



Entrees Ingredient List

Bean and Rice Burrito: Brown rice, pinto beans, tomato sauce, salsa (diced tomatoes, tomato puree, diced green chiles, oil, water, diced onions, lime juice, chopped cilantro, cumin, chili powder, garlic powder, salt), xanthan slurry

Breakfast Burrito: Eggs, milk, cheddar cheese, potatoes, tomatoes, tomato puree, onion, jalapeno, salt, garlic powder, cilantro, lemon juice

Chicken Teriyaki Noodle Bowl: Soba noodles (enriched wheat flour, buckwheat flour, water, salt, baking soda), white meat chicken breast, edamame, carrots, onions, bell peppers, teriyaki sauce (pineapple juice, soy sauce, garlic, sugar, water, cornstarch)

New Chickpea Noodle Soup: Water, garbanzo beans, egg noodles (cooked), carrots, celery, onion, peas, parsley, vegetable base, salt, garlic, black pepper, turmeric, rosemary, xanthan slurry

Teriyaki Noodle Bowl: Soba noodles (enriched wheat flour, buckwheat flour, water, salt, baking soda), edamame, carrots, onions, bell peppers, teriyaki sauce (pineapple juice, soy sauce, garlic, sugar, water, cornstarch)

Chili Mac: Macaroni pasta (semolina, enriched durum wheat flour), cheddar cheese, herbs, spices, pinto beans, tomatoes, tomato sauce, chili powder, enriched flour, water, salt, onions

Chimichurri Wrap: Quinoa, black beans, bell peppers, parsley, oregano, garlic, vegetable oil, lemon juice, orange juice, salt

Egg Fried Rice: Brown rice, egg, vegetable oil, soy sauce, peas, carrots

Enchilada Bake: Corn tortillas (stone ground yellow corn masa flour, trace of lime, water), black beans, cheddar cheese, tomato sauce, chili powder, water, salt, pepper

New Hearty Chili: Kidney beans (canned, & undrained), pinto beans, fine diced tomato, corn, green chile, diced green bell peppers, diced celery, vegetable oil, onion, chili powder, cumin, brown sugar, soy sauce, xanthan gum (slurried), garlic powder, oregano, salt,

Homestyle Chicken Pot Pie: Pastry crust (enriched flour, butter, salt, water), white meat chicken breast, carrots, peas, vegetable oil, vegetable broth, flour, herbs and spices.

Homestyle Chickpea Pot Pie: Pastry crust (enriched flour, butter, salt, water), garbanzo beans, carrots, peas, vegetable oil, vegetable broth, flour, herbs and spices.

Mac and Cheese: Macaroni pasta (semolina, enriched durum wheat flour), milk, cheddar cheese, white navy beans, vegetable oil, organic xanthan gum, sodium citrate, mustard seed, salt, pepper

Messy Moes: Brown lentils, onions, green bell pepper, tomato paste, ketchup, vegetable oil, garlic, chili powder, salt, black pepper



New Moroccan Veggie Bake: Brown rice, garbanzo beans (canned, & drained), large diced zucchini, halved cherry tomatoes, onion, chopped parsley, cumin, coriander, garlic, salt, black pepper, turmeric, cinnamon, xanthan slurry, vegetable oil

Mozzarella Pasta Bake: Penne pasta (semolina, enriched durum wheat flour), tomato paste, tomatoes, mozzarella cheese, olive oil, basil, oregano, sugar, salt

Pasta Alfredo: Semolina pasta (semolina, enriched durum wheat flour), white navy beans, peas, milk, parmesan cheese, mozzarella cheese, garlic, vegetable oil, xanthan gum, sodium citrate

Roasted Garlic Pizza Bagel: Whole wheat bagel (hi gluten wheat flour, malt, salt, cane sugar, yeast), mozzarella cheese, garlic, milk, flour, butter, herbs, spices, salt

Shepherd's Pie: Turkey sausage, potatoes, onions, vegetable broth, carrots, garlic, thyme, sage, vegetable oil, salt, pepper

Soft Chicken Taco: chicken breast, chili powder, cumin, salt, garlic powder, vegetable oil, onion, tomato paste, water

Soft Taco w/ Pinto Beans: pinto beans, chili powder, cumin, salt, garlic powder, vegetable oil, onion, tomato paste, water

Spaghetti w/ Lentil Tomato Sauce: Spaghetti pasta (semolina, enriched durum wheat flour), tomato paste, tomatoes, lentils, fennel seed, garlic, oregano, basil, sugar, salt

Spaghetti w/ Turkey Sausage: Spaghetti pasta (semolina, enriched durum wheat flour), tomato paste, tomatoes, fennel seed, garlic, basil, oregano, salt, lean ground turkey, sage, black pepper

SW Enchiladas Verde: Corn tortillas (stone ground yellow corn masa flour, trace of lime, water), yellow onion, enriched flour, vegetable oil, vegetable broth, tomatillos, green chilies, Monterey jack cheese, navy beans, cumin, red pepper, salt

Traditional Pizza Bagel: Whole wheat bagel (hi gluten wheat flour, malt, salt, cane sugar, yeast), mozzarella cheese, cheddar cheese, tomatoes, tomato paste, garlic, basil, oregano, sugar, salt, pepper

Vegetable Bean Soup: Orzo pasta (semolina, enriched durum wheat flour), carrot, onion, celery, diced tomatoes, kidney beans, vegetable broth, vegetable oil, garlic, salt, pepper, oregano, basil, spices

Vegetarian Shepherd's Pie: Lentils, potatoes, onions, vegetable broth, carrots, garlic, thyme, sage, vegetable oil, salt, pepper

Veggie Lasagna: Lasagna noodles (semolina, enriched durum flour, egg, water), mozzarella cheese, ricotta cheese, tomatoes, tomato paste, spinach, broccoli, garlic, basil, oregano, sugar, salt, pepper

Veggie Pizza Bagel: Whole wheat bagel (hi gluten wheat flour, malt, salt, cane sugar, yeast), mozzarella cheese, cheddar cheese, parmesan cheese, tomatoes, tomato paste, garlic, basil, oregano, sugar, salt, pepper, bell peppers, onions, olives