

READY-TO-HEAT MEALS



BBQ RIBS DINNER

REHEATING INSTRUCTIONS

Remove items being heated from fridge 30 minutes before heating to come to room temperature.

RIBS

In the oven

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.

On the grill

1. Heat grill on high.
2. Coat both sides of ribs with barbecue sauce and wrap loosely in two layers of aluminum foil, allowing for air to escape.
3. Lower grill to medium and place the ribs on the indirect heat zone, until ribs come to about 155°F. A meat thermometer will come in handy when determining the internal meat temperature.
4. Take the ribs out of the foil and grill directly over direct heat for 5-10 minutes on both sides until the sauce is bubbly.

BAKED BEANS

In the oven

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

On the grill

1. Remove beans from container and place in cast iron or aluminum foil tray.
2. Place beans on grill away from direct heat, and warm. Stir occasionally to make sure they aren't burning.
3. Remove from heat when sauce begins to bubble.

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

Green Goddess Potato Salad

GLUTEN-FREE

Potatoes, mayonnaise (expeller pressed non-gmo canola oil, eggs, water, vinegar, cane sugar, mustard flour, salt) green onion, sour cream, water, lemon juice, salt, tarragon, dijon mustard (mustard seed, vinegar, salt) dill, parsley, black pepper.

Allergens: Milk, Eggs

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



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

— 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, VEGETARIAN

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, VEGETARIAN

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 metabisulfate), extra virgin olive oil, spices, salt, sugar, xanthan gum)

Allergens: Soy, 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

Best 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

GLUTEN-FREE, VEGAN

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.

Roasted Yukon Gold Potatoes

GLUTEN-FREE, VEGAN

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

Greek Green Salad

GLUTEN-FREE, VEGETARIAN

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 metabisulfate), extra virgin olive oil, spices, salt, sugar, xanthan gum)

Allergens: Soy, Milk

Baguette

Wheat flour, yeast, salt

Allergens: Wheat

READY-TO-HEAT MEALS



ENCHILADA DINNER

REHEATING INSTRUCTIONS

Enchiladas

1. Preheat oven to 350°F.
2. Remove lid from foil pan and heat in oven for 15-25 minutes or until warmed through or internal temperature reaches 165°F

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

Cheese Enchiladas

VEGETARIAN, GLUTEN-FREE

Corn tortillas, cheddar cheese (sharp cheddar cheese (cultured milk, salt, enzymes, annatto (color), potato starch, natamycin), enchilada sauce (water, red chiles, modified food starch, dehydrated california chile pods, soybean oil, salt, distilled vinegar, dehydrated pasilla pods, garlic and spice), black olives, tomatoes, onions, jalapenos, cilantro, lime juice, green onions.

Allergens: Milk, Soy

Chicken Enchiladas

GLUTEN-FREE

Corn tortillas, chicken, cheddar cheese (cultured milk, enzymes, annatto, salt, potato starch, natamycin), black olives, enchilada sauce (water, red chiles, modified food starch, dehydrated chile peppers, soybean oil, salt, distilled vinegar, dehydrated pasilla pods, garlic and spice) sour cream (milk), green onion.

Allergens: Milk

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



POKE BOWL DINNER

ASSEMBLING YOUR POKE BOWL

1. Add one scoop of rice to the bottom of a bowl.
2. Add tuna to the top of the bowl.
3. Working in a clockwise direction, add desired veggies and topping.
4. Drizzle entire bowl with togarashi sauce.

Rice

Best served at room temperature.

OR

Stove-top:

1. Add rice and a bit of water (about 2 tbsp per cup of rice) to a saucepan.
2. Cover the pot, and heat over medium low heat, stirring frequently until warmed.

Microwave:

1. Add rice and a bit of water (about 2 tbsp per cup of rice) to a microwave-safe bowl.
2. Cover loosely with a towel and heat in microwave for 3-4 minutes, or until piping hot throughout.

INGREDIENTS

Spicy Aloha Ahi Tuna Poke

GLUTEN-FREE

Ahi tuna, ogo seaweed, togarashi (chili pepper peel, black and white sesame seed, Japanese pepper, ginger, seaweed), green onion, sesame seed, soy sauce (soybeans, salt, water) sesame oil.

Allergens: Fish, Soy

Creamy Sriracha Ahi Tuna Poke

GLUTEN-FREE

Ahi tuna, sesame oil, chili oil (cottonseed oil, sesame seed oil), togarashi (chili pepper peel, black and white sesame seed, Japanese pepper, ginger, seaweed), sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate), green onions, tobiko, mayonnaise (soybean oil, water, eggs, lemon juice)

Allergens: Fish, Soy, Egg

Seaweed Salad

GLUTEN-FREE, VEGAN

Seaweed, sugar, vinegar, agar-agar, sesame oil, kikurage mushroom, sesame seeds, salt, monosodium glutamate, chili pepper, xanthan gum, fdc yellow #5, fdc blue #1

Cucumber Salad

GLUTEN-FREE, VEGAN

Cucumber, red onion, wakame seaweed salad (seaweed, sugar, vinegar, agar-agar, sesame oil, kikurage mushroom, sesame seeds, salt, monosodium glutamate, chili pepper, xanthan gum, fdc yellow #5, fdc blue #1) sesame seeds, rice wine vinegar, sugar, salt.

Togarashi Sauce

GLUTEN-FREE, VEGETARIAN

Mayonnaise (soybean oil, water, eggs, lemon juice), Sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate), togarashi (chili pepper peel, black and white sesame seed, Japanese pepper, ginger, seaweed), ginger, lime juice, soy sauce (soybeans, salt, water), sugar.

Allergens: Soy, Egg

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 Strawberry Rhubarb Pie

Strawberries, rhubarb, flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), lard shortening (hydrogenated oil), sugar, cornstarch, 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

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



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

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.

OR

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

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



CHILI DINNER

REHEATING INSTRUCTIONS

Chili

Remove from container.

Stovetop Method: Using a saucepan, stir over medium heat for 10-15 minutes.

Microwave method: Place in a microwavable container and re-heat 1 minute at a time, stirring between heating, until desired temperature.

Cornbread

Can be served at room temperature or warmed.

To warm, wrap in tin foil and bake in the oven at 300 °F for 10 minutes, or until warm through.

INGREDIENTS

Beef Chili

Beef Stock (water, beef base [roasted beef with beef broth, yeast extract, salt, organic cane juice solids, maltodextrin(from corn), barley malt extract {gluten}, dried onions, spice extractive, potato flour, dried garlic), Cooked Diced Beef Steak with Juices(beef, water, salt), Beer (water, hops, malt, yeast), Cooked Ground Beef (beef, salt), Pinto Beans, Onions, Diced Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), Tomato Sauce (fresh vine-ripened tomatoes, sea salt, onion powder, garlic powder, natural flavors, spices, citric acid), Kidney Beans (dark red kidney beans[water, kidney beans], salt), Brown Sugar(sugar, invert sugar and cane molasses), Green Bell Pepper, Green Chilies (green chile peppers, salt, citric acid), Butter (cream[milk], salt), Unbleached Flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Modified Cornstarch, Cultured Dextrose, Canola Oil, Primo Blend Chili Powder(chili peppers, salt, spices, garlic), Pasilla Powder, Garlic, Worcestershire Sauce (distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Hot Sauce (aged cayenne red peppers, vinegar, salt, garlic), Sea Salt, Cumin, Paprika, Black Pepper, Citric Acid

Allergens: Fish, Milk, Wheat

Tillamook Shredded Cheddar Cheese

cultured milk, enzymes (rennet), salt, and annatto.

Allergens: Milk

Sarah's Cornbread

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

Allergens: Egg, soy, wheat

Garden Salad

Romaine & spring mix greens, corn, carrots, cherry tomatoes, cucumbers, croutons, balsamic dressing.

Allergens: Wheat

READY-TO-HEAT MEALS



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.

Focaccia

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

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

READY-TO-HEAT MEALS



TAMALE 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.

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.

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