



REFRIGERATED PRODUCTS - INGREDIENTS & NUTRITIONAL INFO

ALBONDIGAS (Mexican Meatball Soup) (700856)	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Meatballs (beef, water, egg whites, bread crumbs [wheat flour], romano cheese [pasteurized cow's and sheep's milk, rennet, salt, cheese cultures, enzymes], dehydrated onion, dried cane sugar, salt, natural flavors), Onions, Carrots, Parboiled Long Grain Rice, Green Peppers, Celery, Tomato Puree (tomatoes, salt, citric acid), Butter (cream, salt), Garlic, Sea Salt, Cilantro, Cumin, Dried Oregano, Lime Juice Concentrate (100%), Chipotle Powder, Thyme, White Pepper. Contains Egg, Milk, Wheat.	45 days	150	7g	3.5g	0g	20mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		750mg	17g	1g	3g	6g

ANGUS STEAK CHILI WITH BEANS (700095) - Certified Gluten Free, Dairy Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Angus Beef, Ground Tomatoes (tomatoes, salt, citric acid), Onions, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Small Red Beans, Green Bell Peppers, Garlic, Chili Powder (cayenne pepper, oregano, cumin, garlic, salt), Canola Oil, Sea Salt, Cumin, Ancho Chile Powder, Oregano, Black Pepper, Cocoa Powder, Decaffeinated Coffee Extract, Cayenne Pepper.	50 days	210	8g	2.5g	0g	45mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		560mg	21g	7g	7g	19g

BEEF BARLEY & VEGETABLE SOUP (700023)	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Water, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Angus Beef, Carrots, Onions, Barley, Celery, Green Beans, Peas, Mushrooms, Leeks, Red Bell Pepper, Beef Stock, Sea Salt, Butter (sweet cream, salt), Parsley, Garlic, Thyme, Black Pepper. Contains Milk.	35 days	110	3g	1.5g	0g	15mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		660mg	13g	3g	2g	8g

BEEF STEW (700084) - Certified Gluten Free, Dairy Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Angus Beef, Water, Potatoes, Onions, Carrots, Celery, Pearl Onions, Peas, Turnips, Red Wine (contains sulfites), Corn Starch, Sea Salt, Corn Oil, Beef Stock, Parsley, Black Pepper, Thyme.	60 days	2330	8g	3g	0g	65mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		610mg	16g	3g	4g	22g

BLACK BEAN SOUP (700820) - Vegan, Vegetarian, Certified Gluten Free, Dairy Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Black Beans, Water, Orange Juice, Onions, Roasted Red Peppers, Roasted Sweet Corn, Green Chile Peppers, Tomato Puree (tomatoes, salt, citric acid), Corn Oil, Sea Salt, Lime Juice Concentrate (100%), Cilantro, Cumin, Garlic, Chili Powder (spices, sea salt, garlic powder), Ancho Chile Powder, Smoked Paprika, Dried Pasilla Pepper, Dried Oregano, Bay Leaf.	50 days	130	3g	0g	0g	0mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		650mg	21g	5g	4g	6g

BROCCOLI CHEDDAR SOUP (700063) - Vegetarian, Certified Gluten Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Water, Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes), Broccoli, Light Cream (milk, cream), Butter (cream, salt), Onions, Rice Flour, Corn Starch, Olive Oil, Sea Salt, Garlic, Annatto Seed Powder, Bay Leaves, White Pepper, Nutmeg. Contains Milk.	45 days	310	25g	14g	1g	70mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		760mg	13g	0g	1g	10g

BUFFALO-STYLE CHICKEN SOUP (700019)	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark and light meat), Carrots, Celery, Onions, Blue Cheese (milk, cheese cultures, salt, enzymes), Butter (cream, salt), Wheat Flour, Garlic, Apple Cider Vinegar (diluted with water to 5% acidity), Water, Paprika (for flavor and color), Sea Salt, Rice Starch, Pepper Sauce (distilled vinegar, red pepper, salt), Cayenne Pepper, Black Pepper. Contains Milk, Wheat.	45 days	240	15g	9g	0g	65mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		660mg	14g	2g	3g	13g



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BUTTERNUT SQUASH & APPLE SOUP (700056) · Certified Gluten Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Butternut Squash, Water, Apple, Light Cream (milk, cream), Onions, Butter (cream, salt), Honey, Amontillado Sherry (grape wine [amontillado medium], alcohol), Corn Starch, Sea Salt, Dried Rosemary, Allspice, Cloves, Nutmeg, White Pepper. Contains Milk.		50 days	170	9g	6g	0g	30mg
			Sodium	Total Carb	Fiber	Sugar	Protein
			360mg	23g	3g	10g	2g

CARIBBEAN JERK CHICKEN SOUP (700708) · Certified Gluten Free, Dairy Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat, Sweet Potatoes, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Red Kidney Beans, Parboiled Long Grain Rice, Coconut Milk (coconut, water), Onions, Molasses, Rice Starch, Carrots, Garlic, Scallions, Tomato Paste (tomatoes, citric acid), Olive Oil, Sea Salt, Jalapeno Peppers, Cilantro, Chicken Fat, Ginger, Black Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Dried Thyme, Cinnamon, Nutmeg, Ground Allspice. Contains Tree Nuts (coconut).		45 days	200	5g	2.5g	0g	25mg
			Sodium	Total Carb	Fiber	Sugar	Protein
			670mg	31g	3g	7g	11g

CARROT GINGER SOUP (700071) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Carrots, Water, Orange Juice, Onions, Parboiled Long Grain Rice, Corn Oil, Ginger, Garlic, Sesame Oil, Tamari Sauce (water, soybeans, salt), Sea Salt, White Pepper, Cayenne Pepper. Contains Sesame and Soy.		50 days	110	4g	0.5g	0g	0mg
			Sodium	Total Carb	Fiber	Sugar	Protein
			310mg	19g	4g	8g	2g

CHICKEN & DUMPLING SOUP (700048) · Dairy Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark and light meat), Dumplings (durum wheat flour, water, eggs, wheat gluten, salt), Carrots, Onions, Celery, Chicken Fat, Wheat Flour, Sea Salt, Parsley, White Pepper, Nutmeg. Contains Egg, Wheat.		37 days	230	11g	3.5g	0g	60mg
			Sodium	Total Carb	Fiber	Sugar	Protein
			700mg	19g	1g	2g	13g

CHICKEN & ROASTED CORN CHOWDER (700059) · Certified Gluten Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark and light meat), Roasted Sweet Corn, Potatoes, Green Bell Peppers, Chicken, Light Cream (milk, cream), Red Bell Pepper, Corn (corn, water, salt), Onions, Celery, Chicken Fat, Water, Corn Oil, Rice Flour, Corn Starch, Lemon Juice, Sea Salt, Sugar, Light Chili Powder (chili pepper, salt, spices, garlic powder and silicon dioxide added to prevent caking), Granulated Garlic, Cayenne Pepper, Red Pepper Flakes, Paprika (for flavor and color), Oregano, Ground Thyme, White Pepper, Black Pepper. Contains Milk.		35 days	260	13g	4g	0g	45mg
			Sodium	Total Carb	Fiber	Sugar	Protein
			550mg	25g	2g	5g	11g

CHICKEN NOODLE SOUP (700039) · Dairy Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Mafalda Pasta (semolina, eggs, egg whites), Chicken, Celery, Carrots, Onions, Sea Salt, Chicken Fat, White Pepper, Bay Leaves, Cloves. Contains Egg, Wheat.		35 days	140	4g	1.5g	0g	35mg
			Sodium	Total Carb	Fiber	Sugar	Protein
			620mg	15g	2g	2g	11g

CHICKEN STEW (700045) · Dairy Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark and light meat), Potatoes, Carrots, Celery, Chicken Fat, Onions, Peas, Wheat Flour, Sea Salt, Parsley, White Pepper, Bay Leaves, Cloves, Thyme. Contains Wheat.		37 days	220	10g	3g	0g	65mg
			Sodium	Total Carb	Fiber	Sugar	Protein
			550mg	16g	2g	2g	14g



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CHICKEN TIKKA MASALA SOUP (703196) · Certified Gluten Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (dark meat), Onions, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Potatoes, Tomato Paste, Peas, Ground Tomatoes (tomatoes, salt, citric acid), Butter (cream, salt), Ginger Puree (ginger, water), Heavy Cream (cream, fat free milk), Garlic Puree, Sea Salt, Canola Oil, Rice Flour, Cilantro, Curry Powder (spices, salt), Garam Masala (spices, turmeric, canola oil), Jalapeno Peppers, Lemon Juice, Cumin Seeds, Coriander, Cumin, Smoked Paprika, Cane Sugar, Turmeric, Cardamom, Cinnamon, Bay Leaf. Contains Milk.	45 days	220	11g	5g	0g	50mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		1080mg	20g	4g	7g	11g

CHICKEN TORTILLA SOUP (700089) · Certified Gluten Free, Dairy Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (Water, Chicken Bones, Onions, Celery, Carrots, Sea Salt, Garlic, Parsley, White Pepper, Thyme, Bay Leaves, Marjoram), Diced Tomatoes (Tomatoes, Tomato Juice, Salt, Citric Acid), Chicken Meat, Corn, Onions, Green Peppers, Corn Tortilla Chips (Corn Flour, Sunflower And/or Safflower Oil, Sea Salt), Green Chili Peppers, Sea Salt, Corn Oil, Cilantro, Cumin, Paprika (For Color), Chili Powder (Spices, Sea Salt, Garlic Powder), Pepper Sauce (Distilled Vinegar, Red Pepper, Salt), Dried Oregano, Lime Oil, Cayenne Ground Pepper.	45 days	120	3.5g	0.5g	0g	20mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		630mg	14g	2g	3g	8g

CHICKEN VEGETABLE SOUP WITH RICE (700067) · Certified Gluten Free, Dairy Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Carrots, Onions, Zucchini, Yellow Squash, Celery, Parboiled Long Grain Rice, Cauliflower, Broccoli, Green Beans, Golden Wax Beans, Corn, Peas, Asparagus, Parsnips, Water, Chicken Fat, Sea Salt, Rice Starch, Scallions, Basil, Parsley, White Pepper, Dried Thyme, Bay Leaves, Dried Tarragon.	35 days	90	2.5g	0.5g	0g	15mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		540mg	11g	2g	2g	7g

CHIPOTLE SWEET POTATO SOUP (700077) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Water, Sweet Potatoes, Onions, Carrots, Olive Oil, Cilantro, Sea Salt, Sesame Oil, Rice Starch, Mustard Flour, Chipotle Powder, Dried Dill, White Pepper. Contains Sesame.	50 days	140	6g	1g	0g	0mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		590mg	21g	1g	7g	2g

CORN CHOWDER (700016) · Vegetarian, Certified Gluten Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Water, Corn (corn, water, salt), Potatoes, Light Cream (milk, cream), Onions, Butter (cream, salt), Rice Flour, Celery, Corn Starch, Sea Salt, Sugar, Cayenne Pepper, White Pepper. Contains Milk.	45 days	220	11g	7g	0g	35mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		640mg	28g	2g	5g	3g

CREAM OF BROCCOLI (700013)	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Broccoli, Light Cream (milk, cream), Water, Onions, Chicken Fat, Wheat Flour, Monterey Jack Cheese (milk, cheese culture, salt, enzymes), Butter (cream, salt), Sea Salt, White Pepper, Dill Weed. Contains Milk, Wheat.	45 days	250	19g	8g	0g	40mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		700mg	13g	2g	3g	6g

CREAM OF CRAB (700055)	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Light Cream (milk, cream), Water, Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Crab Meat, Butter (cream, salt), Wheat Flour, Onions, Celery, Sherry Wine (contains sulfites), Rice Starch, Lemon Juice, Sea Salt, Tomato Paste, Crab Extract, Seasoning Blend (celery salt [salt, celery seed], spices, paprika), Worcestershire Sauce (distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Pepper Sauce (distilled vinegar, red pepper, salt), Cayenne Pepper, White Pepper. Contains Fish, Milk, Shellfish, Wheat.	45 days	290	23g	14g	1g	90mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		800mg	15g	1g	4g	6g



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FRENCH ONION SOUP (700026) · Certified Gluten Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Onions, Water, Beef Stock, Red Wine (contains sulfites), Brandy, Soybean Oil, Sea Salt, Butter (cream, salt), Caramel Color, Thyme, White Pepper, Bay Leaves, Cloves. Contains Milk.		40 days	110	3.5g	1g	0g	5mg
			Sodium	Total Carb	Fiber	Sugar	Protein
			670mg	13g	2g	6g	6g

GREEK CHICKEN ORZO SOUP (700043)		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken (light meat), Onions, Carrots, Enriched Macaroni Orzo (water, enriched durum semolina [durum semolina wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid]), Butter (cream, salt), Lemon Juice, Sea Salt, Parsley, Garlic, Mint, Dried Oregano, Thyme, Bay Leaves, Black Pepper. Contains Milk, Wheat.		45 days	110	4.5g	2g	0g	35mg
			Sodium	Total Carb	Fiber	Sugar	Protein
			660mg	7g	1g	2g	10g

HUNGARIAN MUSHROOM SOUP (700017) · Certified Gluten Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Water, Mushrooms, Light Cream (milk, cream), Rice Flour, Onions, Carrots, Soybean Oil, Madeira Wine (contains sulfites), Beef Stock, Sour Cream (cultured light cream, nonfat milk, enzymes), Sea Salt, Butter (cream, salt), Rice Starch, Paprika (for color), Spices. Contains Milk.		45 days	230	16g	6g	0g	25mg
			Sodium	Total Carb	Fiber	Sugar	Protein
			630mg	17g	2g	4g	5g

ITALIAN STYLE WEDDING SOUP WITH MEATBALLS (700029)		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Meatballs (beef, water, egg whites, bread crumbs [wheat flour], romanocheese [pasteurized cow's and sheep's milk, rennet, salt, cheese cultures, enzymes], dehydrated onion, dried cane sugar, salt, natural flavors), Onions, Acini di Pepe Pasta (semolina [wheat], egg whites), Spinach, Escarole, Extra Virgin Olive Oil, Basil, Garlic, Sea Salt, Thyme, Sunflower Oil, Fennel Seed, Lemon Juice, Crushed Red Pepper, Black Pepper. Contains Egg, Milk, Wheat.		45 days	130	8g	3g	0g	15mg
			Sodium	Total Carb	Fiber	Sugar	Protein
			530mg	10g	1g	2g	7g

LOADED POTATO SOUP (700064) · Certified Gluten Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Potatoes, Water, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes), Uncured Bacon* (pork belly, water, salt, brown sugar, cane sugar, celery powder), Light Cream (milk, cream), Leeks, Celery, Onions, Rice Starch, Beef Stock, Scallions, Sea Salt, Garlic, Bay Leaves, Cloves, Nutmeg, Dried Marjoram. *No nitrates or nitrites added except for the naturally occurring nitrates in celery powder. Contains Milk.		60 days	320	21g	11g	0g	60mg
			Sodium	Total Carb	Fiber	Sugar	Protein
			620mg	18g	2g	3g	15g

LOBSTER BISQUE (700006)		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Light Cream (milk, cream), Butter (cream, salt), Wheat Flour, Water, Lobster Stock (lobster, salt), Lobster Meat (lobster, salt), Tomato Puree (tomatoes, salt, citric acid), Sugar, Sherry Wine (contains sulfites), Rice Starch, Sea Salt, Clam Concentrate (concentrated clam broth, salt), White Pepper. Contains Milk, Shellfish, Wheat, Fish (cod).		45 days	260	18g	11g	0.5g	110mg
			Sodium	Total Carb	Fiber	Sugar	Protein
			900mg	18g	0g	6g	6g

MANHATTAN CLAM CHOWDER (700061) · Certified Gluten Free, Dairy Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Clam Meat (clams), Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Potatoes, Water, Tomato Paste, Celery, Onions, Scallions, Olive Oil, Clam Broth (dehydrated clam broth, maltodextrin), Garlic, Parsley, Sea Salt, Black Pepper, Thyme, Cayenne Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Bay Leaves. Contains Fish.		45 days	110	2.5g	0g	0g	20mg
			Sodium	Total Carb	Fiber	Sugar	Protein
			660mg	13g	2g	3g	9g



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MARYLAND VEGETABLE CRAB SOUP (700062) · Certified Gluten Free, Dairy Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
<p>INGREDIENTS: Water, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Crab Meat, Potatoes, Onions, Cabbage, Celery, Baby Lima Beans, Corn, Carrots, Tomato Paste (tomatoes), Rice Starch, Uncured Bacon* (pork bellies, sea salt, cane sugar, celery powder, spices), Crab Extract, Sea Salt, Parsley, Seasoning Blend (celery salt [salt, celery seed], spices, paprika), Paprika (for flavor and color), Pepper Sauce (distilled vinegar, red pepper, salt), White Pepper, Cayenne Pepper. *No nitrates/ nitrites added except for those naturally occurring in sea salt and celery powder Contains Shellfish.</p>	45 days	90	2g	0.5g	0g	15mg	
		Sodium	Total Carb	Fiber	Sugar	Protein	
		750mg	15g	3g	3g	6g	
MINESTRONE (700022) · Vegetarian, Dairy Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
<p>INGREDIENTS: Water, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Ground Tomatoes (tomatoes, salt, citric acid), Garbanzo Beans, Onions, Zucchini, White Navy Beans, Cabbage, Carrots, Celery, White Wine (contains sulfites), Ditalini Pasta (semolina, egg whites), Basil, Canola Oil, Sea Salt, Garlic, Sugar, Extra Virgin Olive Oil, Dried Basil, Fennel Seed, Bay Leaves, Red Pepper Flakes. Contains Egg, Wheat.</p>	40 days	80	2g	0g	0g	0g	
		Sodium	Total Carb	Fiber	Sugar	Protein	
		390mg	13g	3g	4g	3g	
MOROCCAN INSPIRED LENTIL SOUP (700027) · Vegan, Vegetarian, Dairy Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
<p>INGREDIENTS: Water, Lentils, Onions, Carrots, Turnips, Celery, Tomato Paste, Olive Oil, Extra Virgin Olive Oil, Rice Flour, Soybean Oil, Balsamic Vinegar (wine vinegar, grape must), Garlic, Sea Salt, Paprika (for flavor and color), Parsley, Dried Marjoram, Black Pepper, Cumin, Nutmeg, Dried Basil, Bay Leaves, Cloves.</p>	45 days	200	9g	1.5g	0g	0mg	
		Sodium	Total Carb	Fiber	Sugar	Protein	
		480mg	24g	8g	4g	8g	
NEW ENGLAND CLAM CHOWDER (700000)		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
<p>INGREDIENTS: Light Cream (milk, cream), Potatoes, Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Sea Clams (sea clams, water), Chopped Cockle (clam meat), Onions, Wheat Flour, Soybean Oil, Butter (cream, salt), Clam Broth (dehydrated clam broth, maltodextrin), Sea Salt, Celery, Salt Pork (pork, sea salt), Black Pepper, Worcestershire Sauce (distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Garlic. Contains Fish, Milk, Wheat.</p>	45 days	330	24g	13g	0.5g	90mg	
		Sodium	Total Carb	Fiber	Sugar	Protein	
		700mg	19g	1g	5g	10g	
NEW ENGLAND CLAM CHOWDER GLUTEN FREE PORK FREE (702913) · Certified Gluten Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
<p>INGREDIENTS: Light Cream (milk, cream), Potatoes, Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Sea Clams (sea clams, water), Chopped Cockle (clam meat), Onions, Rice Flour, Butter (cream, salt), Celery, Sea Salt, Clam Broth (dehydrated clam broth, maltodextrin), Sunflower Oil, Worcestershire Sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, celery seed, tamarind extract, natural flavor [contains sulfites]), Black Pepper, Garlic. Contains Fish, Milk.</p>	45 days	330	24g	14g	1g	100mg	
		Sodium	Total Carb	Fiber	Sugar	Protein	
		750mg	20g	2g	5g	10g	
NORTH ATLANTIC HADDOCK CHOWDER (700005)		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
<p>INGREDIENTS: Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Light Cream (milk, cream), Haddock, Potatoes, Onions, Celery, Butter (cream, salt), Wheat Flour, Sea Salt, Garlic, White Pepper, Pepper Sauce (distilled vinegar, red pepper, salt), Thyme, Dried Dill .Contains Fish, Milk, Wheat.</p>	45 days	250	17g	10g	0.5g	85mg	
		Sodium	Total Carb	Fiber	Sugar	Protein	
		640mg	13g	1g	4g	12g	
PASTA e FAGIOLI (700047)		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
<p>INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), White Navy Beans, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Onions, Spinach, Leeks, Celery, Ditalini Pasta (semolina, egg whites), Uncured Bacon* (pork bellies, sea salt, cane sugar, celery powder, spices), Grated Parmesan Cheese (pasteurized milk, cheese cultures, salt, enzymes), Olive Oil, Extra Virgin Olive Oil, Garlic, Sea Salt, Parsley, Bay Leaves, Dried Basil, Dried Oregano, Fennel Seed, Red Pepper Flakes, Black Pepper. *No nitrates/ nitrites added except for those naturally occurring in sea salt and celery powder Contains Egg, Milk, Wheat.</p>	40 days	170	5g	1.5g	0g	5mg	
		Sodium	Total Carb	Fiber	Sugar	Protein	
		650mg	23g	4g	3g	9g	



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PORTUGUESE KALE SOUP WITH LINGUICA (700091) · Certified Gluten Free, Dairy Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Red Kidney Beans, Kale, Potatoes, Uncured Linguica Sausage* (pork, water, salt, paprika, spices, garlic, natural flavor), Onions, Olive Oil, Garlic, Sea Salt, Paprika (for flavor and color), Pepper Sauce (distilled vinegar, red pepper, salt), Allspice, Bay Leaves, Cloves, White Pepper. *No nitrates/ nitrites added except for those which naturally occur in natural flavor	60 days		160	7g	1.5g	0g	15mg
			Sodium	Total Carb	Fiber	Sugar	Protein
		510mg	21g	8g	2g	12g	

QUINOA & SWEET POTATO CHILI WITH BLACK BEANS (701051) · Vegetarian, Certified Gluten Free, Dairy Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Water, Sweet Potatoes, Black Beans, Onions, Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Red Bell Pepper, Red Quinoa, Yellow Peppers, Orange Juice, Canola Oil, Honey, Lime Juice Concentrate (100%), Corn Starch, Sea Salt, Tomato Paste, Garlic, Cilantro, Cumin, Coriander, Dried Pasilla Pepper, Smoked Paprika, Black Pepper, Oregano.	50 days		180	4.5g	0g	0g	0mg
			Sodium	Total Carb	Fiber	Sugar	Protein
		690mg	31g	4g	9g	5g	

ROASTED VEGETABLE SOUP (700094) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Water, Sweet Potatoes, Onion, Potatoes, Zucchini, Cabbage, Celery, Carrots, Extra Virgin Olive Oil, Olive Oil, Parsley, Sea Salt, Garlic, Lemon Juice, Black Pepper, Dried Marjoram, Thyme, Nutmeg, Allspice, Bay Leaves, Cloves.	50 days		180	11g	1.5g	0g	0g
			Sodium	Total Carb	Fiber	Sugar	Protein
		730mg	18g	3g	6g	2g	

SEAFOOD CHOWDER (700003) · Certified Gluten Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Fish Stock (water, cod bones, haddock bones, onions, celery, black pepper, thyme, mustard seed, bay leaves), Light Cream (milk, cream), Potatoes, Haddock, Water, Sea Clams (sea clams, water), Onions, Rice Flour, Scallops, Shrimp (shrimp, salt, water), Soybean Oil, Carrots, Celery, Butter (cream, salt), Sea Salt, Lobster Stock (lobster, salt), Garlic, Black Pepper. Contains Fish, Milk, Shellfish.	45 days		260	17g	7g	0g	70mg
			Sodium	Total Carb	Fiber	Sugar	Protein
		660mg	16g	1g	3g	12g	

SHRIMP & SAUSAGE GUMBO (700012) · Dairy Free		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Water, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Celery, Green Peppers, Onions, Okra, Smoked Andouille Sausage (pork, seasoning [sea salt, spices, brown sugar, native potato starch, paprika, garlic, natural cure (blend of celery powder, sea salt)], water), Shrimp (shrimp, salt, water), Parboiled Long Grain Rice, Wheat Flour, Pork Fat, Tomato Puree (tomatoes, salt, citric acid), Chicken Fat, Sea Salt, Rice Starch, Parsley, Pepper Sauce (distilled vinegar, red pepper, salt), Garlic, Clam Concentrate (concentrated clam broth, salt), Paprika (for flavor and color), Gumbo File, Thyme, Black Pepper, Bay Leaves, Cayenne Pepper, Red Pepper Flakes, Cloves. Contains Shellfish, Wheat.	45 days		140	5g	2g	0g	30mg
			Sodium	Total Carb	Fiber	Sugar	Protein
		760mg	17g	2g	3g	7g	

SPICY CRAB & SWEET CORN CHOWDER (700009)		Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Light Cream (milk, cream), Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Water, Crab Meat, Corn, Onions, Crab Extract, Green Peppers, Celery, Butter (cream, salt), Wheat Flour, White Wine (contains sulfites), Brandy, Cane Sugar, Soybean Oil, Garlic, Sea Salt, Paprika (for flavor and color), Rice Starch, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, salt, vinegar, sodium benzoate [a preservative], xanthan gum [a stabilizer]), Cayenne Pepper, Dried Tarragon, Dried Basil, Dried Oregano, Thyme, Worcestershire Sauce (distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Pepper Sauce (distilled vinegar, red pepper, salt). Contains Fish, Milk, Shellfish, Wheat.	45 days		300	22g	13g	1g	105mg
			Sodium	Total Carb	Fiber	Sugar	Protein
		820mg	16g	1g	6g	10g	



REFRIGERATED PRODUCTS - INGREDIENTS & NUTRITIONAL INFO

SPLIT PEA SOUP WITH HAM (700086) · Certified Gluten Free, Dairy Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Split Peas, Onions, Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Water, Uncured Ham* (pork, water, brown sugar, vinegar, salt, celery powder, seasoning [sugar, dehydrated bell peppers, natural flavors, extractive of paprika]), Carrots, Celery, Pork Fat, Sea Salt, Garlic, Rice Starch, Salt Pork (pork, sea salt), Black Pepper, Marjoram, Pepper, Dried Marjoram, Thyme, Allspice, Bay Leaves, Cloves. *No nitrates/nitrites added except for those naturally occurring in celery powder	45 days	170	4g	1.5g	0g	15mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		520mg	24g	8g	5g	11g

THAI CHICKEN SOUP WITH RED CURRY (700087) · Certified Gluten Free, Dairy Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Chicken Meat, Green Peppers, Onions, Coconut Milk (coconut, water), Brown Rice, Red Bell Pepper, Water, Bamboo Shoots (bamboo shoots, water), Rice Flour, Rice Starch, Dried Lemon Grass, Ginger, Sea Salt, Garlic, Chicken Fat, Red Curry Paste (red chili, salt, lemongrass, onion, garlic, galangal, dextrose, makrut lime peel, cumin powder, paprika oleoresin, coriander), Scallions, Garlic Chili Pepper Sauce (red chili, water, sugar, garlic, salt, vinegar, sodium benzoate [a preservative], xanthan gum [a stabilizer]), Mustard Flour, Coriander, Sesame Oil, Paprika (for color), Sugar, Cayenne Pepper, White Pepper, Lime Oil. Contains Sesame and Tree Nuts (coconut).	45 days	160	6g	3g	0g	20mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		700mg	21g	2g	2g	8g

THREE BEAN CHILI (700069) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Ground Tomatoes (tomatoes, salt, citric acid), Onions, Water, Small Red Beans, Black Beans, Pinto Beans, Corn, Green Peppers, Green Chile Peppers, Red Bell Pepper, Yellow Peppers, Garlic, Cilantro, Corn Oil, Ancho Chile Powder, Paprika (for color), Sea Salt, Cumin, Chili Powder (spices, sea salt, garlic powder), Black Pepper, Dried Oregano, Pepper Sauce (distilled vinegar, red pepper, salt).	50 days	140	2.5g	0g	0g	0mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		460mg	27g	8g	7g	7g

TOMATO BASIL SOUP (700092) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chopped Tomatoes (tomatoes, salt, naturally derived citric acid), Water, Onions, Carrots, Basil, Tomato Paste, Extra Virgin Olive Oil, Canola Oil, Garlic, Sea Salt, Dried Basil, Bay Leaves.	50 days	80	4g	0g	0g	0mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		560mg	11g	3g	6g	2g

TOMATO BISQUE (700032) · Vegetarian, Certified Gluten Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Ground Tomatoes (tomatoes, salt, citric acid), Water, Light Cream (milk, cream), Heavy Cream (cream, fat free milk), Carrots, Onions, Tomato Paste, Basil, Soybean Oil, Corn Starch, Garlic, Sea Salt, Dried Basil, Bay Leaves. Contains Milk.	50 days	160	10g	6g	0g	30mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		600mg	15g	3g	9g	4g

TOMATO SOUP WITH GARDEN VEGETABLES (700074) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Ground Tomatoes (tomatoes, salt, citric acid), Water, Yellow Squash, Zucchini, Onions, Carrots, Golden Wax Beans, Green Beans, Celery, Rice Flour, Corn Oil, Olive Oil, Scallions, Sea Salt, Extra Virgin Olive Oil, Garlic, Fennel Seed, Dried Basil, Bay Leaves, Dried Oregano, Mustard Flour, White Pepper.	50 days	100	4g	0.5g	0g	0mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		500mg	14g	4g	6g	3g

TURKEY CHILI WITH BEANS (700082) · Certified Gluten Free, Dairy Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Ground Tomatoes (tomatoes, salt, citric acid), Turkey Thigh Meat, Onions, Small Red Beans, Green Peppers, Green Chile Peppers, Water, Tomato Paste (tomatoes), Garlic, Chicken Fat, Ancho Chile Powder, Paprika (for flavor and color), Sea Salt, Cumin, Chili Powder (spices, sea salt, garlic powder), Black Pepper, Dried Oregano, Pepper Sauce (distilled vinegar, red pepper, salt).	50 days	210	4.5g	1.5g	0g	75mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		510mg	4.5g	7g	8g	23g



REFRIGERATED PRODUCTS - INGREDIENTS & NUTRITIONAL INFO

TURKEY GUMBO (700042) · Dairy Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), Diced Tomatoes (tomatoes, tomato juice, salt, citric acid), Turkey Thigh Meat, Okra, Onions, Carrots, Celery, Parboiled Long Grain Rice, Turkey Breast, Green Peppers, Chicken Fat, Sherry Wine (contains sulfites), Wheat Flour, Sea Salt, Garlic, Parsley, Paprika (for flavor and color), Pepper Sauce (distilled vinegar, red pepper, salt), Black Pepper, Sassafras Leaf Powder, Thyme, Bay Leaves, Cloves, Cayenne Pepper, Red Pepper Flakes. Contains Wheat.	38 days	140	4g	1.5g	0g	35mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		620mg	15g	2g	2g	11g

WHITE BEAN & ESCAROLE SOUP (700028) · Vegan, Vegetarian, Certified Gluten Free, Dairy Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: White Navy Beans, Water, Escarole, Fennel, Onions, Extra Virgin Olive Oil, Lemon Juice, Sea Salt, Basil, Corn Starch, Garlic, Fennel Seed, White Pepper, Red Pepper Flakes, Thyme.	50 days	210	4.5g	0.5g	0g	0mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		710mg	32g	6g	3g	11g

WHITE CHICKEN CHILI WITH CILANTRO (700097) · Certified Gluten Free	Shelf Life*	Cal	Total Fat	Sat. Fat	Trans Fat	Cholest.
INGREDIENTS: Chicken (dark and light meat), Chicken Stock (water, chicken bones, onions, celery, carrots, sea salt, garlic, parsley, white pepper, thyme, bay leaves, marjoram), White Navy Beans, Onions, Sour Cream (cream, cultures), Celery, Green Peppers, Chicken Fat, Rice Flour, Sea Salt, Garlic, Cumin, Cilantro, Pepper Sauce (distilled vinegar, red pepper, salt), Cocoa Powder, Ancho Chile Powder, Cayenne Pepper, Thyme, Dried Oregano, White Pepper. Contains Milk.	50 days	310	15g	5g	0g	70mg
		Sodium	Total Carb	Fiber	Sugar	Protein
		640mg	24g	4g	3g	20g