Traditions offers special diet meals for Diabetic Friendly, Lower Sodium, Mechanical Soft, Renal, Pork Free, Puree and Vegetarian. Perfect solution to provide a weekday meal to your customers.

Each package is complete with appropriate accompaniments.

**DIABETIC FRIENDLY**

<30 gm Carbohydrate and <600 mg Sodium

**MENU 15021**

Beef Patty & Onion Gravy with Red Skin Potatoes and Broccoli Florets
Mushroom Pork with Sweet Potatoes and Green Beans
Homestyle Meatloaf with Red Skin Potatoes and Winter Vegetables
Breaded Pollock with Green Pea Blend and Carrots
Meatballs over Pizzaiola Noodles with Green Beans and Carrots

**MENU 25021**

Beef Pepper Patty with Brown Gravy with Sweet Potatoes and Spinach
Fried Egg Patties with Asparagus and Sweet Potatoes
Beef Strips & Gravy with Spinach and Four Seasons Vegetables
Pork with Pizzaiola Sauce with Asparagus and Carrots
Chicken Chili with Beans Cauliflower and Spring Vegetables

**MENU 35021**

Chicken & Penne Pasta Alfredo with Carrots and Butternut Squash
Chipotle Meatloaf with Red Skin Potatoes and Green Beans
Chimichurri Chicken with Black Beans & Corn and Stewed Tomatoes
Meatballs over Egg Noodles and Pizzaiola Sauce with Carrots and Greens Beans
Chicken Florentine with Asparagus and Carrots

**MENU 45021**

Breakfast Scramble with Asparagus and Hash Browns
Salisbury Steak with Red Skin Potatoes and Mixed Vegetables
Pork Patty & Gravy with Spinach and Sweet Potatoes
Meatballs & Alfredo Shell Pasta with Corn with Peppers and Green Beans
Beef Patty with Carrots and Brussels Sprouts

NOTE: Special Diet Meals may require a longer lead time.
### GLUTEN FREE

**MENU 15045**
- Beef Patty with Carrots and Brussels Sprouts
- Bruschetta Chicken with Red Skin Potatoes and Autumn Blend
- Breakfast Scramble with Asparagus and Hash Browns
- Homestyle Meatloaf with Red Skin Potatoes and Winter Vegetables
- Cacciatore Chicken Tenders with Asparagus and Red Skin Potatoes

**MENU 25045**
- Red Beans & Brown Rice with Sausage with Corn with Peppers and Butternut Squash
- Chili with Beans with Carrots and Broccoli Florets
- Pesto Basil Chicken with Lima Beans and Three Seasons Vegetable Blend
- Sausage & Beans with Winter Vegetables and Red Skin Potatoes
- Honey Mustard Chicken with Sweet Potatoes and Brussels Sprouts

### LOWER SODIUM

Less than 625 mg NA per meal

**MENU 15174**
- Beef Strips with Orange Rice & Vegetables with Corn with Peppers and Broccoli Florets
- Chicken Chili with Beans with Cauliflower and Spring Vegetables
- Beef Patty & Onion Gravy with Red Skin Potatoes and Broccoli Florets
- Breaded Chicken Patty with Whole Kernel Corn and Spring Vegetables
- Meatballs & Alfredo Shell Pasta with Corn with Peppers and Green Beans

**MENU 25174**
- Chicken & Honey Lemon Rice with Black Beans & Corn and Brussels Sprouts
- Fish Nuggets with Northern Beans and Broccoli Florets
- Breaded Pork with Red Skin Potatoes and Brussels Sprouts
- Spaghetti & Meatballs with Whole Kernel Corn and Broccoli Florets
- Chicken & Penne Pasta Alfredo with Carrots and Butternut Squash

**MENU 35174**
- Breaded Pollock with Green Pea Blend and Carrots
- Breakfast Scramble with Asparagus and Hash Browns
- Breaded Veal Parmesan with Green Pea Blend and Carrots
- Chimichurri Chicken with Black Beans & Corn and Stewed Tomatoes
- Meatballs with Rice & Gravy with Peas & Carrots and Stewed Tomatoes

**MENU 45174**
- Pesto Basil Chicken with Lima Beans and Three Seasons Vegetable Blend
- Beef Patty over Cheesy Chipotle Rice with Whole Kernel Corn and Broccoli Florets
- Fried Egg Patties with Asparagus and Sweet Potatoes
- Beef Patty with Carrots and Brussels Sprouts
- Breaded Fish Wedge with Butternut Squash and Autumn Blend
### MECHANICAL SOFT

#### MENU 15151
- Chili with Beans with Carrots and Broccoli Florets
- Macaroni & Cheese with Bean Blend and Stewed Tomatoes
- Breakfast Scramble with Asparagus and Hash Browns
- Chicken Chili with Beans with Cauliflower and Spring Vegetables
- Cheese Manicotti & Alfredo Sauce with Butternut Squash and Autumn Blend

#### MENU 25151
- Cheese Lasagna with Autumn Blend and Butternut Squash
- Cheese Ravioli & Spinach Alfredo with Mixed Vegetables and Cauliflower
- Taco Soup with Sweet Potatoes and Cauliflower
- Cheese Omelet & Salsa with Broccoli Florets and Hash Browns
- Lasagna with Meat Sauce with Spinach and Corn with Peppers

### PUREE

#### MENU 15071
- Roast Pork and Apple with Green Beans, Whipped Potatoes and Fruit Punch Juice
- Chicken and Broccoli with Cabbage, Sweet Potato Soup and Applesauce Cup
- Glazed Ham with Spinach, Corn and Chocolate Pudding
- Alaskan Seafood with Broccoli Florets, Carrots and Strawberry Applesauce
- Lasagna with Green Peas, Applesauce and Orange Juice

#### MENU 25071
- Roast Beef with Gravy with Sweet Potato, Cabbage and Strawberry Applesauce
- Chicken a L’Orange with Green Beans, Corn and Vanilla Pudding
- Beef & Vegetables with Broccoli Florets, Whipped Potatoes and Apple Juice
- Cheese Pizza with Green Peas, Carrots and Applesauce Cup
- Zesty Beef with Applesauce, Mixed Greens and Grape Juice
## PORK FREE

### MENU 15149
- **Macaroni & Cheese** with Bean Blend and Stewed Tomatoes
- **Homestyle Meatloaf** with Winter Blend Vegetables and Red Skin Potatoes
- **Honey Mustard Chicken Tenders** with Spinach and Carrots
- **Chicken Chili with Beans** with Cauliflower and Spring Vegetables
- **Spaghetti & Meatballs** with Whole Kernel Corn and Broccoli Florets

### MENU 25149
- **Chipotle Meatloaf** with Red Skin Potatoes and Green Beans
- **Chicken & Honey Lemon Rice** with Black Beans & Corn and Brussels Sprouts
- **Chicken Tenders over Zesty Orange Rice** with Bean Blend and Three Seasons Blend
- **Beef Meatballs with Rice & Gravy** with Peas & Carrots and Stewed Tomatoes
- **Breaded Pollock** with Green Pea Blend Vegetables and Carrots

### MENU 35149
- **Beef Patty over Cheesy Chipotle Rice** with Whole Kernel Corn and Broccoli Florets
- **Chicken with Brown Rice and Teriyaki Sauce** with Sweet Potatoes and Brussels Sprouts
- **Breaded Fish Wedge** with Butternut Squash and Autumn Blend
- **Cheese Pizza** with Bean Blend and Mixed Vegetables
- **Chicken & Stuffing** with Spring Vegetables and Three Seasons Blend

### MENU 45149
- **Bruschetta Chicken** with Red Skin Potatoes and Autumn Blend
- **Fried Egg Patties** with Asparagus and Sweet Potatoes
- **Meatballs & Alfredo Shell Pasta** with Whole Kernel Corn and Green Beans
- **Chicken Noodle Casserole** with Three Seasons Blend and Bean Blend
- **Beef & Pepper Patty** with Gravy with Spinach and Sweet Potatoes

### MENU 55149
- **Florentine Stuffed Shell with Meat Sauce** with Northern Beans and Spring Vegetables
- **Chicken Patty & Mushroom Swiss Rice** with Peas & Carrots and Stewed Tomatoes
- **Breaded Veal Parmesan** with Green Pea Blend Vegetables and Carrots
- **Salisbury Steak** with Red Skin Potatoes and Mixed Vegetables
- **Southwest Style Chicken Tenders** with Cinnamon Flavored Sweet Potatoes and Broccoli Florets
RENAL

While some vegetables may be high in potassium or phosphorus, they may be consumed as part of a reduced potassium, reduced phosphorus diet. Each meal totals fewer than 445 mg phosphorus, 655 mg potassium and 600 mg sodium.

MENU 15058

Chicken & Apricot Rice with Carrots, Brussels Sprouts and Peach Cup  
Cheese Manicotti & Alfredo Sauce with Autumn Blend, Butternut Squash and Animal Crackers  
Fried Egg Patties with Asparagus, Sweet Potatoes and Strawberry Cereal Bar  
Three Cheese Ravioli & Spinach Alfredo with Mixed Vegetables, Cauliflower and Cinnamon Cookie Bites  
Breaded Chicken Patty with Whole Kernel Corn, Spring Vegetables and Graham Crackers

MENU 25058

Chicken Florentine with Asparagus, Carrots and Star Crunch Cookie  
Sausage Patties, Whole Grain Pancakes with Sweet Potatoes, Cinnamon Apples, Syrup  
Grilled Chicken over Rice and Gravy with Bean Blend, Carrots and Graham Crackers  
Chicken and Mushroom Swiss Rice with Peas and Carrots, Stewed Tomatoes and Peach Cup  
Alfredo Chicken with Penne Pasta with Carrots, Butternut Squash and Chocolate Creme Cookies

VEGETARIAN

MENU 15150

Red Beans and Rice with Spinach and Corn with Peppers  
Taco Soup with Brussels Sprouts and Carrots  
Cheese Manicotti & Alfredo Sauce with Butternut Squash and Autumn Blend  
Black Bean Chili with Spinach and Whole Kernel Corn  
Eggplant Parmigiana with Cauliflower and Green Peas

MENU 25150

Vegetarian Chili with Broccoli Florets and Red Skin Potatoes  
Teriyaki Veggie Patty with Sweet Potatoes and Seasoned Green Beans  
Macaroni & Cheese with Bean Blend and Stewed Tomatoes  
Florentine Stuffed Shells with Spinach and Whole Kernel Corn  
Cheese Pizza with Bean Blend and Mixed Vegetables

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Traditions offers special diet meals for Diabetic Friendly, Lower Sodium, Mechanical Soft, Renal, Pork Free, Puree and Vegetarian. Perfect solution to provide 2 weekday meals to your customers or 1 weekday meal for 2 weeks.

Each package is complete with appropriate accompaniments.

**DIABETIC FRIENDLY**
<30 gm Carbohydrate and <600 mg Sodium

**MENU 10021**
- Beef Patty & Onion Gravy with Red Skin Potatoes and Broccoli Florets
- Mushroom Pork with Sweet Potatoes and Green Beans
- Homestyle Meatloaf with Red Skin Potatoes and Winter Vegetables
- Breaded Pollock with Green Pea Blend and Carrots
- Meatballs over Pizzaiola Noodles with Green Beans and Carrots
- Beef Pepper Patty with Sweet Potatoes and Spinach
- Fried Egg Patties with Asparagus and Sweet Potatoes
- Beef Strips & Gravy with Spinach and Four Seasons Vegetables
- Pork with Pizzaiola Sauce with Asparagus and Carrots
- Chicken Chili with Beans with Cauliflower and Spring Vegetables

**MENU 20021**
- Chicken & Penne Pasta Alfredo with Carrots and Butternut Squash
- Chipotle Meatloaf with Red Skin Potatoes and Green Beans
- Chimichurri Chicken with Black Beans & Corn and Stewed Tomatoes
- Meatballs over Egg Noodles and Pizzaiola Sauce with Carrots and Greens Beans
- Chicken Florentine with Asparagus and Carrots
- Breakfast Scramble with Asparagus and Hash Browns
- Pork Patty & Gravy with Spinach and Sweet Potatoes
- Salisbury Steak with Red Skin Potatoes and Mixed Vegetables
- Meatballs & Alfredo Shell Pasta with Corn with Peppers and Green Beans
- Beef Patty with Carrots and Brussels Sprouts

**NOTE:** Special Diet Meals may require a longer lead time.
## GLUTEN FREE

### MENU 10045

- **Beef Patty** with Carrots and Brussels Sprouts
- **Bruschetta Chicken** with Red Skin Potatoes and Autumn Blend
- **Breakfast Scramble** with Asparagus and Hash Browns
- **Homestyle Meatloaf** with Red Skin Potatoes and Winter Vegetables
- **Cacciatore Chicken Tenders** with Asparagus and Red Skin Potatoes
- **Red Beans & Brown Rice with Sausage** with Corn with Peppers and Butternut Squash
- **Chili with Beans** with Carrots and Broccoli Florets
- **Pesto Basil Chicken** with Lima Beans and Three Seasons Vegetable Blend
- **Sausage & Beans** with Winter Vegetables and Red Skin Potatoes
- **Honey Mustard Chicken** with Sweet Potatoes and Brussels Sprouts

## PUREE

### MENU 10071

- **Roast Pork and Apple** with Green Beans, Whipped Potatoes and Fruit Punch Juice
- **Chicken and Broccoli** with Cabbage, Sweet Potato Soup and Applesauce Cup
- **Glazed Ham** with Spinach, Corn and Chocolate Pudding
- **Alaskan Seafood** with Broccoli Florets, Carrots and Strawberry Applesauce
- **Lasagna** with Green Peas, Applesauce and Orange Juice
- **Roast Beef with Gravy** with Sweet Potato, Cabbage and Strawberry Applesauce
- **Chicken a L’Orange** with Green Beans, Corn and Vanilla Pudding
- **Beef & Vegetables** with Broccoli Florets, Whipped Potatoes and Apple Juice
- **Cheese Pizza** with Green Peas, Carrots and Applesauce Cup
- **Zesty Beef** with Applesauce, Mixed Greens and Grape Juice

### MENU 20071

- **BBQ Beef** with Broccoli Florets, Corn and Applesauce
- **Seafood Alfredo** with Applesauce, Spinach and Fruit Punch Juice
- **Ginger Pork Roast** with Carrots, Green Peas and Chocolate Pudding
- **Chicken & Vegetables** with Whipped Potatoes, Green Beans and Strawberry Applesauce
- **Teriyaki Beef** with Sweet Potato, Cabbage and Orange Juice
- **Roast Turkey & Gravy** with Green Peas, Whipped Potatoes and Apple Juice
- **Sausages & Waffle** with Applesauce, Broccoli Florets and Vanilla Pudding
- **Fish with Chipotle Sauce** with Green Beans, Corn and Strawberry Applesauce
- **Pork Chop with Gravy** with Spinach, Carrots and Grape Juice
- **Roast Beef & Cheddar** with Sweet Potato, Cabbage and Applesauce Cup
## MECHANICAL SOFT

### MENU 10151
- Chili with Beans with Carrots and Broccoli Florets
- Macaroni & Cheese with Bean Blend and Stewed Tomatoes
- Breakfast Scramble with Asparagus and Hash Browns
- Chicken Chili with Beans with Cauliflower and Spring Vegetables
- Cheese Manicotti & Alfredo Sauce with Butternut Squash and Autumn Blend
- Lasagna Cheese Triple Stack with Autumn Blend and Butternut Squash
- Three Cheese Ravioli & Spinach Alfredo with Mixed Vegetables and Cauliflower
- Taco Soup with Sweet Potatoes and Cauliflower
- Cheese Omelet & Salsa with Broccoli Florets and Hash Browns
- Cheese Lasagna with Meat Sauce with Spinach and Corn with Peppers

## RENAL

While some vegetables may be high in potassium or phosphorus, they may be consumed as part of a reduced potassium, reduced phosphorus diet. Each Week 1 meal totals fewer than 445 mg phosphorus, 655 mg potassium and 600 mg sodium. Week 2 meals total fewer than 450 phosphorus, 715 potassium and 650 mg sodium.

### MENU 10058
- Chicken & Apricot Rice with Carrots, Brussels Sprouts and Peach Cup
- Cheese Manicotti & Alfredo Sauce with Autumn Blend, Butternut Squash and Animal Crackers
- Fried Egg Patties with Asparagus, Sweet Potatoes and Strawberry Cereal Bar
- Three Cheese Ravioli & Spinach Alfredo with Mixed Vegetables, Cauliflower and Cinnamon Cookie Bites
- Breaded Chicken Patty with Whole Kernel Corn, Spring Vegetables and Graham Crackers
- Chicken Florentine with Asparagus, Carrots and Star Crunch Cookie
- Sausages & Pancake with Sweet Potatoes and Cinnamon Apples
- Chicken over Rice & Gravy with Bean Blend, Carrots and Graham Crackers
- Chicken & Mushroom Swiss Rice with Peas & Carrots, Stewed Tomatoes and Peach Cup
- Chicken & Penne Pasta Alfredo with Carrots, Butternut Squash and Chocolate Creme Cookies

### MENU 20058
- BBQ Chicken Dummies with Black Beans & Corn and Brussels Sprouts
- Creamy Chicken Patty & Waffle with Autumn Blend and Butternut Squash
- Sausage & French Toast with Applesauce and Hash Browns
- Chicken and Tomato Basil Penne Pasta with Corn with Peppers and Green Beans
- Chicken & Mushroom Swiss Rice with Peas & Carrots and Stewed Tomatoes
- Chicken with Brown Rice & Teriyaki Sauce with Sweet Potatoes and Brussels Sprouts
- Rosemary Chicken with Lima Beans and Spring Vegetables
- Honey Mustard Chicken with Sweet Potatoes and Brussels Sprouts
- Creamy Breaded Chicken with Lima Beans and Mixed Vegetables

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