

# MEAL KITS



## LASAGNA DINNER

### REHEATING INSTRUCTIONS

#### Lasagna

1. Preheat oven to 350°F.
2. Cover with foil and bake for 30-45 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.

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### 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, 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**

# MEAL KITS



## HAM DINNER

### REHEATING INSTRUCTIONS

#### Fully Cooked Ham

Delicious served at room temperature

**OR**

1. Preheat oven to 325°F.
2. Remove ham from package and place in a roasting pan or rimmed baking sheet.
3. Heat until ham reaches an internal temperature of 140°F.
4. Remove from oven, cover loosely with foil, and let it rest for 15-30 minutes.

#### Mashed Potatoes & Roasted Brussels Sprouts

1. Preheat oven to 350°F.
2. Cover trays in foil and heat for 45-60 minutes, or until food reaches an internal temperature of 165°F.

#### Turkey Gravy

Remove from container.

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

**Microwave Method:** Place in a microwavable container and reheat 1 minute at a time, stirring between heating, until desired temperature.

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### INGREDIENTS

#### Fully Cooked Ham

GLUTEN-FREE

Water, salt, sodium lactate, sugar, dextrose, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite, red pepper, bay leaves, cloves and cassia.

#### Mashed Potatoes

GLUTEN-FREE, VEGETARIAN

Potatoes, sour cream (grade A pasteurized cultured cream, [milk], whey, modified food starch, sodium phosphate, guar gum, carrageenan and carob bean gum), whole milk, unsalted butter (pasteurized sweet cream), salt, black pepper.

**Allergens:** Milk

#### Roasted Brussels Sprouts with Pancetta

GLUTEN-FREE

Brussels sprouts, pancetta (pork belly, sea salt, sugar, spices, celery powder), thyme, garlic, balsamic glaze (balsamic vinegar [wine vinegar, concentrated grape must, caramel color] glucose syrup, sugar, modified corn starch, xanthan gum), black pepper, salt.

#### Turkey Gravy

Turkey stock, chicken stock, butter (cream [milk], salt), modified cornstarch, unbleached white flour, cultured dextrose, onion, celery, tomato paste, carrots, canola oil, garlic, sea salt, poultry seasoning, sugar, black pepper, citric acid, sage.

**Allergens:** Milk, Wheat

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## 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.

#### Mashed Potatoes

1. Preheat oven to 350°F.
2. Cover tray in foil and heat for 45-60 minutes, or until food reaches an internal temperature of 165°F.

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### INGREDIENTS

#### Roasted Salmon

GLUTEN-FREE

Salmon, spices, salt, pepper.

**Allergens:** Fish

#### Mashed Potatoes

GLUTEN-FREE, VEGETARIAN

Potatoes, sour cream (grade A pasteurized cultured cream, [milk], whey, modified food starch, sodium phosphate, guar gum, carrageenan and carob bean gum), whole milk, unsalted butter (pasteurized sweet cream), salt, black pepper.

**Allergens:** Milk

#### Beet & Arugula Salad

GLUTEN-FREE

Arugula, beets, red onion, goat cheese, candied walnuts, balsamic dressing.

**Allergens:** Milk, Nuts, Soy

# MEAL KITS



## CHICKEN POT PIE DINNER

### REHEATING INSTRUCTIONS

#### Chicken Pot Pie

1. Preheat oven to 350°F.
2. Remove lid from foil pan, cover in foil, and heat for 45-60 minutes, until internal temperature reaches 165°F.

#### Ciabattini Rolls

1. Preheat oven to 350°F.
2. Arrange rolls in a baking dish close together. Heat for 7-10 minutes depending on preference of crispiness.

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### INGREDIENTS

#### Chicken Pot Pie

Pie dough (flour, butter (milk), salt), filling (chicken breasts, chicken thighs, garlic, eggs, celery, carrots, onions, thyme, peas, butter (milk), flour (wheat), chicken stock base (soy), salt, pepper.

**Allergens: Milk, Wheat, Egg, Soy**

#### Spinach Salad with Bacon

Spinach, bacon, croutons, eggs, cheddar cheese (milk), honey mustard dressing (soybean/canola oil, honey, mustard (mustard seed, salt, sugar, turmeric, garlic, spices, xanthan gum, annatto, calcium disodium edta, citric acid, natural flavor), vinegar, potassium sorbate, sodium benzoate, xanthan gum, fd&c #5, #6, citric acid), calcium disodium edta

**Allergens: Milk, Wheat, Egg, Soy**

#### Ciabattini Rolls

Enriched unbleached wheat flour (wheat flour, malted barley flour, reduced iron, thiamin mononitrate, riboflavin, folic acid, water, canola/olive oil blend, salt, bakers yeast, dry malt, calcium propionate.

**Allergens: Wheat**

# MEAL KITS



## 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.

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### 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.**