



Code	Menu Items	Ingredient List
<b>Monday Selections (Soups are served with bread roll)</b>		
M140	<b>Barbecue Chicken and Potato Casserole</b>	<ul style="list-style-type: none"><li>• Chicken</li><li>• Whole Grain Millet</li><li>• Vegan Cheese</li><li>• Russet Potatoes</li><li>• Tomato Paste</li><li>• Apple Cider Vinegar</li><li>• Brown Sugar</li><li>• Salt</li><li>• Celery</li><li>• Carrots</li><li>• Cabbage</li><li>• Onion Powder</li><li>• Garlic Powder</li></ul>
M141V	<b>Barbecue Veggies and Vegan Cheese Potato Casserole</b>	<ul style="list-style-type: none"><li>• Vegan Cheese</li><li>• Cannellini Beans</li><li>• Whole Grain Millet</li><li>• Russet Potatoes</li><li>• Tomato Paste</li><li>• Apple Cider Vinegar</li><li>• Brown Sugar</li><li>• Salt</li><li>• Celery</li><li>• Carrots</li><li>• Cabbage</li><li>• Onion Powder</li><li>• Garlic Powder</li></ul>
M235V	<b>Spaghetti Bolognese</b>	<ul style="list-style-type: none"><li>• Gluten-Free Pasta Shells: Corn flour, Rice flour, Mono and Diglycerides</li><li>• Turkey</li><li>• Olive Oil</li><li>• San Marzano Tomatoes</li><li>• Onion</li><li>• Carrots</li><li>• Garlic</li><li>• Basil</li><li>• Thyme</li><li>• Salt</li><li>• Pepper</li></ul>

M232V	<b>Vegan Spaghetti with Marinara</b>	<ul style="list-style-type: none"> <li>● Gluten-Free Pasta Shells: Corn flour, Rice flour, Mono and Diglycerides</li> <li>● Beans</li> <li>● Olive Oil</li> <li>● San Marzano Tomatoes</li> <li>● Onion</li> <li>● Carrots</li> <li>● Garlic</li> <li>● Basil</li> <li>● Thyme</li> <li>● Salt</li> <li>● Pepper</li> </ul>
M146	<b>(DAIRY FREE) Tex-Mex Chicken Casserole</b>	<ul style="list-style-type: none"> <li>● Chicken</li> <li>● Corn Tortilla</li> <li>● Onion</li> <li>● Tomato</li> <li>● Cumin</li> <li>● Red Chili Powder</li> <li>● Taco Seasoning</li> <li>● Salt &amp; Pepper</li> </ul>
M147V	<b>Baked Vegan Tex-Mex Casserole</b>	<ul style="list-style-type: none"> <li>● Cannellini Beans</li> <li>● Corn Tortilla</li> <li>● Onion</li> <li>● Tomato</li> <li>● Cumin</li> <li>● Red Chili Powder</li> <li>● Taco Seasoning</li> <li>● Salt &amp; pepper</li> </ul>
M148	<b>(DAIRY FREE) Creamy Tomato Turkey Mac &amp; Cheese</b>	<ul style="list-style-type: none"> <li>● Turkey</li> <li>● Gluten-Free Pasta Shells: Corn flour, Rice flour, Mono and Diglycerides</li> <li>● Rice Milk</li> <li>● Nutritional Yeast</li> <li>● Vegan Cheese</li> <li>● Tomato</li> <li>● Onion</li> <li>● Black Pepper</li> <li>● Garlic Powder</li> <li>● Chili Powder</li> <li>● Parsley</li> <li>● Brown Sugar</li> </ul>
M149V	<b>Creamy Tomato Vegan Mac &amp; Cheese</b>	<ul style="list-style-type: none"> <li>● Cannellini Beans</li> <li>● Gluten-Free Pasta Shells: Corn flour, Rice flour, Mono and Diglycerides</li> <li>● Rice Milk</li> <li>● Nutritional Yeast</li> </ul>

		<ul style="list-style-type: none"> <li>● Vegan Cheese</li> <li>● Tomato</li> <li>● Onion</li> <li>● Black Pepper</li> <li>● Garlic Powder</li> <li>● Chili Powder</li> <li>● Parsley</li> <li>● Brown Sugar</li> </ul>
<b>Tuesday Selections</b>		
M405	<b>Spaghetti &amp; Meatball</b>	<ul style="list-style-type: none"> <li>● Gluten-Free Pasta Shells: Corn flour, Rice flour, Mono and Diglycerides</li> <li>● Meatballs - Ground Chicken, Rice Flour, Nutritional Yeast, Parsley, Salt, Pepper, Nutmeg</li> <li>● Olive Oil</li> <li>● San Marzano Tomatoes</li> <li>● Onion</li> <li>● Garlic</li> <li>● Carrots</li> <li>● Peas</li> <li>● Salt</li> <li>● Pepper</li> </ul>
M406V	<b>Spaghetti Vegan Meatballs</b>	<ul style="list-style-type: none"> <li>● Gluten-Free Pasta Shells: Corn flour, Rice flour, Mono and Diglycerides</li> <li>● Meatballs - Tofu, Rice Flour, Nutritional Yeast, Parsley, Salt, Pepper, Nutmeg</li> <li>● Olive Oil</li> <li>● San Marzano Tomatoes</li> <li>● Onion</li> <li>● Garlic</li> <li>● Carrots</li> <li>● Peas</li> <li>● Salt</li> <li>● Pepper</li> </ul>
M242	<b>Turkey Sausage English Muffin Sandwich</b>	<ul style="list-style-type: none"> <li>● Turkey Sausage - (Turkey, Water, Contains 2% or Less of Salt, Spices, Sugar, Natural Flavoring)</li> <li>● English Muffin - FILTERED WATER, RICE FLOUR, TAPIOCA FLOUR, APPLE SAUCE, HIGH OLEIC SAFFLOWER OIL, SWEET RICE FLOUR, PEAR JUICE CONCENTRATE, ACACIA GUM, XANTHAN GUM, YEAST, EGG REPLACER [(TAPIOCA FLOUR, POTATO STARCH, LEAVENING (CALCIUM LACTATE, CALCIUM CARBONATE, GLUCONO DELTA LACTONE), SODIUM CARBOXYMETHYLCELLULOSE, METHYLCELLULOSE)], SUNFLOWER LECITHIN,</li> </ul>

		<p>ORANGE CITRUS FIBER, SALT, GLUCONO DELTA LACTONE, MONOCALCIUM PHOSPHATE.</p> <ul style="list-style-type: none"> <li>● Carrot Apple Raisin Salad – Carrots, Apple, Raisin, Lettuce, Honey Mustard Dressing.</li> </ul>
M243V	<b>Vegan English Muffin Sandwich</b>	<ul style="list-style-type: none"> <li>● SOY FLOUR, CORN OIL, SOY PROTEIN CONCENTRATE, SODIUM CASEINATE, MODIFIED TAPIOCA STARCH, CONTAINS 2 OR LESS OF SOYBEAN OIL, SOY PROTEIN ISOLATE, LACTOSE, AUTOLYZED YEAST EXTRACT, SPICES, METHYLCELLULOSE, NATURAL AND ARTIFICIAL FLAVORS, SODIUM TRIPOLYPHOSPHATE, SALT, DISODIUM INOSINATE, CARAMEL COLOR, WHEY, HYDROLYZED SOY PROTEIN, HYDROLYZED CORN GLUTEN, POTASSIUM CHLORIDE, DISODIUM GUANYLATE, DIPOTASSIUM PHOSPHATE, ONION POWDER, TETRASODIUM PYROPHOSPHATE, SODIUM HEXAMETAPHOSPHATE, SUCCINIC ACID, DRIED YEAST, MONOSODIUM PHOSPHATE, LACTIC ACID. VITAMINS AND MINERALS: NIACINAMIDE, IRON FERROUS SULFATE, VITAMIN B1 THIAMIN MONONITRATE, VITAMIN B6 PYRIDOXINE HYDROCHLORIDE, VITAMIN B2 RIBOFLAVIN, VITAMIN B12.</li> <li>● English Muffin - FILTERED WATER, RICE FLOUR, TAPIOCA FLOUR, APPLE SAUCE, HIGH OLEIC SAFFLOWER OIL, SWEET RICE FLOUR, PEAR JUICE CONCENTRATE, ACACIA GUM, XANTHAN GUM, YEAST, EGG REPLACER [(TAPIOCA FLOUR, POTATO STARCH, LEAVENING (CALCIUM LACTATE, CALCIUM CARBONATE, GLUCONO DELTA LACTONE), SODIUM CARBOXYMETHYLCELLULOSE, METHYLCELLULOSE)], SUNFLOWER LECITHIN, ORANGE CITRUS FIBER, SALT, GLUCONO DELTA LACTONE, MONOCALCIUM PHOSPHATE.</li> <li>● Carrot Apple Raisin Salad – Carrots, Apple, Raisin, Lettuce, Honey Mustard Dressing.?</li> </ul>
M246	<b>Turkey Orzo Risotto</b>	<ul style="list-style-type: none"> <li>● Turkey</li> <li>● Gluten-Free Pasta Shells: Corn flour, Rice flour, Mono and Diglycerides</li> <li>● Mushroom</li> <li>● Nutritional Yeast</li> <li>● Carrot</li> <li>● Onion</li> <li>● Chicken Broth</li> <li>● Dry Sherry</li> <li>● Salt</li> <li>● Pepper</li> <li>● Parsley</li> </ul>
M247V	<b>Veggie Orzo Risotto</b>	<ul style="list-style-type: none"> <li>● Cannellini Beans</li> <li>● Gluten-Free Pasta Shells: Corn flour, Rice flour, Mono and Diglycerides</li> <li>● Mushroom</li> <li>● Nutritional Yeast</li> <li>● Carrot</li> </ul>

		<ul style="list-style-type: none"> <li>● Onion</li> <li>● Chicken Broth</li> <li>● Dry Sherry</li> <li>● Parmesan Cheese</li> <li>● Salt</li> <li>● Pepper</li> <li>● Parsley</li> </ul>
M248	<b>Chicken Cacciatore with Veggies &amp; Bread Roll</b>	<ul style="list-style-type: none"> <li>● Potato Bread - sweet potato puree, cornstarch, rice flour, chickpea flour, sunflower oil, water, guar gum, xanthan gum, yeast, leavening (sodium bicarbonate, sodium acid pyrophosphate), vegetable fibers (psyllium, potato), salt, enzymes. Produced in a facility that handles soy.</li> <li>● Chicken</li> <li>● Bell Pepper</li> <li>● Onion</li> <li>● Tomato</li> <li>● Capers</li> <li>● Oregano</li> <li>● Basil</li> <li>● Chicken Broth</li> <li>● Garlic Powder</li> <li>● Sherry Wine</li> <li>● Olive Oil</li> <li>● Salt</li> <li>● Pepper</li> </ul>
M249V	<b>Veggie Cacciatore &amp; Bread Roll</b>	<ul style="list-style-type: none"> <li>● Potato Bread - sweet potato puree, cornstarch, rice flour, chickpea flour, sunflower oil, water, guar gum, xanthan gum, yeast, leavening (sodium bicarbonate, sodium acid pyrophosphate), vegetable fibers (psyllium, potato), salt, enzymes. Produced in a facility that handles soy.</li> <li>● CALCIUM PROPIONATE)</li> <li>● Cannellini Beans</li> <li>● Bell Pepper</li> <li>● Onion</li> <li>● Tomato</li> <li>● Capers</li> <li>● Oregano</li> <li>● Basil</li> <li>● Vegetable Broth</li> <li>● Garlic Powder</li> <li>● Sherry Wine</li> <li>● Olive Oil</li> <li>● Salt</li> <li>● Pepper</li> </ul>
<b>Wednesday Selections</b>		
M322	<b>General Tso Chicken</b>	<ul style="list-style-type: none"> <li>● Rice</li> <li>● General Tso Sauce: garlic, onion, tamari, corn starch (Thickening agent) and molasses. Hints of citrus, ginger and vinegar also present.</li> <li>● Diced Chicken</li> <li>● Ginger</li> <li>● Peas</li> </ul>

		<ul style="list-style-type: none"> <li>● Carrots</li> </ul>
M323V	<b>Garlic Ginger Tofu</b>	<ul style="list-style-type: none"> <li>● Rice</li> <li>● General Tso Sauce: garlic, onion, tamari, corn starch (Thickening agent) and molasses. Hints of citrus, ginger and vinegar also present.</li> <li>● Diced Tofu</li> <li>● Ginger</li> <li>● Peas</li> <li>● Carrots</li> </ul>
M324	<b>Sweet and Sour Chicken</b>	<ul style="list-style-type: none"> <li>● Chicken</li> <li>● Rice</li> <li>● Vegetable Medley: 25% FRENCH CUT GREEN BEANS, 25% CC SLICED CARROTS, 25% SLICED ZUCCHINI, CC QUARTERED, 25% SLICED YLW SQUASH, CC QUARTERED</li> <li>● Sweet and Sour Sauce: WATER,SUGAR,TAMARI, WATER,SOYBEANS,SALT,VINEGAR,MODIFIED CORN STARCH,TOMATOE PASTE,PINEAPPLE JUICE CONCENTRATE,ONION POWDER,CARMINE COLOR,HYDRATED GREEN BELL PEPPER,SODIUM BENZOATE: LESS THAN 1/10 OF 1 AS A PRESERVATIVE,CITRIC ACID,GARLIC POWDER,DISODIUM INOSINATE,DISODIUM GUANYLATE,SPICE</li> </ul>
M325V	<b>Sweet and Sour Tofu</b>	<ul style="list-style-type: none"> <li>● Tofu</li> <li>● Rice</li> <li>● Vegetable Medley: 25% FRENCH CUT GREEN BEANS, 25% CC SLICED CARROTS, 25% SLICED ZUCCHINI, CC QUARTERED, 25% SLICED YLW SQUASH, CC QUARTERED</li> <li>● Sweet and Sour Sauce: WATER,SUGAR,TAMARI, WATER,SOYBEANS,WHEAT,SALT,VINEGAR,MODIFIED CORN STARCH,TOMATOE PASTE,PINEAPPLE JUICE CONCENTRATE,ONION POWDER,CARMINE COLOR,HYDRATED GREEN BELL PEPPER,SODIUM BENZOATE: LESS THAN 1/10 OF 1 AS A PRESERVATIVE,CITRIC ACID,GARLIC POWDER,DISODIUM INOSINATE,DISODIUM GUANYLATE,SPICE</li> </ul>
M224	<b>Butter Chicken with Rice</b>	<ul style="list-style-type: none"> <li>● Chicken</li> <li>● Rice</li> <li>● Onion</li> <li>● Ginger</li> <li>● Tomato Paste</li> </ul>

		<ul style="list-style-type: none"> <li>● Coconut Milk</li> <li>● Garlic Powder</li> <li>● Garam Masala</li> <li>● Turmeric</li> <li>● Cumin</li> <li>● Salt</li> <li>● Paprika</li> </ul>
M225V	<b>Butter Tofu with Rice</b>	<ul style="list-style-type: none"> <li>● Tofu</li> <li>● Rice</li> <li>● Onion</li> <li>● Ginger</li> <li>● Tomato Paste</li> <li>● Coconut Milk</li> <li>● Garlic Powder</li> <li>● Garam Masala</li> <li>● Turmeric</li> <li>● Cumin</li> <li>● Salt</li> <li>● Paprika</li> </ul>
M312	<b>Teriyaki Chicken with Rice</b>	<ul style="list-style-type: none"> <li>● Rice</li> <li>● Chicken</li> <li>● Teriyaki Sauce – Tamari, Mirin, Corn Starch, Water, Vinegar, Salt, Spices, Onion Powder, Succinic Acid, Garlic Powder, Sodium Benzoate</li> <li>● Brown Sugar</li> <li>● Fresh Garlic</li> <li>● Fresh Ginger</li> <li>● Assorted vegetables: Peas, Carrots, Zucchini</li> <li>● Salt</li> <li>●</li> </ul>
M313V	<b>Teriyaki Tofu with Rice</b>	<ul style="list-style-type: none"> <li>● Rice</li> <li>● Tofu</li> <li>● Teriyaki Sauce - Tamari Mirin, Corn Starch, Water, Vinegar, Salt, Spices, Onion Powder, Succinic Acid, Garlic Powder, Sodium Benzoate</li> <li>● Brown Sugar</li> <li>● Fresh Garlic</li> <li>● Fresh Ginger</li> <li>● Assorted vegetables: Peas, Carrots, Zucchini</li> <li>● Salt</li> <li>●</li> </ul>

M338	<b>BBQ Korean Chicken &amp; Roasted Veggies</b>	<ul style="list-style-type: none"> <li>● TAMARI, APPLES, SUGAR, WATER, APPLE JUICE CONCENTRATE, RICE WINE VINEGAR, CANOLA OIL, DRIED GARLIC AND ONION, CORN STARCH, ONIONS, DISTILLED VINEGAR, SEASONING (WATER, DEXTROSE, RICE, CORN SYRUP AND SALT), XANTHAN GUM, SPICES, SEA SALT.</li> <li>● Chicken</li> <li>● Vegetable Medley: 25% FRENCH CUT GREEN BEANS, 25% CC SLICED CARROTS, 25% SLICED ZUCCHINI, CC QUARTERED, 25% SLICED YLW SQUASH, CC QUARTERED</li> <li>● Rice</li> </ul>
M339V	<b>BBQ Korean Tofu &amp; Roasted Veggies</b>	<ul style="list-style-type: none"> <li>● TAMARI, APPLES, SUGAR, WATER, APPLE JUICE CONCENTRATE, RICE WINE VINEGAR, CANOLA OIL, DRIED GARLIC AND ONION, CORN STARCH, ONIONS, DISTILLED VINEGAR, SEASONING (WATER, DEXTROSE, RICE, CORN SYRUP AND SALT), XANTHAN GUM, SPICES, SEA SALT.</li> <li>● Tofu</li> <li>● Vegetable Medley: 25% FRENCH CUT GREEN BEANS, 25% CC SLICED CARROTS, 25% SLICED ZUCCHINI, CC QUARTERED, 25% SLICED YLW SQUASH, CC QUARTERED</li> <li>● Rice</li> </ul>
<b>Thursday Selections</b>		
M404	<b>Dairy Free-Broccoli Macaroni and Cheese</b>	<ul style="list-style-type: none"> <li>● Gluten-Free Pasta Shells: Corn flour, Rice flour, Mono and Diglycerides</li> <li>● Vegan Cheese Sauce: Corn Flour, Water, Inactive Yeast, Rice Milk, Imitation Cheese (FILTERED WATER, COCONUT OIL, MODIFIED CORN AND POTATO STARCH, POTATO STARCH, FERMENTED CHAO TOFU SOYBEANS, WATER, SALT, CALCIUM SULFATE, SEA SALT, NATURAL FLAVOR, OLIVE EXTRACT ANTIOXIDANT USED AS A PRESERVATIVE AND BETA CAROTENE COLOR.)</li> <li>● Broccoli</li> <li>● White bean</li> <li>● Onion</li> <li>● Mushroom</li> <li>● Salt</li> <li>● Pepper</li> </ul>
M411V	<b>(Dairy Free) Tater-Tot Casserole</b>	<ul style="list-style-type: none"> <li>● Cannellini Beans</li> <li>● Corn Flour</li> <li>● Vegan Cheese Sauce: Corn Flour, Water, Inactive Yeast, Rice Milk, Imitation Cheese (FILTERED WATER, COCONUT OIL, MODIFIED CORN AND POTATO STARCH, POTATO STARCH, FERMENTED CHAO</li> </ul>



		<p>TOFU SOYBEANS, WATER, SALT, CALCIUM SULFATE, SEA SALT, NATURAL FLAVOR, OLIVE EXTRACT ANTIOXIDANT USED AS A PRESERVATIVE AND BETA CAROTENE COLOR.)</p> <ul style="list-style-type: none"> <li>● Mushroom</li> <li>● Tater Tots</li> <li>● Tomato Paste</li> <li>● Assorted Vegetables – Peas, Carrots</li> <li>● Salt</li> </ul>
M436	<b>Tuscan Chicken Pasta</b>	<ul style="list-style-type: none"> <li>● Gluten-Free Pasta Shells: Corn flour, Enriched Rice flour, Mono and Diglycerides</li> <li>● Chicken</li> <li>● Onion</li> <li>● Red Bell Pepper</li> <li>● Vegetable Oil</li> <li>● Tomatoes</li> <li>● Garlic</li> <li>● Italian Seasoning</li> <li>● Spinach</li> <li>● Vegan Cheese</li> <li>● Chicken Broth</li> </ul>
M437V	<b>Vegan Tuscan Pasta</b>	<ul style="list-style-type: none"> <li>● Gluten-Free Pasta Shells: Corn flour, Rice flour, Mono and Diglycerides</li> <li>● Cannellini Beans</li> <li>● Onion</li> <li>● Red Bell Pepper</li> <li>● Vegetable Oil</li> <li>● Tomatoes</li> <li>● Garlic</li> <li>● Italian Seasoning</li> <li>● Spinach</li> <li>● Vegan Cheese</li> <li>● Vegetable Broth</li> </ul>
M438	<b>Baked Chicken Pasta</b>	<ul style="list-style-type: none"> <li>● Gluten-Free Pasta Shells: Corn flour, Rice flour, Mono and Diglycerides</li> <li>● Chicken</li> <li>● Tomato Puree</li> <li>● Onion</li> <li>● Garlic</li> <li>● Basil</li> <li>● Cannellini Beans</li> </ul>
M439V	<b>Baked Vegan Casserole</b>	<ul style="list-style-type: none"> <li>● Veggie Meat (HYDRATED TEXTURED SOY PROTEIN FILTERED WATER, ISOLATED SOY PROTEIN, CORNSTARCH, ONION, SOY FLOUR, NATURAL VEGETARIAN CHICKEN FLAVOR YEAST EXTRACT, MALTODEXTRIN, SALT, CORNSTARCH, NATURAL FLAVORING, ONION POWDER, LACTIC ACID, SUGAR, RICE STARCH, GARLIC,, SALT, WHITE PEPPER. BREADED WITH CORN STARCH, RICE FLOUR,</li> </ul>

		<p>REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, WATER, CONTAINS 2 OR LESS OF THE FOLLOWING: CORN STARCH, SALT, SUGAR, YEAST, ONION POWDER, GARLIC POWDER, SPICE, EXPELLER PRESSED CANOLA OIL)</p> <ul style="list-style-type: none"> <li>● Gluten-Free Pasta Shells: Corn flour, Rice flour, Mono and Diglycerides</li> <li>● Tomato Puree</li> <li>● Onion</li> <li>● Garlic</li> <li>● Basil</li> <li>● Cannellini Beans</li> </ul>
M244	<b>Singapore Noodle with Turkey</b>	<ul style="list-style-type: none"> <li>● Turkey</li> <li>● Rice Noodle (Enriched Rice Flour &amp; Water)</li> <li>● Vegetable Medley: 25% FRENCH CUT GREEN BEANS, 25% CC SLICED CARROTS, 25% SLICED ZUCCHINI, CC QUARTERED, 25% SLICED YLW SQUASH, CC QUARTERED</li> <li>● Gluten Free Tamari</li> <li>● Curry Powder</li> <li>● Ginger Powder</li> <li>● Onion Powder</li> <li>● Garlic Powder</li> </ul>
M245V	<b>Singapore Noodle with Tofu</b>	<ul style="list-style-type: none"> <li>● Tofu</li> <li>● Rice Noodle (Enriched Rice Flour &amp; Water)</li> <li>● Vegetable Medley: 25% FRENCH CUT GREEN BEANS, 25% CC SLICED CARROTS, 25% SLICED ZUCCHINI, CC QUARTERED, 25% SLICED YLW SQUASH, CC QUARTERED</li> <li>● Gluten Free Tamari</li> <li>● Curry Powder</li> <li>● Ginger Powder</li> <li>● Onion Powder</li> <li>● Garlic Powder</li> </ul>
<b>Friday Selections</b>		
M506	<b>Baked Chicken Tenders</b>	<ul style="list-style-type: none"> <li>● Baked Chicken Tenders - CHICKEN TENDERLOINS, CORNSTARCH, WATER, GARLIC POWDER, ONION POWDER</li> <li>● Coleslaw Salad</li> </ul>
M501V	<b>Baked Tofu Strips</b>	<ul style="list-style-type: none"> <li>● Tofu</li> <li>● Corn Starch</li> <li>● Garlic Powder</li> <li>● Onion Powder</li> <li>● Water</li> <li>● Evo Oil</li> <li>● Coleslaw Salad</li> </ul>
M519	<b>Turkey Pot Pie</b>	<ul style="list-style-type: none"> <li>● Turkey</li> <li>● Pie Crust - Corn Flour, Water, Oil</li> <li>● Butter</li> <li>● Carrots</li> </ul>

		<ul style="list-style-type: none"> <li>● Onion</li> <li>● Peas</li> <li>● Bell Peppers</li> <li>● Thyme</li> <li>● Rosemary</li> <li>● Salt</li> <li>● Pepper</li> <li>● Chicken Broth</li> </ul>
M520V	<b>Roasted Vegan Pot Pie</b>	<ul style="list-style-type: none"> <li>● Bean Puree</li> <li>● Pie Crust - Corn Flour, Water, Oil</li> <li>● Carrots</li> <li>● Onion</li> <li>● Peas</li> <li>● Bell Peppers</li> <li>● Thyme</li> <li>● Rosemary</li> <li>● Salt</li> <li>● Pepper</li> <li>● Vegetable Broth</li> </ul>
M440	<b>Turkey Sausage Pizza</b>	<ul style="list-style-type: none"> <li>● Turkey</li> <li>● sweet potato puree, cornstarch, rice flour, chickpea flour, sunflower oil, water, guar gum, xanthan gum, yeast, leavening (sodium bicarbonate, sodium acid pyrophosphate), vegetable fibers (psyllium, potato), salt, enzymes</li> <li>● Vegan Cheese</li> <li>● Marinara Sauce</li> <li>● Spinach</li> <li>● Onion</li> <li>● Bell Pepper</li> <li>● Carrots</li> <li>● Basil</li> <li>● Thyme</li> <li>● Garlic Powder</li> <li>● Oregano</li> </ul>
M441V	<b>Vegan Pizza</b>	<ul style="list-style-type: none"> <li>● Cannellini Beans</li> <li>● sweet potato puree, cornstarch, rice flour, chickpea flour, sunflower oil, water, guar gum, xanthan gum, yeast, leavening (sodium bicarbonate, sodium acid pyrophosphate), vegetable fibers (psyllium, potato), salt, enzymes</li> <li>● Vegan Cheese</li> <li>● Marinara Sauce</li> <li>● Spinach</li> <li>● Onion</li> <li>● Bell Pepper</li> <li>● Carrots</li> <li>● Basil</li> <li>● Thyme</li> <li>● Garlic Powder</li> <li>● Oregano</li> </ul>
<b>Vegetable Selections</b>		

V106	<b>Fresh Fruit Medley</b>	<ul style="list-style-type: none"> <li>● A combination of any of the following: Blueberries, raspberries, blackberries, cantaloupe, honeydew, strawberries, apples, oranges, watermelon, kiwi, pears</li> </ul>
S109	<b>Coleslaw Salad</b>	<ul style="list-style-type: none"> <li>● Vegan Mayo</li> <li>● Apple Cider Vinegar</li> <li>● Mustard</li> <li>● Salt</li> <li>● Cabbage</li> <li>● Lemon Juice</li> </ul>
S111	<b>Carrot Apple Raisin Salad</b>	<ul style="list-style-type: none"> <li>● Lettuce</li> <li>● Carrot</li> <li>● Apple</li> <li>● Raisin</li> <li>● Honey Mustard Dressing</li> </ul>
<b>Sauces</b>		
S102	<b>Egg-free Mayonnaise</b>	<ul style="list-style-type: none"> <li>● INGREDIENTS: SOYBEAN OIL, WATER, SUGAR, DISTILLED VINEGAR, SALT, CONTAINS 2 OR LESS OF EACH OF THE FOLLOWING: MODIFIED FOOD STARCH CORN, POTATO, LEMON JUICE CONCENTRATE, NATURAL FLAVOR, CALCIUM DISODIUM EDTA USED TO PROTECT QUALITY, PAPRIKA OLEORESIN.</li> </ul>
S110	<b>EVOO Blend</b>	<ul style="list-style-type: none"> <li>● 50% Olive Oil</li> <li>● 50% Pomace Oil</li> </ul>
S111	<b>Vegan Cheese Sauce</b>	<ul style="list-style-type: none"> <li>● Rice Milk, Imitation Cheese (FILTERED WATER, COCONUT OIL, MODIFIED CORN AND POTATO STARCH, POTATO STARCH, FERMENTED CHAO TOFU SOYBEANS, WATER, SALT, SESAME OIL, CALCIUM SULFATE, SEA SALT, NATURAL FLAVOR, OLIVE EXTRACT ANTIOXIDANT USED AS A PRESERVATIVE AND BETA CAROTENE COLOR.)</li> </ul>
S114	<b>Honey Mustard Dressing</b>	<ul style="list-style-type: none"> <li>● Dijon mustard: Water, distilled white vinegar, mustard seed, sugar, modified food starch, salt, contains less than 2% of xanthan gum, white wine, fruit pectin, citric acid, tartaric acid, beta carotene, spices, artificial color, potassium sorbate and calcium disodium edta (to protect freshness).</li> <li>● Honey</li> <li>● Olive Oil</li> </ul>

		<ul style="list-style-type: none"><li>• Vegan Mayo</li><li>•</li></ul>
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