

# May 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 INGREDIENTS:** MANDARIN ORANGE, WATER, PEAR JUICE CONCENTRATE [SODIUM CONTENT- .01 G]

**PEAR INGREDIENTS:** PEARS, WATER, PEAR JUICE, ASCORBIC ACID, AND CITRIC 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 CONTENT- .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]

**FRUIT PUNCH INGREDIENTS:** FILTERED WATER, APPLE JUICE FROM CONCENTRATE, NATURAL FLAVORS, GRAPE JUICE FROM CONCENTRATE, 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, THIAMINE MONONITRATE, 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, THIAMINE 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 3.5 IN 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 SULFATE), CALCIUM PROPIONATE, (A PRESERVATIVE).

**KLOSTERMAN BRAND WHEAT BREAD INGREDIENTS:** (IN DESCENDING ORDER OF PREDOMINANCE BY WEIGHT): WHEAT FLOUR, WATER, WHOLE WHEAT FLOUR, CRACKED WHEAT, SWEETENERS (CORN SYRUP, DRY HONEY, DRY MOLASSES), 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, THIAMINE 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, THIAMINE 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, XANTHAN 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: .16G]**

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

**OATMEAL COOKIE INGREDIENTS:** ENRICHED WHEAT FLOUR BLEACHED FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, OATMEAL, HIGH FRUCTOSE CORN SYRUP, PALM OIL, SUGAR, CORN SYRUP, GLYCERIN, MODIFIED CORN STARCH, EGGS, CINNAMON, NATURAL AND ARTIFICIAL FLAVORS, SORBITOL, SALT, MOLASSES, BAKING SODA, BAKING POWDER SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE, SOY LECITHIN, NONFAT DRY MILK, SPICES. **[SODIUM CONTENT: .105G]**

**RYE BREAD INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, RYE FLOUR, YEAST, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, GROUND CARAWAY, WHOLE CARAWAY SEEDS, SOYBEAN OIL, WHEAT GLUTEN, ACETIC ACID, VINEGAR, MONO- AND DIGLYCERIDES, CALCIUM SULFATE, CALCIUM STEAROYL LACTYLATE, SODIUM STEAROYL LACTYLATE, NIACIN, IRON (FERROUS SULFATE), LACTIC ACID, SOY LECITHIN, MONOCALCIUM PHOSPHATE, PHOSPHORIC ACID, XANTHAN GUM, THIAMINE HYDROCHLORIDE, ENZYMES, RIBOFLAVIN, CALCIUM PEROXIDE, FOLIC ACID, CALCIUM PROPIONATE (TO RETARD SPOILAGE). 354-02114 CONTAINS: WHEAT AND SOY. **[SODIUM CONTENT: .35G]**

**CROISSANT INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, BUTTER (CREAM [MILK], LACTIC ACID), WHEAT FLOUR, SUGAR, YEAST, CONTAINS 2% OR LESS OF: EGGS, EGG WHITES, SALT, CANOLA AND/OR SOYBEAN OIL, CALCIUM PROPIONATE (PRESERVATIVE), ARTIFICIAL BUTTER FLAVOR, SODIUM STEAROYL LACTYLATE, SOY FLOUR, DOUGH CONDITIONERS (L-CYSTEINE, ASCORBIC ACID, ENZYMES). CONTAINS: EGGS, MILK, SOY, WHEAT MADE IN A FACILITY THAT ALSO PROCESSES TREE NUTS (ALMONDS). **[SODIUM CONTENT: .21G]**

#### 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]

**ALL 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]

**INSTANT 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]

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

**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]**

**POTATO SOUP:** POTATOES, DEXTROSE, DISODIUM PYROPHOSPHATE ADDED TO MAINTAIN COLOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS, CARROTS, ONIONS, **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: .95G]**

**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 TTY 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]**

**MEALS ON WHEELS INGREDIENTS-OTHER**

**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 TTY 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]**

**TURKEY SAUSAGE LINK INGREDIENTS:** BONELESS TURKEY, WATER, CONTAINS 2 OR LESS: DEXTROSE, POTASSIUM CHLORIDE, SALT, SPICES, SODIUM PHOSPHATES, SUGAR, BHT, CITRIC ACID, CARAMEL COLOR. **[SODIUM CONTENT: .29G]**

**GRAPE UNCRUSTABLE INGREDIENTS:** PEANUT BUTTER: PEANUTS, SUGAR, CONTAINS 2 OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS RAPESEED AND SOYBEAN, MONO AND DIGLYCERIDES, SALT. BREAD: UNBLEACHED WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, WATER, SUGAR, YEAST, CONTAINS 2 OR LESS OF: WHEAT GLUTEN, SOYBEAN OIL, SALT, DOUGH CONDITIONERS DISTILLED MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DATEM, ENZYMES [WITH WHEAT STARCH, ASCORBIC ACID, CALCIUM PEROXIDE]. GRAPE JELLY: SUGAR, GRAPE JUICE, CONTAINS 2 OR LESS OF: PECTIN, CITRIC ACID, POTASSIUM SORBATE PRESERVATIVE. **[SODIUM CONTENT: .28G]**

**STRAWBERRY UNCRUSTABLE INGREDIENTS:** PEANUT BUTTER: PEANUTS, SUGAR, CONTAINS 2 OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS RAPESEED AND SOYBEAN, MONO AND DIGLYCERIDES, SALT. BREAD: UNBLEACHED WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED FLOUR WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, WATER, SUGAR, YEAST, CONTAINS 2 OR LESS OF: WHEAT GLUTEN, SOYBEAN OIL, SALT, DOUGH CONDITIONERS DISTILLED MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, DATEM, ENZYMES [WITH WHEAT STARCH, ASCORBIC ACID, CALCIUM PEROXIDE]. STRAWBERRY JAM: SUGAR, STRAWBERRIES, CONTAINS 2 OR LESS OF: PECTIN, CITRIC ACID, POTASSIUM SORBATE PRESERVATIVE. **[SODIUM CONTENT: .28G]**

**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]**

**PIZZA BURGER INGREDIENTS:** BEEF PATTY- (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 **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., **MOZZARELLA CHEESE:** LOW-MOISTURE PART-SKIM MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), POTATO STARCH, CORN STARCH AND POWDERED CELLULOSE (TO PREVENT CAKING), NATAMYCIN (A NATURAL MOLD INHIBITOR). **[SODIUM CONTENT: .72G]**

**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 (VITAMIN B2), 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 HOT DOGS INGREDIENTS:** BEEF, WATER, SORBITROL, SALT, FLAVORINGS, SODIUM PHOSPHATES, SODIUM ERYTHORBATE, SODIUM NITRITE, EXTRACT OF PAPRIKA. **[SODIUM CONTENT: 1.18G]**

**TACO BEEF INGREDIENTS:** BEEF, WATER, TOMATO PASTE, TEXTURED VEGETABLE PROTEIN SOY PROTEIN CONCENTRATE, CARAMEL COLOR, SEASONING DEHYDRATED ONIONS, CHILI PEPPER AND OTHER SPICES, DEHYDRATED GARLIC, SALT, SALT, SEASONING POTASSIUM CHLORIDE, NATURAL FLAVOR [CONTAINS MALTODEXTRIN], CARAMEL COLOR, VINEGAR, PAPRIKA EXTRACT. **[SODIUM CONTENT: .22G]**

**CHEESEBURGER:** (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.) **SLICED AMERICAN CHEESE INGREDIENTS:** 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: .84G]**

**BEEF & NOODLES INGREDIENTS: 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], DURUM WHEAT SEMOLINA, DURUM WHEAT FLOUR, EGGS, NIACIN, IRON (FERROUS SULFATE), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID CONTAINS: WHEAT, EGGS. **[SODIUM CONTENT: .24G]**

**MARZETTI INGREDIENTS:** Durum Wheat Semolina, durum wheat flour, niacin, iron (ferrous sulfate), thiamin mononitrate, riboflavin, folic acid CONTAINS: WHEAT Manufactured in a facility that uses eggs. **GROUND BEEF** NO MORE THAN 20 FAT, WATER, TEXTURED VEGETABLE PROTEIN SOY PROTEIN CONCENTRATE, CARAMEL COLOR, CONTAINS LESS THAN 2 OF SODIUM PHOSPHATES, HYDROLYZED SOY PROTEIN, CARAMEL COLOR, HYDROLYZED CORN PROTEIN. **[SODIUM CONTENT: .17G]**, **TOMATO SAUCE:** TOMATO PUREE WATER, TOMATO PASTE, TOMATOES, WATER, SUGAR, LESS THAN 2 OF: SALT, DRIED ONION, EXTRA VIRGIN OLIVE OIL, CALCIUM CHLORIDE, CITRIC ACID, DRIED BASIL, DRIED OREGANO, DRIED PARSLEY, DRIED CANE SYRUP, NATURAL FLAVOR. **[SODIUM CONTENT: .52G]**, **ASIAGO MEDIUM CHEESE** (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR). CONTAINS: MILK. **[SODIUM CONTENT: .26G]**  
**[TOTAL SODIUM CONTENT: .95 G]**

**ROAST BEEF WITH GRAVY 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. **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: .51G]**

**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]**

**PEPPER STEAK OVER RICE: BEEF CUBES, STIR FRY SAUCE** **INGREDIENTS:** WATER, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT, SODIUM BENZOATE [A PRESERVATIVE]), HIGH FRUCTOSE CORN SYRUP, SHERRY WINE, MODIFIED CORNSTARCH, SOYBEAN OIL, WORCHESTERSHIRE SAUCE, DISTILLED WATER, CORN SYRUP, WATER, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, ANCHOVIES, TAMARIND, NATURAL FLAVOR), 2% OR LESS OF VINEGAR, SESAME OIL, OYSTER SAUCE (WATER, BEEF SUGAR, SALT, MODIFIED CORN STARCH, CARAMEL COLOR, MALTODEXTRIN, OYSTER EXTRACT, YEAST EXTRACT), DRIED GARLIC, SALT, ONION POWDER, CITRIC ACID, SPICES, CARAMEL COLOR, NATURAL FLAVORS, SULFATING AGENTS. CONTAINS: ANCHOVY, WHEAT, SOY. **[SODIUM CONTENT: .32G]** **[TOTAL SODIUM CONTENT: .79G]** PEPPERS, ONIONS, RICE

#### MEALS ON WHEELS MAIN ENTRÉE INGREDIENTS-CHICKEN/POULTRY

**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]**

**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]**

**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]**

**BREADED CHICKEN PATTY INGREDIENTS:** CHICKEN, WATER, ISOLATED SOY PROTEIN, SUGAR, REDUCED SODIUM SEA SALT SEA SALT, POTASSIUM CHLORIDE, RICE FLOUR, SODIUM PHOSPHATES, WHITE PEPPER, ONION POWDER, GARLIC POWDER. BREADED WITH: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, SALT, SUGAR, LEAVENING SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, SPICE, ASCORBIC ACID VITAMIN C, DEXTROSE, GARLIC POWDER, SOYBEAN OIL AS A PROCESSING AID, EXTRACTIVES OF PAPRIKA. BATTERED WITH: WATER, WHOLE WHEAT FLOUR, MODIFIED CORN STARCH, SUGAR, SALT, ONION POWDER, LEAVENING CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE, GARLIC POWDER, CHICKEN BROTH, MALTODEXTRIN, DEXTROSE, YEAST EXTRACT, ENRICHED WHEAT FLOUR ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ASCORBIC ACID VITAMIN C, SOYBEAN OIL AS A PROCESSING AID, NATURAL AND ARTIFICIAL FLAVORS, LACTIC ACID, EXTRACTIVES OF PAPRIKA. PRE-DEUSTED WITH: WHOLE WHEAT FLOUR, MODIFIED CORN STARCH, SALT, ONION POWDER, GARLIC POWDER, MALTODEXTRIN, ASCORBIC ACID VITAMIN C, SOYBEAN OIL AS A PROCESSING AID, NATURAL AND ARTIFICIAL FLAVORS, ENRICHED WHEAT FLOUR ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, DEXTROSE, LEAVENING SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, LACTIC ACID, EXTRACTIVES OF PAPRIKA. BREADING SET IN VEGETABLE OIL. **[SODIUM CONTENT: .38 G]**

**CHICKEN FAJITAS: DICED CHICKEN**-BONELESS, SKINLESS DICED DARK AND WHITE CHICKEN, WATER, RICE STARCH, VINEGAR, SEASONING MALTODEXTRIN, YEAST EXTRACT, CHICKEN STOCK, SALT AND FLAVORS. **[SODIUM CONTENT: .14G]** **SEASONING:** YELLOW CORN FLOUR, SALT, MALTODEXTRIN, PAPRIKA, SPICES, MODIFIED CORNSTARCH, SUGAR, GARLIC POWDER, CITRIC ACID, YEAST EXTRACT, NATURAL FLAVORS, CARAMEL COLOR. **[SODIUM CONTENT: .43G]** **[TOTAL SODIUM CONTENT: .57G]**

**HOT TURKEY & CHEESE SANDWICH INGREDIENTS:** CRACKED BLACK PEPPER TURKEY: TURKEY BREAST, WATER, MODIFIED CORNSTARCH, CONTAINS LESS THAN 2% OF VINEGAR, SALT, CULTURED DEXTROSE, SUGAR, SODIUM PHOSPHATES, CARRAGEENAN, COATED WITH BLACK PEPPER. **[SODIUM CONTENT: .50G]** Provolone Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes). Contains: Milk **[SODIUM CONTENT: .24G]** **BUN INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, SALT, YELLOW CORN MEAL, SOYBEAN OIL, 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), MALTED BARLEY FLOUR, DEXTROSE, CALCIUM SULFATE, L-CYSTEINE, POTASSIUM IODATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE) CONTAINS: WHEAT **[SODIUM CONTENT: .43G]** **[TOTAL SODIUM CONTENT: 1.17G]**

**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: .26G]** **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]**

**CHICKEN ALFREDO INGREDIENTS** BONELESS, SKINLESS DICED DARK AND WHITE CHICKEN, WATER, RICE STARCH, VINEGAR, SEASONING MALTODEXTRIN, YEAST EXTRACT, CHICKEN STOCK, SALT AND FLAVORS. **WHEAT PENNE PASTA INGREDIENTS:** 100% WHOLE WHEAT DURUM FLOUR. CONTAINS: WHEAT, **ALFREDO SAUCE INGREDIENTS:** WATER, MODIFIED CORNSTARCH, MALTODEXTRIN, PALM OIL, WHEY, CANOLA OIL, PARTIALLY HYDROGENATED SOYBEAN OIL\*\*, PARMESAN AND CHEDDAR AND ROMANO CHEESE SOLIDS (PASTEURIZED MILK, SALT, CHEESE CULTURES, SALT, ENZYMES), CORN SYRUP SOLIDS, YEAST EXTRACT, SODIUM CASEINATE. **[SODIUM CONTENT: .40G]**

**CHICKEN SALAD**-(PIERCE BRAND) CHICKEN WHITE, SALAD DRESSING SOYBEAN OIL, WATER, SUGAR, VINEGAR, EGG YOLK, MODIFIED FOOD STARCH, CONTAINS LESS THAN 2 SALT, SPICES, PAPRIKA, NATURAL FLAVORS (SOY), GARLIC POWDER, DICED CELERY, SUGAR, CORN SYRUP SOLIDS, SALT, CITRIC ACID, CARRAGEENAN, MUSTARD, SPICE. **[SODIUM CONTENT: .48G]**

**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 WITH LEMON PEPPER SAUCE 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]**, **LEMON PEPPER INGREDIENTS:** SALT, BLACK PEPPER, CITRIC ACID, DEHYDRATED ONION, DEHYDRATED GARLIC, SUGAR, YELLOW 5 LAKE, MALTODEXTRIN, NATURAL FLAVOR, AND LESS THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING. **[SODIUM CONTENT: .28G]** **GARLIC POWDER, PARSLEY, CHICKEN BROTH INGREDIENTS:** ROASTED CHICKEN, SUGAR, AUTOLYZED YEAST EXTRACT, CHICKEN FAT, POTASSIUM CHLORIDE, WHEY (MILK), CORN STARCH, HYDROLYZED CORN PROTEIN, CHICKEN BROTH, ONION POWDER, CONTAINS 2 PERCENT OR LESS OF: SOYBEAN OIL, DISODIUM INOSINATE, DISODIUM GUANYLATE, CITRIC ACID, NATURAL FLAVORINGS, EXTRACTIVE OF TURMERIC AND TURMERIC (COLOR), XANTHAN GUM, SALT. CONTAINS: MILK. **[SODIUM CONTENT: .14G]** **WHITE CREAM SAUCE INGREDIENTS:** WATER, CREAM MILK, VEGETABLE OIL CORN, CANOLA, AND/OR SOYBEAN, WHEAT FLOUR, MODIFIED FOOD STARCH, CONTAINS LESS THAN 2 OF: SALT, SOY PROTEIN CONCENTRATE, YEAST EXTRACT, FLAVORING, ONION EXTRACT. **[SODIUM CONTENT: .27G]** **WORCHESTERSHIRE SAUCE INGREDIENTS:** WATER, DISTILLED VINEGAR, SOY SAUCE (WATER, SALT, HYDROLYZED SOY PROTEIN, CORN SYRUP, CARAMEL COLOR, POTASSIUM SORBATE (PRESERVATIVE)), SUGAR, CORN SYRUP, TAMARIND EXTRACT, CARAMEL COLOR, SPICES, SALT, GARLIC\*, ONION\*, CITRIC ACID, XANTHAN GUM, NATURAL FLAVORS, POTASSIUM SORBATE (A PRESERVATIVE). \*DEHYDRATED CONTAINS: SOY. **[SODIUM CONTENT: .06G]** **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: 1.17G]**

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

**KIELBASA SMOKED SAUSAGE:** MEAT INGREDIENTS (PORK, BEEF), WATER, CONTAINS 2% OR LESS OF: MODIFIED CORN STARCH, SORBITOL, SALT, POTASSIUM LACTATE, FLAVORINGS, POTASSIUM PHOSPHATE, SODIUM DIACETATE, VITAMIN C (SODIUM ASCORBATE), SODIUM NITRITE. **[SODIUM CONTENT: .75G]**

**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]**

**PORK STEW-DICED PORK, GRAVY-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, POTATOES CARROTS, ONIONS, CELERY **[SODIUM CONTENT: .42G]**

**HAM & POTATO CASSEROLE: DICED TURKEY HAM INGREDIENTS:** TNRD 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. POTATOES, DEXTROSE, DISODIUM PYROPHOSPHATE ADDED TO MAINTAIN COLOR, POTASSIUM SORBATE ADDED TO MAINTAIN FRESHNESS. **CREAM OF CHICKEN SOUP INGREDIENTS:** CHICKEN STOCK, MODIFIED FOOD STARCH, VEGETABLE OIL, WHEAT FLOUR, CREAM MILK, CONTAINS LESS THAN 2 OF: SALT, CHICKEN, CARROT JUICE CONCENTRATE, SOY PROTEIN CONCENTRATE, CHICKEN FAT, YEAST EXTRACT, FLAVORING, CHICKEN BROTH, CANE SUGAR, ONIONS, CELERY EXTRACT, ONION EXTRACT. **DRIED SOUR CREAM INGREDIENTS:** CULTURED CREAM (MILK), ENZYME. CONTAINS MILK. **SHREDDED CHEESE INGREDIENTS:** PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO, POWDERED CELLULOSE (ANTI CAKING AGENT) GARLIC POWDER, BLACK PEPPER, PARSLEY. **[TOTAL SODIUM CONTENT: 1.53G]**

**PENNE PASTA WITH SAUSAGE CRUMBLES INGREDIENTS:** DURUM WHEAT SEMOLINA, NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID CONTAINS: WHEAT. MANUFACTURED IN A FACILITY THAT USES EGGS. **TOMATO SAUCE:** TOMATO PUREE WATER, TOMATO PASTE, TOMATOES, WATER, SUGAR, LESS THAN 2 OF: SALT, DRIED ONION, EXTRA VIRGIN OLIVE OIL, CALCIUM CHLORIDE, CITRIC ACID, DRIED BASIL, DRIED OREGANO, DRIED PARSLEY, DRIED CANE SYRUP, NATURAL FLAVOR. **[SODIUM CONTENT: .52G]**, 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: .86G]**, **ASIAGO MEDIUM CHEESE (PASTEURIZED COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR), CONTAINS: MILK. [SODIUM CONTENT: .26G]** PORK, WATER, TEXTURED VEGETABLE PROTEIN SOY FLOUR, SALT, SPICES, SALT, SUGAR, FLAVORING. **[SODIUM CONTENT: .64G] [TOTAL SODIUM CONTENT: 2.28G]**

**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]**

**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, THIAMINE 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]****

#### MEALS ON WHEELS MAIN ENTRÉE INGREDIENTS-VEGETARIAN MEALS

**MACARONI & CHEESE INGREDIENTS:** DURUM WHEAT SEMOLINA, DURUM FLOUR, ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMINE 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]****

**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]**

**CHEESE RAVIOLI WITH MARINARA SAUCE INGREDIENTS:** ENRICHED DURUM WHEAT FLOUR DURUM WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, WATER, RICOTTA CHEESE WHEY, MILK, VINEGAR, AND CARRAGEENAN (STABILIZER), MOZZARELLA CHEESE PASTEURIZED MILK, CULTURES, SALT, ENZYMES, NONFAT MILK, PROVOLONE CHEESE PASTEURIZED WHOLE MILK, CHEESE CULTURE, SALT, ENZYMES AND NATAMYCIN, WHOLE EGGS, GRATED PARMESAN CHEESE PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, AND POWDERED CELLULOSE [ANTI-CAKING AGENT], MODIFIED FOOD STARCH, SALT, GRANULATED GARLIC, ONION POWDER, PARSLEY, BASIL. **[SODIUM CONTENT: .46G]**. **MARINARA SAUCE INGREDIENTS:** TOMATO PUREE WATER, TOMATO PASTE, WATER, LESS THAN 2 OF: HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, SALT, DRIED ONION, SUGAR, DRIED GARLIC, TOMATO FIBER, SPICES, PARSLEY, NATURAL FLAVORS, SORBITOL, CITRIC ACID. NATURALLY DERIVED. **[SODIUM CONTENT: .37G] [TOTAL SODIUM CONTENT: .83G]**

#### MEALS ON WHEELS MAIN ENTRÉE INGREDIENTS-SALADS

**POTATO SALAD:** POTATOES, MAYONNAISE (SOYBEAN OIL, WATER, EGG YOLKS, VINEGAR, SALT), SUGAR, CELERY, WATER, SWEET PICKLE RELISH (CUCUMBERS, SUGAR, DISTILLED VINEGAR, SALT, CONTAINS LESS THAN 2% OF: MUSTARD SEED, XANTHAN GUM, CALCIUM CHLORIDE, CELERY SEED, DEHYDRATED RED BELL PEPPER, NATURAL FLAVORING, TURMERIC, MINCED ONION), MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, SUGAR, TURMERIC AND PAPRIKA, GARLIC POWDER, SPICES, XANTHAN GUM, ANNATTO COLOR, NATURAL FLAVOR, CITRIC ACID), ONION, VINEGAR, RED BELL PEPPER, SALT, MODIFIED CORN STARCH, BLACK PEPPER, SODIUM BENZOATE (PRESERVATIVE), POTASSIUM SORBATE (PRESERVATIVE), XANTHAN GUM, ANNATTO COLOR. **[SODIUM CONTENT: .55G]**

**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]**

**EGG SALAD INGREDIENTS:** HARD COOKED EGGS, CITRIC ACID, SODIUM BENZOATE, NISIN PREPARATION AS PRESERVATIVES. **YELLOW MUSTARD-** DISTILLED VINEGAR, WATER, NO. 1 MUSTARD SEED, SALT, TURMERIC, OLEORESIN PAPRIKA, SPICES, **RELISH:** CUCUMBERS, HIGH FRUCTOSE CORN SYRUP, WATER, VINEGAR, SALT, CONTAINS LESS THAN 2% OF SPICES (CONTAINS MUSTARD AND CELERY SEED), CALCIUM CHLORIDE, XANTHAN GUM, POTASSIUM

SORBATE (PRESERVATIVE), DEHYDRATED RED BELL PEPPERS, POLYSORBATE 80, ALUM, NATURAL FLAVOR, TURMERIC EXTRACT (COLOR). **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. DICED ONION **[SODIUM CONTENT: .38G]**

**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 CALCIUM DISODIUM EDTA AS PRESERVATIVES, ONION, ANNATTO AND TURMERIC. CONTAINS: EGGS **[SODIUM CONTENT: .27G]**

**GARDEN SALAD INGREDIENTS:** FRESH LETTUCE, CARROTS, TOMATOES, Cucumber, CABBAGE & RANCH DRESSING. **[SODIUM CONTENT: .38G]**

**CHOICE MEAL SALAD MEAL INGREDIENTS:** FRESH LETTUCE, CARROTS, TOMATOES, CUCUMBERS, CABBAGE, ONION, EGG, CHEESE, & RANCH DRESSING, **SUNFLOWER KERNELS, FRUIT, JUICE, CROUTONS, CRACKERS, CAKE: YELLOW CAKE**-ENRICHED BLEACHED FLOUR WHEAT FLOUR, NIAICIN, 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. MILK. **[SODIUM CONTENT- 1.52 G]**

**BROCCOLI SALAD-FRESH BROCCOLI [SODIUM CONTENT- .08 G] 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) [SODIUM CONTENT- .06 G] RANCH DRESSING:** SOYBEAN OIL, WATER, DISTILLED VINEGAR, EGG YOLK, BUTTERMILK SOLIDS, CONTAINS LESS THAN 2 OF SALT, SUGAR, LEMON JUICE CONCENTRATE, GARLIC, ONION, XANTHAN GUM, SORBIC ACID PRESERVATIVE, NATURAL FLAVOR, CREAM, SPICE, MALTODEXTRIN, WHEY, VINEGAR POWDER, BUTTERMILK, AUTOLYZED YEAST EXTRACT, MILK, SOUR CREAM POWDER, LACTIC ACID, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR, CITRIC ACID. DRIED. CONTAINS EGG, MILK **[SODIUM CONTENT- .02 G] {TOTAL SODIUM CONTENT: .5 G}**

**SPINACH SALAD-FRESH SPINACH [ SODIUM CONTENT-.08 G], BOILED EGG**- WHOLE EGGS, WATER, CITRIC ACID, SODIUM BENZOATE, NISIN PREPARATION (AS PRESERVATIVES). **[SODIUM CONTENT-.07 G] 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] FRESH ONIONS, ASIAGO CHEESE**- Asiago Medium Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose Added To Prevent Caking. **[SODIUM CONTENT- .23 G] {TOTAL SODIUM CONTENT: .44 G}**

**CHEF SALAD INGREDIENTS: WHITE TURKEY DICED 1/2"**: INGREDIENTS: WHITE TURKEY, TURKEY BROTH, MODIFIED FOOD STARCH, CONTAINS 2 OR LESS SODIUM LACTATE, SALT, SUGAR, SODIUM PHOSPHATE, CARRAGEENAN, PEPPER, ROSEMARY EXTRACT. **[SODIUM CONTENT-.61 G] DICED HAM:** CURED WITH: WATER, DEXTROSE, CONTAINS 2% OR LESS OF SALT, POTASSIUM LACTATE, SODIUM LACTATE, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE. **[SODIUM CONTENT-.65 G] BOILED EGG:** HARD COOKED EGGS, WATER, CITRIC ACID, SODIUM BENZOATE AND NISIN PREPARATION AS PRESERVATIVES. **[SODIUM CONTENT- .06 G] SHREDDED CHEESE:** PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO, POWDERED CELLULOSE (ANTI CAKING AGENT) **[SODIUM CONTENT-.02 G] LETTUCE, TOMATO, CARROTS, CABBAGE**{TOTAL SODIUM CONTENT: 1.34 G}