

PARTNERS IN PRIME



COMMUNITY FIRST SOLUTIONS

2022

***Meals on Wheels
Ingredient Book***

Meals Purchased

Dear Meals on Wheels recipient,

We are committed to enhancing the lives of older adults in our community. Whether you are receiving only meals from us, or a combination of meals, transportation and in-home support, you can count on us to provide the right amount of help that you need to support your independence.

This booklet provides you a listing of the ingredients that make up the meals that you receive.

As always if you have any questions, comments or concerns about our service, please give our office a call at 513-867-6222.

Sincerely,





Julie Koebel

Meals on Wheels Assistant

Frozen Meals

Traditions Meal Solutions Char Steak Meals, Carrots & Brussels Sprouts, Frozen, 10.05 Oz Package, 20/Case

Item Number: 822530  

Chargrilled steak highlights this dinner entree, featuring sides of carrots and fresh tasting Brussels sprouts.



- Flash frozen to ensure freshness
- Individual serving size for portion control
- Oven bake or microwave for multiple preparation options

Case (20/10.05 Ounce Package)

Nutrition

Based On:

Rounding:

Ingredients

BEEF PATTY - [BEEF PATTY - Beef, water, textured vegetable protein (soy flour, caramel color), soy protein concentrate, hydrolyzed soy protein, flavoring, salt.] CARROTS - [CARROTS. WATER.] BRUSSELS SPROUTS - [BRUSSELS SPROUTS.] COMMON ALLERGENS PRESENT: Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated December 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts	
Serving Size	1 each (223.96g)
Amount Per Serving	
Calories	240
	% Daily Value *
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 40mg	13%
Sodium 270mg	11%
Total Carbohydrate 14g	5%
Fiber 7g	28%
Total Sugars 2g	
Includes N/A Added Sugars	n/a
Protein 21g	42%
Vitamin D n/a	0%
Calcium 90mg	9%
Iron 3.2mg	18%
Potassium n/a	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	


Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

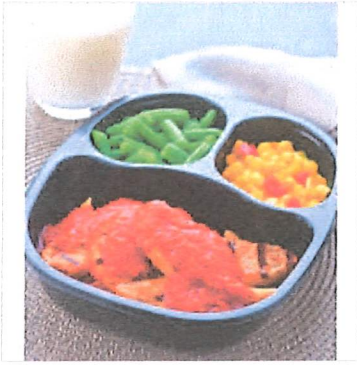
Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Traditions Meal Solutions Chicken Strips & Pasta Meals, with Tomato Basil Sauce, Corn/Peppers/Green Beans, Frozen, 12.63 Oz Package, 20/Case

Item Number: 821780 

Traditions meals are delicious frozen meals that meet the nutrition requirements for most senior nutrition programs. Traditions meals are packaged in their state-of-art, USDA-inspected facility. meals are a collaboration of the Traditions chef and registered dietitian. This case includes a 20-meal straight pack of chicken tenders with a tomato basil penne pasta with corn with peppers and green beans.the penne pasta is topped with a flavorful tomato basil sauce. corn with red peppers and green beans are a nice compliment for the sauce.



- Perfect for senior nutrition programs for congregate retherm meals and home-delivered meals.
- Applicable in Healthcare setting for late trays and weekend meals.
- Meals are packed in a three-compartment tray and sealed with an easy-to-open label.
- Meal label includes heating directions for microwave and conventional ovens, and a nutrition facts panel.
- Contains 20 of the same meals in one case.

Case (20/12.63 Ounce Package)

Nutrition

Based On: Rounding:

Ingredients

CHICKEN TENDERS with TOMATO BASIL PENNE PASTA - [CHICKEN BREAST TENDERS - Chicken breast, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, Vitamin B12, copper gluconate, Vitamin A palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, and riboflavin), dextrose, brown sugar, flavoring, sodium phosphate, salt. PENNE RIGATE PASTA - Durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid. Processed in a facility that uses egg. TOMATO SOUP - Tomato puree (water, tomato paste), wheat flour, sugar, water, contains less than 2% of: salt, citric acid, flavoring, ascorbic acid, (vitamin C), celery extract, garlic oil. GUM BLEND THICKENER - Water, guar gum, locust bean gum and xanthan gum. NONFAT DRY MILK - Water, nonfat dry milk, lactose, Vitamin A Palmitate and Vitamin D3. GRATED PARMESAN CHEESE -Parmesan cheese (Pasteurized part-skim cows milk, cheese cultures, salt, enzymes), powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor). GROUND BASIL. GARLIC POWDER.] CORN with PEPPERS - [CORN with PEPPERS -Corn, diced green peppers, diced red peppers. WATER.] GREEN BEANS - [GREEN BEANS. WATER.] COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated December 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the

Nutrition Facts	
Serving Size	1 each (347.28g)
Amount Per Serving	
Calories	330
% Daily Value *	
Total Fat 5g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 60mg	20%
Sodium 610mg	25%
Total Carbohydrate 33g	11%
Fiber 4g	16%
Total Sugars 10g	
Includes N/A Added Sugars	n/a
Protein 27g	54%
Vitamin D n/a	0%
Calcium 113mg	11%
Iron 3mg	17%
Potassium 666mg	19%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

8/10/2020

Online Ordering

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a day is used for general nutrition advice.

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a


Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

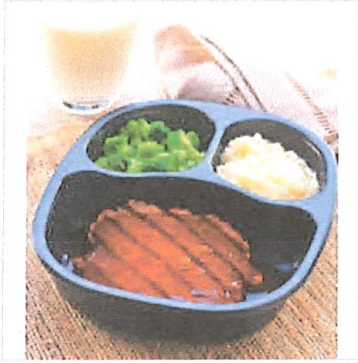
Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Traditions Meal Solutions Flamebroiled Beef Patty Meals, with Gravy, Red Skin Potatoes & Broccoli, Frozen, 11.9 Oz Package, 20/Case

Item Number: 822521 

Traditions meals are delicious frozen meals that meet the nutrition requirements for most senior nutrition programs. Traditions meals are packaged in their state-of-art, USDA-inspected facility. meals are a collaboration of the Traditions chef who ensure delicious taste and Traditions registered dietitian who ensure meals are nutritional sound. This case includes a 20-meal straight pack of beef patty with onion gravy with red skin potatoes and broccoli florets. a tender beef patty with a flavorful onion gravy.



- Perfect for senior nutrition programs for congregate retherm meals and home-delivered meals.
- Applicable in Healthcare setting for late trays and weekend meals.
- Meals are packed in a three-compartment tray and sealed with an easy-to-open label.
- Meal label includes heating directions for microwave and conventional ovens, and a nutrition facts panel.
- Contains 20 of the same meals in one case.

Case (20/11.9 Ounce Package)

Nutrition

Based On: Rounding:

Ingredients

BEEF PATTY & ONION GRAVY - [BEEF PATTY - Beef, water, textured vegetable protein (soy flour, caramel color), soy protein concentrate, hydrolyzed soy protein, flavoring, salt. WATER. BROWN GRAVY MIX - Modified corn starch, modified whey, maltodextrin, beef extract (beef stock, natural flavor, hydrolyzed soy, corn and wheat protein, autolyzed yeast, disodium inosinate and disodium guanaylate), natural and artificial beef flavor (rendered beef fat, hydrolyzed beef fat, hydrolyzed corn gluten, soy and wheat protein, natural and artificial flavors and salt), salt, onion and garlic powder, dextrose, soybean oil, caramel color, sugar, yeast extract, lecithin powder, spices, citric acid, guar gum and xanthan gum. ONION POWDER.] POTATOES - [DICED POTATOES - Red potatoes. Sodium acid pyrophosphate may be used to retain natural color. WATER.] BROCCOLI - [CHOPPED BROCCOLI. WATER.] COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated December 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts	
Serving Size	1 each (282.08g)
Amount Per Serving	
Calories	270
% Daily Value *	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 40mg	13%
Sodium 400mg	17%
Total Carbohydrate 22g	7%
Fiber 5g	20%
Total Sugars 3g	
Includes N/A Added Sugars	n/a
Protein 21g	42%
Vitamin D n/a	0%
Calcium 90mg	9%
Iron 3mg	17%
Potassium n/a	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a


Water Soluble Vitamins:

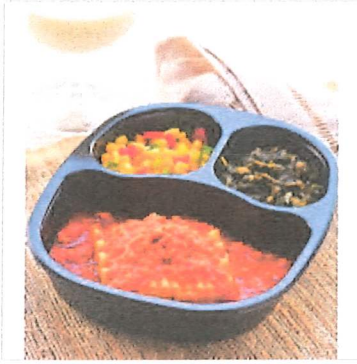
Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Traditions Meal Solutions Lasagna Meals, with Meat Sauce, Spinach & Corn with Peppers, Frozen, 13.9 Oz Package, 20/Case

Item Number: 822450 



Traditions meals are delicious frozen meals that meet the nutrition requirements for most senior nutrition programs. Traditions meals are packaged in their state-of-art, USDA-inspected facility. meals are a collaboration of the Traditions chef and registered dietitian. This case includes a 20-meal straight pack of lasagna with spinach and corn with peppers. This meat and cheese lasagna is a customer favorite. the corn with red peppers adds a nice compliment to the meal.

- Perfect for senior nutrition programs for congregate retherm meals and home-delivered meals.
- Applicable in Healthcare setting for late trays and weekend meals.
- Meals are packed in a three-compartment tray and sealed with an easy-to-open label.
- Meal label includes heating directions for microwave and conventional ovens, and a nutrition facts panel.
- Contains 20 of the same meals in one case.

Case (20/13.9 Ounce Package)

Nutrition

Based On:

Rounding:

Ingredients

THREE LAYER SPINACH LASAGNA with MEAT SAUCE - [THREE LAYER SPINACH LASAGNA SANDWICH -Ricotta cheese (milk, whey, vinegar, salt and xanthan gum, locust bean gum, guar gum (stabilizers)), extra fancy durum flour (durum wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), water, low-moisture part skim mozzarella cheese (pasteurized milk, cheese culture, salt, enzymes, cellulose powder to prevent caking, natamycin to inhibit mold), spinach, salt, modified food starch, romano cheese (pasteurized cows milk, cheese cultures, salt, enzymes), spices. SPAGHETTI SAUCE- Water, tomatoes, tomato paste, high fructose corn syrup, corn syrup, modified corn starch, refined soybean oil, dehydrated onion, citric acid, sodium benzoate, potassium sorbate and spice. WATER. CRUMBLLED BEEF & TEXTURED SOY PROTEIN PATTY- Ground beef, water, textured soy protein (soy flour, caramel, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium pantothenate, thiamine mononitrate, pyridoxine hydrochloride, riboflavin, cyanocobalamin), seasoning: hydrolyzed soy protein, dehydrated onion and garlic, maltodextrin, spices, sugar, salt, potassium chloride, autolyzed yeast, torula yeast, yeast extract, disodium inosinate, caramel, spice extracts). TOMATO JUICE-Vine-ripened tomatoes, contains less than 2% of: citric acid, Vitamin C (ascorbic acid). DICED PEPPERS. DICED ONIONS.] SPINACH - [Spinach, water. GUM BLEND THICKENER - Water, guar gum, locust bean gum and xanthan gum. WATER.]CORN with PEPPERS - [Corn, diced green peppers, diced red peppers. WATER.] COMMON ALLERGENS PRESENT: Milk, Wheat, Soy.

Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated July 2020. This

Nutrition Facts

Serving Size	1 each (440.83g)
Amount Per Serving	
Calories	380
% Daily Value *	
Total Fat 14g	22%
Saturated Fat 6g	30%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 40mg	14%
Sodium 550mg	23%
Total Carbohydrate 47g	16%
Fiber 7g	28%
Total Sugars 10g	
Includes N/A Added Sugars	n/a
Protein 21g	42%
Vitamin D n/a	0%
Calcium 355mg	36%
Iron 4mg	22%
Potassium 813mg	23%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a


Water Soluble Vitamins:

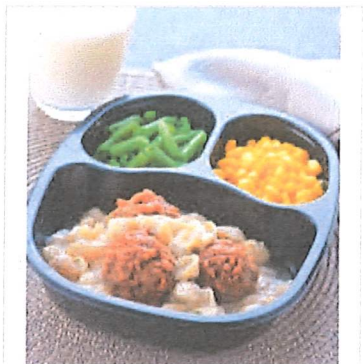
Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Traditions Meal Solutions Meatballs & Pasta Meals, with Alfredo Sauce, Whole Kernel Corn & Green Beans, Frozen, 13.15 Oz Package, 20/Case

Item Number: 822601 



Traditions meals are delicious frozen meals that meet the nutrition requirements for most senior nutrition programs. Traditions meals are packaged in their state-of-art, USDA-inspected facility. meals are a collaboration of the Traditions chef who ensure delicious taste and Traditions registered dietitian who ensure meals are nutritional sound. This case includes a 20-meal straight pack of meatballs and alfredo shell pasta with whole kernel corn and green beans.

- Perfect for senior nutrition programs for congregate retherm meals and home-delivered meals.
- Applicable in Healthcare setting for late trays and weekend meals.
- Meals are packed in a three-compartment tray and sealed with an easy-to-open label.
- Meal label includes heating directions for microwave and conventional ovens, and a nutrition facts panel.
- Contains 20 of the same meals in one case.

Case (20/13.15 Ounce Package)

Nutrition

Based On: AP Meal, Meatballs, w/Pasta, Traditions Rounding: On

Ingredients

MEATBALLS & ALFREDO SHELL PASTA - [BEEF MEATBALLS - Beef, water, textured vegetable protein (soy flour, caramel color), soy protein concentrate, hydrolyzed soy protein, flavoring, salt. ALFREDO SAUCE- Water, powdered creamer (palm oil, corn syrup solids, sodium caseinate, mono and diglycerides, sodium silicoaluminate, dipotassium phosphate), modified corn starch, cheese blend ((milk, salt, cheese culture and enzymes), parmesan, romano, blue cheese, natural flavor, buttermilk powder, whey powder, non-fat dry milk, maltodextrin), autolyzed yeast extract, salt, sugar, dextrose, spices, garlic powder, onion powder, xanthan gum, natural parmesan cheese flavor [maltodextrin, whey powder, food starch, autolyzed yeast extract, salt, natural flavors (contains lipolyzed butter oil), whey solids, parmesan cheese (milk, starter culture, salt, enzymes), cream, water, natural flavor), disodium inosinate and disodium guanylate and silicon dioxide], titanium dioxide (color), disodium inosinate and guanylate, dehydrated parsley, carrageenan, monoglycerides and spice extractive. SHELL PASTA - Durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid. Processed in a facility that uses egg. DICED ONIONS. GUM BLEND THICKENER - Water, guar gum, locust bean gum and xanthan gum. GARLIC POWDER.] WHOLE KERNEL CORN - [WHOLE KERNEL CORN. WATER.] GREEN BEANS - [GREEN BEANS. WATER.] COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated December 2019.

This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a

Nutrition Facts	
Serving Size	1 each (381.3g)
Amount Per Serving	
Calories	330
% Daily Value *	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 50mg	17%
Sodium 340mg	14%
Total Carbohydrate 30g	10%
Fiber 7g	28%
Total Sugars 4g	
Includes N/A Added Sugars	n/a
Protein 24g	48%
Vitamin D n/a	0%
Calcium 88mg	9%
Iron 3.7mg	21%
Potassium 744mg	21%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a


Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Traditions Meal Solutions New Orleans Style Chicken Meals, with Rice, Sweet Potatoes & Four Seasons Vegetables, Frozen, 13.8 Oz Package, 20/Case

Item Number: 822581 

Traditions meals are delicious frozen meals that meet the nutrition requirements for most senior nutrition programs. Traditions meals are packaged in their state-of-art, USDA-inspected facility. meals are a collaboration of the Traditions chef who ensure delicious taste and Traditions registered dietitian who ensure meals are nutritional sound. This case includes a 20-meal straight pack of chicken and new orleans style rice with sweet potatoes and four seasons vegetables.the entree is similar to a jambalaya and paired with sweet potatoes and four seasons vegetables ofcauliflower, carrots, squash, and pinto beans.

- Perfect for senior nutrition programs for congregate retherm meals and home-delivered meals.
- Applicable in Healthcare setting for late trays and weekend meals.
- Meals are packed in a three-compartment tray and sealed with an easy-to-open label.
- Meal label includes heating directions for microwave and conventional ovens, and a nutrition facts panel.
- Contains 20 of the same meals in one case.

Case (20/13.8 Ounce Package)



Nutrition

Based On: Rounding:

Ingredients

CHICKEN PATTY & NEW ORLEANS STYLE RICE - [CHICKEN BREAST PATTY - Chicken breast, water, vegetable protein product (isolated soy protein, magnesium oxide, zinc oxide, niacinamide, ferrous sulfate, Vitamin B12, copper gluconate, Vitamin A Palmitate, calcium pantothenate, pyridoxine hydrochloride, thiamine mononitrate, and riboflavin), dextrose, brown sugar, flavoring, sodium phosphate, salt. GUM BLEND THICKENER - Water, guar gum, locust bean gum, and xanthan gum. ZESTY BROWN SAUCE - Water, brown sugar, high fructose corn syrup, sugar, soy sauce (water, wheat, soybeans, salt, sodium benzoate (preservative)), onion puree, distilled vinegar, modified food starch, and less than 2% of red peppers, cultured butter, apple juice concentrate, lemon juice concentrate, nonfat milk, garlic, beef stock, corn oil, hydrolyzed proteins (corn gluten, soy, wheat gluten), yeast extract, natural and artificial flavors, garlic powder, spice, salt, caramel color, xanthan gum, lactic acid, potassium sorbate (preservative). BROWN RICE - Whole grain parboiled brown rice. NEW ORLEANS STYLE RICE BLEND - Garlic and onion powder, salt, spices, tomato solids, pork type flavor (yeast extract, natural flavor), autolyzed yeast extract, less than 2% of the following: natural smoke flavors (maltodextrin), modified corn starch, paprika (color), dry tabasco (vinegar, red pepper, salt), citric acid, natural flavor (spice extractive), and silicon dioxide.]FOUR SEASONS VEGETABLES - [Cauliflower nuggets, carrots, yellow squash, pinto beans. WATER.] CINNAMON FLAVORED SWEET POTATOES - [DICED SWEET POTATOES. WATER. CINNAMON DESSERT MIX - Dextrose, sugar, fructose, creaming agent (palm oil, corn syrup solids, sodium caseinate, mono-and diglycerides,

Nutrition Facts

Serving Size **1 each (333.11g)**

Amount Per Serving

Calories **330**

% Daily Value *

Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 40mg	14%
Sodium 790mg	33%
Total Carbohydrate 47g	16%
Fiber 5g	18%
Total Sugars 18g	
Includes N/A Added Sugars	n/a
Protein 34g	68%
Vitamin D n/a	0%
Calcium 82mg	8%
Iron 4.24mg	24%
Potassium 644mg	18%

8/10/2020

Online Ordering

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

sodium silicoaluminate, dipotassium phosphate), dried egg yolks, sodium caseinate, dried egg whites, cinnamon, ascorbic acid and less than 2% of the following: silicone dioxide (anti-caking), carrageenan gum, sodium citrate, natural and artificial flavors (including vanilla), salt and natural flavor.] COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated December 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	


Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Fat Soluble Vitamins:

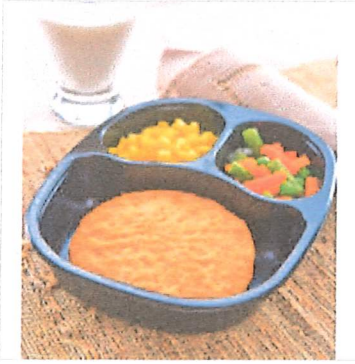
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Traditions Meal Solutions Oven Fried Chicken Meals, Spring Vegetables & Whole Kernel Corn, Frozen, 13.15 Oz Package, 20/Case

Item Number: 822621 

Traditions meals are delicious frozen meals that meet the nutrition requirements for most senior nutrition programs. Traditions meals are packaged in their state-of-art, USDA-inspected facility. meals are a collaboration of the Traditions chef who ensure delicious taste and Traditions registered dietitian who ensure meals are nutritional sound. This case includes a 20-meal straight pack of breaded chicken patty with whole kernel corn and spring vegetables.

- Perfect for senior nutrition programs for congregate retherm meals and home-delivered meals.
- Applicable in Healthcare setting for late trays and weekend meals.
- Meals are packed in a three-compartment tray and sealed with an easy-to-open label.
- Meal label includes heating directions for microwave and conventional ovens, and a nutrition facts panel.
- Contains 20 of the same meals in one case.



Case (20/13.15 Ounce Package)

Nutrition

Based On:

Rounding:

Ingredients

BREADED CHICKEN PATTY - [BREADED CHICKEN PATTY - Chicken breast with rib meat, water, isolated soy protein, vegetable protein product [soy protein concentrate, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12), (may contain caramel color), (may contain soy lecithin)], textured vegetable protein product [soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, Vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B1), pyridoxine hydrochloride (B6), riboflavin (B2), cyanocobalamin (B12), (may contain caramel color)], salt, potassium and sodium phosphates, chicken broth. Breaded with: Whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), dehydrated potatoes (potatoes, mono and diglycerides, dextrose), yeast, sugar, salt, soybean oil (processing aid). Battered with: Water, whole wheat flour, enriched wheat flour (enriched with niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), potato flour, salt, modified corn starch, leavening (calcium acid pyrophosphate, monocalcium phosphate, sodium bicarbonate), flavor (contains maltodextrin, salt, and natural flavors), hydrolyzed corn protein, onion powder, garlic powder, yeast extract, chicken broth, spice. Set in vegetable oil.] WHOLE KERNEL CORN - [WHOLE KERNEL CORN. WATER.] SPRING VEGETABLES - [SPRING VEGETABLE BLEND - Julienne carrots, zucchini, green beans, green peas, diced onions. WATER.] COMMON ALLERGENS PRESENT: Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated December 2019. This

Nutrition Facts

Serving Size **1 each (253.16g)**

Amount Per Serving

Calories **340**

% Daily Value *

Total Fat 18g **28%**

Saturated Fat 3g **15%**

Trans Fat 0g

PolyUnsat. Fat **n/a**

MonoUnsat Fat **n/a**

Cholesterol 30mg **10%**

Sodium 350mg **15%**

Total Carbohydrate 32g **11%**

Fiber 5g **20%**

Total Sugars 4g

Includes N/A Added Sugars **n/a**

Protein 16g **32%**

Vitamin D **n/a** **0%**

Calcium 35mg **4%**

Iron 3mg **17%**

Potassium 461mg **13%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

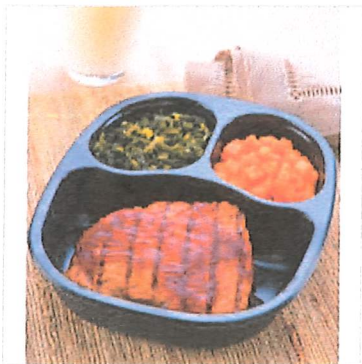
Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Traditions Meal Solutions Grilled Pork Patty Meals, Spinach & Sweet Potatoes, Frozen, 9.75 Oz Package, 20/Case

Item Number: 822460 



Traditions meals are delicious frozen meals that meet the nutrition requirements for most senior nutrition programs. Traditions meals are packaged in their state-of-art, USDA-inspected facility. meals are a collaboration of the Traditions chef and registered dietitian. This case includes a 20-meal straight pack of pork patty and gravy with spinach and sweet potatoes. the tender pork patty is lightly sauced with a brown gravy. the sweet potatoes are seasoned with cinnamon and served with spinach.

- Perfect for senior nutrition programs for congregate retherm meals and home-delivered meals.
- Applicable in Healthcare setting for late trays and weekend meals.
- Meals are packed in a three-compartment tray and sealed with an easy-to-open label.
- Meal label includes heating directions for microwave and conventional ovens, and a nutrition facts panel.
- Contains 20 of the same meals in one case.

Case (20/9.75 Ounce Package)

Nutrition

Based On: Rounding:

Ingredients

PORK PATTY & GRAVY - [PORK PATTY CHOPPED and FORMED - Pork, water, textured soy flour, soy protein concentrate, hydrolyzed soy protein, seasoning [autolyzed yeast extract, natural flavors, soy sauce (wheat, soybeans, and salt), soybean oil, maltodextrin, silicon dioxide, lactic acid], flavoring, sodium phosphate, salt. BROWN GRAVY - Water, modified corn starch, modified whey, maltodextrin, beef extract (beef stock, natural flavor, hydrolyzed soy, corn and wheat protein, autolyzed yeast, disodium inosinate and disodium guanaylate), natural and artificial beef flavor (rendered beef fat, hydrolyzed beef fat, hydrolyzed corn gluten, soy and wheat protein, natural and artificial flavors and salt), salt, onion and garlic powder, dextrose, soybean oil, caramel color, sugar, yeast extract, lecithin powder, spices, citric acid, guar gum and xanthan gum.] SPINACH - [SPINACH. GUM BLEND THICKENER - Water, guar gum, locust bean gum, and xanthan gum. WATER.] CINNAMON FLAVORED SWEET POTATOES - [DICED SWEET POTATOES. WATER. CINNAMON DESSERT MIX - Dextrose, sugar, fructose, creaming agent (palm oil, corn syrup solids, sodium caseinate, mono-and diglycerides, sodium silicoaluminate, dipotassium phosphate), dried egg yolks, sodium caseinate, dried egg whites, cinnamon, ascorbic acid and less than 2% of the following: silicone dioxide (anti-caking), carrageenan gum, sodium citrate, natural and artificial flavors (including vanilla), salt and natural flavor.]

COMMON ALLERGENS PRESENT: Egg, Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated October 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created

Nutrition Facts	
Serving Size	1 each (326.02g)
Amount Per Serving	
Calories	350
% Daily Value *	
Total Fat 15g	23%
Saturated Fat 5g	25%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 30mg	11%
Sodium 580mg	24%
Total Carbohydrate 31g	10%
Fiber 11g	44%
Total Sugars 6g	
Includes N/A Added Sugars	n/a
Protein 30g	60%
Vitamin D n/a	0%
Calcium 228mg	23%
Iron 5mg	28%
Potassium 1243mg	36%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a


Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

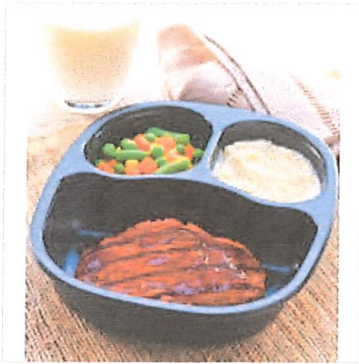
Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	

Traditions Meal Solutions Salisbury Steak Meals, with Brown Gravy, Red Skin Potatoes & Mixed Vegetables, Frozen, 12.25 Oz Package, 20/Case

Item Number: 821770 

Traditions meals are delicious frozen meals that meet the nutrition requirements for most senior nutrition programs. Traditions meals are packaged in their state-of-art, USDA-inspected facility. meals are a collaboration of the Traditions chef who ensure delicious taste and Traditions registered dietitian who ensure meals are nutritional sound. This case includes a 20-meal straight pack of salisbury steak with red skin potatoes and mixed vegetables. This meal is filled with comfort food.



- Perfect for senior nutrition programs for congregate retherm meals and home-delivered meals.
- Applicable in Healthcare setting for late trays and weekend meals.
- Meals are packed in a three-compartment tray and sealed with an easy-to-open label.
- Meal label includes heating directions for microwave and conventional ovens, and a nutrition facts panel.
- Contains 20 of the same meals in one case.

Case (20/12.25 Ounce Package)

Nutrition

Based On: Rounding:

Ingredients

SALISBURY STEAK - [SALISBURY STEAK - Beef, textured vegetable protein (soy flour, caramel color), water, onions, soy protein concentrate, ketchup (tomato concentrate, distilled vinegar, sugar, salt, onion powder, spice, natural flavoring), green peppers, flavoring, hydrolyzed soy protein, salt, parsley. WATER. BROWN GRAVY MIX - Modified corn starch, modified whey, maltodextrin, beef extract (beef stock, natural flavor, hydrolyzed soy, corn and wheat protein, autolyzed yeast, disodium inosinate and disodium guanaylate), natural and artificial beef flavor (rendered beef fat, hydrolyzed beef fat, hydrolyzed corn gluten, soy and wheat protein, natural and artificial flavors and salt), salt, onion and garlic powder, dextrose, soybean oil, caramel color, sugar, yeast extract, lecithin powder, spices, citric acid, guar gum and xanthan gum.] POTATOES - [DICED POTATOES - Red potatoes. Sodium acid pyrophosphate may be used to retain natural color. WATER.] MIXED VEGETABLES - [MIXED VEGETABLES - Green peas, green beans, carrots, and cut corn. WATER.] COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated December 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts	
Serving Size	1 each (301.92g)
Amount Per Serving	
Calories	320
% Daily Value *	
Total Fat 14g	22%
Saturated Fat 5g	25%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 55mg	19%
Sodium 520mg	22%
Total Carbohydrate 27g	9%
Fiber 5g	20%
Total Sugars 5g	
Includes N/A Added Sugars	n/a
Protein 23g	46%
Vitamin D n/a	0%
Calcium 67mg	7%
Iron 4mg	22%
Potassium 851mg	24%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a


Water Soluble Vitamins:

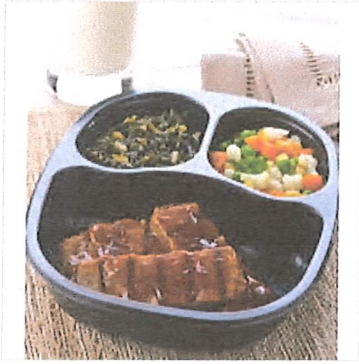
Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	n/a

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	n/a

Traditions Meal Solutions Charbroiled Steak Fingers Meals, Mixed Greens & Lima Beans, Frozen, 10.7 Oz Package, 20/Case

Item Number: 822670 



Traditions meals are delicious frozen meals that meet the nutrition requirements for most senior nutrition programs. Traditions meals are packaged in their state-of-art, USDA-inspected facility. meals are a collaboration of the Traditions chef and registered dietitian. This case includes a 20-meal straight pack of beef patty strips and gravy with spinach and four seasons vegetables. a brown gravy compliments the flavor of the beef strips. four seasons vegetables are a combination of cauliflower, carrots, squash, and pinto beans.

- Perfect for senior nutrition programs for congregate retherm meals and home-delivered meals.
- Applicable in Healthcare setting for late trays and weekend meals.
- Meals are packed in a three-compartment tray and sealed with an easy-to-open label.
- Meal label includes heating directions for microwave and conventional ovens, and a nutrition facts panel.
- Contains 20 of the same meals in one case.

Case (20/10.7 Ounce Package)

Nutrition

Based On: Rounding:

Ingredients

BEEF PATTY STRIPS & GRAVY - [BEEF PATTIES STRIP SHAPED - Beef, water, textured vegetable protein (soy flour, caramel color), soy protein concentrate, hydrolyzed soy protein, flavoring, salt. WATER. BROWN GRAVY MIX - Modified corn starch, modified whey, maltodextrin, beef extract (beef stock, natural flavor, hydrolyzed soy, corn and wheat protein, autolyzed yeast, disodium inosinate and disodium guanaylate), natural and artificial beef flavor (rendered beef fat, hydrolyzed beef fat, hydrolyzed corn gluten, soy and wheat protein, natural and artificial flavors and salt), salt, onion and garlic powder, dextrose, soybean oil, caramel color, sugar, yeast extract, lecithin powder, spices, citric acid, guar gum and xanthan gum.] SPINACH - [Spinach, water. GUM BLEND THICKENER - Water, guar gum, locust bean gum and xanthan gum. WATER.] FOUR SEASONS VEGETABLES - [Cauliflower nuggets, carrots, yellow squash and pinto beans. WATER.] COMMON ALLERGENS PRESENT: Milk, Wheat, Soy. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated December 2019. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

Nutrition Facts	
Serving Size	1 each (300.5g)
Amount Per Serving	
Calories	240
% Daily Value *	
Total Fat 9g	14%
Saturated Fat 3.5g	16%
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 35mg	12%
Sodium 480mg	20%
Total Carbohydrate 18g	6%
Fiber 9g	36%
Total Sugars 2g	
Includes N/A Added Sugars	n/a
Protein 25g	49%
Vitamin D n/a	0%
Calcium 207mg	21%
Iron 4.86mg	27%
Potassium 1019mg	29%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

School Equivalents:

Serving Size	n/a
Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	

Fat Soluble Vitamins:

Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	