**FEBRUARY 2021 INGREDIENT STATEMENT**

**MEALS ON WHEELS FRUIT & JUICE INGREDIENT LIST**

**CINNAMON APPLES INGREDIENTS**: CINNAMON, SLICED APPLES, WATER ***[SODIUM CONTENT- .02 G*]**

**MIXED FRUIT INGREDIENTS**: DICED PEACHES, WATER, DICED PEARS, GRAPES, PEAR JUICE CONCENTRATE ***[SODIUM CONTENT- .005 G*]**

**TROPICAL FRUIT INGREDIENTS**: PINEAPPLE, PAPAYA RED AND YELLOW, PINEAPPLE JUICE, WHITE GRAPE JUICE FROM CONCENTRATE WATER, WHITE GRAPE JUICE CONCENTRATE, GUAVA, AND CITRIC ACID ***[SODIUM CONTENT- 0 G*]**

**APPLESAUCE INGREDIENTS**: APPLES, WATER ***[SODIUM CONTENT- .01 G*]**

**PINEAPPLE INGREDIENTS**: PINEAPPLES, PINEAPPLE JUICE ***[SODIUM CONTENT- .01 G*]**

**PEACHES INGREDIENTS:** PEACHES, WATER, PEAR JUICE CONCENTRATE ***[SODIUM CONTENT- .005 G*]**

**APRICOT INGREDIENTS**: APRICOTS, WATER, PEAR JUICE CONCENTRATE ***[SODIUM CONTENT- .035 G*]**

**MANDARIN ORANGES INGTRDIENTS:** MANDARIN ORANGE, WATER, PEAR JUICE CONCENTRATE ***[SODIUM CONTENT- .01 G*]**

**PEAR INGREDIENTS**: PEARS, WATER, PEAR JUICE, ASCORBIC ACID, AND CITIRIC ACID***[SODIUM CONTENT- .005 G*]**

**RED GELATIN INGREDIENTS:** CHERRY: GELATIN, MALTODEXTRIN, ADIPIC ACID, SODIUM CITRATE, MALIC ACID, NATURAL AND ARTIFICIAL FLAVOR, CITRIC ACID, RED #40, ACESULFAME POTASSIUM, SUCRALOSE, BLUE #1. RASPBERRY: GELATIN, ADIPIC ACID, MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVOR, SODIUM CITRATE, MALIC ACID, CITRIC ACID, RED #40, ACESULFAME POTASSIUM, SUCRALOSE, BLUE #1. STRAWBERRY: GELATIN, MALTODEXTRIN, ADIPIC ACID, SODIUM CITRATE, FUMARIC ACID, NATURAL AND ARTIFICIAL FLAVOR, RED #40, ACESULFAME POTASSIUM, SUCRALOSE. ***[SODIUM CONTENT- .035 G*]**

**CITRUS GELATIN INGREDIENTS**: LIME: GELATIN, MALTODEXTRIN, ADIPIC ACID, SODIUM CITRATE, CITRIC ACID, MALIC ACID, NATURAL AND ARTIFICIAL FLAVOR, ACESULFAME POTASSIUM, SUCRALOSE, YELLOW #5, BLUE #1, YELLOW #5 LAKE, BLUE #1 LAKE. LEMON: GELATIN, MALTODEXTRIN, ADIPIC ACID, SODIUM CITRATE, CITRIC ACID, MALIC ACID, NATURAL AND ARTIFICIAL FLAVOR, ACESULFAME POTASSIUM, SUCRALOSE, YELLOW #5. ORANGE: GELATIN, MALTODEXTRIN, ADIPIC ACID, SODIUM CITRATE, NATURAL AND ARTIFICIAL FLAVOR, CITRIC ACID, MALIC ACID, YELLOW #6, ACESULFAME POTASSIUM, SUCRALOSE, SALT. ***[SODIUM CONTENT- .035 G*]**

**LOW SODIUM V-8 JUICE INGREDIENTS:** VEGETABLE JUICE WATER AND CONCENTRATED JUICES OF TOMATOES, CARROTS, CELERY, BEETS, PARSLEY, LETTUCE, WATERCRESS, SPINACH, POTASSIUM CHLORIDE, SALT, VITAMIN C ASCORBIC ACID, NATURAL FLAVORING, BETA CAROTENE, CITRIC ACID ***[SODIUM CONTENT- .095 G*]**

**ORANGE JUICE INGREDIENTS:** FILTERED WATER,ORANGE JUICE CONCENTRATE,ASCORBIC ACID ( VITAMIN C),NATURAL FLAVORS. CONTAINS 100% JUICE. [***SODIUM CON***TENT- .0 G]

**APPLE JUICE INGREDIENTS:** FILTERED WATER, APPLE JUICE CONCENTRATE, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C) [***SODIUM CONTENT- .010 G*]**

**GRAPE JUICE INGREDIENTS:** FILTERED WATER, GRAPE JUICE CONCENTRATE, NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C) ***[SODIUM CONTENT- .015 G*]**

**MEALS ON WHEELS BREAD & GRAINS INGREDIENT LIST**

**ENGLISH MUFFIN INGREDIENTS:**  ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMINMONONITRATE VITAMIN B1, RIBOFLAVIN VITAMIN B2, FOLIC ACID], WATER, YEAST, CORNMEAL, SOYBEANOIL, SUGAR, SALT, CALCIUM SULFATE, CALCIUM PROPIONATE PRESERVATIVE, FUMARIC ACID,MONOGLYCERIDES, GUAR GUM, CORN SYRUP SOLIDS, WHEAT GLUTEN, SOY FLOUR. ***[SODIUM CONTENT- .21 G*]**

**WHEAT DINNER ROLL INGREDIENTS**: ENRICHED UNBLEACHED WHEAT FLOUR WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID, WATER, YEAST, WHOLE WHEAT FLOUR, CRUSHED WHEAT, SUGAR, WHEAT GLUTEN, CONTAINS LESS THAN 2 OF THE FOLLOWING: SOYBEAN OIL, SALT, SOY LECITHIN, ENZYME, ASCORBIC ACID.;CONTAINS: SOY, WHEAT MAY CONTAIN MILK, EGGS AND SESAME

***[SODIUM CONTENT- .14 G*]**

**HILLTOP HEARTH WHOLE WHEAT BISCUITS INGREDIENTS:** WHOLE WHEAT FLOUR, CULTURED BUTTERMILK (CULTURED NONFAT MILK, GUAR GUM, TAPIOCA STARCH, CARRAGEENAN, LOCUST BEAN GUM, MONO AND DIGLYCERIDES, MODIFIED TAPIOCA STARCH, SALT, SODIUM CITRATE), ENRICHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (PALM OIL), WATER, CONTAINS 2% OR LESS OF: SODIUM BICARBONATE, SUGAR, SODIUM ALUMINUM PHOSPHATE, SALT, SOYBEAN OIL, SOY LECITHIN, DATEM, WHEAT PROTEIN ISOLATE (WHEAT GLUTEN, LACTIC ACID), MODIFIED CELLULOSE, MONOCALCIUM PHOSPHATE, NATURAL FLAVOR. CONTAINS: MILK, SOY, WHEAT ***[SODIUM CONTENT- .46 G*]**

**HILLTOP HEARTH HAMBURGER BUNS INGREDIENTS**: WATER, WHOLE WHEAT FLOUR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, HONET, SOYBEAN OIL, SALT, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES, MONO- AND DIGLYCERIDES, DISTILLED MONOGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, ENZYMES, ASCORBIC ACID), CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), CONTAINS: WHEAT ***[SODIUM CONTENT- .31 G*]**

**KLOSTERMAN BRAND 3.5IN HAMBURGER BUNS INGREDIENTS:** ENRICHED FLOUR (FLOUR, BARLEY MALT, NIACIN, FERROUS SULFATE, THIAMINE HYDROCHLORIDE, RIBOFLAVIN), WATER, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: YEAST, SALT, DOUGH CONDITIONERS (MONO&DIGLYCERIDES, CALCIUM PEROXIDE), WHEAT GLUTEN YEAST NUTRIENTS (AMMONIUM SULFATE, CALCIUM SUFATE), CALCIUM PROPIONATE, (A PRESERVATIVE).

**KLOSTERMAN BRAND WHEAT BREAD INGREDIENTS:** (IN DESCENDING ORDER OF PREDOMINANCE BY WEIGHT): WHEAT FLOUR, WATER, WHOLE WHEAT FLOUR, CRACKED WHEAT, SWEETNERS (CORN SYRUP, DRY HONEY, DRY MOLASSAS), SOYBEAN OIL, YEAST, CONTAINS 2 % OR LESS OF THE FOLLOWING: WHEAT GLUTEN, SALT, DOUGH CONDITIONERS (MONOGLYCERIDES, SODIUM STEAROYL LACTYLATE), YEAST NUTRIENTS (AMMONIUM SULFATE, CALCIUM SULFATE), CALCIUM PROPIONATE (A PRESERVATIVE).

**HILLTOP HEARTH WHEAT BREAD** INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP (WITH SULFUR DIOXIDE), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, WHEAT GLUTEN, SOYBEAN OIL, SALT, SODIUM STEAROYL LACTYLATE, ETHOXYLATED MONO- AND DIGLYCERIDES, MONOGLYCERIDES, CALCIUM SULFATE, CALCIUM PEROXIDE, SOY LECITHIN, ENZYMES, CALCIUM CARBONATE, AMMONIUM SULFATE, CALCIUM PROPIONATE (TO PRESERVE FRESHNESS). CONTAINS: WHEAT AND SOY. ***[SODIUM CONTENT- .25 G*]**

**HILLTOP HEARTH BRAND HOT DOG BUNS-**INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, SALT, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES AND/OR DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, ENZYMES), CALCIUM SULFATE, ASCORBIC ACID, AMMONIUM SULFATE, CALCIUM CARBONATE, SORBIC ACID, CALCIUM PROPIONATE (TO RETARD SPOILAGE) CONTAINS: WHEAT ***[SODIUM CONTENT- .25 G*]**

**GARLIC BREADSTICK**- ENRICHED WHEAT FLOUR WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, WATER, SOYBEAN OIL, SALT, YEAST, SUGAR, CALCIUM PROPIONATE PRESERVATIVE,DOUGH CONDITIONERS DATEM, L CYSTEINE, ENZYMES, ASCORBIC ACID, AZODICARBONAMIDE ADA, DEXTROSE, CORNMEAL. . **LIQUID MARGARINE**: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY.GARLIC POWDER, PARSLEY ***[SODIUM CONTENT- .23 G*]**

**GARLIC TOAST INGREDIENTS:** BREAD: ENRICHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS 2% OR LESS OF: SOYBEAN OIL, SALT, YEAST, WHEAT GLUTEN, SUGAR, SOY FLOUR, MALTED BARLEY FLOUR, DEXTROSE, ENZYMES, ASCORBIC ACID, VEGETABLE PROTEIN, CORN MEAL. SPREAD: VEGETABLE OIL BLEND (SOYBEAN, PALM), WATER, GARLIC, CONTAINS 2% OR LESS OF: SALT, SWEET CREAM BUTTERMILK, ONION POWDER, NATURAL FLAVOR, MONO DIGLYCERIDES, SPICE, SOY LECITHIN, POTASSIUM SORBATE (TO PROTECT QUALITY), CITRIC ACID, BETA CAROTENE (FOR COLOR), VITAMIN A PALMITATE. CONTAINS: WHEAT, SOY, MILK***[SODIUM CONTENT- .19 G*]**

**CONTIENTAL MILLS CORNBREAD MIX INGREDIENTS**: ENRICHED BLEACHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR, SUGAR, DEGERMED YELLOW CORN MEAL, PALM AND SOYBEAN OIL. LESS THAN 2 OF: BAKING SODA, MONOCALCIUM PHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SALT.  ***[SODIUM CONTENT- .31 G*]**

**YELLOW CAKE-**ENRICHED BLEACHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR, SUGAR, PALM AND SOYBEAN OIL, DEXTROSE. LESS THAN 2 OF: BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE, SALT, PROPYLENE GLYCOL ESTER, MONOGLYCERIDES, POLYSORBATE 60, SOY LECITHIN, NONFAT MILK, FOOD STARCH-MODIFIED, NATURAL AND ARTIFICIAL FLAVORS, YELLOW 5, YELLOW 5 LAKE, YELLOW 6, YELLOW 6 LAKE. ***[SODIUM CONTENT- .33 G*]**

**PINEAPPLE CAKE:** - **YELLOW CAKE-(**ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR), SUGAR, PALM AND SOYBEAN OIL, DEXTROSE. LESS THAN 2% OF: BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE, SALT, PROPYLENE GLYCOL ESTER, MONOGLYCERIDES, POLYSORBATE 60, SOY LECITHIN, NONFAT MILK, FOOD STARCH-MODIFIED, NATURAL AND ARTIFICIAL FLAVORS, YELLOW 5, YELLOW 5 LAKE, YELLOW 6, YELLOW 6 LAKE.) PINEAPPLE TOPPING-PINEAPPLE, HIGH FRUCTOSE CORN SYRUP, WATER, SUGAR, LESS THAN 2 % OF: PROPYLENE GLYCOL, CITRIC ACID, XANATHAN GUM, SODIUM BENZOATE (PRESERVATIVE) ***[SODIUM CONTENT- .33 G*]**

**WHITE CAKE INGREDIENTS:** ENRICHED BLEACHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR, SUGAR, PALM AND SOYBEAN OIL, DEXTROSE. LESS THAN 2 OF: BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE, SALT, PROPYLENE GLYCOL ESTER, MONOGLYCERIDES, POLYSORBATE 60, SOY LECITHIN, NONFAT MILK, FOOD STARCH-MODIFIED, ARTIFICIAL FLAVOR, ASCORBIC ACID. ***[SODIUM CONTENT- .32G*]**

**PANCAKES INGREDIENTS**: INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTERMILK, HIGH FRUCTOSE CORN SYRUP, CORN FLOUR, WHOLE EGGS, WATER, SOYBEAN OIL, SOY FLOUR. CONTAINS 2% OR LESS OF: LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), SALT. CONTAINS: WHEAT, MILK, EGGS, SOY ***[SODIUM CONTENT- .47G*]**

**FRENCH TOAST STICKS**: BREAD [ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, SOYBEAN OIL, SALT, CALCIUM PROPIONATE (PRESERVATIVE), DATEM, CORN FLOUR, CALCIUM SULFATE, TURMERIC COLOR, SOY LECITHIN, POTASSIUM IODATE, PAPRIKA COLOR, NATURAL FLAVOR], WATER, BLEACHED ENRICHED WHEAT FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR. CONTAINS 2% OR LESS OF DEXTROSE, DRIED WHOLE EGG, DRIED YEAST, FERRIC ORTHOPHOSPHATE, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), MILK PROTEIN CONCENTRATE, MODIFIED CORN STARCH, MODIFIED WHEAT STARCH, NATURAL FLAVORS, SALT, WHEAT STARCH, WHEY (MILK), WHITE WHOLE WHEAT FLOUR. CONTAINS: MILK, EGG, SOY, WHEAT ***[SODIUM CONTENT- .16G*]**

**WAFFLES INGREDIENTS:** ENRICHED FLOUR [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, NON FAT MILK, SOYBEAN OIL, DRY WHEY , SUGAR, LEAVENING [ SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, MONOCALCIUM PHOSPHATE], WHOLE EGGS, SOY LECITHIN, SALT ***[SODIUM CONTENT- .35G*]**

**BREAD STUFFING INGREDIENTS**: INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANOLA AND/OR SUNFLOWER OIL, WHOLE WHEAT FLOUR, ONION\*, SUGAR, SALT, 2% OR LESS OF YEAST, HYDROLYZED SOY WHEAT GLUTEN PROTEIN, CELERY\*, WHEAT GLUTEN, SPICES, PARSLEY\*, CHICKEN BROTH\*, RENDERED CHICKEN FAT, CARAMEL COLOR, COOKED CHICKEN\*, CALCIUM SULFATE, CALCIUM PEROXIDE, HONEY, CALCIUM PROPIONATE (PRESERVATIVE), TURMERIC (COLOR), NONFAT MILK, DISODIUM INOSINATE, DISODIUM GUANYLATE, NATURAL FLAVOR, CITRIC ACID, YEAST EXTRACT, TBHQ (TO PRESERVE FRESHNESS). \*DEHYDRATED CONTAINS: WHEAT, SOY, MILK. PACKAGED IN A FACILITY THAT ALSO PACKAGES TREE NUTS. . **LIQUID MARGARINE**: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. ***[SODIUM CONTENT- .6G*]**

**ANIMAL CRACKERS INGREDIENTS:** ENRICHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID, SUGAR, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL.CONTAINS 2 OR LESS OF SOY LECITHIN, LEAVENING BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, SALT, NATURAL FLAVORS.  ***[SODIUM CONTENT: .08G]***

**GRAHAM CRACKER INGREDIENTS:** GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, SOYBEAN OIL, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, WHEAT STARCH, ARTIFICIAL FLAVOR.CONTAINS: WHEAT. ***[SODIUM CONTENT: .07G]***

**CHOCOLATE CHIP COOKIE INGREDIENTS**: ENRICHED BLEACHED FLOUR BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, SUGAR, PALM AND PALM KERNEL OIL, SEMI-SWEET CHOCOLATE CHIPS SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LECITHIN, VANILLA EXTRACT, MILK, MARGARINE PALM OIL, WATER, SOYBEAN OIL, CONTAINS 2 OR LESS OF: SALT, MONO- AND DIGLYCERIDES, NATURAL FLAVORS [INCLUDES MILK], CITRIC ACID, VITAMIN A PALMITATE ADDED, BETA CAROTENE [COLOR], WATER, EGGS, DEXTROSE, CONTAINS 2 OR LESS OF: MOLASSES, COCOA PROCESSED WITH ALKALI, WHEAT STARCH, BAKING SODA, SALT, NATURAL AND ARTIFICIAL FLAVOR, SORBITAN MONOSTEARATE, POLYSORBATE 60, SOY LECITHIN, MILK. CONTAINS: EGG, MILK, SOY, WHEAT. ***[SODIUM CONTENT: .1G]***

**WHITE RICE INGREDIENTS**: LONG GRAIN PARBOILED RICE, IRON PHOSPHATE, NIACIN, THIAMINE MONONITRATE,FOLIC ACID. ***SODIUM CONTENT: .0G]***

**BANANA PUDDING DESSERT INGREDIENTS:** WATER, SUGAR, SKIM MILK, MODIFIED FOOD STARCH, MALTODEXTRIN, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: MODIFIED PALM OIL, SOYBEAN OIL, CANOLA OIL, SUNFLOWER OIL), CONTAINS 2 PERCENT OR LESS OF THE FOLLOWING: NATURAL AND ARTIFICIAL FLAVOR, SALT, XANTHAN GUM, SODIUM STEAROYL LACTYLATE, COLOR ADDED (INCLUDING YELLOW 5 AND YELLOW 6). CONTAINS: MILK. **GRAHAM CRACKER CRUMBS**: WHOLE WHEAT FLOUR, ENRICHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID, SUGAR, CANOLA OIL, MOLASSES, HONEY, CORN SYRUP, CONTAINS 2 OR LESS OF LEAVENING BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, SALT, SOY LECITHIN. **VANILLA WAFERS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, CONTAINS TWO PERCENT OR LESS OF SALT, HIGH FRUCTOSE CORN SYRUP, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), BUTTER (CREAM, SALT), SOY LECITHIN, NATURAL AND ARTIFICIAL VANILLA FLAVOR. CONTAINS: WHEAT, MILK, AND SOY . ***[SODIUM CONTENT: .42G]***

**MEALS ON WHEELS SIDE DISHES INGREDIENT LIST**

**LIQUID MARGARINE**: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. ***[SODIUM CONTENT: .11G]***

**BAKED POTATO*: [SODIUM CONTENT: .0025G]***

**BAKED SWEET POTATO*: [SODIUM CONTENT: .06G]***

**PEAS INGREDIENTS:** PEAS, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY.  ***[SODIUM CONTENT: .14G]***

**GREEN BEANS INGREDIENTS:** GREEN BEANS, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. ***[SODIUM CONTENT: .11G]***

**PEAS & CARROTS INGREDIENTS:** PEAS & CARROTS SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. ***[SODIUM CONTENT: .12G]***

**CORN INGREDIENTS:** CORN, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY.  ***[SODIUM CONTENT: .11G]***

**MIX VEGETABLES INGREDIENTS:** (DICED CARROTS, PEAS, CORN, CUT GREEN BEANS), SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY.  ***[SODIUM CONTENT: .13G]***

**BROCCOLI INGREDIENTS:** BROCCOLI, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY.  ***[SODIUM CONTENT: .13G]***

**CAULIFLOWER INGREDIENTS:** CAULIFLOWER, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY.  ***[SODIUM CONTENT: .13G]***

**CALIFORNIA BLEND INGREDIENTS:**CARROTS, BROCCOLI, CAULIFLOWER, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY.  ***[SODIUM CONTENT: .14G]***

**CAPRI BLEND INGREDIENTS:** CARROTS, GREEN BEANS, YELLOW SQUASH, ZUCCHINI, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY.  ***[SODIUM CONTENT: .13G]***

**CARROTS INGREDIENTS:** CARROTS, SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY.  ***[SODIUM CONTENT: .16G]***

**ITALIAN BLEND INGREDIENTS:** (ZUCCHINI, CARROTS, CAULIFLOWER, LIMA BEANS, ROMANO BEANS), SEASONING, LIQUID MARGARINE: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY.  ***[SODIUM CONTENT: .13G]***

**SEASONED SPINACH**-SPINACH, **LIQUID MARGARINE**: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY., SEASONINGS***[SODIUM CONTENT: .23G]***

**ORIENTAL VEGETABLE BLEND INGREDIENTS**: CONTAINS APPROXIMATELY 40% BROCCOLI CUTS, 30% FRENCH CUT GREEN BEAS, 20% ONION STRIPS, 5% SLICED MUSHROOMS, 5% RED PEPPERS. ***[SODIUM CONTENT: .116G]***

**STEWED TOMATO INGREDIENTS**: TOMATOES, TOMATO JUICE, SUGAR, SALT, DRIED ONION, DRIED CELERY, DRIED BELL PEPPER, CITRIC ACID, CALCIUM CHLORIDE, NATURAL FLAVORS. ***[SODIUM CONTENT: .27G]***

**SCALLOPED POTATOES INGREDIENTS**: POTATO (DRY), SEASONING [MODIFIED FOOD STARCH, WHEY, LACTOSE, DRIED ONION, CORN SYRUP SOLIDS, SUNFLOWER OIL, SALT, POTASSIUM CHLORIDE, DRIED GARLIC, MALTODEXTRIN, CREAM CHEESE (PASTEURIZED CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM, GUAR GUM), NATURAL FLAVORS, DIPOTASSIUM PHOSPHATE, DRIED GREEN ONION, MONO AND DIGLYCERIDES, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), YEAST EXTRACT, NONFAT MILK, SPICES, ANNATTO EXTRACT (COLOR), AND SOYBEAN OIL]. FRESHNESS PRESERVED WITH SODIUM BISULFITE. CONTAINS MILK ***[SODIUM CONTENT: .20G]***

**AU GRATIN POTATOES INGREDIENTS**: POTATO (DRY), SEASONING (MODIFIED FOOD STARCH, WHEY, MALTODEXTRIN, DRIED ONION, SUNFLOWER OIL, POTASSIUM CHLORIDE, SUGAR, SALT, NATURAL FLAVORS, CORN SYRUP SOLIDS, MONO AND DIGLYCERIDES, NONFAT MILK, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), AUTOLYZED YEAST EXTRACT, SPICES, DRIED GREEN ONION, TORULA YEAST, TURMERIC EXTRACT (COLOR), ANNATTO EXTRACT (COLOR), AND SOYBEAN OIL). FRESHNESS PRESERVED WITH SODIUM BISULFITE. CONTAINS MILK ***[SODIUM CONTENT: .24G]***

**INSTANT MASHED POTATOES**( POTATO (DRY), MALTODEXTRIN, CONTAINS 2% OR LESS OF: SUNFLOWER OIL, MONO AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR AND ARTIFICIAL COLOR. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT. PRODUCED IN A FACILITY THAT HANDLES MILK, SOY, AND WHEAT. **LIQUID MARGARINE**: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN OIL AND/OR COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE AND CITRIC ACID ADDED AS PRESERVATIVES, ARTIFICIAL FLAVOR, COLORED WITH BETA CAROTENE, VITAMIN A PALMITATE ADDED ***[SODIUM CONTENT: .13G]***

**CHEESY POTATOES:** POTATOES, DEXTROSE, DISODIUM PYROPHOSPHATE ADDED TO MAINTAIN COLOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS. **CHEESE SAUCE**: WHEY, FOOD STARCH-MODIFIED, MALTODEXTRIN, PALM OIL, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), NONFAT MILK, BUTTERMILK, SALT, CONTAINS LESS THAN 2%: AUTOLYZED YEAST EXTRACT, CHEESES (BLUE, CHEDDAR [MILK,CHEESE CULTURE, SALT, ENZYMES]), DISODIUM PHOSPHATE, CORN SYRUP SOLIDS, AGED CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SODIUM CASEINATE (MILK), LACTIC ACID, NATURAL AND ARTIFICIAL FLAVORS, CITRIC ACID, SODIUM PHOSPHATE, FDC YELLOW #6, FDC YELLOW #5, DISODIUM GUANYLATE, DISODIUM INOSINATE, MONO AND DIGLYCERIDES, PAPRIKA EXTRACT. CONTAINS: MILK. PROCESSED IN A FACILITY THAT PROCESSES WHEAT, SOY, AND EGG PRODUCTS. ***[SODIUM CONTENT: .45G]***

**HOME FRY INGREDIENTS**: POTATOES, DEXTROSE, DISODIUM PYROPHOSPHATE ADDED TO MAINTAIN COLOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS , **LIQUID MARGARINE**: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN OIL AND/OR COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE AND CITRIC ACID ADDED AS PRESERVATIVES, ARTIFICIAL FLAVOR, COLORED WITH BETA CAROTENE, VITAMIN A PALMITATE ADDED, SEASONING-DEHYDRATED ONION, DEHYDRATED GARLIC, DEHYDRATED RED AND GREEN BELL PEPPERS, PARSLEY. ***[SODIUM CONTENT: .19G]***

**POTATO WEDGE INGREDIENTS**: ROASTED POTATOES, CANOLA OIL, SALT, DEXTROSE, DISODIUM DIHYDROGEN PYROPHOSPHATE TO MAINTAIN NATURAL COLOR, ANNATTO COLOR ***[SODIUM CONTENT: .23G]***

**HASHBROWN PATTY INGREDIENTS**: POTATOES, VEGETABLE OIL CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA OIL, CORN OIL, COTTONSEED OIL, PALM OIL, SOYBEAN OIL, SUNFLOWER OIL, SALT, DEHYDRATED POTATO, ONION POWDER, NATURAL FLAVOR, DEXTROSE, DISODIUM DIHYDROGEN PYROPHOSPHATE TO PROMOTE COLOR RETENTION ***[SODIUM CONTENT: .27G]***

**TATER TOT INGREDIENTS**: POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CANOLA, PALM, SOYBEAN, SUNFLOWER), SALT, CORN FLOUR, DEHYDRATED POTATO, DISODIUM DIHYDROGEN PYROPHOSPHATE (TO PROMOTE COLOR RETENTION), DEXTROSE. ***[SODIUM CONTENT: .33G]***

**FRENCH FRY INGREDIENTS:** POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: SOYBEAN, CANOLA, PALM, HYDROGENATED COTTONSEED, SUNFLOWER), DISODIUM DIHYDROGEN PYROPHOSPHATE (TO PROMOTE COLOR RETENTION), DEXTROSE. ***[SODIUM CONTENT: .25G]***

**SWEET POTATO CUBES INGREDIENTS:** SEASONINGS, SWEET POTATOES ***[SODIUM CONTENT: .02G]***

**CHERRY CRISP INGREDIENTS**: CHERRIES, WATER, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, FOOD STARCH-MODIFIED (CORN), SUGAR, POTASSIUM SORBATE (PRESERVATIVE), CITRIC ACID, CARRAGEENAN, ASCORBIC ACID ADDED TO PROTECT COLOR, RED 40 COLOR AND POTASSIUM CHLORIDE (PRESERVATIVE). OATS, **LIQUID MARGARINE**: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. ***[SODIUM CONTENT: .115G]***

**APPLE CRISP INGREDIENTS**:SLICED APPLES, WATER OATS, **LIQUID MARGARINE**: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. ***[SODIUM CONTENT: .125G]***

**PEACH CRISP INGREDIENTS**: PEACHES, WATER, PEAR JUICE CONCENTRATE OATS, **LIQUID MARGARINE**: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. ***[SODIUM CONTENT: .11G]***

**GREEN BEAN CASSEROLE**-GREEN BEANS, **MUSHROOM SOUP INGREDIENTS**: WATER, MUSHROOMS, MODIFIED FOOD STARCH, WHEAT FLOUR, CREAM MILK, CONTAINS LESS THAN 2 OF: VEGETABLE OIL CORN, CANOLA, AND/OR SOYBEAN, SUGAR, SALT, POTASSIUM CHLORIDE, SOY PROTEIN CONCENTRATE, YEAST EXTRACT, FLAVORING, CALCIUM CARBONATE, DEHYDRATED MUSHROOMS, GARLIC EXTRACT. ONIONS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUNFLOWER AND/OR SAFFLOWER OIL, SALT. CONTAINS: WHEAT. ***[SODIUM CONTENT: .43G]***

**SWEET POTATO FRIES-**SWEET POTATOES, CANOLA OIL, MODIFIED FOOD STARCH (CORN, POTATO, TAPIOCA), SUGAR, RICE FLOUR, CORNSTARCH, DEXTRIN, SPICE, SALT, SPICE AND COLORING, XANTHAN GUM, LEAVENING (DISODIUM DIHYDROGEN PYROPHOSPHATE, SODIUM BICARBONATE). ***[SODIUM CONTENT: .12G]***

**INTSTANT MASHED SWEET POTATOES INGREDIENTS**: SWEET POTATOES, POTATOES, SUGAR, CANOLA OIL, CONTAINS 2 OR LESS OF: SALT, NATURAL FLAVORS MILK, PAPRIKA OLEORESIN COLOR, LACTOSE, SODIUM CASEINATE, MONO AND DIGLYCERIDES , DIPOTASSIUM PHOSPHATE, FRESHNESS PRESERVED WITH: BHT, SODIUM BISULFITE, CITRIC ACID.CONTAINS: MILK***[SODIUM CONTENT: .24G]***

**SAUERKRAUT-** PREPARED CABBAGE, WATER, SALT***[SODIUM CONTENT: .20G]***

**PARSLEY POTATOES:** POTATOES, DEXTROSE, DISODIUM PYROPHOSPHATE (ADDED TO MAINTAIN COLOR), POTASSIUM SORBATE (ADDED TO MAINTAIN FRESHNESS). **LIQUID MARGARINE**: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. PARSLEY ***[SODIUM CONTENT: .14G]***

**BLACK BEAN INGREDIENTS**: BLACK BEANS, WATER, SALT, CALCIUM CHLORIDE, AND FERROUS GLUCONATE. ***[SODIUM CONTENT: .36G]***

**CORN SALAD INGREDIENTS:** CORN, WATER, SUGAR, SALT***. [SODIUM CONTENT- .3 G***] BALSAMIC VINEGAR DRESSING: WATER, HIGH FRUCTOSE CORN SYRUP, BALSAMIC VINEGAR, RED WINE VINEGAR, VEGETABLE OIL SOYBEAN AND/OR CANOLA, OLIVE OIL, CONTAINS LESS THAN 2 OF SALT, GARLIC, XANTHAN GUM, SPICE, SODIUM ALGINATE, PROPYLENE GLYCOL ALGINATE, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR. DRIED. ***[SODIUM CONTENT- .2 G]***

DICED ONION, DICED TOMATO

**PICKLED BEETS INGREDIENTS**: BEETS, WATER, HIGH FRUCTOSE CORN SYRUP, VINEGAR, SALT, SPICE

**3 BEAN SALAD-INGREDIENTS** CUT GREEN BEANS, CUT WAX BEANS, WATER, DARK RED KIDNEY BEANS, SUGAR, VINEGAR, DICED ONIONS, DICED RED BELL PEPPERS, SOYBEAN OIL, SALT, NATURAL FLAVORING, CALCIUM CHLORIDE, DISODIUM EDTA (TO PRESERVE COLOR) AND TURMERIC.  ***[SODIUM CONTENT: .37G]***

**MEALS ON WHEELS SOUP INGREDIENTS**

**TOMATO SOUP:** INGREDIENTS: TOMATO PUREE WATER, TOMATO PASTE, WATER, DICED TOMATOES IN TOMATO JUICE, WHEAT FLOUR, SUGAR, CONTAINS LESS THAN 2 OF: BUTTER CREAM [MILK], SAUTERNE WINE, YEAST EXTRACT, VEGETABLE OIL CORN, CANOLA, AND/OR SOYBEAN, CITRIC ACID, FLAVORING, ASCORBIC ACID VITAMIN C, CELERY EXTRACT, GARLIC OIL. ***[SODIUM CONTENT: .35G]***

**BROCCOLI SOUP-**BROCCOLI**,** CARROTS, ONION, **CREAM SOUP BASE**-CORN SYRUP SOLIDS, FOOD STARCH -MODIFIED, MALTODEXTRIN, COCONUT OIL, SALT, SUGAR, SODIUM CASEINATE (MILK), SOYBEAN OIL, DIPOTASSIUM PHOSPHATE, DEHYDRATED COOKED CHICKEN (CHICKEN, CHICKEN BROTH, NATURAL FLAVOR, CITRIC ACID), MONO AND DIGLYCERIDES, ONION POWDER, XANTHAN GUM, NATURAL FLAVOR (CREAM (MILK)), DISODIUM INOSINATE, DISODIUM GUANYLATE, DEHYDRATED GARLIC, TURMERIC (COLOR). CONTAINS: MILK. ***[SODIUM CONTENT: .88G]***

**HOMEMADE VEGETABLE SOUP:** FRESH FROZEN VEGETABLES, A BLEND OF VEGETABLES (POWDERS [TOMATO, ONION, CARROT, GARLIC], PUREES [CARROT, CELERY, ONION]), WATER, CANOLA OIL, SUGAR, POTASSIUM CHLORIDE, SALT, YEAST EXTRACT, CONTAINS 2 PERCENT OR LESS OF: DISODIUM INOSINATE, DISODIUM GUANYLATE, CITRIC ACID, SPICE EXTRACTIVE. TOMATO JUICE FROM CONCENTRATE, WATER, TOMATO CONCENTRATE, SALT, CITRIC ACID, VITAMIN C, ASCORBIC ACID, ***[SODIUM CONTENT: .17G]***

**3 BEAN VEGETARIAN CHILI INGREDIENTS:** TOMATO JUICE FROM CONCENTRATE, WATER, TOMATO CONCENTRATE, SALT, CITRIC ACID, VITAMIN C, ASCORBIC ACID,BLACK BEANS, WATER, SALT, CALCIUM CHLORIDE, AND FERROUS GLUCONATE. DARK RED KIDNEY BEANS, WATER, SALT, CALCIUM CHLORIDE, DISODIUM EDTA (TO PRESERVE COLOR). COOKED DRIED CHICK PEAS, WATER, SALT. TOMATOES, TOMATO JUICE, SALT, CITRIC ACID, CALCIUM CHLORIDE. ONIONS, CHILI POWDER- CHILI PEPPER AND OTHER SPICES, SALT AND GARLIC POWDER.  ***[SODIUM CONTENT: .92 G]***

**HOMEMADE HAM & BEANS INGREDIENTS:** GREAT NORTHERN WHITE BEANS, WATER, SALT, AND CALCIUM CHLORIDE., WATER, **VEGETABLE SOUP BASE**: A BLEND OF VEGETABLES (POWDERS [TOMATO, ONION, CARROT, GARLIC], PUREES [CARROT, CELERY, ONION]), WATER, CANOLA OIL, SUGAR, POTASSIUM CHLORIDE, SALT, YEAST EXTRACT, CONTAINS 2 PERCENT OR LESS OF: DISODIUM INOSINATE, DISODIUM GUANYLATE, CITRIC ACID, SPICE EXTRACTIVE. CHILI POWDER, LEMON JUICE, MINCED GARLIC, CARROTS, ONIONS, **DICED TURKEY HAM INGREDIENTS:** TNDR CURED TKY DICED 1/4": INGREDIENTS: TURKEY, WATER, SALT, CONTAINS LESS THAN 2 SUGAR, SODIUM PHOSPHATE, SODIUM LACTATE, DEXTROSE, MODIFIED FOOD STARCH, SODIUM ERYTHORBATE, NATURAL SMOKE FLAVORING, SODIUM NITRITE, FLAVORING. ***[SODIUM CONTENT: 1.04G]***

**CAMPBELLS FROZEN POTATO SOUP INGREDIENTS:** POTATOES, SKIM MILK, CREAM, CARROTS, VEGETABLE OIL CORN AND/OR CANOLA, MODIFIED FOOD STARCH, CELERY, DEHYDRATED SKIM MILK, ONIONS, CONTAINS LESS THAN 2 OF: SALT, BLEACHED ENRICHED FLOUR WHEAT FLOUR, WHEAT STARCH, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, SOY PROTEIN CONCENTRATE, SPICES, FLAVORING. ***[SODIUM CONTENT: .86 G]***

**MEALS ON WHEELS INGREDIENTS-OTHER**

**MACARONI & CHEESE INGREDIENTS**: DURUM WHEAT SEMOLINA, DURUM FLOUR, ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID). CONTAINS:WHEAT.. **MILK INGREDIENTS:** LOWFAT MILK, VITAMINS A PALMITATE AND D3 ADDED. **AMERICAN CHEESE**- (MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO [VEGETABLE COLOR]) WATER, SWEET WHEY, SODIUM PHOSPHATE, NON-FAT DRY MILK, BUTTERMILK POWDER, COLOR ADDED, CREAM, SALT, GUAR AND XANTHAN GUMS, SORBIC ACID(ADDED AS A PRESERVATIVE), LACTIC ACID. **LIQUID MARGARINE**: LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN (SOY), POTASSIUM SORBATE AND CITRIC ACID (PRESERVATIVES), NATURAL AND ARTIFICIAL FLAVOR, BETA CAROTENE (COLOR), VITAMIN A PALMITATE ADDED. CONTAINS: SOY. ***[SODIUM CONTENT: .995G]***

**EGG PATTY INGREDIENTS:** WHOLE EGGS, WHOLE MILK, SOYBEAN OIL, MODIFIED FOOD STARCH, SALT, LIQUID PEPPER EXTRACT, XANTHAN GUM, CITRIC ACID. CONTAINS: EGGS, MILK, SOY. ***[SODIUM CONTENT: .19G]***

**SLICED AMERICAN CHEESE INGREDIENTS: 120CT:** CULTURED MILK AND SKIM MILK, WATER, CREAM, SODIUM CITRATE, SALT, SODIUM PHOSPHATE, SORBIC ACID (PRESERVATIVE), CITRIC ACID, ARTIFICIAL COLOR, ACETIC ACID, ENZYMES, SOY LECITHIN. ***[SODIUM CONTENT: .34G]***

**MARGARINE CUP-** WATER, CANOLA OIL, PALM OIL, CONTAINS LESS THAN 2 OF SALT, VEGETABLE MONO DIGLYCERIDES, PECTIN, POTASSIUM SORBATE A PRESERVATIVE, POLYGLYCEROL POLYRICINOLEATE, CITRIC ACID, ARTIFICIAL FLAVORS, DL-ALPHA TOCOPHEROL ACETATE VITAMIN E, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE COLOR, VITAMIN D3. ***[SODIUM CONTENT: .03G]***

**BAKED POTATO CHOICE MEAL INGREDIENTS**: BAKED POTATO, **BACON BITS:** SOY FLOUR, SOYBEAN OIL WITH TBHQ ADDED TO PROTECT FRESHNESS, SALT, LESS THAN 2 PERCENT OF HYDROLYZED SOY PROTEIN, YEAST EXTRACT, NATURAL SMOKE FLAVOR, SUNFLOWER OIL, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, DEXTROSE, INACTIVE DRIED YEAST, CARAMEL COLOR, RED 3 AND/OR RED 40, HYDROLYZED VEGETABLE PROTEIN HYDROLYZED SOY AND CORN PROTEIN, SALT, PARTIALLY HYDROGENATED VEGETABLE OIL COTTONSEED, SOYBEAN, SOY LECITHIN, NATURAL FLAVOR CONTAINS SOY INGREDIENTS. **DICED TURKEY HAM:**TNDR CURED TKY DICED 1/4": INGREDIENTS: TURKEY, WATER, SALT, CONTAINS LESS THAN 2 SUGAR, SODIUM PHOSPHATE, SODIUM LACTATE, DEXTROSE, MODIFIED FOOD STARCH, SODIUM ERYTHORBATE, NATURAL SMOKE FLAVORING, SODIUM NITRITE, FLAVORING. **CHEDDAR CHEESE**:PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO, POWDERED CELLULOSE (ANTI CAKING AGENT).BROCCOLI, FRUIT, **YELLOW CAKE-**ENRICHED BLEACHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR, SUGAR, PALM AND SOYBEAN OIL, DEXTROSE. LESS THAN 2 OF: BAKING SODA, SODIUM ALUMINUM PHOSPHATE, ALUMINUM SULFATE, SALT, PROPYLENE GLYCOL ESTER, MONOGLYCERIDES, POLYSORBATE 60, SOY LECITHIN, NONFAT MILK, FOOD STARCH-MODIFIED, NATURAL AND ARTIFICIAL FLAVORS, YELLOW 5, YELLOW 5 LAKE, YELLOW 6, YELLOW 6 LAKE. **WHEAT DINNER ROLL INGREDIENTS**: ENRICHED UNBLEACHED WHEAT FLOUR WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID, WATER, YEAST, WHOLE WHEAT FLOUR, CRUSHED WHEAT, SUGAR, WHEAT GLUTEN, CONTAINS LESS THAN 2 OF THE FOLLOWING: SOYBEAN OIL, SALT, SOY LECITHIN, ENZYME, ASCORBIC ACID.;CONTAINS: SOY, WHEAT MAY CONTAIN MILK, EGGS AND SESAME. **MARGARINE CUP-** WATER, CANOLA OIL, PALM OIL, CONTAINS LESS THAN 2 OF SALT, VEGETABLE MONO DIGLYCERIDES, PECTIN, POTASSIUM SORBATE A PRESERVATIVE, POLYGLYCEROL POLYRICINOLEATE, CITRIC ACID, ARTIFICIAL FLAVORS, DL-ALPHA TOCOPHEROL ACETATE VITAMIN E, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, VITAMIN A PALMITATE ADDED, BETA CAROTENE COLOR, VITAMIN D3. SOUR CREAM. ***[SODIUM CONTENT: .89G]***

 **PIMENTO CHEESE SPREAD INGREDIENTS-(HOMEMADE)** PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO, POWDERED CELLULOSE (ANTI CAKING AGENT) MAYO INGREDIENTS: SOYBEAN OIL, WATER, EGGS, VINEGAR, CONTAINS LESS THAN 2% OF EGG YOLKS, LEMON JUICE CONCENTRATE, SALT, SUGAR, DRIED ONIONS, DRIED GARLIC, PAPRIKA, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR) CONTAINS: EGG. SPICES RED PIMIENTOS, WATER, SALT, CITRIC ACID.  ***[SODIUM CONTENT: .46G]***

***COLE SLAW INGREDIENTS:*** CABBAGE, CARROTS. DRESSING: SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, EGG YOLK, WATER, CIDER VINEGAR, SALT, CONTAINS LESS THAN 2% OF: SPICE, XANTHAN GUM, SODIUM BENZOATE AND CALCIUMDISODIUM EDTA AS PRESERVATIVES, ONION, ANNATTO AND TURMERIC. CONTAINS: EGGS ***[SODIUM CONTENT: .27G]***

**PEA & CHEESE SALAD INGREDIENTS**: PEAS, ***DICED ONION,*  IMITATION BACON BITS-**SOY FLOUR, SOYBEAN OIL WITH TBHQ ADDED TO PROTECT FRESHNESS, SALT, LESS THAN 2 PERCENT OF HYDROLYZED SOY PROTEIN, YEAST EXTRACT, NATURAL SMOKE FLAVOR, SUNFLOWER OIL, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, DEXTROSE, INACTIVE DRIED YEAST, CARAMEL COLOR, RED 3 AND/OR RED 40, HYDROLYZED VEGETABLE PROTEIN HYDROLYZED SOY AND CORN PROTEIN, SALT, PARTIALLY HYDROGENATED VEGETABLE OIL COTTONSEED, SOYBEAN, SOY LECITHIN, NATURAL FLAVORCONTAINS SOY INGREDIENTS ***[SODIUM CONTENT- .06 G*]** PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO, POWDERED CELLULOSE (ANTI CAKING AGENT) ). MAYO INGREDIENTS: SOYBEAN OIL, WATER, EGGS, VINEGAR, CONTAINS LESS THAN 2% OF EGG YOLKS, LEMON JUICE CONCENTRATE, SALT, SUGAR, DRIED ONIONS, DRIED GARLIC, PAPRIKA, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR) CONTAINS: EGG.

**MEALS ON WHEELS INGREDIENTS-BEEF**

**BAKED STEAK WITH GRAVY** (BEEF, WATER, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), CONTAINS LESS THAN 2% OF SALT, VEGETABLE PROTEIN BLEND (HYDROLYZED SOY PROTEIN, SOY PROTEIN CONCENTRATE, CARRAGEENAN), DRY BEEF STOCK, CARAMEL COLOR, SPICES.) ( **TRIO LOW SODIUM BROWN GRAVY INGREDIENTS**  (WATER, MALTODEXTRIN, MODIFIED CORNSTARCH, BLEACHED ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), HYDROLYZED CORN GLUTEN, SOY, AND WHEAT GLUTEN PROTEIN, CORNSTARCH, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, WHEY (FROM MILK), ONION POWDER, YEAST EXTRACT, LESS THAN 2% OF SUGAR, SOYBEAN OIL, SALT, CARAMEL COLOR, XANTHAN GUM, SOY SAUCE (SOYBEANS, WHEAT, SALT), GARLIC POWDER, DEXTROSE, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICE, SUNFLOWER OIL, CITRIC ACID, THIAMINE HYDROCHLORIDE, RED 40. CONTAINS MILK, WHEAT AND SOY INGREDIENTS. ADDS A TRIVIAL AMOUNT OF TRANS FAT**.) *[SODIUM CONTENT: .72G]***

**SWISS STEAK INGREDIENTS**: (BEEF, WATER, TEXTURED VEGETABLE PROTEIN (SOY PROTEIN CONCENTRATE, CARAMEL COLOR), CONTAINS LESS THAN 2% OF SALT, VEGETABLE PROTEIN BLEND (HYDROLYZED SOY PROTEIN, SOY PROTEIN CONCENTRATE, CARRAGEENAN), DRY BEEF STOCK, CARAMEL COLOR, SPICES.) ( **TRIO LOW SODIUM BROWN GRAVY INGREDIENTS**  (WATER, MALTODEXTRIN, MODIFIED CORNSTARCH, BLEACHED ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), HYDROLYZED CORN GLUTEN, SOY, AND WHEAT GLUTEN PROTEIN, CORNSTARCH, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, WHEY (FROM MILK), ONION POWDER, YEAST EXTRACT, LESS THAN 2% OF SUGAR, SOYBEAN OIL, SALT, CARAMEL COLOR, XANTHAN GUM, SOY SAUCE (SOYBEANS, WHEAT, SALT), GARLIC POWDER, DEXTROSE, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICE, SUNFLOWER OIL, CITRIC ACID, THIAMINE HYDROCHLORIDE, RED 40. CONTAINS MILK, WHEAT AND SOY INGREDIENTS. ADDS A TRIVIAL AMOUNT OF TRANS FAT**.)** TOMATO SAUCE INGREDIENTS:TOMATO PUREE WATER, TOMATO PASTE, TOMATOES, ONIONS, LESS THAN 2 OF: BROWN SUGAR, EXTRA VIRGIN OLIVE OIL, MINCED GARLIC, POTASSIUM CHLORIDE, CALCIUM CHLORIDE, DRIED BASIL, BLACK PEPPER, GARLIC POWDER, CITRIC ACID. NATURALLY DERIVED ***[SODIUM CONTENT: .58G]***

**SLOPPY JOE INGREDIENTS**: GROUND BEEF, TOMATO PUREE WATER, TOMATO PASTE, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, CORN SYRUP, LESS THAN 2 OF: SUGAR, DRIED GREEN AND RED BELL PEPPERS, SALT, CHILI PEPPER, TOMATO FIBER, GUAR GUM, SPICES, XANTHAN GUM, DRIED GARLIC, NATURAL FLAVORS, CITRIC ACID. ***[SODIUM CONTENT: .39G]***

**SPAGHETTI WITH TURKEY MEATBALLS:** **PASTA INGREDIENTS**: SEMOLINA, DURUM FLOUR, ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID). CONTAINS: WHEAT SAUCE INGREDIENTS: TOMATO PUREE WATER, TOMATO PASTE, TOMATOES, ONIONS, LESS THAN 2 OF: BROWN SUGAR, EXTRA VIRGIN OLIVE OIL, MINCED GARLIC, POTASSIUM CHLORIDE, CALCIUM CHLORIDE, DRIED BASIL, BLACK PEPPER, GARLIC POWDER, CITRIC ACID. NATURALLY DERIVED. ***[SODIUM CONTENT: .03G]***  **TURKEY MEATBALL INGREDIENTS:** GROUND TURKEY, WATER, BREAD CRUMBS WHEAT FLOUR, ENRICHED, MALTED, BROMATED [WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, POTASSIUM BROMATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, PALM OIL, SALT, SWEET WHEY, SUGAR, YEAST [NATURAL YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID], CALCIUM PROPIONATE, SODIUM METABISULFITE, TEXTURED VEGETABLE PROTEIN SOY PROTEIN CONCENTRATE, CARAMEL COLOR, CONTAINS LESS THAN 2 OF SEASONING POTASSIUM CHLORIDE, FLAVOR [CONTAINS MALTODEXTRIN], DEHYDRATED ONION, SUGAR, SALT, ROMANO CHEESE SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYMES, CALCIUM PROPIONATE, SPICES, CARAMEL COLOR, DEHYDRATED GARLIC, NATURAL FLAVOR. ***[SODIUM CONTENT: .28G]***  PARMESAN CHEESE (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), POWDERED CELLULOSE ADDED TO PREVENT CAKING. ***[SODIUM CONTENT: .06G]***  ***{TOTAL SODIUM CONTENT: .37G}***

**ROAST BEEF & CHEDDAR SANDWICH INGREDIENTS**: RUBBED WITH SALT, DEXTROSE, SUGAR, FLAVORING, HYDROLYZED CORN PROTEIN, CARAMEL COLOR, SODIUM DIACETATE INGREDIENTS: BEEF, WATER, CONTAINS 2% OR LESS OF : ISOLATED SOY PROTEIN, SALT, DEXTROSE, SODIUM PHOSPHATE, MALTODEXTRIN, BEEF FLAVOR, BEEF STOCK. CONTAINS SOY. CHEESE SAUCE:CHEESE WHEY, WATER, PARTIALLY HYDROGENATED SOYBEAN OIL, MODIFIED CORN STARCH, MODIFIED TAPIOCA STARCH, CHEDDAR CHEESE MILK, CULTURES, SALT AND ENZYMES, MALTODEXTRIN, SALT, SODIUM PHOSPHATE, SODIUM CITRATE, VINEGAR, SODIUM STEAROYL LACTYLATE, MONO DIGLYCERIDES, ANNATTO COLOR, DISODIUM INOSINATE, FDC YELLOW 6. **HAMBURGER BUNS INGREDIENTS**: WHEAT FLOUR, WATER, SUGAR, PALM OIL, RYE FLOUR, BREAD SHINE WATER, VEGETABLE PROTEINS, SUNFLOWER OIL, DEXTROSE, MALTODEXTRINS, WAXY MAIZE STARCH, POTATO FLOUR, WHOLE EGG POWDER, YEAST, SALT, NATURAL BUTTER FLAVOR, WHEAT GLUTEN, RYE SOURDOUGH CULTURE RYE FLOUR, WATER, SALT, STARTER CULTURES, DEXTROSE, GUAR GUM, FAVA BEAN FLOUR, MALTED BARLEY FLOUR, TURMERIC, ANNATTO EXTRACT, SUNFLOWER LECITHIN, MALT EXTRACT, ENZYMES, CALCIUM DIPHOSPHATE, XANTHAN GUM, ASCORBIC ACID. NBSP;CONTAINS: WHEAT, EGG, MILK ***[SODIUM CONTENT: 1.16G]***

**MEATLOAF INGREDIENTS: GROUND BEEF**, TOMATO PUREE, DICED TOMATOES IN TOMATO JUICE, JALAPENOS, DISTILLED VINEGAR, CONTAINS LESS THAN 2 OF: DEHYDRATED ONION, SALT, SEA SALT, POTASSIUM CHLORIDE, NATURAL FLAVORS, SUGAR, DEHYDRATED GARLIC, VITAMIN C ASCORBIC ACID, SPICES, VITAMIN E DL-ALPHA TOCOPHERYL ACETATE, VITAMIN A RETINOL PALMITATE.**BREAD CRUMBS** (ENRICHED FLOUR [FLOUR, MALTED BARLEY, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMINB2), FOLIC ACID], HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, VEGETABLE OIL [SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA OILS], WATER, SALT. CONTAINS 2% OR LESS OF: YEAST, HONEY, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, WHOLE WHEAT FLOUR, RYE FLOUR, CORN FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER, DOUGH CONDITIONERS [MONO- AND DIGLYCERIDES, SODIUM AND/OR CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE], YEAST NUTRIENTS [AMMONIUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE], VINEGAR, NONFAT MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE AND POTASSIUM SORBATE [PRESERVATIVES], SESAME SEEDS, SUNFLOWER SEEDS, EGGS), OAT FLOUR. CONTAINS EGG, MILK, WHEAT, SUNFLOWER, SOY AND SESAME INGREDIENTS. **EGGS, GRAVY-TRIO LOW SODIUM BROWN GRAVY INGREDIENTS:** WATER, MALTODEXTRIN, MODIFIED CORNSTARCH, BLEACHED ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), HYDROLYZED CORN GLUTEN, SOY, AND WHEAT GLUTEN PROTEIN, CORNSTARCH, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, WHEY (FROM MILK), ONION POWDER, YEAST EXTRACT, LESS THAN 2% OF SUGAR, SOYBEAN OIL, SALT, CARAMEL COLOR, XANTHAN GUM, SOY SAUCE (SOYBEANS, WHEAT, SALT), GARLIC POWDER, DEXTROSE, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICE, SUNFLOWER OIL, CITRIC ACID, THIAMINE HYDROCHLORIDE, RED 40. CONTAINS MILK, WHEAT AND SOY INGREDIENTS. ADDS A TRIVIAL AMOUNT OF TRANS FAT.  ***[SODIUM CONTENT: .58G]***

**BEEF STEW-DICED BEEF**, **GRAVY-TRIO LOW SODIUM BROWN GRAVY INGREDIENTS:** WATER, MALTODEXTRIN, MODIFIED CORNSTARCH, BLEACHED ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), HYDROLYZED CORN GLUTEN, SOY, AND WHEAT GLUTEN PROTEIN, CORNSTARCH, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OILS, WHEY (FROM MILK), ONION POWDER, YEAST EXTRACT, LESS THAN 2% OF SUGAR, SOYBEAN OIL, SALT, CARAMEL COLOR, XANTHAN GUM, SOY SAUCE (SOYBEANS, WHEAT, SALT), GARLIC POWDER, DEXTROSE, DISODIUM INOSINATE, DISODIUM GUANYLATE, SPICE, SUNFLOWER OIL, CITRIC ACID, THIAMINE HYDROCHLORIDE, RED 40. CONTAINS MILK, WHEAT AND SOY INGREDIENTS. ADDS A TRIVIAL AMOUNT OF TRANS FAT. POTATOES, (SODIUM ACID PYROPHOSPHATE TO MAINTAIN NATURAL COLOR), CARROTS, ONIONS, CELERY [***SODIUM CONTENT: .24G]***

**MOW MAIN ENTRÉE INGREDIENTS-POULTRY**

**CREAMED CHICKEN IN GRAVY:** BONELESS, SKINLESS DICED DARK AND WHITE CHICKEN, WATER, RICE STARCH, VINEGAR, SEASONING MALTODEXTRIN, YEAST EXTRACT, CHICKEN STOCK, SALT AND FLAVORS, **TRIO LOW SODIUM POULTRY GRAVY INGREDIENTS:** MALTODEXTRIN, CORNSTARCH, WHEY, CHICKEN POWDER, CORN SYRUP SOLIDS, MODIFIED CORNSTARCH, HYDROLYZED SOY, CORN AND WHEAT PROTEINS, CHICKEN FAT, SOYBEAN OIL, 2% OR LESS OF NONFAT MILK, VEGETABLE OIL (PARTIALLY HYDROGENATED COCONUT OR PALM KERNEL, HYDROGENATE, ***[SODIUM CONTENT: .27G]***

**CHICKEN & NOODLES INGREDIENTS:**  BONELESS, SKINLESS DICED DARK AND WHITE CHICKEN, WATER, RICE STARCH, VINEGAR, SEASONING MALTODEXTRIN, YEAST EXTRACT, CHICKEN STOCK, SALT AND FLAVORS **TRIO LOW SODIUM POULTRY GRAVY INGREDIENTS:** MALTODEXTRIN, CORNSTARCH, WHEY, CHICKEN POWDER, CORN SYRUP SOLIDS, MODIFIED CORNSTARCH, HYDROLYZED SOY, CORN AND WHEAT PROTEINS, CHICKEN FAT, SOYBEAN OIL, 2% OR LESS OF NONFAT MILK, VEGETABLE OIL (PARTIALLY HYDROGENATED COCONUT OR PALM KERNEL, HYDROGENATE, **EGG NOODLES** (SEMOLINA, DURUM FLOUR, EGGS, ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID). **CONTAINS: WHEAT, EGGS**.) ***[SODIUM CONTENT: .28G]***

**CHICKEN TENDER INGREDIENTS:** BATTERED AND BREADED WITH: WHEAT FLOUR, \*WATER, MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, CONTAINS 2% OR LESS OF THE FOLLOWING: DEHYDRATED GREEN BELL PEPPER, DEXTROSE, EXTRACTIVES OF PAPRIKA, GARLIC POWDER, HYDROLYZED WHEAT AND CORN GLUTEN, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), MALTODEXTRIN, NATURAL FLAVOR, ONION POWDER, SOYBEAN OIL (AS A PROCESSING AID), WHEAT GLUTEN, YEAST EXTRACT. ***[SODIUM CONTENT: .55G]***

**LEMON THYME CHICKEN INGREDIENTS:** CHICKEN DRUMSTICKS. ***[SODIUM CONTENT: .05G]*** DRIED THYME LEAVES***,* LEMON JUICE INGREDIENTS:**LEMON JUICE FROM CONCENTRATE WATER, CONCENTRATED LEMON JUICE AND LESS THAN 2 OF SODIUM BENZOATE, SODIUM METABISULFITE AND SODIUM SULFITE PRESERVATIVES, LEMON OIL. BLACK PEPPER, GARLIC POWDER. **LIQUID MARGARINE INGREDIENTS:** LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN OIL AND/OR COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE AND CITRIC ACID ADDED AS PRESERVATIVES, ARTIFICIAL FLAVOR, COLORED WITH BETA CAROTENE, VITAMIN A PALMITATE ADDED. ***[SODIUM CONTENT: .1G] {TOTAL SODIUM CONTENT: .15G}***

**BREADED CHICKEN DRUMSTICKS**: CHICKEN DRUMSTICKS, WATER, ISOLATED SOY PROTEIN WITH LESS THAN 2 LECITHIN, SALT, SODIUM PHOSPHATES. BREADED AND BATTERED WITH: ENRICHED BLEACHED WHEAT FLOUR WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, WATER, SALT, SPICES, WHEAT GLUTEN, MONOSODIUM GLUTAMATE, GARLIC POWDER, EXTRACTIVES OF PAPRIKA. BREADING SET IN VEGETABLE OIL. ***[SODIUM CONTENT: .43G]***

**HERBED BAKED CHICKEN OVER NOODLES-** CHICKEN BREASTS WITH RIB MEAT, WATER, MODIFIED FOOD STARCH, SALT, NATURAL FLAVOR [MALTODEXTRIN, FLAVORING, YEAST EXTRACT, CHICKEN FAT, CONTAINS LESS THAN 2% (DRIED CHICKEN, DRIED CHICKEN BROTH, CHICKEN SKIN, HONEY, LACTIC ACID)], SODIUM PHOSPHATES. GLAZED WITH: WATER, MALTODEXTRIN, CORN STARCH, MODIFIED CORN STARCH, DEXTROSE, METHYLCELLULOSE, XANTHAN GUM, GUAR GUM, NATURAL FLAVOR [MALTODEXTRIN, FLAVORING, YEAST EXTRACT, CHICKEN FAT, CONTAINS LESS THAN 2% (DRIED CHICKEN, DRIED CHICKEN BROTH, CHICKEN SKIN, HONEY, LACTIC ACID)].**LIQUID MARGARINE INGREDIENTS:** LIQUID SOYBEAN OIL, WATER, SALT, HYDROGENATED SOYBEAN OIL AND/OR COTTONSEED OIL, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, POTASSIUM SORBATE AND CITRIC ACID ADDED AS PRESERVATIVES, ARTIFICIAL FLAVOR, COLORED WITH BETA CAROTENE, VITAMIN A PALMITATE ADDED. **EGG NOODLES** (SEMOLINA, DURUM FLOUR, EGGS, ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID). **CONTAINS: WHEAT, EGGS**.)HERBS AND SPICES ***[SODIUM CONTENT: .55G]***

**MONTEREY CHICKEN INGREDIENTS: GRILLED CHICKEN PATTY INGREDIENTS**: CHICKEN BREASTS WITH RIB MEAT, WATER, MODIFIED FOOD STARCH, SALT, NATURAL FLAVOR [MALTODEXTRIN, FLAVORING, YEAST EXTRACT, CHICKEN FAT, CONTAINS LESS THAN 2% (DRIED CHICKEN, DRIED CHICKEN BROTH, CHICKEN SKIN, HONEY, LACTIC ACID)], SODIUM PHOSPHATES. GLAZED WITH: WATER, MALTODEXTRIN, CORN STARCH, MODIFIED CORN STARCH, DEXTROSE, METHYLCELLULOSE, XANTHAN GUM, GUAR GUM, NATURAL FLAVOR [MALTODEXTRIN, FLAVORING, YEAST EXTRACT, CHICKEN FAT, CONTAINS LESS THAN 2% (DRIED CHICKEN, DRIED CHICKEN BROTH, CHICKEN SKIN, HONEY, LACTIC ACID)]. ***[SODIUM CONTENT: .32G]*** **BBQ SAUCE INGREDIENTS**: TOMATO PUREE WATER, TOMATO PASTE, SUGAR, VINEGAR, MOLASSES, SALT, CONTAINS LESS THAN 2 OF MODIFIED FOOD STARCH, NATURAL HICKORY SMOKE FLAVOR, HONEY, MUSTARD FLOUR, SEASONINGS, POTASSIUM SORBATE TO RETAIN FRESHNESS, NATURAL FLAVOR. ***[SODIUM CONTENT: .3G]* BACON BITS INGREDIENTS:** BACON (CURED WITH WATER, SALT, SODIUM NITRITE), MAY CONTAIN SEA SALT, POTASSIUM CHLORIDE, SUGAR, BROWN SUGAR, DEXTROSE, SODIUM DIACETATE, SODIUM PHOSPHATE, SODIUM ERYTHORBATE, SODIUM ASCORBATE, SMOKE FLAVORING, FLAVORING***. [SODIUM CONTENT: .2G***] **MONTEREY JACK CHEESE** (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), POTATO STARCH AND POWERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR). ***[SODIUM CONTENT: .17G] {TOTAL SODIUM CONTENT: .99G}***

**MEALS ON WHEELS MAIN ENTRÉE INGREDIENTS-PORK**

**BBQ PORK**- INGREDIENTS: SMOKED COOKED PORK SHOULDER BOSTON BUTT, BARBECUE SAUCE HIGH FRUCTOSE CORN SYRUP, VINEGAR, TOMATO PASTE, MODIFIED FOOD STARCH, CONTAINS 2 OR LESS OF SALT, PINEAPPLE JUICE CONCENTRATE, NATURAL SMOKE FLAVOR, SPICES, CARAMEL COLOR, SODIUM BENZOATE PRESERVATIVE, MOLASSES, CORN SYRUP, GARLIC, SUGAR, TAMARIND, NATURAL FLAVOR. ***[SODIUM CONTENT: .20G]***

**SLICED ROAST PORK INGREDIENTS**: BONELESS PORK LOIN. **PORK GRAVY INGREDIENTS:** FOOD STARCH-MODIFIED, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, MALTODEXTRIN, MONOSODIUM GLUTAMATE, AUTOLYZED YEAST EXTRACT, HYDROLYZED VEGETABLE PROTEIN (CORN, SOY, AND/OR WHEAT), ONION. CONTAINS LESS THAN 2% OF: SPICES, NATURAL FLAVORS, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, MIRAPOIX POWDER, PORK STOCK, DEXTROSE, COLOR ADDED, LACTIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE. CONTAINS: WHEAT, SOY. ***[SODIUM CONTENT: .42G]***

**GLAZED HAM INGREDIENTS:**CURED WITH: WATER, DEXTROSE. CONTAINS LESS THAN 2% OF: SALT, POTASSIUM CHLORIDE, POTASSIUM LACTATE, SODIUM LACTATE, SODIUM PHOSPHATES, SODIUM DIACETATES, SODIUM ERYTHORBATE, SODIUM NITRATE. **PINEAPPLE JUICE INGREDIENTS:** WATER, PINEAPPLE JUICE CONCENTRATE, ASCORBIC ACID (VITAMIN C), CITRIC ACID, NATURAL FLAVOR. BROWN SUGAR INGREDIENTS: SUGAR, MOLASSES ***[SODIUM CONTENT: .56G]***

**SAUSAGE GRAVY INGREDIENTS**: PORK, WATER, TEXTURED VEGETABLE PROTEIN SOY FLOUR, SALT, SPICES, SALT, SUGAR, FLAVORING. **COUNTRY GRAVY**-MALTODEXTRIN, WHEY, BLEACHED ENRICHED FLOUR WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, MODIFIED CORNSTARCH, SOYBEAN OIL, MODIFIED TAPIOCA STARCH, SKIM MILK, SALT, 2 OR LESS OF HYDROLYZED SOY, CORN AND WHEAT PROTEIN, PALM OIL, COLOR ADDED, XANTHAN GUM, SUGAR, YEAST EXTRACT, SPICE, SODIUM CASEINATE, CITRIC ACID, DISODIUM GUANYLATE, DISODIUM INOSINATE, NATURAL FLAVORS, DEXTROSE. CONTAINS: WHEAT, MILK, SOY. MAY CONTAIN: EGGS. ***[SODIUM CONTENT: .91G]***

**VEGETABLE LASAGNA INGREDIENTS:** COOKED LASAGNA NOODLES (WATER, DURUM FLOUR (DURUM WHEAT SEMOLINA, NIACIN, FERROUS SULFATE [IRON], THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DRIED EGG WHITES), WATER, RICOTTA CHEESE (WHEY, CREAM, VINEGAR, CARRAGEENAN), CARROTS, MOZZARELLA CHEESE (PASTEURIZED MILK, CULTURES, SALT, ENZYMES), SPINACH, CREAM, BROCCOLI, PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PART SKIM MOZZARELLA CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES]), BREAD CRUMBS (BLEACHED WHEAT FLOUR, YEAST, SUGAR, SALT), ROMANO CHEESE FROM COW'S MILK (PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), CONTAINS LESS THAN 2% OF THE FOLLOWING, MARGARINE (SOYBEAN OIL, HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE, CITRIC ACID AND CALCIUM DISODIUM EDTA ADDED AS PRESERVATIVES, ARTIFICIALLY FLAVORED, COLORED WITH BETA CAROTENE, VITAMIN A PALMITATE ADDED), MODIFIED CORN STARCH, PARMESAN CHEESE (PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES), WHEAT FLOUR, SALT, SAUTEED VEGETABLE (CARROTS, CELERY, ONIONS), SUGAR, DRIED EGG WHITES, CRUSHED GARLIC, MUSHROOM FLAVOR (SAUTEED MUSHROOMS, SALT, NATURAL FLAVORS, BUTTER [CREAM, SALT], SUGAR, MODIFIED CORN STARCH), BASIL, SPICES, SOYBEAN OIL, MALTODEXTRIN, NATURAL FLAVORING, CITRIC ACID. CONTAINS: WHEAT, MILK, EGG, SOY ***[SODIUM CONTENT: .85G]***

**VEGETARIAN CHILI MACARONI INGREDIENTS:** TOMATO JUICE FROM CONCENTRATE, WATER, TOMATO CONCENTRATE, SALT, CITRIC ACID, VITAMIN C, ASCORBIC ACID,BLACK BEANS, WATER, SALT, CALCIUM CHLORIDE, AND FERROUS GLUCONATE. DARK RED KIDNEY BEANS, WATER, SALT, CALCIUM CHLORIDE, DISODIUM EDTA (TO PRESERVE COLOR). COOKED DRIED CHICK PEAS, WATER, SALT. TOMATOES, TOMATO JUICE, SALT, CITRIC ACID, CALCIUM CHLORIDE. ONIONS, CHILI POWDER- CHILI PEPPER AND OTHER SPICES, SALT AND GARLIC POWDER.  ***[SODIUM CONTENT: .92 G]*** **CAVATAPPI PASTA INGREDIENTS**: SEMOLINA WHEAT, DURUM WHEAT FLOUR, VITAMIN B3 NIACIN, IRON FERROUS SULFATE, VITAMIN B1 THIAMINE MONONITRATE, VITAMIN B2 RIBOFLAVIN, FOLIC ACID.