



Master Entrees Ingredient List

BBQ Pulled Chicken: Chicken breast, onions, BBQ Sauce (*Dairy Free*)

Bean and Rice Burrito: Brown rice, pinto beans, tomato sauce, diced tomatoes, tomato puree, diced green chiles, oil, water, diced onions, lime juice, cumin, chili powder, garlic powder, salt, xanthan gum (*Gluten Free without tortilla, Dairy Free without added cheese*)

Cheesy Broccoli Chicken Casserole: Brown rice, diced chicken, broccoli pieces, cheddar cheese, vegetable oil, flour, diced onion, sauteed vegetable puree mix, water, salt, black pepper, garlic powder, shredded cheddar cheese

Oregon Rice Bake (Cheesy Broccoli Casserole): Brown rice, diced chicken, broccoli pieces, cheddar cheese, vegetable oil, flour, diced onion, sauteed vegetable puree mix, water, salt, black pepper, garlic powder, shredded cheddar cheese

Chicken Stuffing with Gravy: Toasted bread cubes, diced chicken, chicken broth (water, chicken meat, chicken fat, sugar, salt, soy protein, dried whey) diced celery, diced onion, flour, oil, salt, black pepper, rosemary, xanthan gum

Chili Mac: Kidney beans, pinto beans, diced tomato, green chile, diced green bell peppers, diced celery, vegetable oil, onion, chili powder, cumin, brown sugar, soy sauce, garlic powder, oregano, salt; Macaroni pasta, milk, cheddar cheese, vegetable oil, xanthan gum, sodium citrate, mustard seed, salt

Egg Fried Rice: Brown rice, egg, vegetable oil, soy sauce, peas, carrots, green onions, garlic powder, ground ginger, xanthan gum (*Dairy Free*)

Hawaiian Pizza Bagel: Whole wheat bagel, mozzarella cheese, onion, pineapple pieces, tomatoes, tomato paste, ketchup, brown sugar, molasses, soy sauce, liquid smoke, garlic powder, basil, oregano, sugar, salt, pepper, parsley

Hearty Chili: Kidney beans, pinto beans, diced tomato, green chile, diced green bell peppers, diced celery, vegetable oil, onion, chili powder, cumin, brown sugar, soy sauce, garlic powder, oregano, salt (*Gluten Free, Dairy Free*)

Homestyle Chicken Pot Pie: Pastry crust (enriched flour, butter, salt, water), white meat chicken breast, carrots, peas, vegetable oil, vegetable broth, flour, sauteed vegetable puree mix, garlic powder, black pepper, salt, dried parsley

Homestyle Chickpea Pot Pie: Pastry crust (enriched flour, butter, salt, water), garbanzo beans, carrots, peas, vegetable oil, vegetable broth, flour, sauteed vegetable puree mix, garlic powder, black pepper, salt, dried parsley

Mac and Cheese: Macaroni pasta, milk, cheddar cheese, vegetable oil, xanthan gum, sodium citrate, mustard seed, salt



Meaty Lasagna: Lasagna noodles, mozzarella cheese, ricotta cheese, ground turkey, tomatoes, tomato paste, garlic, basil, oregano, sugar, salt, pepper, xanthan gum

Mozzarella Pasta Bake: Penne pasta, tomato paste, tomatoes, mozzarella cheese, vegetable oil, basil, oregano, sugar, salt, xanthan gum

Pasta Alfredo: Semolina pasta, white navy beans, peas, milk, parmesan cheese, mozzarella cheese, garlic, vegetable oil, xanthan gum, sodium citrate

Roasted Garlic Pizza Bagel: Whole wheat bagel, mozzarella cheese, garlic powder, milk, flour, vegetable oil, dried basil, salt

Soft Chicken Taco: chicken breast, chili powder, cumin, salt, garlic powder, vegetable oil, onion, tomato paste, diced green chiles, diced tomatoes, orange juice, water (*Gluten Free without tortilla, Dairy Free without added cheese*)

Soft Taco w/ Pinto Beans: pinto beans, chili powder, cumin, salt, garlic powder, vegetable oil, onion, tomato paste, diced green chiles, diced tomatoes, orange juice, water (*Gluten Free without tortilla, Dairy Free without added cheese*)

Spaghetti w/ Lentil Tomato Sauce: Spaghetti pasta, tomato paste, diced tomatoes, lentils, fennel seed, garlic, oregano, basil, sugar, salt, xanthan gum (*Dairy Free*)

Spaghetti w/ Turkey Sausage: Spaghetti pasta, tomato paste, tomatoes, fennel seed, garlic, basil, oregano, salt, lean ground turkey, sage, black pepper (*Dairy Free*)

SW Enchiladas Verde: Corn tortillas, yellow onion, enriched flour, vegetable oil, vegetable broth, flour, tomatillos, green chilies, mozzarella, white beans, garlic powder, cumin, salt, xanthan gum

SW Tortilla Chip Bake: Black beans, tortilla chips, corn, green bell pepper, green chile, cheddar cheese, tomato paste, vegetable base, onion, vegetable oil, flour, chili powder, garlic powder, cumin, salt

Teriyaki Chicken & Rice: Chicken, brown rice, broccoli, asian sauce (soy sauce, water, sugar, cornstarch, xanthan gum, orange zest, vinegar, garlic, ginger, chili powder) (*Dairy Free*)

Teriyaki Black Beans & Rice: Black beans, brown rice, broccoli, asian sauce (soy sauce, water, sugar, cornstarch, xanthan gum, orange zest, vinegar, garlic, ginger, chili powder) (*Dairy Free*)

Teriyaki Noodle Bowl w/ Chicken: Chicken breast, buckwheat soba noodles, water, whole buckwheat flour, salt, sodium benzoate), green bell pepper, carrots, onions, edamame, Asian sauce (soy sauce, water, sugar, cornstarch, xanthan gum, orange zest, vinegar, garlic, ginger, chili powder) (*Dairy Free*)

Teriyaki Noodle Bowl w/ Black Beans: Black beans, buckwheat soba noodles, green bell pepper, carrots, onions, edamame, Asian sauce (soy sauce, water, sugar, cornstarch, xanthan gum, orange zest, vinegar, garlic, ginger, chili powder) (*Dairy Free*)

Traditional Pizza Bagel: Whole wheat bagel, mozzarella cheese, cheddar cheese, tomatoes, tomato paste, garlic, basil, oregano, sugar, salt,



Vegetable Bean Soup: Orzo pasta, carrot, onion, celery, diced tomatoes, kidney beans, white beans, sauteed vegetable puree mix, vegetable oil, garlic, salt, pepper, oregano, basil, spices (*Dairy Free*)

Veggie Lasagna: Lasagna noodles, mozzarella cheese, ricotta cheese, tomatoes, tomato paste, spinach, broccoli, garlic, basil, oregano, sugar, salt, pepper, xanthan gum

Veggie Pizza Bagel: Whole wheat bagel, mozzarella cheese, cheddar cheese, red bell pepper, green bell pepper, onions, olives, diced tomatoes, tomato paste, garlic, basil, oregano, sugar, salt,

White Lasagna: Lasagna noodles, mozzarella cheese, zucchini, onion, red bell pepper, garlic powder, milk, flour, vegetable oil, salt

Sides

Roasted Potatoes: Potatoes, vegetable oil, black pepper, rosemary, garlic powder, salt

Refried Beans: Pinto Beans, water, salsa, chili powder, garlic powder, cumin, salt