

NUTRITION FACTS FOR ALL PERFECT DINNERS

Description	SKU	Type	First side dish	Second side dish	Serving Size:	Calories		Protein	Carbohydrates	Dietary Fiber	Sugar - Total	Fat - Total	Sat Fat	Mono Fat	Poly Fat	Cholest erol	Vitamin A IU	Vitamin C	Calcium	Iron	Potassium	Sodium
						from Fat	Calories															
Chicken & Sausage Palava	500113	Perfect Dinner	Bulgur Pilaf	Glazed Carrots	454 g (16 oz-wt.)	194	519	33	52	12	7	22	6	8	6	97	22627	11	93	3	766	779
Country Beef Stew	500101	Perfect Dinner	Roast Potatoes	Glazed Carrots	454 g (16 oz-wt.)	109	466	32	59	9	8	12	4	6	2	71	22553	53	89	5	1815	619
Country Chicken Fricassee	500110	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	105	426	31	50	7	7	12	3	4	3	77	25510	15	110	4	835	719
Cubano Fish Stew	500114	Perfect Dinner	Rice Pilaf	Seasoned Green Beans	454 g (16 oz-wt.)	51	362	24	55	7	13	6	1	2	2	28	2654	42	105	4	806	794
Divine Chicken Dijon	500109	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	164	492	32	49	5	4	18	4	9	4	76	19585	15	95	4	623	911
Hearty Braised Beef	500102	Perfect Dinner	Mac n' Cheese	Seasoned Green Beans	454 g (16 oz-wt.)	195	598	43	57	9	13	22	10	9	1	110	5246	36	299	6	966	839
Lamb Romagna	500107	Perfect Dinner	Rice Pilaf	Stuffed Zucchini	454 g (16 oz-wt.)	145	492	33	52	6	15	16	6	8	1	87	2834	45	202	7	870	1071
Meatball Stroganoff	500104	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	193	593	34	65	7	12	22	8	9	3	117	18487	13	136	6	1057	928
Meatballs Marinara	500103	Perfect Dinner	Garlic Polenta	Seasoned Green Beans	454 g (16 oz-wt.)	177	503	30	51	7	12	20	6	10	2	112	4236	37	132	6	832	948
Pineapple Mahi Mahi	500115	Perfect Dinner	Rice Pilaf	Asian Veggies	454 g (16 oz-wt.)	38	388	30	58	7	20	4	1	1	2	92	9286	46	118	8	1146	432
Pork Brasato	500105	Perfect Dinner	Stuffed Mushroom	Seasoned Green Beans	454 g (16 oz-wt.)	134	431	32	43	10	12	15	4	8	2	63	7178	30	157	4	923	600
Prosciutto Chicken	500111	Perfect Dinner	Garlic Polenta	Seasoned Green Beans	454 g (16 oz-wt.)	87	358	31	37	6	7	10	2	5	1	66	1105	22	94	3	632	723
Ragin' Red Beans	500116	Perfect Dinner	Rice Pilaf	Stuffed Pepper	454 g (16 oz-wt.)	62	465	18	85	17	13	7	1	4	1	0	7839	181	124	6	963	588
Russian Chicken Fricassee	500108	Perfect Dinner	Bulgur Pilaf	Seasoned Green Beans	454 g (16 oz-wt.)	137	478	37	49	12	9	15	4	7	3	102	1316	37	116	5	724	625
Spectacular Stuffed Vegetables	500117	Perfect Dinner	Garlic Polenta	Glazed Carrots	454 g (16 oz-wt.)	132	442	13	68	12	10	16	3	7	4	7	27192	89	180	4	927	964
Spicy Russian Pork	500106	Perfect Dinner	Stuffed Chard	Glazed Carrots	454 g (16 oz-wt.)	212	560	36	51	13	10	24	4	9	9	68	31979	29	134	5	1246	578
Spicy Thai Chicken	500112	Perfect Dinner	Rice Pilaf	Asian Veggies	454 g (16 oz-wt.)	147	483	32	52	6	9	16	5	6	4	73	10451	44	128	8	908	834

SORTED BY CALORIES

Description	SKU	Type	First side dish	Second side dish	Serving Size:	Calories		Protein	Carbohydrates	Dietary Fiber	Sugar - Total	Fat - Total	Sat Fat	Mono Fat	Poly Fat	Cholest erol	Vitamin A IU	Vitamin C	Calcium	Iron	Potassium	Sodium
						from Fat	Calories															
Prosciutto Chicken	500111	Perfect Dinner	Garlic Polenta	Seasoned Green Beans	454 g (16 oz-wt.)	87	358	31	37	6	7	10	2	5	1	66	1105	22	94	3	632	723
Cubano Fish Stew	500114	Perfect Dinner	Rice Pilaf	Seasoned Green Beans	454 g (16 oz-wt.)	51	362	24	55	7	13	6	1	2	2	28	2654	42	105	4	806	794
Pineapple Mahi Mahi	500115	Perfect Dinner	Rice Pilaf	Asian Veggies	454 g (16 oz-wt.)	38	388	30	58	7	20	4	1	1	2	92	9286	46	118	8	1146	432
Country Chicken Fricassee	500110	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	105	426	31	50	7	7	12	3	4	3	77	25510	15	110	4	835	719
Pork Brasato	500105	Perfect Dinner	Stuffed Mushroom	Seasoned Green Beans	454 g (16 oz-wt.)	134	431	32	43	10	12	15	4	8	2	63	7178	30	157	4	923	600
Spectacular Stuffed Vegetables	500117	Perfect Dinner	Garlic Polenta	Glazed Carrots	454 g (16 oz-wt.)	132	442	13	68	12	10	16	3	7	4	7	27192	89	180	4	927	964
Ragin' Red Beans	500116	Perfect Dinner	Rice Pilaf	Stuffed Pepper	454 g (16 oz-wt.)	62	465	18	85	17	13	7	1	4	1	0	7839	181	124	6	963	588
Country Beef Stew	500101	Perfect Dinner	Roast Potatoes	Glazed Carrots	454 g (16 oz-wt.)	109	466	32	59	9	8	12	4	6	2	71	22553	53	89	5	1815	619
Russian Chicken Fricassee	500108	Perfect Dinner	Bulgur Pilaf	Seasoned Green Beans	454 g (16 oz-wt.)	137	478	37	49	12	9	15	4	7	3	102	1316	37	116	5	724	625
Spicy Thai Chicken	500112	Perfect Dinner	Rice Pilaf	Asian Veggies	454 g (16 oz-wt.)	147	483	32	52	6	9	16	5	6	4	73	10451	44	128	8	908	834
Divine Chicken Dijon	500109	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	164	492	32	49	5	4	18	4	9	4	76	19585	15	95	4	623	911
Lamb Romagna	500107	Perfect Dinner	Rice Pilaf	Stuffed Zucchini	454 g (16 oz-wt.)	145	492	33	52	6	15	16	6	8	1	87	2834	45	202	7	870	1071
Meatballs Marinara	500103	Perfect Dinner	Garlic Polenta	Seasoned Green Beans	454 g (16 oz-wt.)	177	503	30	51	7	12	20	6	10	2	112	4236	37	132	6	832	948
Chicken & Sausage Palava	500113	Perfect Dinner	Bulgur Pilaf	Glazed Carrots	454 g (16 oz-wt.)	194	519	33	52	12	7	22	6	8	6	97	22627	11	93	3	766	779
Spicy Russian Pork	500106	Perfect Dinner	Stuffed Chard	Glazed Carrots	454 g (16 oz-wt.)	212	560	36	51	13	10	24	4	9	9	68	31979	29	134	5	1246	578
Meatball Stroganoff	500104	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	193	593	34	65	7	12	22	8	9	3	117	18487	13	136	6	1057	928
Hearty Braised Beef	500102	Perfect Dinner	Mac n' Cheese	Seasoned Green Beans	454 g (16 oz-wt.)	195	598	43	57	9	13	22	10	9	1	110	5246	36	299	6	966	839

SORTED BY TOTAL FAT

Description	SKU	Type	First side dish	Second side dish	Serving Size:	Calories		Protein	Carbohydrates	Dietary Fiber	Sugar - Total	Fat - Total	Sat Fat	Mono Fat	Poly Fat	Cholest erol	Vitamin A IU	Vitamin C	Calcium	Iron	Potassium	Sodium
						from Fat	Calories															
Pineapple Mahi Mahi	500115	Perfect Dinner	Rice Pilaf	Asian Veggies	454 g (16 oz-wt.)	38	388	30	58	7	20	4	1	1	2	92	9286	46	118	8	1146	432
Cubano Fish Stew	500114	Perfect Dinner	Rice Pilaf	Seasoned Green Beans	454 g (16 oz-wt.)	51	362	24	55	7	13	6	1	2	2	28	2654	42	105	4	806	794
Ragin' Red Beans	500116	Perfect Dinner	Rice Pilaf	Stuffed Pepper	454 g (16 oz-wt.)	62	465	18	85	17	13	7	1	4	1	0	7839	181	124	6	963	588
Prosciutto Chicken	500111	Perfect Dinner	Garlic Polenta	Seasoned Green Beans	454 g (16 oz-wt.)	87	358	31	37	6	7	10	2	5	1	66	1105	22	94	3	632	723
Country Chicken Fricassee	500110	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	105	426	31	50	7	7	12	3	4	3	77	25510	15	110	4	835	719
Country Beef Stew	500101	Perfect Dinner	Roast Potatoes	Glazed Carrots	454 g (16 oz-wt.)	109	466	32	59	9	8	12	4	6	2	71	22553	53	89	5	1815	619
Russian Chicken Fricassee	500108	Perfect Dinner	Bulgur Pilaf	Seasoned Green Beans	454 g (16 oz-wt.)	137	478	37	49	12	9	15	4	7	3	102	1316	37	116	5	724	625
Pork Brasato	500105	Perfect Dinner	Stuffed Mushroom	Seasoned Green Beans	454 g (16 oz-wt.)	134	431	32	43	10	12	15	4	8	2	63	7178	30	157	4	923	600
Spectacular Stuffed Vegetables	500117	Perfect Dinner	Garlic Polenta	Glazed Carrots	454 g (16 oz-wt.)	132	442	13	68	12	10	16	3	7	4	7	27192	89	180	4	927	964
Lamb Romagna	500107	Perfect Dinner	Rice Pilaf	Stuffed Zucchini	454 g (16 oz-wt.)	145	492	33	52	6	15	16	6	8	1	87	2834	45	202	7	870	1071
Spicy Thai Chicken	500112	Perfect Dinner	Rice Pilaf	Asian Veggies	454 g (16 oz-wt.)	147	483	32	52	6	9	16	5	6	4	73	10451	44	128	8	908	834
Divine Chicken Dijon	500109	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	164	492	32	49	5	4	18	4	9	4	76	19585	15	95	4	623	911
Meatballs Marinara	500103	Perfect Dinner	Garlic Polenta	Seasoned Green Beans	454 g (16 oz-wt.)	177	503	30	51	7	12	20	6	10	2	112	4236	37	132	6	832	948
Meatball Stroganoff	500104	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	193	593	34	65	7	12	22	8	9	3	117	18487	13	136	6	1057	928
Hearty Braised Beef	500102	Perfect Dinner	Mac n' Cheese	Seasoned Green Beans	454 g (16 oz-wt.)	195	598	43	57	9	13	22	10	9	1	110	5246	36	299	6	966	839
Chicken & Sausage Palava	500113	Perfect Dinner	Bulgur Pilaf	Glazed Carrots	454 g (16 oz-wt.)	194	519	33	52	12	7	22	6	8	6	97	22627	11	93	3	766	779
Spicy Russian Pork	500106	Perfect Dinner	Stuffed Chard	Glazed Carrots	454 g (16 oz-wt.)	212	560	36	51	13	10	24	4	9	9	68	31979	29	134	5	1246	578

SORTED BY SODIUM

Description	SKU	Type	First side dish	Second side dish	Serving Size:	Calories from Fat	Calories	Protein	Carbohydrates	Dietary Fiber	Sugar - Total	Fat - Total	Sat Fat	Mono Fat	Poly Fat	Cholesterol	Vitamin A IU	Vitamin C	Calcium	Iron	Potassium	Sodium	
Pineapple Mahi Mahi	500115	Perfect Dinner	Rice Pilaf	Asian Veggies	454 g (16 oz-wt.)	38	388	30		58	7	20	4	1	1	2	92	9286	46	118	8	1146	432
Spicy Russian Pork	500106	Perfect Dinner	Stuffed Chard	Glazed Carrots	454 g (16 oz-wt.)	212	560	36		51	13	10	24	4	9	9	68	31979	29	134	5	1246	578
Ragin' Red Beans	500116	Perfect Dinner	Rice Pilaf	Stuffed Pepper	454 g (16 oz-wt.)	62	465	18		85	17	13	7	1	4	1	0	7839	181	124	6	963	588
Pork Brasato	500105	Perfect Dinner	Stuffed Mushroom	Seasoned Green Beans	454 g (16 oz-wt.)	134	431	32		43	10	12	15	4	8	2	63	7178	30	157	4	923	600
Country Beef Stew	500101	Perfect Dinner	Roast Potatoes	Glazed Carrots	454 g (16 oz-wt.)	109	466	32		59	9	8	12	4	6	2	71	22553	53	89	5	1815	619
Russian Chicken Fricassee	500108	Perfect Dinner	Bulgur Pilaf	Seasoned Green Beans	454 g (16 oz-wt.)	137	478	37		49	12	9	15	4	7	3	102	1316	37	116	5	724	625
Country Chicken Fricassee	500110	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	105	426	31		50	7	7	12	3	4	3	77	25510	15	110	4	835	719
Prosciutto Chicken	500111	Perfect Dinner	Garlic Polenta	Seasoned Green Beans	454 g (16 oz-wt.)	87	358	31		37	6	7	10	2	5	1	66	1105	15	94	3	632	723
Chicken & Sausage Palava	500113	Perfect Dinner	Bulgur Pilaf	Glazed Carrots	454 g (16 oz-wt.)	194	519	33		52	12	7	22	6	8	6	97	22627	11	93	3	766	779
Cubano Fish Stew	500114	Perfect Dinner	Rice Pilaf	Seasoned Green Beans	454 g (16 oz-wt.)	51	362	24		55	7	13	6	1	2	2	28	2654	15	105	4	806	794
Spicy Thai Chicken	500112	Perfect Dinner	Rice Pilaf	Asian Veggies	454 g (16 oz-wt.)	147	483	32		52	6	9	16	5	6	4	73	10451	15	128	8	908	834
Hearty Braised Beef	500102	Perfect Dinner	Mac n' Cheese	Seasoned Green Beans	454 g (16 oz-wt.)	195	598	43		57	9	13	22	10	9	1	110	5246	15	299	6	966	839
Divine Chicken Dijon	500109	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	164	492	32		49	5	4	18	4	9	4	76	19585	15	95	4	623	911
Meatball Stroganoff	500104	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	193	593	34		65	7	12	22	8	9	3	117	18487	13	136	6	1057	928
Meatballs Marinara	500103	Perfect Dinner	Garlic Polenta	Seasoned Green Beans	454 g (16 oz-wt.)	177	503	30		51	7	12	20	6	10	2	112	4236	15	132	6	832	948
Spectacular Stuffed Vegetables	500117	Perfect Dinner	Garlic Polenta	Glazed Carrots	454 g (16 oz-wt.)	132	442	13		68	12	10	16	3	7	4	7	27192	15	180	4	927	964
Lamb Romagna	500107	Perfect Dinner	Rice Pilaf	Stuffed Zucchini	454 g (16 oz-wt.)	145	492	33		52	6	15	16	6	8	1	87	2834	15	202	7	870	1071

SORTED BY FIBER

Description	SKU	Type	First side dish	Second side dish	Serving Size:	Calories from Fat	Calories	Protein	Carbohydrates	Dietary Fiber	Sugar - Total	Fat - Total	Sat Fat	Mono Fat	Poly Fat	Cholesterol	Vitamin A IU	Vitamin C	Calcium	Iron	Potassium	Sodium	
Ragin' Red Beans	500116	Perfect Dinner	Rice Pilaf	Stuffed Pepper	454 g (16 oz-wt.)	62	465	18		85	17	13	7	1	4	1	0	7839	181	124	6	963	588
Spicy Russian Pork	500106	Perfect Dinner	Stuffed Chard	Glazed Carrots	454 g (16 oz-wt.)	212	560	36		51	13	10	24	4	9	9	68	31979	29	134	5	1246	578
Russian Chicken Fricassee	500108	Perfect Dinner	Bulgur Pilaf	Seasoned Green Beans	454 g (16 oz-wt.)	137	478	37		49	12	9	15	4	7	3	102	1316	37	116	5	724	625
Chicken & Sausage Palava	500113	Perfect Dinner	Bulgur Pilaf	Glazed Carrots	454 g (16 oz-wt.)	194	519	33		52	12	7	22	6	8	6	97	22627	11	93	3	766	779
Spectacular Stuffed Vegetables	500117	Perfect Dinner	Garlic Polenta	Glazed Carrots	454 g (16 oz-wt.)	132	442	13		68	12	10	16	3	7	4	7	27192	89	180	4	927	964
Pork Brasato	500105	Perfect Dinner	Stuffed Mushroom	Seasoned Green Beans	454 g (16 oz-wt.)	134	431	32		43	10	12	15	4	8	2	63	7178	30	157	4	923	600
Hearty Braised Beef	500102	Perfect Dinner	Mac n' Cheese	Seasoned Green Beans	454 g (16 oz-wt.)	195	598	43		57	9	13	22	10	9	1	110	5246	15	299	6	966	839
Country Beef Stew	500101	Perfect Dinner	Roast Potatoes	Glazed Carrots	454 g (16 oz-wt.)	109	466	32		59	9	8	12	4	6	2	71	22553	53	89	5	1815	619
Cubano Fish Stew	500114	Perfect Dinner	Rice Pilaf	Seasoned Green Beans	454 g (16 oz-wt.)	51	362	24		55	7	13	6	1	2	2	28	2654	42	105	4	806	794
Meatballs Marinara	500103	Perfect Dinner	Garlic Polenta	Seasoned Green Beans	454 g (16 oz-wt.)	177	503	30		51	7	12	20	6	10	2	112	4236	37	132	6	832	948
Country Chicken Fricassee	500110	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	105	426	31		50	7	7	12	3	4	3	77	25510	15	110	4	835	719
Meatball Stroganoff	500104	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	193	593	34		65	7	12	22	8	9	3	117	18487	13	136	6	1057	928
Pineapple Mahi Mahi	500115	Perfect Dinner	Rice Pilaf	Asian Veggies	454 g (16 oz-wt.)	38	388	30		58	7	20	4	1	1	2	92	9286	46	118	8	1146	432
Lamb Romagna	500107	Perfect Dinner	Rice Pilaf	Stuffed Zucchini	454 g (16 oz-wt.)	145	492	33		52	6	15	16	6	8	1	87	2834	15	202	7	870	1071
Spicy Thai Chicken	500112	Perfect Dinner	Rice Pilaf	Asian Veggies	454 g (16 oz-wt.)	147	483	32		52	6	9	16	5	6	4	73	10451	15	128	8	908	834
Prosciutto Chicken	500111	Perfect Dinner	Garlic Polenta	Seasoned Green Beans	454 g (16 oz-wt.)	87	358	31		37	6	7	10	2	5	1	66	1105	22	94	3	632	723
Divine Chicken Dijon	500109	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	164	492	32		49	5	4	18	4	9	4	76	19585	15	95	4	623	911

SORTED BY CHOLESTEROL

Description	SKU	Type	First side dish	Second side dish	Serving Size:	Calories from Fat	Calories	Protein	Carbohydrates	Dietary Fiber	Sugar - Total	Fat - Total	Sat Fat	Mono Fat	Poly Fat	Cholesterol	Vitamin A IU	Vitamin C	Calcium	Iron	Potassium	Sodium	
Ragin' Red Beans	500116	Perfect Dinner	Rice Pilaf	Stuffed Pepper	454 g (16 oz-wt.)	62	465	18		85	17	13	7	1	4	1	0	7839	181	124	6	963	588
Spectacular Stuffed Vegetables	500117	Perfect Dinner	Garlic Polenta	Glazed Carrots	454 g (16 oz-wt.)	132	442	13		68	12	10	16	3	7	4	7	27192	89	180	4	927	964
Cubano Fish Stew	500114	Perfect Dinner	Rice Pilaf	Seasoned Green Beans	454 g (16 oz-wt.)	51	362	24		55	7	13	6	1	2	2	28	2654	42	105	4	806	794
Pork Brasato	500105	Perfect Dinner	Stuffed Mushroom	Seasoned Green Beans	454 g (16 oz-wt.)	134	431	32		43	10	12	15	4	8	2	63	7178	30	157	4	923	600
Prosciutto Chicken	500111	Perfect Dinner	Garlic Polenta	Seasoned Green Beans	454 g (16 oz-wt.)	87	358	31		37	6	7	10	2	5	1	66	1105	22	94	3	632	723
Spicy Russian Pork	500106	Perfect Dinner	Stuffed Chard	Glazed Carrots	454 g (16 oz-wt.)	212	560	36		51	13	10	24	4	9	9	68	31979	29	134	5	1246	578
Country Beef Stew	500101	Perfect Dinner	Roast Potatoes	Glazed Carrots	454 g (16 oz-wt.)	109	466	32		59	9	8	12	4	6	2	71	22553	53	89	5	1815	619
Spicy Thai Chicken	500112	Perfect Dinner	Rice Pilaf	Asian Veggies	454 g (16 oz-wt.)	147	483	32		52	6	9	16	5	6	4	73	10451	15	128	8	908	834
Divine Chicken Dijon	500109	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	164	492	32		49	5	4	18	4	9	4	76	19585	15	95	4	623	911
Country Chicken Fricassee	500110	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	105	426	31		50	7	7	12	3	4	3	77	25510	15	110	4	835	719
Lamb Romagna	500107	Perfect Dinner	Rice Pilaf	Stuffed Zucchini	454 g (16 oz-wt.)	145	492	33		52	6	15	16	6	8	1	87	2834	15	202	7	870	1071
Pineapple Mahi Mahi	500115	Perfect Dinner	Rice Pilaf	Asian Veggies	454 g (16 oz-wt.)	38	388	30		58	7	20	4	1	1	2	92	9286	46	118	8	1146	432
Chicken & Sausage Palava	500113	Perfect Dinner	Bulgur Pilaf	Glazed Carrots	454 g (16 oz-wt.)	194	519	33		52	12	7	22	6	8	6	97	22627	11	93	3	766	779
Russian Chicken Fricassee	500108	Perfect Dinner	Bulgur Pilaf	Seasoned Green Beans	454 g (16 oz-wt.)	137	478	37		49	12	9	15	4	7	3	102	1316	37	116	5	724	625
Hearty Braised Beef	500102	Perfect Dinner	Mac n' Cheese	Seasoned Green Beans	454 g (16 oz-wt.)	195	598	43		57	9	13	22	10	9	1	110	5246	15	299	6	966	839
Meatballs Marinara	500103	Perfect Dinner	Garlic Polenta	Seasoned Green Beans	454 g (16 oz-wt.)	177	503	30		51	7	12	20	6	10	2	112	4236	37	132	6	832	948
Meatball Stroganoff	500104	Perfect Dinner	Rice Pilaf	Glazed Carrots	454 g (16 oz-wt.)	193	593	34		65	7	12	22	8	9	3	117	18487	13	136	6	1057	928

Description	Type	Serving Size:	Calories from Fat	Calories	Protein	Carbohydrates	Dietary Fiber	Sugar - Total	Fat - Total	Saturated Fat	Mono Fat	Poly Fat	Cholesterol	Vitamin A IU	Vitamin C	Calcium	Iron	Potassium	Sodium
Country Beef Stew	Entrée	281.06 g (9.91 oz-wt.)	87.92	245	27	11	2	4	10	3	6	1	71	4242	11	35	4	518	360
Hearty Braised Beef	Entrée	271.01 g (9.56 oz-wt.)	87.99	271	30	14	4	4	10	4	5	1	79	4269	20	43	4	568	468
Meatballs Marinara	Entrée	330.39 g (11.65 oz-wt.)	144.37	327	25	19	3	8	16	6	8	1	112	3632	19	63	4	524	584
Meatball Stroganoff	Entrée	400.95 g (14.14 oz-wt.)	170.14	404	30	25	3	10	19	8	9	1	117	176	10	82	4	805	675
Pork Brasato	Entrée	250.00 g (8.82 oz-wt.)	89.52	259	26	14	3	4	10	3	5	1	63	1500	8	58	2	518	415
Spicy Russian Pork	Entrée	250.66 g (8.84 oz-wt.)	107.61	295	29	16	5	5	12	3	4	3	68	8618	6	33	1	522	143
Lamb Romagna	Entrée	359.62 g (12.69 oz-wt.)	79.81	238	26	12	3	7	9	3	5	1	73	668	21	66	4	476	524
Russian Chicken Fricassee	Entrée	285.78 g (10.08 oz-wt.)	113.54	275	30	8	1	4	12	3	5	3	102	772	20	44	3	302	434
Divine Chicken Dijon	Entrée	295.78 g (10.43 oz-wt.)	141.26	302	28	10	1	2	15	4	8	3	76	1274	11	41	3	370	658
Country Chicken Fricassee	Entrée	320.62 g (11.31 oz-wt.)	82.99	237	27	11	3	6	9	3	4	2	77	7200	12	56	2	582	467
Prosciutto Chicken	Entrée	165.84 g (5.85 oz-wt.)	53.95	182	26	5	1	3	6	1	3	1	66	501	5	25	1	323	359
Spicy Thai Chicken	Entrée	251.20 g (8.86 oz-wt.)	125.16	273	26	10	1	3	14	5	5	3	73	1451	18	59	2	538	515
Chicken & Sausage Palava	Entrée	212.24 g (7.49 oz-wt.)	168.57	318	27	10	1	5	18	5	7	4	97	4316	8	35	2	387	514
Cubano Fish Stew	Entrée	328.84 g (11.60 oz-wt.)	30.36	170	19	16	3	8	3	1	1	2	28	2110	25	36	1	511	616
Pineapple Mahi Mahi	Entrée	323.94 g (11.43 oz-wt.)	16.62	178	24	16	2	14	2	0	0	1	92	287	20	49	2	776	114
Ragin' Red Beans	Entrée	396.18 g (13.97 oz-wt.)	40.73	236	11	39	12	8	5	1	3	1	0	2545	60	86	4	618	273
Roast Potatoes	Side dish	202.44 g (7.14 oz-wt.)	7.02	165	4	36	3	3	1	0	0	0	0	0	40	14	2	1095	114
Mac n' Cheese	Side dish	211.94 g (7.48 oz-wt.)	95.32	269	11	32	1	5	11	6	3	1	31	433	0	201	1	153	301
Rice Pilaf	Side dish	187.22 g (6.60 oz-wt.)	8.28	133	3	28	1	1	1	0	1	0	0	0	1	13	1	50	108
Garlic Polenta	Side dish	213.50 g (7.53 oz-wt.)	20.80	117	3	21	1	0	2	0	1	0	0	60	2	14	0	63	294
Bulgur Pilaf	Side dish	132.15 g (4.66 oz-wt.)	11.13	145	5	31	7	1	1	0	1	0	0	0	1	17	1	176	120
Glazed Carrots	Side dish	185.87 g (6.56 oz-wt.)	14.11	56	1	11	3	1	2	0	0	1	0	18311	3	40	0	203	144
Seasoned Green Beans	Side dish	165.98 g (5.85 oz-wt.)	12.03	59	2	11	4	4	2	0	1	0	0	544	16	55	1	245	70
Asian Veggies	Side dish	170.49 g (6.01 oz-wt.)	13.49	77	3	14	4	5	2	0	0	1	0	9000	25	56	5	320	211
Stuffed Pepper	Side dish	161.40 g (5.69 oz-wt.)	13.30	95	4	18	5	4	2	0	1	0	0	5294	120	25	1	295	207
Stuffed Chard	Side dish	204.29 g (7.21 oz-wt.)	90.74	208	5	24	4	4	11	1	5	4	0	5050	20	60	4	522	291
Stuffed Mushroom	Side dish	148.93 g (5.25 oz-wt.)	32.82	113	3	18	3	4	4	1	3	1	0	5133	6	44	1	160	114
Stuffed Zucchini	Side dish	254.63 g (8.98 oz-wt.)	56.71	121	5	12	3	7	7	3	3	0	15	2167	23	122	2	345	439
Spectacular Stuffed Vegetables	Entrée		96.79	268.97	8.93	35.75	7.59	9.22	11.33	2.35	5.64	2.79	7.36	8821.62	84.75	125.69	3.61	661.12	525.66
Chipotle Turkey Chili	Soup	225 g (8 oz-wt.)	24.48	173	15	23	7	5	3	0	2	1	24	5582	21	66	3	621	349
Lt. Poole's Award-Winning Firehouse Chili	Soup	225 g (8 oz-wt.)	188.18	318	16	17	5	3	21	8	10	2	47	2250	24	68	4	515	667
Home Style Mac n' Cheese	Pasta	125 g (4.5 oz-wt.)	95.32	269	11	32	1	5	11	6	3	1	31	433	0	201	1	153	301
Italian Style Stuffed Pie	Savory Pie	65 g (2.2 oz-wt.)	81.07	163	8	13	1	2	9	5	3	1	47	223	2	70	1	137	368

Description	Ingredients
Country Beef Stew	Sirloin Beef Stew: lean beef (sirloin or round), tomatoes (tomatoes, salt, naturally derived citric acid and calcium chloride), onions, carrots, veal stock (veal bones, water, onion, carrot, celery, herbs), green beans, corn, celery, wine, worcestershire sauce (vinegar, molasses, high fructose corn syrup, anchovies (fish), onions, salt, garlic, spices, tamarind extract), flour (wheat), olive oil, salt, herbs, pepper, garlic.
Hearty Braised Beef	Braised Beef: lean beef (round or chuck), veal stock (veal bones, water, onion, carrot, celery, herbs), tomato sauce (tomato puree (water, tomato paste), onions, tomatoes (tomatoes, salt, naturally derived citric acid and calcium chloride), carrots, beans, wine, sweet peppers, celery, olive oil, dried chili peppers, garlic, salt, kale, herbs, spices, pepper.
Meatballs Marinara	Meatballs Marinara: tomatoes (tomatoes, salt, naturally derived citric acid and calcium chloride), ground sirloin beef, mushrooms, onions, pork sausage (fresh pork, salt, spices, sugar, pepper, garlic powder), breadcrumbs (wheat flour, water, sugar, oat fiber, wheat gluten, potato flour, sunflower and/or safflower oil, salt, yeast, oat flour, vinegar, ascorbic acid, natural enzymes), tomato sauce (tomato puree (water, tomato paste), carrots, eggs, wine, celery, garlic, olive oil, salt, herbs, spices, pepper.
Meatball Stroganoff	Meatball Stroganoff: ground sirloin beef, mushrooms, onions, onions, low-fat milk, veal stock (veal bones, water, onion, carrot, celery, herbs), breadcrumbs (wheat flour, water, sugar, oat fiber, wheat gluten, potato flour, sunflower and/or safflower oil, salt, yeast, oat flour, vinegar, ascorbic acid, natural enzymes), wine, eggs, cream (milk), butter (pasteurized sweet cream (milk), salt), wheat flour, olive oil, garlic, salt, mustard flour, pepper.
Pork Brasato	Pork Brasato: fresh pork loin, onions, beans (beans, salt), veal stock (veal bones, water, onion, carrot, celery, herbs), tomatoes (tomatoes, salt, naturally derived citric acid and calcium chloride), prosciutto (pork, salt), wine, lemon, olive oil, herbs, garlic, salt, pepper.
Spicy Russian Pork	Spicy Russian Pork: fresh pork loin, beans (beans, salt), onions, carrots, veal stock (veal bones, water, onion, carrot, celery, herbs), wine, celery, safflower oil, pomegranate jelly (pomegranate juice, sugar, natural fruit pectin, ascorbic acid, citric acid) garlic, salt, pepper, spices.
Lamb Romagna	Lamb Romagna: fresh lamb leg, tomatoes (tomatoes, salt, naturally derived citric acid and calcium chloride), onions, olives, veal stock (veal bones, water, onion, carrot, celery, herbs), wine, herbs, olive oil, garlic, salt, pepper.
Russian Chicken Fricassee	Russian Chicken: fresh boneless chicken, tomatoes (tomatoes, salt, naturally derived citric acid and calcium chloride), onions, wine, tomato paste (tomato paste, salt), lemon juice, herbs, olive oil, arrowroot starch, garlic, salt, pepper.
Divine Chicken Dijon	Dijon Chicken: fresh boneless chicken breast or tenderloins, artichoke hearts, chicken stock (chicken, onions, celery, carrots, salt, natural chicken flavor, spices, canola and/or safflower and or sunflower oil), onions, artichoke bottoms, olives, cream (milk), wine, Dijon mustard, herbs, olive oil, dry mustard, salt, pepper.
Country Chicken Fricassee	Chicken Fricassee: fresh whole chicken, mushrooms, onions, chicken stock (chicken, onions, celery, carrots, salt, natural chicken flavor, spices, canola and/or safflower and or sunflower oil), carrots, green peas, cream (milk), celery, lemon juice, olive oil, herbs, salt, pepper.
Prosciutto Chicken	Prosciutto Chicken: fresh boneless chicken, onions, veal stock (veal bones, water, onion, carrot, celery, herbs), prosciutto (pork, salt), wine, lemon, olive oil, garlic, herbs, pepper.
Spicy Thai Chicken	Spicy Thai Chicken: fresh boneless chicken, yardlong beans, chicken stock (chicken, onions, celery, carrots, salt, natural chicken flavor, spices, canola and/or safflower and or sunflower oil), onions, coconut milk (coconut extract (tree nuts), water, citric acid, sodium metabisulfite), Thai red chillies, red curry paste (dried red chili, garlic, lemon grass, salt, shallot, galangal, shrimp (shrimp paste (shellfish)), lime peel, pepper), tomato paste (tomato paste, salt), safflower oil, garlic, salt, rice vinegar, sugar, gingerroot, cilantro.
Chicken & Sausage Palava	Chicken & Sausage Palava: fresh boneless chicken, onions, chicken stock (chicken, onions, celery, carrots, salt, natural chicken flavor, spices, canola and/or safflower and or sunflower oil), hot link sausage (beef and/or pork, dextrose, spices, paprika, corn syrup, sodium phosphate, sodium erythrobate, sodium nitrite in a pork casing), sweet potatoes, pumpkin seeds, safflower oil, collard greens, lemon juice, garlic, salt, spices, herbs.
Cubano Fish Stew	Cubano Fish Stew: Pacific cod (fish), tomatoes (tomatoes, salt, naturally derived citric acid and calcium chloride), black-eyed peas (black-eyed peas, salt), onions, vegetable stock (filtered water, carrots, tomatoes, celery, onions, garlic, leeks, salt, bay leaves, parsley, thyme), smoked salmon (salmon (fish), salt, sugar), bananas, peppers, carrots, safflower oil, lime juice, salt, pepper, spices.
Pineapple Mahi Mahi	Mahi Mahi: pineapple, mahi mahi fillet, onions, peppers, safflower oil, herbs.
Ragin' Red Beans	Ragin' Red Beans: beans (beans, salt), onions, tomatoes (tomatoes, salt, naturally derived citric acid and calcium chloride), sweet peppers, tomato sauce (tomato puree (water, tomato paste) kale, dried chili peppers, chipotle peppers in adobo sauce (chipotle peppers, water, tomato puree, vegetable oil, wehat flour, salt, vinegar, wheat starch, onion powder, garlic powder, caramel color, spices), olive oil, garlic, spices, herbs, salt, pepper.
Roast Potatoes	Roasted potatoes: potatoes, olive oil, salt.
Mac n' Cheese	Mac n' Cheese: Macaroni noodles (semolina (wheat)), low-fat milk, cheddar cheese (milk), onions, butter (cream (milk), wheat flour, salt, spices).
Rice Pilaf	Rice pilaf: jasmine rice, onions, olive oil, salt.
Garlic Polenta	Garlic polenta: cornmeal, garlic, olive oil, salt.
Bulgur Pilaf	Bulgur pilaf: bulgar wheat, onion, olive oil, salt.
Glazed Carrots	Glazed carrots: carrots, wine, safflower oil, brown sugar.
Seasoned Green Beans	Seasoned green beans: green beans, vegetable stock (filtered water, carrots, tomatoes, celery, onions, garlic, leeks, salt, bay leaves, parsley, thyme), onions, olive oil, pepper, spices.
Asian Veggies	Asian vegetables: yardlong beans, carrots, onions, straw mushrooms (straw mushroom, water, salt), bok-choy, corn, water chestnuts, bell pepper, wine, soy sauce (soybeans, salt, wheat, alcohol), safflower oil, sesame oil.
Stuffed Pepper	Stuffed pepper: sweet bell pepper, tomatoes (tomatoes, salt, naturally derived citric acid and calcium chloride), black beans (black beans, salt), corn, onions, carrots, celery, herbs, oil, salt.
Stuffed Chard	Stuffed Chard: chard, onions, quinoa, carrots, wine, pecans, celery, safflower oil, fresh herbs, garlic, salt, herbs.
Stuffed Mushroom	Stuffed Mushrooms: mushrooms, onions, carrots, brown rice, olive oil, celery, herbs, garlic, salt, pepper.
Stuffed Zucchini	Stuffed Zucchini: zucchini, tomatoes (tomatoes, salt, naturally derived citric acid and calcium chloride), onions, feta cheese (pasteurized sheep's milk, cheese cultures, natural rennet, salt, calcium chloride), yellow corn, green beans, carrots, olive oil, celery, vinegar, herbs, salt, pepper, spices.
Spectacular Stuffed Vegetables	Stuffed pepper: sweet bell pepper, tomatoes (tomatoes, salt, naturally derived citric acid and calcium chloride), black beans (black beans, salt), corn, onions, carrots, celery, herbs, oil, salt. Stuffed Chard: chard, onions, quinoa, carrots, wine, pecans, celery, safflower oil, fresh herbs, garlic, salt, herbs. Stuffed Mushrooms: mushrooms, onions, carrots, brown rice, olive oil, celery, herbs, garlic, salt, pepper. Stuffed Zucchini: zucchini, tomatoes (tomatoes, salt, naturally derived citric acid and calcium chloride), onions, feta cheese (pasteurized sheep's milk, cheese cultures, natural rennet, salt, calcium chloride), yellow corn, green beans, carrots, olive oil, celery, vinegar, herbs, salt, pepper, spices.
Chipotle Turkey Chili	Tomatoes (tomatoes, salt, naturally derived citric acid and calcium chloride), black beans (beans, salt), ground turkey, chicken stock (chicken, onions, celery, carrots, salt, natural chicken flavor, spices, canola and/or safflower and or sunflower oil), onions, carrots, sweet peppers, tomato sauce (tomato puree (water, tomato paste)), celery, chipotle peppers in adobo sauce (chipotle peppers, water, tomato puree, vegetable oil, wehat flour, salt, vinegar, wheat starch, onion powder, garlic powder, caramel color, spices), olive oil, arrowroot starch, garlic, spices, herbs, salt, pepper.
Lt. Poole's Award-Winning Firehouse Chili	Pinto beans (beans, salt), beef chuck roast, tomatoes (tomatoes, salt, naturally derived citric acid and calcium chloride), veal stock (veal bones, water, onion, carrot, celery, herbs), bacon (cured with water, salt, sugar, sodium phosphates, sodium erythorbate, sodium nitrite), pork sausage (fresh pork, salt, spices, sugar, pepper, garlic powder), onions, chili peppers, chili powder, sugar, garlic, corn flour, spices, sea salt, herbs, pepper.
Home Style Mac n' Cheese	Macaroni noodles (semolina), milk, cheddar cheese (milk, salt, enzymes, annatto (color)), onions, butter (cream (milk)), wheat flour, salt, spices).
Italian Style Stuffed Pie	Italian Style Stuffed Pie: wheat flour, dry pork salami (pork, salt, corn syrup, wine, suage, spices, dextrose, garlic, ascorbic acid, lactic acid, starter culture, sodium nitrite, sodium nitrate), ham (ham cured with water, dextrose, salt, contains less than 2% sodium lactate, sodium phosphates, sodium diacetate, erythorbate, sodium nitrite), provolone cheese (milk, enzymes, salt), potatoes, milk, butter (cream (milk)), eggs, sugar, yeast, salt.