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# Black Beans, Seasoned

<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
Serving Size 10 oz	<b>Total Fat</b> 0.5g	1%	<b>Total Carb.</b> 17.8g	
<b>Amount Per Serving</b>	Sat. Fat 0g	0%	Dietary Fiber 6.6g	26%
<b>Calories</b> 106	Trans Fat 0g		Sugars 1.5g	
Calories from Fat 4	<b>Cholest.</b> 0mg	0%	<b>Protein</b> 5.6g	
	<b>Sodium</b> 349.4mg	15%		
	<b>Cals • Prot 9% • Carb</b>			
	<b>Fat 1% • Chol 0% • Sat Fat 0%</b>			

\* Percent Daily Values (DV) are based on a 2000 calorie diet.

**INGREDIENTS:** BEANS BLACK (water, black beans, less than 2% of onion powder, salt, garlic powder, and ferrus gluconate (to promote color retention). May contain soy.), VEG ONION JUMBO YELLOW (yellow onion), SEASON GARLIC MINCED FRSH (garlic, water, phosphoric acid), HERB CILANTRO FRSH (cilantro), SEASON CAYENNE PEPPER (cayenne pepper)

**ALLERGENS:** Soybeans

# Black Bean Veggie Burger

<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
Serving Size 1 sp	<b>Total Fat</b> 7.8g	12%	<b>Total Carb.</b> 43.5g	
<b>Amount Per Serving</b>	Sat. Fat 2.1g	11%	Dietary Fiber 4.1g	16%
<b>Calories</b> 316	Trans Fat 0g		Sugars 5.1g	
Calories from Fat 70	<b>Cholest.</b> 4.9mg	2%	<b>Protein</b> 17.8g	
	<b>Sodium</b> 685.3mg	29%		
	<b>Cals • Prot 28% • Carb</b>			
	<b>Fat 12% • Chol 2% • Sat Fat 11%</b>			

\* Percent Daily Values (DV) are based on a 2000 calorie diet.

**INGREDIENTS:** Black Bean Veggie Patty (water, cooked black beans (black beans, water), cooked brown rice (water, brown rice), soy protein concentrate, onions, whole kernel corn, hydrated bulgur wheat (water, bulgur wheat), soy protein isolate, green chilies, canola oil, contains 2% of less of salt, spices, red bell peppers, black bean powder, methylcellulose, yeast extract, sugar, onion powder, tomato powder, caramel color, natural flavor, garlic powder, paprika (color), turmeric (color)), Whole Wheat HAMBURGER BUN (FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), WATER-LB (water), FLOUR WHOLE WHEAT (milled wheat), SHORTENING VEG SIGNATURE (partially hydrogenated soybean and cottonseed oil ), SUGAR CLINTOSE, YEAST CAKE (yeast), MILK POWDERED (instant nonfat dry milk fortified with vitamins A & D), HONEY PURE (U.S. grade A pure honey), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), BASE BEST 501 BB (enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), DATEM, soybean oil. Contains 2% or less of each of the following: dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide), ascorbic acid, L-cysteine, azodicarbonamide, enzymes (contains wheat flour)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda))

**ALLERGENS:** Milk, Eggs, Wheat, Soybeans

# Herbed Rotini & Edamame

<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
Serving Size 6 oz	<b>Total Fat</b> 4.8g	7%	<b>Total Carb.</b> 28.1g	
<b>Amount Per Serving</b>	Sat. Fat 2.1g	10%	Dietary Fiber 4.2g	17%
<b>Calories</b> 197	Trans Fat 0g		Sugars 2.4g	
Calories from Fat 43	<b>Cholest.</b> 10mg	3%	<b>Protein</b> 12.4g	
	<b>Sodium</b> 260.7mg	11%		
	<b>Cals • Prot 20% • Carb</b>			
	<b>Fat 7% • Chol 3% • Sat Fat 10%</b>			

\* Percent Daily Values (DV) are based on a 2000 calorie diet.

**INGREDIENTS:** VEGETARIAN BROTH (WATER (water), SOUP BASE VEGETARIAN DARK (vegetables (onions, celery, carrots), hydrolyzed soy protein, salt, sugar, maltodextrin, carrot powder, onion powder, carrot juice concentrate, corn oil, modified corn starch, autolyzed yeast extract (barley), modified tapioca starch, disodium guanylate, disodium inosinate, natural flavor )), PASTA PENNE WHL GRN FROZ MOW (water, whole wheat durum flour), Edamame (edamame (shelled soybeans)), CHEESE PARMESAN GRATED BULK (parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose added to prevent caking), VEG PEPPERS RED BELL CTN (red bell pepper), HERB PARSLEY WASH/TRIMMED (parsley), VEG ONION GREEN ICELESS (green onions), SEASON MARJORAM GRD S/O (marjoram)

**ALLERGENS:** Milk, Wheat, Soybeans

# Hummus Bun, Roasted Red Pepper

<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
Serving Size 3 oz	<b>Total Fat</b> 17.5g	27%	<b>Total Carb.</b> 48g	
<b>Amount Per Serving</b>	Sat. Fat 2.9g	15%	Dietary Fiber 7g	28%
<b>Calories</b> 389	Trans Fat 0g		Sugars 8.9g	
Calories from Fat 158	<b>Cholest.</b> 4.9mg	2%	<b>Protein</b> 11.8g	
	<b>Sodium</b> 421.5mg	18%		
	<b>Cals • Prot 19% • Carb</b>			
	<b>Fat 27% • Chol 2% • Sat Fat 15%</b>			

\* Percent Daily Values (DV) are based on a 2000 calorie diet.

**INGREDIENTS:** Whole Wheat HAMBURGER BUN (FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), WATER-LB (water), FLOUR WHOLE WHEAT (milled wheat), SHORTENING VEG SIGNATURE (partially hydrogenated soybean and cottonseed oil ), SUGAR CLINTOSE, YEAST CAKE (yeast), MILK POWDERED (instant nonfat dry milk fortified with vitamins A & D), HONEY PURE (U.S. grade A pure honey), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), BASE BEST 501 BB (enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), DATEM, soybean oil. Contains 2% or less of each of the following: dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide), ascorbic acid, L-cysteine, azodicarbonamide, enzymes (contains wheat flour)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda)), BEAN GARBANZO (prepared garbanzo beans, water, salt, disodium EDTA added for color retention), PEPPER STRIP RED RSTD CAN (roasted peppers, water, salt, citric acid ), OIL EXTRA VIRGIN OLIVE (100% extra virgin olive oil), PASTE TAHINI (pure ground sesame seed), SEASON GARLIC MINCED FRSH (garlic, water, phosphoric acid), JUICE LEMON (filtered water, lemon juice concentrate, sodium bisulfite (preservatives), sodium benzoate (preservative), and lemon oil), SEASON CUMIN (ground cumin seed), SEASON FINE SEA SALT (natural sea salt, magnesium carbonate (2% maximum)), SEASON PEPPER GRD BLK (black pepper)

**ALLERGENS:** Milk, Eggs, Wheat, Soybeans

# Mushroom Stroganoff with Egg Noodles

<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
Serving Size 8 oz	<b>Total Fat</b> 11.2g	17%	<b>Total Carb.</b> 31.5g	
<b>Amount Per Serving</b>	Sat. Fat 3.7g	18%	Dietary Fiber 1.3g	5%
<b>Calories</b> 254	Trans Fat 1.2g		Sugars 3g	
Calories from Fat 101	<b>Cholest.</b> 42.5mg	14%	<b>Protein</b> 7.3g	
	<b>Sodium</b> 274.7mg	11%		
	<b>Cals • Prot 12% • Carb</b>			
	<b>Fat 17% • Chol 14% • Sat Fat 18%</b>			

\* Percent Daily Values (DV) are based on a 2000 calorie diet.

**INGREDIENTS:** Cooked Egg Noodles (WATER (water), PASTA EGG NOODLE X-WIDE (durum wheat semolina, durum wheat flour [enriched with iron (ferrous sulfate) and B vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], eggs), OIL CANOLA SALAD (canola oil)), VEGETARIAN BROTH (WATER (water), SOUP BASE VEGETARIAN DARK (vegetables (onions, celery, carrots), hydrolyzed soy protein, salt, sugar, maltodextrin, carrot powder, onion powder, carrot juice concentrate, corn oil, modified corn starch, autolyzed yeast extract (barley), modified tapioca starch, disodium guanylate, disodium inosinate, natural flavor)), VEG MUSHROOMS, SLICED FRSH (mushrooms), CREAM SOUR (cultured sour cream, nonfat milk, cream, grade A whey, corn starch- modified, sodium phosphate, guar gum, carrageenan, sodium citrate, locust bean gum, potassium sorbate (preservative)), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), VEG ONION JUMBO YELLOW (yellow onion), MARGARINE VEG COLOR PRINT (liquid and partially hydrogenated soybean oil, water, salt, soy lecithin, vegetable mono and diglycerides, sodium benzoate (a preservative), citric acid, natural and artificial flavor, beta carotene (color), vitamin A palmitate added, whey), SEASON SALT KOSHER (salt), SEASON PEPPER GRD BLK (black pepper)

**ALLERGENS:** Milk, Eggs, Wheat, Soybeans

# Vegetarian Calico Bean Casserole

<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
Serving Size 8 oz				
<b>Amount Per Serving</b>				
<b>Calories</b> 289				
Calories from Fat 3				
	<b>Total Fat</b> 0.3g	0%	<b>Total Carb.</b> 63.8g	
	Sat. Fat 0.1g	0%	Dietary Fiber 8.9g	35%
	Trans Fat 0g		Sugars 32.6g	
	<b>Cholest.</b> 0mg	0%	<b>Protein</b> 9.4g	
	<b>Sodium</b> 636.5mg	27%		
	<b>Cals • Prot 15% • Carb</b>			
	<b>Fat 0% • Chol 0% • Sat Fat 0%</b>			

\* Percent Daily Values (DV) are based on a 2000 calorie diet.

**INGREDIENTS:** BEANS BAKED VEG LO/SOD (prepared white beans, water, brown sugar, sugar, salt, mustard (water, vinegar, mustard seed, salt, turmeric, spices), modified corn starch, onion powder, caramel color, spices, garlic powder, and natural flavor), BEANS KIDNEY (prepared dark red kidney beans, water, salt, calcium chloride (firming agent), citric acid, disodium EDTA added for color retention), BEANS BUTTER (prepared butter beans, water, salt, calcium chloride added to help maintain firmness, calcium disodium EDTA added to help promote color retention), VEG ONION JUMBO YELLOW (yellow onion), BEANS LIMA (prepared lima beans, water, and salt), SUGAR BROWN (light brown sugar ), KETCHUP DISP PACK (tomato concentrate made from red ripe tomatoes, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), MOLASSES GAL (molasses, sodium benzoate (a preservative), water), VINEGAR WHITE GAL (white distilled vinegar (diluted with water to 5% acidity)), MUSTARD PREPARED GAL (water, vinegar, mustard seed, turmeric, spices), SEASON GARLIC POWDER (garlic powder)

**ALLERGENS:**

# Vegetarian Shepard's Pie

## Nutrition Facts

Serving Size 6 oz

### Amount Per Serving

**Calories** 430

Calories from Fat 68

Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 7.5g	12%	<b>Total Carb.</b> 76.4g	
Sat. Fat 0.5g	3%	Dietary Fiber 7.1g	29%
Trans Fat 0g		Sugars 4.5g	
<b>Cholest.</b> 0mg	0%	<b>Protein</b> 10.6g	
<b>Sodium</b> 824.3mg	34%		
Cals • Prot 17% • Carb			
Fat 12% • Chol 0% • Sat Fat 3%			

\* Percent Daily Values (DV) are based on a 2000 calorie diet.

**INGREDIENTS:** POTATO MASHED RECIPE READY (potato, salt, freshness preserved with sodium bisulfite), TOFU EXTRA FIRM (water, soybeans, calcium sulfate), WATER (water), VEG MUSHROOMS, SLICED FRSH (mushrooms), VEG PEAS & CARROTS FROZ (peas, carrots), Oil Blend (OIL CANOLA SALAD (canola oil ), OIL EXTRA VIRGIN OLIVE (100% extra virgin olive oil)), SOUP BASE VEGETARIAN DARK (vegetables (onions, celery, carrots), hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor )

**ALLERGENS:** Soybeans



# Vegetarian Stew

<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
Serving Size 8 OZ	<b>Total Fat</b> 2.8g	4%	<b>Total Carb.</b> 13.2g	
<b>Amount Per Serving</b>	Sat. Fat 0.1g	0%	Dietary Fiber 3.8g	15%
<b>Calories</b> 99	Trans Fat 0g		Sugars 5.8g	
Calories from Fat 25	<b>Cholest.</b> 0mg	0%	<b>Protein</b> 7g	
	<b>Sodium</b> 65.1mg	3%		
	<b>Cals • Prot 11% • Carb</b>			
	<b>Fat 4% • Chol 0% • Sat Fat 0%</b>			

\* Percent Daily Values (DV) are based on a 2000 calorie diet.

**INGREDIENTS:** WATER (water), VEG ONION JUMBO YELLOW (yellow onion), VEG MUSHROOMS,SLICED FRSH (mushrooms), VEG PEPPER GREEN BELL LARGE (green peppers), TOFU EXTRA FIRM (water, soybeans, calcium sulfate), VEG CELERY 24 CT (celery), VEG PEPPERS RED BELL CTN (red bell pepper), VEG TOMATOES MED 6X7 FRSH (tomatoes), CORN STARCH (corn starch ), SOUP BASE VEGETARIAN DARK (vegetables (onions, celery, carrots), hydrolyzed soy protein, salt, sugar, maltodextrin, carrot powder, onion powder, carrot juice concentrate, corn oil, modified corn starch, autolyzed yeast extract (barley), modified tapioca starch, disodium guanylate, disodium inosinate, natural flavor ), SEASON PARSLEY FLAKES (parsley flakes ), SEASON CUMIN (ground cumin seed), SEASON OREGANO GROUND (ground oregano ), SEASON PEPPER GRD BLK (black pepper)

**ALLERGENS:** Soybeans

# Vegetarian Stuffed Peppers

<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
Serving Size 8 oz	<b>Total Fat</b> 5.2g	8%	<b>Total Carb.</b> 18g	
<b>Amount Per Serving</b>	Sat. Fat 3.1g	16%	Dietary Fiber 3.6g	15%
<b>Calories</b> 143	Trans Fat 0g		Sugars 5.4g	
Calories from Fat 47	<b>Cholest.</b> 14.9mg	5%	<b>Protein</b> 7.1g	
	<b>Sodium</b> 296.4mg	12%		
	<b>Cals • Prot 11% • Carb</b>			
	Fat 8% • Chol 5% • Sat Fat 16%			

\* Percent Daily Values (DV) are based on a 2000 calorie diet.

**INGREDIENTS:** VEG PEPPER GREEN BELL LARGE (green peppers), TOMATO DICED IN JUICE (vine-ripened fresh tomatoes, tomato juice, salt, calcium chloride and naturally derived citric acid), Brown Rice (WATER (water), RICE BROWN (whole grain parboiled brown rice)), BEANS KIDNEY (prepared dark red kidney beans, water, salt, calcium chloride (firming agent), citric acid, disodium EDTA added for color retention), VEG CORN WHOLE KERNEL FROZ (corn), Shredded Cheddar fancy (cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), VEG ONION JUMBO YELLOW (yellow onion), SEASON CHILI POWDER (chili pepper and other spices, salt, garlic powder and less than 2% silicon dioxide to prevent caking), SEASON PEPPER GRD BLK (black pepper)

**ALLERGENS:** Milk

# Vegetarian Wild Rice Casserole

<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
Serving Size 8 OZ	<b>Total Fat</b> 3g	5%	<b>Total Carb.</b> 57.2g	
<b>Amount Per Serving</b>	Sat. Fat 0.3g	1%	Dietary Fiber 5.8g	23%
<b>Calories</b> 264	Trans Fat 0g		Sugars 5.5g	
Calories from Fat 27	<b>Cholest.</b> 2.7mg	1%	<b>Protein</b> 7.5g	
	<b>Sodium</b> 205mg	9%		
	<b>Cals • Prot 12% • Carb</b>			
	<b>Fat 5% • Chol 1% • Sat Fat 1%</b>			

\* Percent Daily Values (DV) are based on a 2000 calorie diet.

**INGREDIENTS:** RICE BLENDED W/WILD RICE (enriched parboiled rice [long grain rice, iron(ferric orthophosphate), thiamin (thiamin mononitrate), and folate (folic acid)], wild rice, seasoning blend [hydrolyzed soy/wheat/corn protein, onion, salt, parsley, yeast extract, potassium chloride, sugar, spinach, garlic powder, spices, torula yeast, celery, natural flavors, onion powder, hydrolyzed yeast protein, natural smoke flavor, tomato powder, carrot, turmeric for color, extractives of paprika for color]), Soup Cr Mushroom Healthy (water, mushrooms, modified food starch, wheat flour, contains less than 2% of: vegetable oil (corn, cottonseed, canola and/or soybean), sugar, soy protein concentrate, cream (milk), salt, potassium chloride, flavoring, lower sodium natural sea salt, calcium carbonate, disodium guanylate, disodium inosinate, dehydrated mushrooms), MILK SKIM DISP (fat free skim milk with vitamin A palmitate and vitamin D3 added), VEG MUSHROOMS,SLICED FRSH (mushrooms), VEG CARROTS JUMBO FRSH (carrots), VEG CELERY 24 CT (celery), VEG ONION JUMBO YELLOW (yellow onion)

**ALLERGENS:** Milk, Wheat, Soybeans

# Vegetable Chili

<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
Serving Size 9 oz	<b>Total Fat</b> 0.8g	1%	<b>Total Carb.</b> 33g	
<b>Amount Per Serving</b>	Sat. Fat 0.1g	1%	Dietary Fiber 10.1g	40%
<b>Calories</b> 182	Trans Fat 0g		Sugars 4.7g	
Calories from Fat 7	<b>Cholest.</b> 0mg	0%	<b>Protein</b> 11g	
	<b>Sodium</b> 529.2mg	22%		
	<b>Cals • Prot 17% • Carb</b>			
	<b>Fat 1% • Chol 0% • Sat Fat 1%</b>			

\* Percent Daily Values (DV) are based on a 2000 calorie diet.

**INGREDIENTS:** BEANS GREAT NORTHERN (prepared great northern beans, water, salt, calcium chloride), TOMATO DICED IN JUICE (vine-ripened fresh tomatoes, tomato juice, salt, calcium chloride and naturally derived citric acid), BEANS KIDNEY (prepared dark red kidney beans, water, salt, calcium chloride (firming agent), citric acid, disodium EDTA added for color retention), BEANS BLACK (water, black beans, less than 2% of onion powder, salt, garlic powder, and ferrus gluconate (to promote color retention). May contain soy.), JUICE TOMATO (tomatoes, salt, ascorbic acid), VEG CORN WHOLE KERNEL FROZ (corn), PEPPERS GREEN CHILI DICED (green chile peppers, water, salt, citric acid, calcium chloride ), WATER (water), VEG ONION JUMBO YELLOW (yellow onion), SEASON CHILI POWDER (chili pepper and other spices, salt, garlic powder and less than 2% silicon dioxide to prevent caking), SEASON GARLIC MINCED FRSH (garlic, water, phosphoric acid), SEASON CUMIN (ground cumin seed)

**ALLERGENS:** Soybeans

# Vegetable Lasagna

## Nutrition Facts

Serving Size 7 oz

### Amount Per Serving

**Calories** 250

Calories from Fat 112

\* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
<b>Total Fat</b> 12.5g	19%	<b>Total Carb.</b> 22.1g	
Sat. Fat 4.9g	24%	Dietary Fiber 1.9g	7%
Trans Fat 0g		Sugars 2.8g	
<b>Cholest.</b> 27.9mg	9%	<b>Protein</b> 15g	
<b>Sodium</b> 358.1mg	15%		
<b>Cals • Prot 24% • Carb</b>			
<b>Fat 19% • Chol 9% • Sat Fat 24%</b>			

**INGREDIENTS:** SAUCE ALFREDO FROZ (cream, skim milk, water, parmesan and asiago cheese blend with flavor (parmesan cheese [cultured milk, salt, enzymes], asiago cheese [cultured milk, salt, enzymes], enzyme modified parmesan cheese [cultured milk, water, salt, enzymes], whey, salt), soybean oil, canola oil, modified cornstarch, 2% or less of salt, romano cheese ([made from cow's milk], pasteurized milk, cheese culture, salt, enzymes), cream (cream nonfat milk), lactose, DATEM, spice, xanthan gum, seasoning (cornstarch, extractives of turmeric and annatto, natural flavor), seasoning (maltodextrin, flavor, enzyme modified butterfat)), PASTA LASAGNA NOODLES (enriched durum flour (durum wheat flour, niacin, ferrous sulfate, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), water, eggs), CHEESE MOZZ DELLA VITA SHRED (low-moisture part-skim mozzarella cheese (part skim milk, cheese culture, salt, enzymes), potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), TOFU EXTRA FIRM (water, soybeans, calcium sulfate), VEG MUSHROOMS, SLICED FRSH (mushrooms), VEG CARROTS JUMBO FRSH (carrots), VEG PEPPER GREEN BELL LARGE (green peppers), VEG ONION RED JUMBO (red onion), CHEESE PARMESAN GRATED BULK (parmesan cheese (cultured pasteurized part-skim milk, salt, enzymes), powdered cellulose added to prevent caking)

**ALLERGENS:** Milk, Eggs, Wheat, Soybeans

# Veggie A La King

## Nutrition Facts

Serving Size 6 oz

**Amount Per Serving**

**Calories** 334

Calories from Fat 183

\* Percent Daily Values (DV) are based on a 2000 calorie diet.

<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
<b>Total Fat</b> 20.3g	31%	<b>Total Carb.</b> 30.8g	
Sat. Fat 3.7g	19%	Dietary Fiber 2.8g	11%
Trans Fat 5.4g		Sugars 6.9g	
<b>Cholest.</b> 1.1mg	0%	<b>Protein</b> 6.8g	
<b>Sodium</b> 741mg	31%		
<b>Cals • Prot 11% • Carb</b>			
Fat 31% • Chol 0% • Sat Fat 19%			

**INGREDIENTS:** WATER (water), MILK SKIM DISP (fat free skim milk with vitamin A palmitate and vitamin D3 added), VEG ONION JUMBO YELLOW (yellow onion), VEG PEPPER GREEN BELL LARGE (green peppers), VEG MUSHROOMS,SLICED FRSH (mushrooms), VEG CARROTS JUMBO FRSH (carrots), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), MARGARINE VEG COLOR PRINT (liquid and partially hydrogenated soybean oil, water, salt, soy lecithin, vegetable mono and diglycerides, sodium benzoate (a preservative), citric acid, natural and artificial flavor, beta carotene (color), vitamin A palmitate added, whey), SOUP BASE VEGETARIAN DARK (vegetables (onions, celery, carrots), hydrolyzed soy protein, salt, sugar, corn starch, carrot powder, onion powder, maltodextrin, soybean oil, carrot juice concentrate, disodium guanylate, disodium inosinate, water, natural flavor ), SEASON OREGANO LEAVES WHL (whole oregano leaves ), SEASON BASIL SWT LEAVES (basil leaves), SEASON PEPPER GRD BLK (black pepper)

**ALLERGENS:** Milk, Wheat, Soybeans

# Veggie Burger on Bun

<b>Nutrition Facts</b>	<b>Amount/Serving</b>	<b>%DV*</b>	<b>Amount/Serving</b>	<b>%DV*</b>
Serving Size 6 1/2 OZ				
<b>Amount Per Serving</b>				
<b>Calories</b> 354				
Calories from Fat 92				
	<b>Total Fat</b> 10.2g	16%	<b>Total Carb.</b> 43.5g	
	Sat. Fat 1.9g	10%	Dietary Fiber 6.5g	26%
	Trans Fat 0.1g		Sugars 6.9g	
	<b>Cholest.</b> 6.9mg	2%	<b>Protein</b> 22.5g	
	<b>Sodium</b> 757.3mg	32%		
	Cals • Prot 36% • Carb			
	Fat 16% • Chol 2% • Sat Fat 10%			

\* Percent Daily Values (DV) are based on a 2000 calorie diet.

**INGREDIENTS:** VEGETABLE BURGER (hydrated wheat gluten (water, wheat gluten), hydrated soy flour (water, soy flour), mushrooms (mushrooms, water, salt), water chestnuts (water chestnuts, water, citric acid), onion, carrots, cooked brown rice (water, brown rice), whole grain oats, corn oil, egg whites, calcium caseinate (from milk), green peppers, soy sauce (water, soybeans, salt, wheat), red bell peppers, contains two percent or less of soy protein concentrate, water, onion powder, cornstarch, black olives (ripe olives, water, salt, ferrous gluconate [color]), sugar, soy protein isolate, hydrolyzed corn protein, salt, spices, hydrolyzed wheat protein, hydrolyzed soy protein, yeast extract, garlic powder, thiamin hydrochloride, jalapeno pepper, natural flavor, dextrose, caramel color, celery extract ), Whole Wheat HAMBURGER BUN (FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), WATER-LB (water), FLOUR WHOLE WHEAT (milled wheat), SHORTENING VEG SIGNATURE (partially hydrogenated soybean and cottonseed oil ), SUGAR CLINTOSE, YEAST CAKE (yeast), MILK POWDERED (instant nonfat dry milk fortified with vitamins A & D), HONEY PURE (U.S. grade A pure honey), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), BASE BEST 501 BB (enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), DATEM, soybean oil. Contains 2% or less of each of the following: dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide), ascorbic acid, L-cysteine, azodicarbonamide, enzymes (contains wheat

flour)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda))

**ALLERGENS:** Milk, Eggs, Wheat, Soybeans