

READY-TO-HEAT MEALS



BBQ CHICKEN DINNER

REHEATING INSTRUCTIONS

BBQ Chicken

1. Preheat oven to 300°F.
2. Coat your chicken in barbecue sauce and wrap in 2 layers of foil.
3. Place wrapped chicken on baking sheet and heat for about 20-30 minutes.
4. For additional caramelization, remove top layers of foil and turn oven to broil.
5. Broil 3-5 minutes until sauce begins to bubble.

Baked Beans

1. Preheat oven to 300°F.
2. Remove plastic container and cover beans with foil.
3. Bake for about 20 minutes until heated through.

Macaroni & Cheese (add-On)

1. Preheat oven to 300°F.
2. Cover with foil and place in oven for 20 minutes or until heated through.

INGREDIENTS

BBQ Chicken

Chicken, Rufus Teague BBQ (Tomato puree (tomato paste, water), brown sugar, sugar, honey, molasses, distilled vinegar, water, salt, raisin paste, tamari soy sauce (water, soybeans, salt, sugar), natural flavor, orange juice (from concentrate), dried onion, garlic powder, spices (including mustard flour), smoke flavor, celery seed.)

Allergens: Soy

Rufus Teague Sauce

GLUTEN FREE

Tomato puree (tomato paste, water), brown sugar, sugar, honey, molasses, distilled vinegar, water, salt, raisin paste, tamari soy sauce (water, soybeans, salt, sugar), natural flavor, orange juice (from concentrate), dried onion, garlic powder, spices (including mustard flour), smoke flavor, celery seed.

Allergens: Soy

Watermelon Jicama Salad

GLUTEN-FREE

Watermelon, mango, jicama, cotija cheese, lime, mint, chili flakes.

Allergens: Milk

Cilantro Lime Slaw

GLUTEN-FREE, VEGAN

Poblano pepper, avocado, garlic, cilantro, Mexican seasoning, lime juice, rice vinegar, sugar, salt, black pepper, oregano, olive oil blend.

Smokehouse Baked Beans

GLUTEN-FREE

Nueske's Bacon, Navy beans, yellow mustard, brown sugar, ketchup (tomato concentrate, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), smoked paprika, Lillie's Q Smokey BBQ Sauce (tomato concentrate, sugar, distilled vinegar, salt, onion powder, spice, natural flavors), filtered water, apple cider vinegar, mustard (distilled vinegar, water, mustard seed, salt, turmeric, paprika, spices, garlic powder), tomato paste, natural smoke flavor, contains less than 2% of salt, apple juice concentrate, lime juice concentrate, sugar, Worcestershire sauce (distilled vinegar, molasses, sea salt, sugar, spices (celery), tamarind), garlic powder, onion powder, allspice, paprika, black pepper, distilled vinegar, cayenne pepper.

READY-TO-HEAT MEALS



BBQ RIBS DINNER

REHEATING INSTRUCTIONS

Ribs

1. Preheat oven to 300°F.
2. Coat your ribs in barbecue sauce and wrap in 2 layers of foil.
3. Place wrapped ribs on baking sheet and heat for about 20-30 minutes.
4. For additional caramelization, remove top layers of foil and turn oven to broil.
5. Broil 3-5 minutes until sauce begins to bubble.

Baked Beans

1. Preheat oven to 300°F.
2. Remove plastic container and cover beans with foil.
3. Bake for about 20 minutes until heated through.

Macaroni & Cheese (add-On)

1. Preheat oven to 300°F.
2. Cover with foil and place in oven for 20 minutes or until heated through.

INGREDIENTS

Baby Back Ribs

GLUTEN-FREE

Baby back ribs, barbecue spice rub.

Rufus Teague Barbecue Sauce

GLUTEN-FREE

Tomato puree (tomato paste, water), brown sugar, sugar, honey, molasses, distilled vinegar, water, salt, raisin paste, tamari soy sauce (water, soybeans, salt, sugar), natural flavor, orange juice (from concentrate), dried onion, garlic powder, spices (including mustard flour), smoke flavor, celery seed.

Allergens: Soy

Baked Beans

GLUTEN-FREE

Pinto beans, onions, garlic, bacon (pork, salt, sugar, pepper, sodium nitrate), brown sugar, mustard, worcestershire sauce, cider vinegar, ketchup, barbecue sauce (high fructose corn syrup, distilled vinegar, tomato paste, modified food starch, pineapple juice, natural smoke flavor, spices, caramel color, sodium benzoate, tamarind), molasses, pepper.

Allergens: Fish

Everything Potato Salad

VEGAN

Potatoes, Vegan Mayonnaise (Canola Oil, Water, White Vinegar, Sugar, Salt, Modified Food Starch, Pea Protein, Spices, Beta Carotene), Green Onion, Dried Dill, Salt, White Pepper, Red Onion, Capers (Caper Berries, Water, Salt, Vinegar), Lemon, Dried Garlic, Poppy Seeds, Dehydrated Onion, Fresh Dill, Nigella Seeds, Sesame Seeds.

Corn & Tomato Salad

GLUTEN-FREE, VEGAN

Corn, onion, tomatoes, basil, parsley, dressing (lemon juice, canola oil, apple cider vinegar, garlic, parsley, mustard (water, mustard seed, vinegar, salt, potassium metabisulphite, citric acid) salt, pepper.

Cornbread

Enriched wheat flour bleached (flour, malted barley, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, corn meal, partially hydrogenated vegetable oil (soybean &/ or cottonseed oil), dry whey, dextrose, leavening (sodium acid pyrophosphate, baking soda, corn starch, sodium aluminum phosphate), corn flour, wheat starch, dry whole egg, dry egg whites, water.

Allergens: Egg, Soy, Wheat

Macaroni and Cheese

Elbow macaroni pasta (durum wheat semolina & egg white), whole milk, water, American cheese, Tillamook cheddar, butter, flour, modified cornstarch, natural sharp cheddar cheese flavor, sea salt, cultured dextrose, white pepper, citric acid, annatto, turmeric.

Allergens: Milk, Wheat

Cole Slaw

GLUTEN-FREE

Cabbage, carrots, coleslaw dressing.

Allergens: Egg

READY-TO-HEAT MEALS



GAME TIME DINNER

REHEATING INSTRUCTIONS

Buffalo Chicken Wings

1. Preheat oven to 350°F.
2. Remove lid and cover with foil and place in oven for 15-20 minutes or until heated through.
3. Heat wings for about 15 or 20 minutes, or until heated all the way through.

Macaroni & Cheese

1. Preheat oven to 350°F.
2. Cover with foil and place in oven for 20 minutes or until heated through.

INGREDIENTS

Buffalo Chicken Wings

Chicken wings, flour, oil, yellow onion, butter, Frank's Red Hot Sauce (distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter type flavor, garlic powder).

Allergens: Wheat

Blue Cheese Dip

Mayonnaise (canola oil, whole eggs, water, vinegar, egg yolks, sugar, salt, mustard flour), Sour Cream (cultured cream), cream cheese (pasteurized milk, Cream, Cheese culture, Salt, Stabilizers (xanthan and/or cabob bean and/or guar gums), blue cheese (pasteurized milk, cheese cultures, salt, enzymes, powdered cellulose, white wine vinegar, salt, pepper).

Allergens: Egg, Milk

Macaroni & Cheese

Elbow macaroni pasta (durum wheat semolina & egg white), whole milk, water, American cheese, Tillamook cheddar, butter, flour, modified cornstarch, natural sharp cheddar cheese flavor, sea salt, cultured dextrose, white pepper, citric acid, annatto, turmeric.

Allergens: Milk, Wheat

7 Layer Dip

Refried beans (pinto beans, canola oil, paprika, salt, dried garlic), guacamole (avocado, onion, tomatoes, jalapeno, cilantro, lime juice, spices), pico de gallo (tomatoes, cilantro, onion, jalapenos, spices, salt), sour cream, shredded Tillamook cheddar cheese, green onions.

Allergens: Milk

Cilantro Lime Slaw

VEGAN, GLUTEN-FREE

Shredded cabbage, pepitas, cilantro, radish, yellow hominy, onion, pico de gallo (roma tomato, red onion, cilantro, peeled garlic, jalapenos, lime, kosher salt), poblano vinaigrette (poblano pepper, avocado, garlic, cilantro, seasoning, lime juice, rice vinegar, sugar, salt, black pepper, oregano, olive oil blend).

READY-TO-HEAT MEALS



INDIAN DINNER

REHEATING INSTRUCTIONS

Samosas, Butter Chicken (add on)

1. Preheat oven to 350°F
2. Cover with foil and cook for 20 minutes or until warm, stirring once

Biryani Rice

1. Preheat oven to 350°F.
2. Add a small splash of water to rice and cover with foil. Bake for about 20 minutes, or until the rice is heated through.

Roasted Vegetables

Delicious served at room temperature

OR

1. Preheat oven to 350°F.
2. Place in oven uncovered for 20 minutes, or until vegetables are warmed through.

INGREDIENTS

Samosa

VEGAN

Potato, basmati rice, onion, cabbage, chana dal (chickpeas), spinach, masoor dal (lentils), tomato, flour, ginger, garlic, jalapeno, carrot, canola oil, salt, sugar, water, curry powder, popping seeds (spices), red crushed pepper.

Allergens: Wheat

Chana Masala

VEGAN, GLUTEN-FREE

Garbanzo beans, potato, ginger, garlic, onion, salt, curry powder, coriander seeds, popping seeds, paprika and canola oil.

Roasted Vegetables

VEGAN, GLUTEN-FREE

Seasonal Vegetables- May include a variety of the following vegetables: broccoli, rapini, zucchini, yellow squash, red peppers, peppers, eggplant, carrots, asparagus, green beans, peas, mushrooms, onions, butternut squash, canola/olive oil blend, salt, pepper.

Biryani Rice

VEGAN, GLUTEN-FREE

Basmati rice, ginger, garlic, onion, masoor dal, peas, canola oil, salt, popping seeds, turmeric, red crushed pepper and cumin seeds.

Chana Masala

1. Place in stove pot. Heat over medium, stirring frequently to ensure food doesn't stick.
2. Heat until food is heated throughout, approximately 10 minutes.

Garlic Naan

1. Preheat oven to 350°F.
2. Wrap naan in foil and place in oven. Heat for 10-12 minutes or until warmed through.

Garlic Naan

Enriched wheat flour, water, canola oil, yogurt (milk, active bacterial culture), milk salt, sugar, yeast, garlic, cellulose gum, calcium plumbate, potassium sorbate, sodium aluminum phosphate, sodium bicarbonate.

Allergens: Milk, Wheat

Mango Chutney

VEGAN, GLUTEN-FREE

Mango, corn syrup, red wine vinegar, salt, ginger, xantham gum.

Butter Chicken (add on)

GLUTEN-FREE

Chicken, onion, ginger, garlic, tomato, yogurt, heavy cream, clarified butter, curry powder, paprika, turmeric, kasoori methi, sweet spice, salt, red crushed pepper, popping seeds, sugar, canola oil.

Allergens: Milk

READY-TO-HEAT MEALS



LASAGNA DINNER

REHEATING INSTRUCTIONS

Lasagna

1. Preheat oven to 350°F.
2. Cover with foil and bake for 20-30 minutes, or until lasagna is warmed through.

Focaccia

1. Preheat oven to 350°F.
2. Place on sheet pan and warm for 5-10 minutes.

INGREDIENTS

Vegetable Lasagna

VEGETARIAN

Lasagna sheets (flour, salt, water, eggs), olive oil, marinara, red and yellow peppers, zucchini, garlic, thyme, kale, ricotta cheese mixture (ricotta, eggs, parsley, salt, pepper), mozzarella, parmesan.

Allergens: Wheat, Milk, Egg

Beef Lasagna

Lasagna sheets (flour, salt, water, eggs), Bolognese sauce (olive oil, celery, carrot, onion, chopped parsley, thyme, oregano, basil, red pepper flake, ground beef, chopped garlic, salt, pepper, diced tomato, chicken stock, heavy cream, white wine), ricotta cheese mixture (ricotta, eggs, parsley, salt, pepper), mozzarella, parmesan.

Allergens: Wheat, Milk, Egg

Caesar Salad

Romaine, red cherry tomatoes, parmesan cheese, croutons, Caesar dressing (mayonnaise (soybean or canola oil, whole eggs, water, white vinegar, egg yolks, salt, sugar, spices, calcium disodium edta), water Worcestershire sauce (vinegar, molasses, high fructose corn syrup, anchovies, water, onions, salt, garlic, tamarind concentrate cloves, natural flavorings), parmesan cheese, prepared mustard (water, vinegar, mustard seed, salt, sugar, soybean oil, turmeric, garlic, spices, xanthan gum annatto, citric acid, natural flavor), anchovy paste, lemon juice concentrate, red wine vinegar, soybean or canola oil, dehydrated garlic, xanthan gum), lemon wedges.

Allergens: Milk, Wheat, Soy, Fish, Egg

Focaccia Bread

Wheat flour, yeast, salt, olive oil, herbs.

Allergens: Wheat

READY-TO-HEAT MEALS

MEDITERRANEAN DINNER



REHEATING INSTRUCTIONS

Falafel

Can be enjoyed at room temperature

OR

1. Preheat oven to 350°F
2. Cover with foil and cook for 20 minutes or until through.

Pita Bread

1. Preheat oven to 350°F.
2. Wrap pita in foil and place in oven. Heat for 10-12 minutes or until warmed through.

INGREDIENTS

Green Garbanzo Falafel Cakes

GLUTEN-FREE, VEGAN

Fava bean, garbanzo bean, cilantro, parsley, onion, potato, garlic, salt, spices, baking powder, rice oil.

Hummus

GLUTEN-FREE, VEGAN

Garbanzo beans, tahini, garlic, citric acid.

Baba Ghanoush

GLUTEN-FREE, VEGAN

Eggplant, tahini (sesame seeds), garlic, citric acid, salt.

Dolmas

VEGAN, GLUTEN-FREE

Sultana grape leaves, arborio rice, onion, mint, dill.

Greek Mix Olives

VEGAN, GLUTEN-FREE

Assorted Greek olives.

Greek Green Salad

GLUTEN-FREE

Tomatoes, English Cucumbers, kalamata olives, red onions, green peppers, red peppers, feta cheese, Greek dressing (soybean oil or canola oil, water, red wine vinegar, lemon juice concentrate, dehydrated garlic, dijon mustard (water, mustard seeds, vinegar, salt, citric acid, potassium metabisulfite), extra virgin olive oil, spices, salt, sugar, xanthan gum).

Allergens: Milk

Pita Bread

Wheat flour, water, sugar, salt, rice oil, yeast.

Allergens: Wheat

Tabbouleh

VEGAN

Bulgar, parsley, tomato, fresh mint, lemon, olive oil, salt, spice.

Allergens: Wheat

Grilled Chicken Breast

Chicken, salt, pepper.

READY-TO-HEAT MEALS

— ROASTED CHICKEN DINNER —



REHEATING INSTRUCTIONS

Roasted Chicken

1. Preheat oven to 350°F.
2. Remove roasted chicken from packaging and place chicken in an oven-safe dish. To keep the chicken moist, pour chicken broth (provided) in the bottom of the dish. Cover the dish with foil and place it in the oven.
3. Let the chicken roast for approximately 25 minutes. Remove the foil and let roast for an additional 5 minutes to crisp up the skin.

Hasselback Potatoes

1. Preheat oven to 350°F.
2. Bake uncovered until warm & crispy, about 15-20 minutes.

Sautéed Green Beans & Shallots

Delicious served at room temperature

OR

1. Preheat oven to 350°F.
2. Place in oven uncovered for 20 minutes, or until beans & shallots are warmed through.

INGREDIENTS

Whole Roasted Chicken

GLUTEN-FREE

Spices, salt and pepper.

Hasselback Potatoes

GLUTEN-FREE

Yukon Gold Potatoes, salt, pepper, Parmigiano Reggiano, canola/olive oil blend, fresh rosemary, fresh parsley.

Allergens: Milk

Sautéed Green Beans & Shallots

GLUTEN-FREE, VEGAN

Green beans, shallots, canola/olive oil blend, salt, pepper.

Greek Green Salad

GLUTEN-FREE

Tomatoes, English Cucumbers, kalamata olives, red onions, green peppers, red peppers, feta cheese, Greek dressing (soybean oil or canola oil, water, red wine vinegar, lemon juice concentrate, dehydrated garlic, dijon mustard (water, mustard seeds, vinegar, salt, citric acid, potassium metabisulfite), extra virgin olive oil, spices, salt, sugar, xanthan gum).

Allergens: Milk

Baguette

Wheat flour, yeast, salt.

Allergens: Wheat

READY-TO-HEAT MEALS



SALMON DINNER

REHEATING INSTRUCTIONS

Roasted Salmon

Best served at room temperature

OR

1. Preheat oven to 250°F.
2. Add 1-2 tablespoons of water or stock to baking dish and cover with foil.
3. Heat for 15 minutes or until heated through.

Roasted Vegetables

Delicious served at room temperature

OR

1. Preheat oven to 350°F.
2. Place in oven uncovered for 20 minutes, or until vegetables are warmed through.

Roasted Yukon Gold Potatoes

1. Preheat oven to 350°F.
2. Bake uncovered until warm & crispy, about 15-20 minutes.

INGREDIENTS

Roasted Salmon

GLUTEN-FREE

Salmon, spices, salt, pepper.

Allergens: Fish

Roasted Vegetables

VEGAN, GLUTEN-FREE

Seasonal Vegetables- May include a variety of the following vegetables: broccoli, rapini, zucchini, yellow squash, red peppers, eggplant, carrots, asparagus, green beans, peas, mushrooms, onions, butternut squash, canola/olive oil blend, salt, pepper.

Roasted Yukon Gold Potatoes

GLUTEN-FREE, VEGAN

Yukon Gold potatoes, canola/olive oil blend, dried thyme, salt, pepper, parsley.

Pesto Caprese Salad

GLUTEN-FREE

Red small tomatoes, yellow cherry tomatoes, mozzarella, basil pesto (Basil, Olive Oil, Canola Oil, Water, Romano Cheese (Pasteurized part skim cow's milk, cheese cultures, enzymes, salt), Garlic, Pine Nuts, Salt, Citric Acid, Xanthan Gum, salt, pepper.

Allergens: Milk, Treenuts

Baguette

Wheat flour, yeast, salt

Allergens: Wheat

READY-TO-HEAT MEALS



TAMALE OR CHILE RELLENO DINNER

REHEATING INSTRUCTIONS

Tamales

1. Keep tamales in husks. Add water to stove pot and insert steamer basket. Place tamales in steamer basket and turn the heat to medium. Allow to steam for 15-20 minutes. Can also be steamed in Instant Pot.

Chile Relleno

1. Preheat oven to 450°F
2. Remove lid from foil pan and place heat in oven for 10 minutes or until warmed through

Refried Pinto Beans

1. Place in stove pot. Add a small amount of water or chicken broth. Heat over medium, stirring frequently to ensure beans don't stick.
2. Heat until beans are heated throughout, approximately 5 minutes.

Mexican-style Rice

1. Preheat oven to 300°F.
2. Add a small splash of water to rice and cover with foil. Bake for about 20 minutes, or until the rice is heated through.

INGREDIENTS

Blue Corn & Vegetable Tamales

VEGAN, GLUTEN-FREE

Summer squash, tomatoes, corn, hatch green chiles, blue corn masa (trace of lime), canola oil, cornstarch, baking powder, vegetable base (carrot, tomato, onion, potato, garlic, dextrose, cane sugar, canola oil, spices, turmeric), sea salt.

Green Chile Chicken Tamales

GLUTEN-FREE

Masa (water, organic ground corn flour, expeller-pressed canola oil, sea salt, baking powder (monocalcium phosphate, sodium bicarbonate, cornstarch), organic vegetable base (organic carrot, organic tomato, organic onion, organic potato, organic garlic, organic dextrose, organic raw cane sugar, organic canola oil, organic spices, organic turmeric), filling (chicken, vine-ripened tomato (salt, citric acid, calcium chloride), green chile, onion, sea salt, spice).

Red Chile Pork Tamales

GLUTEN-FREE

Red Masa: Water, Organic Ground Corn Flour (trace Of Lime), Expeller Pressed Canola Oil, Red Chile, Sea Salt, Baking Powder (monocalcium Phosphate, Sodium Bicarbonate, Cornstarch), Organic Vegetable Base (organic Carrot, Organic Tomato, Organic Onion, Organic Potato, Organic Garlic, Organic Dextrose, Organic Raw Cane Sugar, Organic Canola Oil, Organic Spices, Organic Turmeric). Filling: Pork Meat, Red Chile, Onion, Sea Salt, Garlic.

Chile Relleno

Chile pepper, monterey jack cheese (pasteurized whole milk, cheese culture, salt, calcium chloride, enzymes), water, egg white (triethyl citrate as whipping agent), egg yolk, unbleached wheat flour, soybean oil, salt, spices.

Allergens: Milk, Egg, Wheat, Soy

Mexican-style Rice

VEGAN, GLUTEN-FREE

Vegetable stock, long grain parboiled brown rice, tomato paste, onion, canola oil, celery, tomato, green bell pepper, granulated garlic, cumin.

Refried Pinto Beans

VEGAN, GLUTEN-FREE

Pinto beans, canola oil, paprika, salt, granulated garlic.

Guacamole

VEGAN, GLUTEN-FREE

Avocado, Roma tomato, red onion, cilantro, peeled garlic, jalapeños, limes, kosher salt.

Pico de Gallo

VEGAN, GLUTEN-FREE

Roma tomato, red onion, cilantro, peeled garlic, jalapeños, lime, kosher salt.

READY-TO-HEAT MEALS



DESSERTS

BAKING / REHEATING INSTRUCTIONS

Z Cookies

1. Preheat oven to 350°F
2. Place dough balls on sheet pan with parchment paper, with 1-inch space in between.
3. Push ball of dough slightly down.
4. Bake for 8-10 minutes, rotate sheet pan then bake for an additional 8-10 minutes.
5. Sprinkle with sea salt right out of oven and let cool slightly.

Blue Raeven Pie

1. Preheat oven to 350°F.
2. Heat pie for 15-20 minutes.

INGREDIENTS

Z Cookies

Enriched unbleached flour, sugar, brown sugar, chocolate chunks, unsalted butter, eggs, vanilla, baking soda, baking powder, kosher and sea salt.

Allergens: Wheat, Milk, Egg, Soy. Made in a facility that processes nuts.

Blue Raeven Marionberry Pie

Marionberries, Flour, lard, shortening, sugar, corn starch, butter (milk), salt.

Allergens: Wheat, Milk

Triple Fudge Brownies

VEGAN

Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), brown sugar (sugar, invert sugar, cane molasses), sugar, water, cocoa powder, canola oil, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, dextrose), unsweetened chocolate (chocolate liquor), salt, baking powder.

Allergens: Wheat, Soy