



Code	Menu Items	Ingredient List
Monday Selections (Soups are served with bread roll)		
M140	Barbecue Chicken and Cheesy Potato Casserole	<ul style="list-style-type: none">• Chicken• Whole Grain Millet• Cheddar Cheese• Russet Potatoes• Tomato Paste• Apple Cider Vinegar• Brown Sugar• Salt• Celery• Carrots• Cabbage• Onion Powder• Garlic Powder
M141V	Barbecue Veggies and Cheesy Potato Casserole	<ul style="list-style-type: none">• Cheddar Cheese• Whole Grain Millet• Russet Potatoes• Tomato Paste• Apple Cider Vinegar• Brown Sugar• Salt• Celery• Carrots• Cabbage• Onion Powder• Garlic Powder
M235	Spaghetti Bolognese	<ul style="list-style-type: none">• Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients.• Chicken• Olive Oil• San Marzano Tomatoes• Onion• Garlic• Basil• Thyme• Salt• Pepper• Cream of Mushroom Soup

M232V	Spaghetti with Marinara	<ul style="list-style-type: none"> ● Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. ● Beans ● Olive Oil ● San Marzano Tomatoes ● Onion ● Garlic ● Basil ● Thyme ● Salt ● Pepper ● Cream of Mushroom Soup
M146	Tex-Mex Chicken Casserole	<ul style="list-style-type: none"> ● Chicken ● Whole Grain Tortilla - WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, WATER, VEGETABLE SHORTENING, PALM OIL, CORN OIL, WHEAT FLOUR, ALUMINUM FREE LEAVENING, SALT, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE, WHEAT PROTEIN, PRESERVATIVES, CALCIUM PROPIONATE, SORBIC ACID, DOUGH CONDITIONER, LECITHIN, FUMARIC ACID, GUM BLEND, MONO AND DIGLYCERIDES, SODIUM METABISULPHITE, ● Onion ● Tomato ● Black Beans ● Corn ● Heavy Cream ● Sour Cream ● Cheddar Cheese ● Cumin ● Red Chili Powder
M147V	Baked Tex-Mex Casserole	<ul style="list-style-type: none"> ● Cannellini Beans ● Whole Grain Tortilla - WHOLE WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, WATER, VEGETABLE SHORTENING, PALM OIL, CORN OIL, WHEAT FLOUR, ALUMINUM FREE LEAVENING, SALT, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE, WHEAT PROTEIN, PRESERVATIVES, CALCIUM PROPIONATE, SORBIC ACID, DOUGH CONDITIONER, LECITHIN, FUMARIC ACID, GUM BLEND, MONO AND DIGLYCERIDES, SODIUM METABISULPHITE, ● Onion ● Tomato

		<ul style="list-style-type: none"> ● Black Bean ● Corn ● Heavy Cream ● Sour Cream ● Cheddar Cheese ● Cumin ● Red Chili Powder
M148	Creamy Tomato Turkey Mac & Cheese	<ul style="list-style-type: none"> ● Turkey ● Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. ● Tomato ● Onion ● Black Pepper ● Garlic Powder ● Chili Powder ● Parsley ● Brown Sugar ● Mozzarella
M149V	Creamy Tomato Veggie Mac & Cheese	<ul style="list-style-type: none"> ● Cannellini Beans ● Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. ● Tomato ● Onion ● Black Pepper ● Garlic Powder ● Chili Powder ● Parsley ● Brown Sugar ● Mozzarella
Tuesday Selections		
M405	Spaghetti & Meatball	<ul style="list-style-type: none"> ● Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. ● Meatballs - Ground Chicken, Bread crumb, Milk, Parsley, Parmesan, Salt, Pepper, Nutmeg ● Olive Oil ● San Marzano Tomatoes ● Onion ● Garlic ● Carrots ● Peas ● Salt ● Pepper

M406V	Spaghetti Veggie Meatballs	<ul style="list-style-type: none"> ● Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. ● Tofu ● Olive Oil ● San Marzano Tomatoes ● Onion ● Garlic ● Carrots ● Peas ● Salt ● Pepper
M242	Turkey Sausage English Muffin Sandwich	<ul style="list-style-type: none"> ● Turkey Sausage - (Turkey, Water, Contains 2% or Less of Salt, Spices, Sugar, Natural Flavoring) ● English Muffin - ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FARINA (WHEAT), YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING:, YEAST, YELLOW CORN MEAL, WHEAT GLUTEN, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL , SALT, DATEM, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), VINEGAR, CORNSTARCH, CITRIC ACID, SODIUM CITRATE, WHEAT STARCH, ENZYMES, PRESERVED WITH CALCIUM PROPIONATE, SORBIC ACID, POTASSIUM SORBATE, AND NATAMYCIN. CONTAINS: WHEAT ● Carrot Apple Raisin Salad – Carrots, Apple, Raisin, Lettuce, Honey Mustard Dressing.
M243V	Veggie English Muffin Sandwich	<ul style="list-style-type: none"> ● WATER, WHEAT GLUTEN, 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, HYDROLYZED WHEAT PROTEIN, 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. ● English Muffin - ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON,

		<p>THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, FARINA (WHEAT), YELLOW CORN FLOUR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING:, YEAST, YELLOW CORN MEAL, WHEAT GLUTEN, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL , SALT, DATEM, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), VINEGAR, CORNSTARCH, CITRIC ACID, SODIUM CITRATE, WHEAT STARCH, ENZYMES, PRESERVED WITH CALCIUM PROPIONATE, SORBIC ACID, POTASSIUM SORBATE, AND NATAMYCIN. CONTAINS: WHEAT</p> <ul style="list-style-type: none"> ● Carrot Apple Raisin Salad – Carrots, Apple, Raisin, Lettuce, Honey Mustard Dressing.
M240	Turkey Sausage & Cheese Stuffed Biscuit	<ul style="list-style-type: none"> ● INGREDIENTS FOR U.S. MARKET: ENRICHED UNBLEACHED WHEAT FLOUR WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID, WATER, YEAST, SUGAR, SOYBEAN OIL, POTATO FLOUR, CONTAINS LESS THAN 2 OF THE FOLLOWING: DEXTROSE, SALT, LEAVENING SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE, SOY LECITHIN, POTASSIUM CHLORIDE, ENZYME, ASCORBIC ACID. ● Turkey, Water, Contains 2% or Less of Salt, Spices, Sugar, Natural Flavoring. ● MILD CHEDDAR & MONTEREY JACK CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR IN CHEDDAR CHEESE]), POTATO STARCH, CORN STARCH, POWDERED CELLULOSE (ADDED TO PREVENT CAKING). CONTAINS: MILK ● Sundried Tomato ● Green Onion
M241V	Veggie Stuffed Biscuit	<ul style="list-style-type: none"> ● INGREDIENTS FOR U.S. MARKET: ENRICHED UNBLEACHED WHEAT FLOUR WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID, WATER, YEAST, SUGAR, SOYBEAN OIL, POTATO FLOUR, CONTAINS LESS THAN 2 OF THE FOLLOWING: DEXTROSE, SALT, LEAVENING SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE, SOY LECITHIN, POTASSIUM CHLORIDE, ENZYME, ASCORBIC ACID. ● Veggie Sausage (Water, wheat gluten, soy protein concentrate, vegetable oil (corn, canola and/or sunflower), soy flour, soy protein isolate. Contains 2% or less of maltodextrin, methylcellulose, yeast extract, salt, fruit juice for color, natural flavors, spices, sugar, potato starch, konjac flour, onion powder, soy sauce (water, soybeans, salt, wheat). ● Sundried Tomato ● Green Onion
M246	Turkey Orzo Risotto	<ul style="list-style-type: none"> ● Turkey

		<ul style="list-style-type: none"> ● Orzo - Durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid ● Mushroom ● Carrot ● Onion ● Garlic Powder ● Chicken Broth ● Dry Sherry ● Parmesan Cheese ● Salt ● Pepper ● Parsley
M247V	Veggie Orzo Risotto	<ul style="list-style-type: none"> ● Cannellini Beans ● Orzo - Durum wheat semolina, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid ● Mushroom ● Carrot ● Onion ● Garlic Powder ● Vegetable Broth ● Dry Sherry ● Parmesan Cheese ● Salt ● Pepper ● Parsley
M248	Chicken Cacciatore with Veggies & Bread Roll	<ul style="list-style-type: none"> ● Bread Roll – (WATER, WHOLE WHEAT FLOUR, UNBLEACHED ENRICHED FLOUR WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, SUGAR, WHEAT GLUTEN, CONTAINS 2 OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL , SALT, DOUGH CONDITIONERS CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES, MONO- AND DIGLYCERIDES, DISTILLED MONOGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, ENZYMES, ASCORBIC ACID , YEAST, CALCIUM SULFATE, GUAR GUM, CALCIUM PHOSPHATE, CALCIUM PROPIONATE) ● Chicken ● Bell Pepper ● Onion ● Tomato ● Capers ● Oregano ● Basil ● Chicken Broth ● Garlic Powder ● Sherry Wine ● Olive Oil ● Salt ● Pepper

M249V	Veggie Cacciatore & Bread Roll	<ul style="list-style-type: none"> ● Bread Roll – (WATER, WHOLE WHEAT FLOUR, UNBLEACHED ENRICHED FLOUR WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, SUGAR, WHEAT GLUTEN, CONTAINS 2 OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL , SALT, DOUGH CONDITIONERS CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES, MONO- AND DIGLYCERIDES, DISTILLED MONOGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, ENZYMES, ASCORBIC ACID , YEAST, CALCIUM SULFATE, GUAR GUM, CALCIUM PHOSPHATE, CALCIUM PROPIONATE) ● Cannellini Beans ● Bell Pepper ● Onion ● Tomato ● Capers ● Oregano ● Basil ● Vegetable Broth ● Garlic Powder ● Sherry Wine ● Olive Oil ● Salt ● Pepper
-------	---	--

Wednesday Selections

M322	General Tso Chicken	<ul style="list-style-type: none"> ● General Tso Sauce: garlic, onion, soy sauce, corn starch (Thickening agent) and molasses. Hints of citrus, ginger and vinegar also present. ● Whole Grain Enriched Rice ● Diced Chicken ● Ginger ● Peas ● Carrots
M323V	Ginger Honey Tofu	<ul style="list-style-type: none"> ● Ginger Honey Sauce: garlic, onion, soy sauce, corn starch and molasses. Hints of citrus, ginger and vinegar. ● Whole Grain Enriched Rice ● Diced Tofu ● Ginger ● Peas ● Carrots
M312		

	Teriyaki Chicken with Rice	<ul style="list-style-type: none"> ● Whole Grain Enriched Rice ● Chicken ● Teriyaki Sauce - Naturally Brewed Soy Sauce (Water, Wheat, Soybeans, Salt), Mirin, Corn Starch, Water, Vinegar, Salt, Spices, Onion Powder, Succinic Acid, Garlic Powder, Sodium Benzoate ● Brown Sugar ● Fresh Garlic ● Fresh Ginger ● Assorted vegetables: Peas, Carrots, Zucchini ● Salt
M313V	Teriyaki Tofu with Rice	<ul style="list-style-type: none"> ● Whole Grain Enriched Rice ● Tofu ● Teriyaki Sauce - Naturally Brewed Soy Sauce (Water, Wheat, Soybeans, Salt), Mirin, Corn Starch, Water, Vinegar, Salt, Spices, Onion Powder, Succinic Acid, Garlic Powder, Sodium Benzoate ● Brown Sugar ● Fresh Garlic ● Fresh Ginger ● Assorted vegetables: Peas, Carrots, Zucchini ● Salt
M324	Sweet and Sour Chicken	<ul style="list-style-type: none"> ● Chicken ● Vegetable Medley: 25% FRENCH CUT GREEN BEANS, 25% CC SLICED CARROTS, 25% SLICED ZUCCHINI, CC QUARTERED, 25% SLICED YLW SQUASH, CC QUARTERED ● Sweet and sour sauce: WATER,SUGAR,SOY SAUCEWATER,SOYBEANS,WHEAT,SALT,VINEGAR,M ODIFIED 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 ● Whole Grain Enriched Rice
M325V	Sweet and Sour Tofu	<ul style="list-style-type: none"> ● Tofu ● Vegetable Medley: 25% FRENCH CUT GREEN BEANS, 25% CC SLICED CARROTS, 25% SLICED ZUCCHINI, CC QUARTERED, 25% SLICED YLW SQUASH, CC QUARTERED

		<ul style="list-style-type: none"> ● Sweet and Sour Sauce: WATER,SUGAR,SOY SAUCEWATER,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 ● Whole Grain Enriched Rice
M224	Butter Chicken with Rice	<ul style="list-style-type: none"> ● Chicken ● Whole Grain Enriched Rice ● Vegetable Medley: 25% FRENCH CUT GREEN BEANS, 25% CC SLICED CARROTS, 25% SLICED ZUCCHINI, CC QUARTERED, 25% SLICED YLW SQUASH, CC QUARTERED ● Onion ● Ginger ● Tomato Paste ● Coconut Milk ● Yogurt ● Garlic Powder ● Garam Masala ● Turmeric ● Cumin ● Salt ● Paprika
M225V	Butter Tofu with Rice	<ul style="list-style-type: none"> ● Tofu ● Whole Grain Enriched Rice ● Vegetable Medley: 25% FRENCH CUT GREEN BEANS, 25% CC SLICED CARROTS, 25% SLICED ZUCCHINI, CC QUARTERED, 25% SLICED YLW SQUASH, CC QUARTERED ● Onion ● Ginger ● Tomato Paste ● Coconut Milk ● Yogurt ● Garlic Powder ● Garam Masala ● Turmeric ● Cumin ● Salt ● Paprika

M338	BBQ Korean Chicken & Roasted Veggies	<ul style="list-style-type: none"> ● SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), 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. CONTAINS: SOY & WHEAT. ● Chicken ● Vegetable Medley: 25% FRENCH CUT GREEN BEANS, 25% CC SLICED CARROTS, 25% SLICED ZUCCHINI, CC QUARTERED, 25% SLICED YLW SQUASH, CC QUARTERED ● Whole Grain Enriched Rice
M339V	BBQ Korean Tofu & Roasted Veggies	<ul style="list-style-type: none"> ● SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), 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. CONTAINS: SOY & WHEAT. ● Tofu ● Vegetable Medley: 25% FRENCH CUT GREEN BEANS, 25% CC SLICED CARROTS, 25% SLICED ZUCCHINI, CC QUARTERED, 25% SLICED YLW SQUASH, CC QUARTERED ● Whole Grain Enriched Rice
Thursday Selections		
M404	Broccoli Macaroni and Cheese	<ul style="list-style-type: none"> ● Pasta shells: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. ● Milk ● Flour ● Butter ● Cheddar cheese ● Mozzarella cheese ● Broccoli ● White bean ● Salt ● Pepper
M436	Creamy Tuscan Chicken Pasta	<ul style="list-style-type: none"> ● Penne: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. ● Chicken ● Onion ● Red Bell Pepper

		<ul style="list-style-type: none"> ● Vegetable Oil ● Tomatoes ● Garlic ● Cream ● Italian Seasoning ● Spinach ● Parmesan Cheese ● Chicken Broth
M437V	Creamy Tuscan Pasta	<ul style="list-style-type: none"> ● Penne: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. ● Cannellini Beans ● Onion ● Red Bell Pepper ● Vegetable Oil ● Tomatoes ● Garlic ● Cream ● Italian Seasoning ● Spinach ● Parmesan Cheese ● Vegetable Broth
M411V	Cheesy Tater-Tot Casserole	<ul style="list-style-type: none"> ● Beans ● Whole Grain Millet ● Cheddar Cheese ● Mushroom Soup ● Tater Tots ● Tomato Paste ● Assorted Vegetables – Peas, Carrots ● Salt
M438	Baked Chicken Parmesan	<ul style="list-style-type: none"> ● Penne: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. ● Chicken ● Tomato Puree ● Onion ● Garlic ● Basil ● Cannellini Beans ● Parmesan
M439V	Baked Veggie Parmesan	<ul style="list-style-type: none"> ● Penne: Semolina (wheat), Niacin, Ferrous Sulfate (iron), Thiamin mononitrate, riboflavin, folic acid. contains wheat ingredients. ● Tomato Puree ● Onion ● Garlic ● Basil

		<ul style="list-style-type: none"> ● Cannellini Beans ● Parmesan
M244	Singapore Noodle with Turkey	<ul style="list-style-type: none"> ● Turkey ● Rice Noodle (Enriched Rice Flour & Water) ● Vegetable Medley: 25% FRENCH CUT GREEN BEANS, 25% CC SLICED CARROTS, 25% SLICED ZUCCHINI, CC QUARTERED, 25% SLICED YLW SQUASH, CC QUARTERED ● Soy Sauce ● Curry Powder ● Ginger Powder ● Onion Powder ● Garlic Powder
M245V	Singapore Noodle with Tofu	<ul style="list-style-type: none"> ● Tofu ● Rice Noodle (Enriched Rice Flour & Water) ● Vegetable Medley: 25% FRENCH CUT GREEN BEANS, 25% CC SLICED CARROTS, 25% SLICED ZUCCHINI, CC QUARTERED, 25% SLICED YLW SQUASH, CC QUARTERED ● Soy Sauce ● Curry Powder ● Ginger Powder ● Onion Powder ● Garlic Powder
Friday Selections		
M506	Baked Chicken Tenders	<ul style="list-style-type: none"> ● Baked Chicken Tenders - CHICKEN TENDERLOINS, WATER, SEASONING [SALT, FLAVORS, MALTODEXTRIN, SUGAR, VEGETABLE STOCK CARROT, ONION, CELERY, GARLIC POWDER], MODIFIED FOOD STARCH, SODIUM PHOSPHATES, SOY PROTEIN CONCENTRATE. BREADED WITH: WHEAT FLOUR, WATER, SALT, WHEAT GLUTEN, LEAVENING SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, SPICES, GARLIC POWDER, DEXTROSE, YELLOW CORN FLOUR, ONION POWDER, EXTRACTIVES OF PAPRIKA AND TURMERIC, SPICE EXTRACTIVE, DISODIUM INOSINATE AND DISODIUM GUANYLATE. BREADING SET IN VEGETABLE OIL. ● Cucumber Salad
M501V	Baked Vegan Tender	<ul style="list-style-type: none"> ● Tofu ● Corn Starch ● Evo Oil ● Cucumber Salad
M519	Turkey Pot Pie	<ul style="list-style-type: none"> ● Turkey ● Whole Grain Flour ● Butter ● Carrots ● Onion ● Peas ● Bell Peppers

		<ul style="list-style-type: none"> ● Thyme ● Rosemary ● Salt ● Pepper ● Chicken Broth
M520V	Roasted Veggie Pot Pie	<ul style="list-style-type: none"> ● Bean Puree ● Whole Grain Flour ● Butter ● Carrots ● Onion ● Peas ● Bell Peppers ● Thyme ● Rosemary ● Salt ● Pepper ● Vegetable Broth
M521	Turkey Sausage Pizza	<ul style="list-style-type: none"> ● INGREDIENTS: CRUST: WHITE WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, SUGAR, YEAST, VEGETABLE OIL SOYBEAN AND/OR CANOLA OIL, CONTAINS 2 OR LESS OF: WHEAT GLUTEN, LEAVENING SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE, CALCIUM LACTATE, SEA SALT, CORN STARCH, DEFATTED SOY FLOUR, WHEAT STARCH, L-CYSTEINE HYDROCHLORIDE, AMMONIUM SULFATE, ENZYMES CONTAINS WHEAT. TOPPINGS: COOKED TURKEY PIZZA TOPPING TURKEY BREAKFAST SAUSAGE [MECHANICALLY SEPARATED TURKEY, SEASONING SALT, SPICES, DEXTROSE, SUGAR, CITRIC ACID, NATURAL FLAVOR, SOYBEAN OIL, BHA, BHT, WATER], TEXTURED VEGETABLE PROTEIN [SOY FLOUR, CARAMEL COLOR], WATER, LOW MOISTURE PART SKIM MOZZARELLA CHEESE CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES, SUBSTITUTE MOZZARELLA CHEESE WATER, CORN OIL AND/OR SOY OIL, CASEIN, MODIFIED FOOD STARCH, WHEY, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, SALT, LACTIC ACID, SODIUM PHOSPHATE, POTASSIUM CHLORIDE, CITRIC ACID, TRICALCIUM PHOSPHATE, SORBIC ACID [PRESERVATIVE], XANTHAN GUM, VITAMIN AND MINERAL SUPPLEMENT [MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, IRON, RIBOFLAVIN VITAMIN B2, PYRIDOXINE HYDROCHLORIDE VITAMIN B6, CYANOCOBALAMIN VITAMIN B12, NIACINAMIDE VITAMIN B3, THIAMINE MONONITRATE VITAMIN B1, VITAMIN A PALMITATE]. SAUCE: TOMATOES WATER, TOMATO PASTE [NOT LESS THAN 28 SOLUBLE SOLIDS], MALTODEXTRIN, MODIFIED FOOD STARCH, CONTAINS 2 OR LESS OF: SPICE, SUGAR, SEA SALT, HYDROLYZED SOY

		<p>AND CORN PROTEIN, SALT, PAPRIKA, DRIED GARLIC, POWDERED CELLULOSE.</p> <ul style="list-style-type: none"> ● SIDE - Coleslaw Salad
M522V	Cheese Pizza	<ul style="list-style-type: none"> ● WATER, MOZZARELLA CHEESE PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR, SOY FLOUR, TOMATO PASTE NOT LESS THAN 31 NTSS, CORN OIL AND/OR SOYBEAN OIL, CASEIN, CONTAINS LESS THAN 2 OF: MODIFIED POTATO STARCH, PIZZA SEASONING SALT, SUGAR, SPICES, DEHYDRATED ONION, GUAR AND XANTHAN GUM, GARLIC POWDER, POTASSIUM SORBATE, CITRIC ACID, YEAST, WHEY, SALT, NONFAT DRY MILK, NATURAL FLAVOR, SODIUM ALUMINUM PHOSPHATE, DEXTROSE, SUGAR, SOYBEAN OIL, DOUGH CONDITIONER WHEAT FLOUR, SALT, SOY OIL, L. CYSTEINE, ASCORBIC ACID, ENZYME AND/OR WHEAT GLUTEN, MODIFIED CORN STARCH, LACTIC ACID, SODIUM PHOSPHATE, CITRIC ACID, TRICALCIUM PHOSPHATE, SODIUM BICARBONATE, SORBIC ACID, VITAMIN AND MINERAL SUPPLEMENT MAGNESIUM OXIDE, DICALCIUM PHOSPHATE, ZINC OXIDE, IRON, RIBOFLAVIN [VITAMIN B2], PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], CYANOCOBALAMIN [VITAMIN B12], NIACINAMIDE [VITAMIN B3], THIAMINE MONONITRATE [VITAMIN B1], VITAMIN A PALMITATE, XANTHAN GUM, SOY LECITHIN. CONTAINS: MILK, SOY AND WHEAT. ● SIDE - Coleslaw Salad
Vegetable Selections		
V106	Fresh Fruit Medley	<ul style="list-style-type: none"> ● A combination of any of the following: Blueberries, raspberries, blackberries, cantaloupe, honeydew, strawberries, apples, oranges, watermelon, kiwi
S109	Coleslaw Salad	<ul style="list-style-type: none"> ● Vegan Mayo ● Apple Cider Vinegar ● Mustard ● Salt ● Cabbage ● Lemon Juice
S105	Cucumber Salad	<ul style="list-style-type: none"> ● Cucumber ● Dressing: <ul style="list-style-type: none"> ○ vinegar ○ shallot ○ sugar

		<ul style="list-style-type: none"> ○ salt ○ pepper
S111	Carrot Apple Raisin Salad	<ul style="list-style-type: none"> ● Lettuce ● Carrot ● Apple ● Raisin ● Honey Mustard Dressing
Sauces		
S101	Cream of Mushroom Soup	<ul style="list-style-type: none"> ● Butter ● Mushrooms ● Onions ● Whole Grain Flour ● Salt ● Pepper ● Vegetable Broth ● Milk and/or Cream
S102	Egg-free Mayonnaise	<ul style="list-style-type: none"> ● 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.
S110	EVOO Blend	<ul style="list-style-type: none"> ● 50% Olive Oil ● 50% Pomace Oil