



20-MEAL STRAIGHT PACKS

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

For meal samples, contact our Customer Service Department at 877.936.8148 or customer@traditionsi.com