



# 20-MEAL STRAIGHT PACKS

## BEEF ENTREES

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
<b>Meatballs over Pizzaiola Noodles</b> with Carrots and Greens Beans (16)	242	24.9	402	18.8
<b>Three Layer Spinach Lasagna with Meat Sauce</b> with Spinach and Corn with Peppers (21)	376	46.5	549	21.4
<b>NY Strip Beef Patty with Horseradish Sauce</b> with Red Skin Potatoes and Brussels Sprouts (22)	255	25.5	477	18.8
<b>Homestyle Meatloaf</b> with Winter Blend Vegetables and Red Skin Potatoes (23)	259	24.6	603	18.3
<b>NY Strip Beef Patty with Orange Rice &amp; Vegetables</b> with Corn with Peppers and Broccoli Florets (27)	418	63.3	484	21.5
<b>Chili with Beans</b> with Carrots and Broccoli Florets (34)	358	37.4	543	24.3
<b>Taco Soup</b> with Sweet Potatoes and Cauliflower (37)	279	47.6	488	16.2
<b>NY Strip Beef Patty &amp; Gravy</b> with Spinach and Four Seasons Vegetables (38)	218	15.3	535	19.6
<b>Pepper &amp; Beef Patty with Gravy</b> with Spinach and Sweet Potatoes (42)	314	25.9	522	27.8
<b>Florentine Stuffed Shell with Meat Sauce</b> with Northern Beans and Spring Vegetables (46)	402	48.9	618	24.2
<b>Salisbury Steak</b> with Red Skin Potatoes and Mixed Vegetables (47)	282	27.8	343	17.3
<b>Meatballs &amp; Alfredo Shell Pasta</b> with Corn with Peppers and Green Beans (55)	278	33.3	399	19.6
<b>Thai Chili Meatballs with Rice</b> with Green Pea Blend and Broccoli Florets (59) <b>NEW</b>	331	46.9	418	21
<b>Spaghetti &amp; Meatballs</b> with Whole Kernel Corn and Broccoli Florets (65)	326	45.4	402	21.2
<b>Cilantro Lime Meatballs</b> with Rice with Bean Blend and Carrots (76) <b>NEW</b>	486	64.1	620	26.3
<b>Beef Patty over Cheesy Chipotle Rice</b> with Whole Kernel Corn and Broccoli Florets (82)	328	39.1	307	20.8
<b>Chipotle Meatloaf</b> with Red Skin Potatoes and Green Beans (84)	250	23.3	412	16.9
<b>Beef Patty &amp; Onion Gravy</b> with Red Skin Potatoes and Broccoli Florets (88)	235	18.7	286	18.5
<b>Beef Patty</b> with Carrots and Brussels Sprouts (99)	201	11.7	180	18.4
<b>Meatballs with Rice &amp; Gravy</b> with Spinach and Bean Blend (100)	368	46.8	471	27.4



## POULTRY ENTREES

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
<b>Cacciatore Chicken Tenders</b> with Asparagus and Hash Browns (11)	275	22.9	615	24.9
<b>Pepperoni Pizza</b> with Four Seasons Vegetables and Corn (12)	376	45.3	520	19.4
<b>Honey Mustard Chicken Tenders</b> with Spinach and Carrots (17)	310	30.8	639	24
<b>Chicken &amp; Mushroom Swiss Rice</b> with Peas & Carrots and Stewed Tomatoes (19)	318	32.6	535	24.9
<b>Chicken with Rosemary Gravy</b> with Lima Beans and Spring Vegetables (25)	307	31.8	541	26
<b>Chicken Patty &amp; Apricot Rice</b> with Carrots and Brussels Sprouts (28)	332	42.7	479	22.9
<b>Chicken with Tomato Basil Penne</b> with Corn with Peppers and Green Beans (29)	332	33.4	608	27
<b>Honey Mustard Chicken</b> with Sweet Potatoes and Brussels Sprouts (36)	295	34.3	488	25
<b>Bruschetta Chicken</b> with Red Skin Potatoes and Autumn Blend (39)	391	36.3	525	25.3
<b>New Orleans Chicken &amp; Rice</b> with Sweet Potatoes and Four Seasons Vegetables (43)	356	47.8	785	25.7
<b>Breaded Chicken Patty</b> with Whole Kernel Corn and Spring Vegetables (50)	318	33.8	467	17.1
<b>Chicken Noodle Casserole</b> with Three Seasons Vegetable Blend and Bean Blend (51)	470	50.7	576	29.8
<b>Chicken &amp; Teriyaki Rice</b> with Sweet Potatoes and Brussels Sprouts (52)	377	51.2	542	26.9
<b>BBQ Chicken</b> with Succotash and Green Beans (53)	288	30.3	457	21.7
<b>Chicken &amp; Dumplings</b> with Lima Beans and Winter Vegetables (54)	390	39.6	767	30.7
<b>Chicken Chili with Beans</b> with Cauliflower and Spring Vegetables (62)	250	30	347	20
<b>Breaded Chicken Nuggets</b> with Whole Kernel Corn and Broccoli Florets (68)	296	28.7	483	19.8



Gluten Free

Lower Sodium – less than 600 mg sodium

Diabetic Friendly – Less than 30 grams of carbohydrates and less than 600 mg sodium

Renal Friendly – less than 600 mg sodium, 600 mg potassium & 400 mg phosphorus

## POULTRY ENTREES (CONT.)

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
 <b>Chicken Parmesan</b> with Red Skin Potatoes and Mixed Vegetables (77)	358	39	611	18.2
   <b>Chicken Florentine</b> with Asparagus and Carrots (79)	302	27	464	25.8
  <b>Chicken over Rice &amp; Gravy</b> with Bean Blend and Carrots (80)	384	45.7	435	28
  <b>Chimichurri Chicken</b> with Stewed Tomatoes and Black Beans & Corn (81)	330	28.4	346	23.5
 <b>Pesto Basil Chicken</b> with Lima Beans and Three Seasons Vegetable Blend (83)	368	38.1	427	26.4
 <b>Creamy Breaded Chicken</b> with Lima Beans and Mixed Vegetables (86)	409	47.5	636	22.4
<b>Southwest Chicken Tenders</b> with Sweet Potatoes and Broccoli Florets (89)	389	47.1	626	30.9
 <b>Chicken Tenders over Zesty Orange Rice</b> with Bean Blend and Three Seasons Vegetable Blend (90)	497	67.6	503	32.3
   <b>Chicken &amp; Penne Pasta Alfredo</b> with Carrots and Butternut Squash (94)	288	29	455	21.4
  <b>Chicken &amp; Honey Lemon Rice</b> with Black Beans & Corn and Brussels Sprouts (95)	360	45.4	332	26.1


## PORK ENTREES

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
  <b>Grilled BBQ Pork Patty</b> with Black Beans and Corn and Brussels Sprouts (13) <b>NEW</b>	283	27.6	423	20.4
  <b>Pizzaiola Pork</b> with Asparagus and Carrots (15)	229	14	411	18.1
 <b>Red Beans &amp; Rice with Sausage</b> with Corn with Peppers and Butternut Squash (20)	404	60.9	565	16.8
<b>Pork Patty &amp; Zesty Orange Rice</b> with Green Peas and Carrots (31)	371	46.6	561	20.6
  <b>Pork Patty &amp; Gravy</b> with Spinach and Sweet Potatoes (41)	274	25.5	533	22.3
<b>Smoked Sausage with Mac &amp; Cheese</b> with Bean Blend and Stewed Tomatoes (58)	493	41.6	664	30.2
 <b>Pork Patty &amp; Rice with Roasted Garlic Gravy</b> with Succotash and Carrots (63)	316	35.5	506	19
 <b>Pork Patty &amp; Mushroom Gravy</b> with Sweet Potatoes and Green Beans (87)	264	25.3	510	20
 <b>Ginger Pork Patty</b> with Red Skin Potatoes and Green Pea Blend (97)	313	33	529	18.4








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## SEAFOOD ENTREES

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
 <b>Breaded Pollock</b> with Green Pea Blend and Carrots (44)	285	30.3	372	19
  <b>Breaded Pollock Wedge with Parma Rosa Sauce</b> with Corn with Peppers & Italian Green Beans (67)	284	31.7	399	18.7
 <b>Pollock Nuggets</b> with Northern Beans & Broccoli Florets (70)	331	39.9	358	24.1
 <b>Breaded Pollock Wedge</b> with Butternut Squash and Autumn Blend (85)	325	40.1	384	22
 <b>Breaded Pollock with Alfredo Spinach Sauce</b> with Sweet Potatoes and Cauliflower (91)	355	38.9	518	25.7
 <b>Breaded Pollock with Coconut Curry Rice</b> with Three Seasons Blend and Broccoli Florets (96)	354	46.4	516	20.1

## MEATLESS ENTREES

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
  <b>Florentine Stuffed Shell with Parma Rosa Sauce</b> with Lima Beans and Carrots (18)	284	31.7	399	18.7
 <b>Cheese Pizza</b> with Bean Blend and Mixed Vegetables (24)	461	58.4	452	25.2
 <b>Cheese Manicotti &amp; Alfredo Sauce</b> with Bean Blend and Butternut Squash (45)	337	51.2	206	18
  <b>Three Cheese Ravioli &amp; Spinach Alfredo</b> with Mixed Vegetables and Cauliflower (49)	340	49.3	426	23.2
  <b>Macaroni &amp; Cheese</b> with Bean Blend and Brussels Sprouts (75)	343	47.9	490	16.2

## BREAKFAST ENTREES

	CALORIES	CARBS (g)	SODIUM (mg)	PROTEIN (g)
  <b>Huevos Rancheros</b> with Red Skin Potatoes and Broccoli Florets (61) <b>NEW</b>	407	34.7	457	19.5
<b>Sausage &amp; French Toast</b> with Applesauce and Hash Browns (66)	545	58.5	641	12.4
 <b>Cheese Omelet &amp; Salsa</b> with Broccoli Florets and Hash Browns (71)	301	25.4	675	14.7
<b>Sausages &amp; Pancake</b> with Sweet Potatoes and Cinnamon Apples (73)	400	40.6	608	13.5
    <b>Fried Egg Patties</b> with Asparagus and Sweet Potatoes (74)	269	21.3	255	16.5
 <b>Breakfast Burrito</b> with Salsa with Hash Browns and Applesauce (78)	514	69.4	505	19.6
<b>White Gravy over Sausage &amp; Biscuit</b> with Cinnamon Apples and Hash Browns (92)	534	46.7	1107	12
    <b>Breakfast Scramble</b> with Asparagus and Hash Browns (93)	295	20.2	510	18.5

For meal samples, contact our Customer Service Department at 877.936.8148 or [customer@traditionsi.com](mailto:customer@traditionsi.com)