

# 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



# - 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.

#### **Classic Mashed Potatoes**

- 1. Preheat oven to 350°F.
- **2.** Heat for 30-45 minutes, or until food reaches an internal temperature of 165°F.

#### **Herb Roasted Carrots**

Delicious served at room temperature **OR** 

- 1. Preheat oven to 350°F.
- **2.** Heat for 15-20 minutes, or until carrots reach an internal temperature of 135°F.

#### **INGREDIENTS**

## **Whole Roasted Chicken**

GLUTEN-FREE

Spices, salt and pepper.

#### **Classic Mashed Potatoes**

GLUTEN-FREE, VEGETARIAN

Potatoes, sour cream, whole milk, unsalted butter, salt,

black pepper.

Allergens: Milk

## **Herb Roasted Carrots**

GLUTEN-FREE, VEGAN

Carrots, canola/olive oil blend, parsley, mint, garlic.

#### **Arugula and Beet Salad with Goat Cheese**

**GLUTEN-FREE** 

Arugula, beets, red onion, goat cheese, candied walnuts,

balsamic dressing. **Allergens: Milk, Nuts** 

**Baguette** 

Wheat flour, yeast, salt. Allergens: Wheat



# **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.

# Green Beans with Chanterelles, Pearl Onions, Compound Butter

- 1. Preheat oven to 350°F.
- **2.** Heat for 15-20 minutes, or until green beans are warmed.

## **Roasted Yukon Gold Potatoes**

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

#### Wild Rice Pilaf

- 1. Preheat oven to 350°F.
- **2.** Cover with foil and bake about 20-30 minutes until heated through.

#### **INGREDIENTS**

# **Roasted Salmon**

**GLUTEN-FREE** 

Salmon, spices, salt, pepper.

Allergens: Fish

# Green Beans with Chanterelles, Pearl Onions, Compound Butter

Green beans, pearl onions, chanterelle mushrooms, unsalted butter, Dijon mustard, grain mustard, fresh thyme, parsley, garlic, lemon juice, madeira, salt.

Allergens: Milk

#### **Roasted Yukon Gold Potatoes**

**GLUTEN-FREE, VEGAN** 

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

# Wild Rice Pilaf with Apples & Cranberry

Wild rice brown rice blend, pink lady apples, pecans, green onion, cranberries, lemon juice, celery, dressing (orange juice, honey, orange zest, canola/olive oil blend, salt, pepper).

Allergens: Nuts

#### **Baguette**

Wheat flour, yeast, salt Allergens: Wheat



# **TAMALE DINNER**

#### REHEATING INSTRUCTIONS

## **Tamales**

 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.

#### **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.

#### **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.



# **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



# **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.



# **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



# **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).



# **GRILLED CHICKEN DINNER**

## REHEATING INSTRUCTIONS

#### **Grilled Chicken**

Delicious served at room temperature.

#### OR

- 1. Preheat oven to 250°F.
- **2.** Add 1-2 tablespoons of water or stock to foil pan and cover with foil to keep chicken moist.
- **3.** Heat for 10 minutes or until heated through. Chicken can also be placed in a stovetop pan and reheated in a similar way.

#### **Hasselback Potatoes**

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

# **Roasted Vegetables**

Delicious served at room temperature.

#### OF

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

#### **INGREDIENTS**

## **Grilled Chicken Breast**

Canola/Olive oil blend, salt & pepper.

#### Spinach & Walnut Farfalle Salad

Pasta, (Durum wheat semolina, Niacin, Ferrous sulfate, Thiamine mononitrate, Riboflavin, Folic acid) Parmesan cheese (Skin milk, Cheese cultures, salt, enzymes, cellulose powder, natamycin) Spinach, Walnuts. Dressing: Lemon juice, White wine vinegar, Rice vinegar, Canola oil, Garlic, Salt, Black pepper.

Allergens: Wheat, Tree Nuts, Milk

## **Hasselback Potatoes**

**GLUTEN-FREE** 

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

Allergens: Milk

#### **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.

## **Chimichurri Sauce**

VEGAN, GLUTEN-FREE

Safflower oil, parsley, basil, red wine vinegar, garlic, oregano, sea salt, crushed red chilies, black pepper.

#### **Romesco Sauce**

VEGAN, GLUTEN-FREE

Roasted red peppers, almonds, peeled garlic, sherry vinegar, salt, pepper, paprika.

**Allergens: Tree Nuts** 



# 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.

#### 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.

#### **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.

#### **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



# 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.



# **PORCHETTA DINNER**

# REHEATING INSTRUCTIONS

## **Porchetta**

- 1. Preheat oven to 350°F.
- 2. Remove plastic cover and cover with foil.
- **3.** Heat covered for 20 minutes. Then remove foil and heat for an additional 10 minutes.

## Grilled Broccoli Rabe

Delicious served at room temperature

#### OR

- 1. Preheat oven to 350°F.
- 2. Remove plastic cover and cover with foil.
- **3.** Heat covered for 10 minutes. Then remove foil and heat for an additional 10 minutes.

#### Focaccia

- 1. Preheat oven to 350°F
- 2. Wrap in foil and warm for 10 minutes.

#### **INGREDIENTS**

## **Porchetta**

Pork, lemon, red chili flakes, olive oil, salt, pepper, dried rosemary, garlic powder, fennel.

#### Salsa Verde

Parsley, garlic, capers, green onion, chili flakes, lemon juice, olive oil, salt & pepper.

#### **Broccoli Rabe**

Broccoli rabe, canola/olive oil blend, salt, pepper.

#### **Bellissimo Salad**

Durum wheat semolina pasta, olive oil, lemon juice, red wine vinegar, sea salt, black pepper, oregano, parmesan, feta, cucumbers, red peppers, green onions, grape tomato, kalamata olives.

Allergens: Milk, Wheat

#### **Focaccia**

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

Allergens: Wheat