

5 Pk Gluten Aware



	Monday	Tuesday	Wednesday	Thursday	Friday
40017021	Chicken Chili w/Beans Cauliflower Spring Vegetable Blend <hr/> 062	Fried Egg Patties Sweet Potatoes Asparagus <hr/> 074	Chimichurri Chicken Stewed Tomatoes Black Beans & Corn <hr/> 081	Beef Patty Carrots Brussels Sprouts <hr/> 099	Chicken Florentine Asparagus Carrots <hr/> 079
40027045	Chili w/Beans Carrots Broccoli Florets <hr/> 034	Honey Mustard Chicken Sweet Potatoes Brussels Sprouts <hr/> 036	Cheese Omelet w/Salsa Broccoli Florets Hash Browns <hr/> 071	Red Beans & Rice w/Sausage Corn w/Peppers Butternut Squash <hr/> 020	Cacciatore Chicken Tenders Red Skin Potatoes Asparagus <hr/> 011

40017021 is diabetic friendly and lower sodium

Nutritional information available at
traditionsmeals.com

Menu subject to change

South: 619-420-2782 • East: 619-447-8782 • Metro: 619-295-9501 • North: 760-736-9900

7 Pk Gluten Aware



	Monday	Tuesday	Wednesday	Thursday	Friday
40017021	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
40027045	Chili w/Beans Carrots Broccoli Florets 034	Honey Mustard Chicken Sweet Potatoes Brussels Sprouts 036	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

Saturday

Sunday

40017021	BBQ Chicken Succotash Green Beans 053	Breakfast Scramble Asparagus Hash Browns 093
40027045	Beef Patty over Cheesy Rice Whole Kernel Corn Broccoli Florets 082	Pesto Basil Chicken Lima Beans Three Seasons Vegetable Blend 083

40017021 is diabetic friendly and lower sodium

Nutritional information available at
traditionsmeals.com

Menu subject to change

South: 619-420-2782 • East: 619-447-8782 • Metro: 619-295-9501 • North: 760-736-9900