spinach and Sweet Potatoes (41)	274	25.5	533	22.3
Smoked Sausage with Mac & Cheese with Bean Blend and Cauliflower (58)	549	39.8	813	25.3
 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	25.3	510	20
 Ginger Pork Patty with Red Skin Potatoes and Green Pea Blend (97)	313	33	529	18.4








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SEAFOOD ENTREES

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
 Breaded Pollock with Green Pea Blend and Carrots (44)	285	30.3	372	19
  Breaded Pollock Wedge with Parma Rosa Sauce with Corn with Peppers & Italian Green Beans (67)	284	31.7	399	18.7
 Pollock Nuggets with Northern Beans & Broccoli Florets (70)	331	39.9	358	24.1
 Breaded Pollock Wedge with Butternut Squash and Autumn Blend (85)	325	40.1	384	22
 Breaded Pollock with Alfredo Spinach Sauce with Sweet Potatoes and Cauliflower (91)	355	38.9	518	25.7
 Breaded Pollock with Coconut Curry Rice with Three Seasons Blend and Broccoli Florets (96)	354	46.4	516	20.1

MEATLESS ENTREES

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
  Florentine Stuffed Shell with Parma Rosa Sauce with Lima Beans and Carrots (18)	284	31.7	399	18.7
 Cheese Pizza with Bean Blend and Mixed Vegetables (24)	461	58.4	452	25.2
 Cheese Manicotti & Alfredo Sauce with Bean Blend and Butternut Squash (45)	337	51.2	206	18
  Three Cheese Ravioli & Spinach Alfredo with Mixed Vegetables and Cauliflower (49)	340	49.3	426	23.2
  Macaroni & Cheese with Bean Blend and Brussels Sprouts (75)	343	47.9	490	16.2

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)	545	58.5	641	12.4
 Cheese Omelet & Salsa with Broccoli Florets and Hash Browns (71)	301	25.4	675	14.7
Sausages & Pancake with Sweet Potatoes and Cinnamon Apples (73)	400	40.6	608	13.5
   Fried Egg Patties with Asparagus and Sweet Potatoes (74)	269	21.3	255	16.5
 Breakfast Burrito with Salsa with Hash Browns and Applesauce (78)	514	69.4	505	19.6
White Gravy over Sausage & Biscuit with Cinnamon Apples and Hash Browns (92)	534	46.7	1107	12
   Breakfast Scramble with Asparagus and Hash Browns (93)	295	20.2	510	18.5



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 (4U412102)

Pesto Basil Chicken with Lima Beans, Three Seasons Vegetable Blend, Whole Wheat Bread, Margarine, Milk, and Strawberry Crisp Bar

Homestyle Meatloaf with Red Skin Potatoes, Winter Vegetable Blend, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Snickerdoodle Cookie

A BIT OF ZEST (4U422102)

NY Strip Beef Patty with Orange Rice & Vegetables with Corn with Peppers, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Vanilla Crème Cookies

Breaded Pollock with Green Pea Blend, Carrots, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Cherry Cookie

FLAVORS TO SAVOR (4U432102)

Cilantro Lime Meatballs with Brown Rice with Bean Blend, Carrots, Whole Wheat Bread, Margarine, Milk, Applesauce Cup, and Chocolate Crème Cookies

Chimichurri Chicken with Stewed Tomatoes, Black Beans & Corn, Cornbread Muffin, Margarine, Milk, and Grape Juice

DYNAMIC DUO (4U442102)

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

Meatballs with Rice & Gravy with Spinach, Bean Blend, Whole Wheat Bread, Margarine, Milk, and Snickerdoodle Cookie

COMFORT X 2 (4U452102)

Beef Patty over Cheesy Chipotle Rice with Whole Kernel Corn, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Cherry Cookie

Chicken & Honey Lemon Rice with Black Beans & Corn, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Apple Juice



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 (4U413102)

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

Chicken over Rice & Gravy with Bean Blend, Carrots, Cornbread Muffin, Margarine, Milk, and Orange Juice

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

TRIO OF FLAVORS (4U423102)

Creamy Breaded Chicken with Lima Beans, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, and Dragon Punch Juice

Smoked Sausage with Mac & Cheese with Bean Blend, Cauliflower, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Graham Crackers

Beef Patty & Onion Gravy with Red Skin Potatoes, Broccoli Florets, Cornbread Muffin, Margarine, Milk, Orange Juice, and Apple Spice Cookie

CLASSIC COMFORT (4U433102)

Pizzaiola Pork with Asparagus, Carrots, Cornbread Muffin, Margarine, Milk, Dragon Punch Juice, and Vanilla Crème Cookies

Chicken Chili with Beans with Cauliflower, Spring Vegetables, Cornbread Muffin, Margarine, Milk, and Blueberry Lemon Bar

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

BURST OF COMFORT (4U443102)

Cheese Omelet & Salsa with Broccoli Florets, Hash Browns, Bran Flakes Cereal, Margarine, Milk, and Raisins

Chicken & Mushroom Swiss Rice with Cauliflower, Peas & Carrots, Whole Wheat Bread, Margarine, Milk, and Blueberry Lemon Bar

Macaroni & Cheese with Bean Blend, Brussels Sprouts, Cornbread Muffin, Margarine, Milk, and Apple Spice Cookie

MODERN FARE (4U453102)

Red Beans & Rice with Sausage with Corn with Peppers, Butternut Squash, Whole Wheat Bread, Margarine, Milk, and Strawberry Applesauce Cup

Florentine Stuffed Shell with Parma Rosa Sauce with Lima Beans, Carrots, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Chocolate Crème Cookies

NY Strip Beef Patty with Horseradish Sauce with Red Skin Potatoes, Brussels Sprouts, Cornbread Muffin, Margarine, Milk, Grape Juice, and Graham Crackers

All juices are calcium fortified.

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 (4U415102)

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

Chicken Over Rice & Gravy with Bean Blend, Carrots, Cornbread Muffin, Margarine, Milk, and Orange Juice

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

Thai Chili Meatballs with Rice with Green Pea Blend, with Broccoli Florets, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Graham Crackers

Breaded Pollock Wedge with Autumn Vegetable Blend, Butternut Squash, Whole Wheat Bread, Margarine, Milk, Applesauce Cup, and Cherry Cookie

BUST OF COMFORT MENU (4U425102)

Creamy Breaded Chicken with Lima Beans, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, and Dragon Punch Juice

Smoked Sausage with Mac & Cheese with Bean Blend, Cauliflower, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Graham Crackers

Beef Patty & Onion Gravy with Red Skin Potatoes, Broccoli Florets, Cornbread Muffin, Margarine, Milk, Orange Juice, and Apple Spice Cookie

Chicken & Teriyaki Rice with Sweet Potatoes, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Apple Juice

Huevos Rancheros with Red Skin Potatoes, Broccoli Florets, Bran Flakes Cereal, Margarine, Milk, and Raisins



Good for your well-being and health

FLAVORS TO SAVOR (4U435102)

Pizzaiola Pork with Asparagus, Carrots, Cornbread Muffin, Margarine, Milk, Dragon Punch Juice, and Vanilla Crème Cookies

Chicken Chili wtih Beans with Cauliflower, Spring Vegetables, Cornbread Muffin, Margarine, Milk, and Blueberry Lemon Bar

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

Breaded Pollock with Alfredo Spinach Sauce with Sweet Potatoes, Cauliflower, Whole Wheat Bread, Margarine, Milk, and Chocolate Crème Cookies

BBQ Chicken with Succotash, Green Beans, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Apple Spice Cookie

VARIETY ABOUND MENU (4U445102)

Cheese Omelet & Salsa with Broccoli Florets, Hash Browns, Bran Flakes Cereal, Margarine, Milk, and Raisins

Chicken & Mushroom Swiss Rice with Cauliflower, Peas & Carrots, Whole Wheat Bread, Margarine, Milk, and Blueberry Lemon Bar

Macaroni & Cheese with Bean Blend, Brussels Sprouts, Cornbread Muffin, Margarine, Milk, and Apple Spice Cookie

Chili with Beans with Carrots, Broccoli Florets, Cornbread Muffin, Margarine, Milk, and Grape Juice

Honey Mustard Chicken with Sweet Potatoes, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Campfire S'mores Bar

COMFORT DELIGHTS MENU (4U455102)

Red Beans & Rice wtih Sausage with Corn with Peppers, Butternut Squash, Whole Wheat Bread, Margarine, Milk, and Strawberry Applesauce Cup

Florentine Stuffed Shell wtih Parma Rosa Sauce with Lima Beans, Carrots, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Chocolate Crème Cookies

NY Strip Beef Patty with Horseradish Sauce with Red Skin Potatoes, Brussels Sprouts, Cornbread Muffin, Margarine, Milk, Grape Juice, and Graham Crackers

Mushroom Pork with Sweet Potatoes, Green Beans, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Vanilla Crème Cookies

Bruschetta Chicken with Red Skin Potatoes, Autumn Vegetable Blend, Whole Wheat Bread, Margarine, Milk, and Star Crunch Cookie





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 (4U417102)

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

Chicken Over Rice & Gravy with Bean Blend, Carrots, Cornbread Muffin, Margarine, Milk, and Orange Juice

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

Thai Chili Meatballs with Rice with Green Pea Blend, with Broccoli Florets, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Graham Crackers

Breaded Pollock Wedge with Autumn Vegetable Blend, Butternut Squash, Whole Wheat Bread, Margarine, Milk, Applesauce Cup, and Cherry Cookie

Pesto Basil Chicken with Lima Beans, Three Seasons Vegetable Blend, Whole Wheat Bread, Margarine, Milk, and Strawberry Crisp Bar

Homestyle Meatloaf with Red Skin Potatoes, Winter Vegetable Blend, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Snickerdoodle Cookie

THE BEST OF COMFORT MENU (4U427102)

Creamy Breaded Chicken with Lima Beans, Mixed Vegetables, Whole Wheat Bread, Margarine, Milk, and Dragon Punch Juice

Smoked Sausage with Mac & Cheese with Bean Blend, Cauliflower, Whole Wheat Bread, Margarine, Milk, Grape Juice, and Graham Crackers

Beef Patty & Onion Gravy with Red Skin Potatoes, Broccoli Florets, Cornbread Muffin, Margarine, Milk, Orange Juice, and Apple Spice Cookie

Chicken & Teriyaki Rice with Sweet Potatoes, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Apple Juice

Huevos Rancheros with Red Skin Potatoes, Broccoli Florets, Bran Flakes Cereal, Margarine, Milk, and Raisins

NY Strip Beef Patty with Orange Rice & Vegetables with Corn with Peppers, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, and Vanilla Crème Cookies

Breaded Pollock with Green Pea Blend, Carrots, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Cherry Cookie

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.

THE CLASSICS ALL WRAPPED UP FOR YOU (4U437102)

Pizzaiola Pork with Asparagus, Carrots, Cornbread Muffin, Margarine, Milk, Dragon Punch Juice, and Vanilla Crème Cookies

Chicken Chili wth Beans with Cauliflower, Spring Vegetables, Cornbread Muffin, Margarine, Milk, and Blueberry Lemon Bar

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

Breaded Pollock with Alfredo Spinach Sauce with Sweet Potatoes, Cauliflower, Whole Wheat Bread, Margarine, Milk, and Chocolate Crème Cookies

BBQ Chicken with Succotash, Green Beans, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Apple Spice Cookie

Cilantro Lime Meatballs with Brown Rice with Bean Blend, Carrots, Whole Wheat Bread, Margarine, Milk, Applesauce Cup, and Chocolate Crème Cookies

Chimichurri Chicken with Stewed Tomatoes, Black Beans & Corn, Cornbread Muffin, Margarine, Milk, and Grape Juice

CHEF MARIO'S FAVORITE MEALS (4U447102)

Cheese Omelet & Salsa with Broccoli Florets, Hash Browns, Bran Flakes Cereal, Margarine, Milk, and Raisins

Chicken & Mushroom Swiss Rice with Cauliflower, Peas & Carrots, Whole Wheat Bread, Margarine, Milk, and Blueberry Lemon Bar

Macaroni & Cheese with Bean Blend, Brussels Sprouts, Cornbread Muffin, Margarine, Milk, and Apple Spice Cookie

Chili with Beans with Carrots, Broccoli Florets, Cornbread Muffin, Margarine, Milk, and Grape Juice

Honey Mustard Chicken with Sweet Potatoes, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Campfire S'mores Bar

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

Meatballs with Rice & Gravy with Spinach, Bean Blend, Whole Wheat Bread, Margarine, Milk, and Snickerdoodle Cookie

SEASONAL FAVORITES MENU (4U457102)

Red Beans & Rice wth Sausage with Corn with Peppers, Butternut Squash, Whole Wheat Bread, Margarine, Milk, and Strawberry Applesauce Cup

Florentine Stuffed Shell wth Parma Rosa Sauce with Lima Beans, Carrots, Whole Wheat Bread, Margarine, Milk, Dragon Punch Juice, and Chocolate Crème Cookies

NY Strip Beef Patty with Horseradish Sauce with Red Skin Potatoes, Brussels Sprouts, Cornbread Muffin, Margarine, Milk, Grape Juice, and Graham Crackers

Mushroom Pork with Sweet Potatoes, Green Beans, Whole Wheat Bread, Margarine, Milk, Apple Juice, and Vanilla Crème Cookies

Bruschetta Chicken with Red Skin Potatoes, Autumn Vegetable Blend, Whole Wheat Bread, Margarine, Milk, and Star Crunch Cookie

Beef Patty over Cheesy Chipotle Rice with Whole Kernel Corn, Broccoli Florets, Whole Wheat Bread, Margarine, Milk, Orange Juice, and Cherry Cookie

Chicken & Honey Lemon Rice with Black Beans & Corn, Brussels Sprouts, Whole Wheat Bread, Margarine, Milk, and Apple Juice

SPECIALTY DIET MEAL PACKAGES

At Traditions, we understand that individuals have different lifestyles. It is for that reason that we offer you great-tasting specialty diet meals.

Select from our Diabetic & Lower Sodium, Gluten-free, Renal-friendly, and Vegetarian meals packaged in a 5-meal box and a 7-meal box.





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 AND LOWER SODIUM ≤30 gm Carbohydrate and <600 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 Red Skin Potatoes and Mixed Vegetables

Pizzaiola Pork with Asparagus and Carrots

Breaded Pollock with Green Pea Blend and Carrots

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

Penne Alfredo Chicken with Carrots and Butternut Squash

GLUTEN FREE

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

Chili with Beans with Carrots and Broccoli Florets

BBQ Chicken with Succotash and Green Beans

Breakfast Scramble with Asparagus and Hash Browns

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

Cacciatore Chicken Tenders with Red Skin Potatoes and Asparagus

A wooden bowl is visible at the top of the page. On the left side, there is a plate of food featuring green beans and orange cubes, likely carrots. The background has a light-colored, textured pattern.

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

- 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

- 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 40015150

- Cheese Pizza** with Bean Blend and Mixed Vegetables
- Fried Egg Patties** with Asparagus and Sweet Potatoes
- Macaroni & Cheese** with Bean Blend and Brussels Sprouts
- Florentine Stuffed Shell with Parma Rosa Sauce** with Lima Beans and Carrots
- Cheese Omelet & Salsa** with Broccoli Florets and Hash Browns

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 FREE

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

Chipotle Meatloaf with Red Skin Potatoes and Green Beans

Cheese Omelet & Salsa with Broccoli Florets and Hash Browns

MENU 40027045

Chili with Beans with Carrots and Broccoli Florets

BBQ Chicken with Succotash and Green Beans

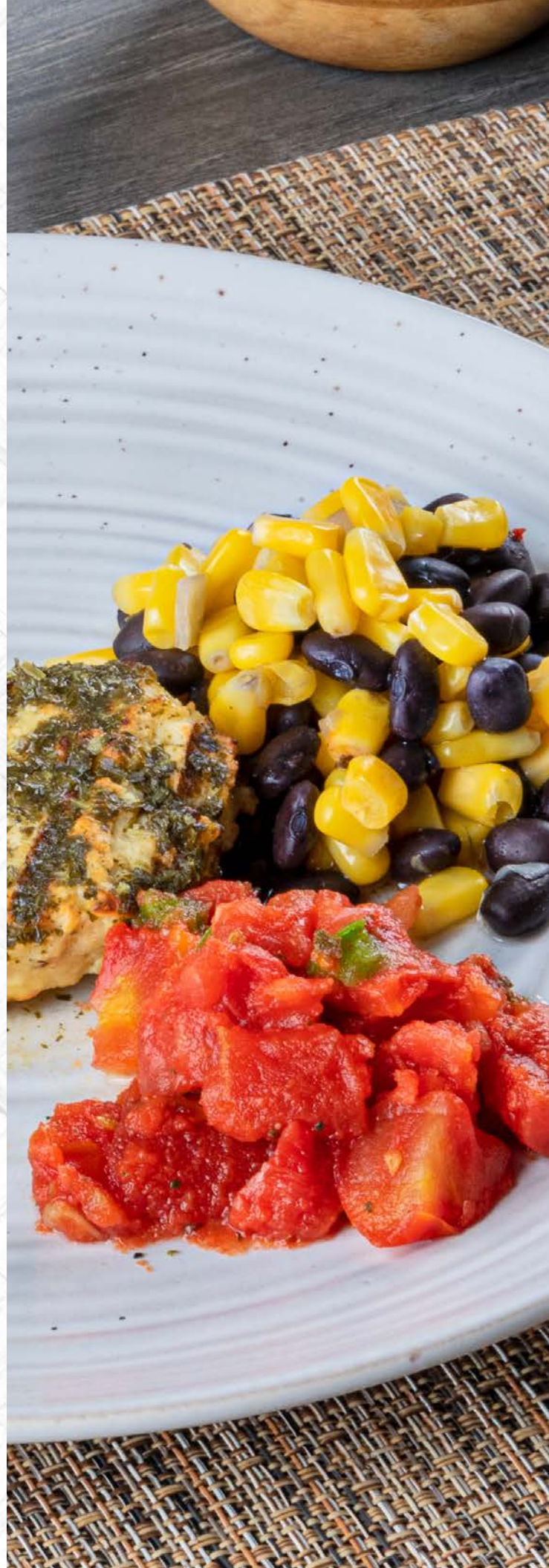
Breakfast Scramble with Asparagus and Hash Browns

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 AND LOWER SODIUM

≤30 gm Carbohydrate and <600 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

Chipotle Meatloaf with Red Skin Potatoes and Green Beans

Cheese Omelet & Salsa with Broccoli Florets 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 & Penne Pasta Alfredo with Carrots and Butternut Squash

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

Pork Patty & Gravy with Spinach and Sweet Potatoes

VEGETARIAN

MENU 40017050

Cheese Pizza with Bean Blend and Mixed Vegetables

Fried Egg Patties with Asparagus and Sweet Potatoes

Macaroni & Cheese with Bean Blend and Brussels Sprouts

Florentine Stuffed Shell with Parma Rosa Sauce with Lima Beans and Carrots

Cheese Omelet & Salsa with Broccoli Florets and Hash Browns

Cheese Manicotti with Alfredo Sauce with Bean Blend and Butternut Squash

Three Cheese Ravioli & Spinach Alfredo with Mixed Vegetables and Cauliflower





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

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



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Nutritional information available upon request.