

5 Meal Pack Gluten Aware Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
40015021	Chicken Chili w/Beans Cauliflower Spring Vegetable Blend 062	Fried Egg Patties Sweet Potatoes Asparagus 074	Chimichurri Chicken Stewed Tomatoes Black Beans & Corn 081	Beef Patty Carrots Brussels Sprouts 099	Chicken Florentine Asparagus Carrots 079
40025045	Chili w/Beans Carrots Broccoli Florets 034	BBQ Chicken Succotash Green Beans 053	Cheese Omelet w/Salsa Broccoli Florets Hash Browns 071	Red Beans & Rice w/ Sausage Corn w/Peppers Butternut Squash 020	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus 011

40015021 is diabetic friendly and lower sodium

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Menu subject to change

Nutrition information available at:
www.traditionsi.com

7 Meal Pack Gluten Aware Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
40015021	Chicken Chili w/Beans Cauliflower Spring Vegetable Blend 062	Fried Egg Patties Sweet Potatoes Asparagus 074	Chimichurri Chicken Stewed Tomatoes Black Beans & Corn 081	Beef Patty Carrots Brussels Sprouts 099	Chicken Florentine Asparagus Carrots 079
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Saturday

Sunday

Chipotle Meatloaf Red Skin Potatoes Green Beans 084	Breakfast Scramble Asparagus Hash Browns 093
Beef Patty over Cheesy Rice Whole Kernel Corn Broccoli Florets 082	Pesto Basil Chicken Lima Beans Three Season Vegetable Blend 093

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