Roasted Herbed Turkey Breast
Serving Size: 3ozv
Calories: 130, Calories From Fat: 40, Total Fat: 5g, Sodium: 440mg, Protein: 23g
Contains: SOY

Turkey Gravy
Serving Size: 1ozv
Calories: 30, Calories From Fat: 20, Total Fat: 2g, Sodium: 110mg, Protein: 0g
Contains: GLUTEN, DAIRY

Creamy Garlic Mashed Potatoes
Serving Size: ½ cup
Calories: 120, Calories From Fat: 30, Total Fat: 3g, Sodium: 100mg, Protein: 2g
Contains: DAIRY

Roasted Cauliflower
Serving Size: ½ cup
Calories: 50, Calories From Fat: 30, Total Fat: 4g, Sodium: 110mg, Protein: 2g
Contains: SOY
Herbed Tilapia
Serving Size: ½ cup
Calories: 120, Calories From Fat: 40, Total Fat: 4g, Sodium: 90mg, Protein: 21g
Contains: SOY, DAIRY, FISH

Balsamic Roasted Vegetables
Serving Size: ½ cup
Calories: 50, Calories From Fat: 20, Total Fat: 2g, Sodium: 70mg, Protein: 1g

Chipotle Mashed Sweet Potatoes
Serving Size: ½ cup
Calories: 100, Calories From Fat: 20, Total Fat: 3g, Sodium: 110mg, Protein: 2g
Contains: SOY, DAIRY

Matzo Ball Soup
Serving Size: 8ozv
Calories: 250, Calories From Fat: 60, Total Fat: 7g, Sodium: 420mg, Protein: 11g
Contains: GLUTEN, SOY, EGG
Cheese Pizza

Serving Size: 1 slice
Calories: 250, Calories From Fat: 70, Total Fat: 7g, Sodium: 580mg, Protein: 13g
Contains: GLUTEN, SOY, DAIRY

Jalapeno, Sausage, and Onion Pizza
Serving Size: 1 slice
Calories: 350, Calories From Fat: 150, Total Fat: 17g, Sodium: 840mg, Protein: 15g
Contains: GLUTEN, SOY, DAIRY

Caesar Salad
Serving Size: ½ cup
Calories: 80, Calories From Fat: 60, Total Fat: 6g, Sodium: 180mg, Protein: 2g
Contains: GLUTEN, SOY, DAIRY, EGG, FISH (Caesar dressing)

Homestyle Macaroni Salad
Serving Size: ½ cup
Calories: 300, Calories From Fat: 220, Total Fat: 25g, Sodium: 280mg, Protein: 4g
Contains: GLUTEN, SOY, DAIRY, EGG
Roasted Vegetable and Potato

Serving Size: 8oz
Calories: 210, Calories From Fat: 108, Total Fat: 12g, Sodium: 830mg, Protein: 3g

Buffalo Chicken Blue Cheese

Serving Size: 8oz
Calories: 230, Calories From Fat: 153, Total Fat: 17g, Sodium: 810mg, Protein: 8g
Contains: SOY, DAIRY, WHEAT