

# CREAMY PASTA AND VEGETABLE ROTINI

## COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside: use caution when opening pouch.
5. Open pouch—stir and eat.

## NUTRITION INFORMATION

Servings per package: 2.00

Serving size: 51.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	760 kJ	1490 kJ
Protein	4.0 g	7.9 g
Fat, total	1.8 g	3.5 g
- saturated	0.4 g	0.8 g
Carbohydrate	36.2 g	71.0 g
- sugars	3.3 g	6.5 g
Sodium	803 mg	1580 mg



For higher elevations, simmer in pot 15 to 20 minutes on heat source before serving.

**INGREDIENTS:** Pasta (47%) (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Sunflower Oil (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols), Whey, Maltodextrin, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavour), Carrots(4%), Salt, Peas (3%), Hydrolyzed Corn Protein, Textured Vegetable Protein (Soy Flour), Guar Gum, Soybean Oil, Natural Flavours, Disodium Inosinate and Disodium Guanylate, Spices, Lactic Acid, Turmeric Extract.

CONTAINS: MILK, SOY, WHEAT.

**PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.**

**100% VEGETARIAN**



**WARNING:** Hot steam inside. Use caution when opening pouch.



# CHILI MACARONI

## COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside: use caution when opening pouch.
5. Open pouch—stir and eat.

## NUTRITION INFORMATION

Servings per package: 2.00

Serving size: 69.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1040 kJ	1510 kJ
Protein	11.0 g	15.9 g
Fat, total	2.5 g	3.6 g
- saturated	0.6 g	0.8 g
Carbohydrate	41.1 g	59.5 g
- sugars	7.7 g	11.2 g
Sodium	969 mg	1400 mg



For higher elevations, simmer in pot 15 to 20 minutes on heat source before serving.

**INGREDIENTS:** Pasta (35%) (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Textured Vegetable Protein (Soy Flour, Caramel Color), Maltodextrin, Pinto Beans (10%), Whey, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Tomato, Salt, Partially Hydrogenated Soybean Oil, Dried Onion, Corn Syrup Solids, Guar Gum, Sugar, Hydrolyzed Soy Protein, Garlic Powder, Spices, Extractives of Paprika and Turmeric, Disodium Inosinate and Disodium Guanylate, Sodium Caseinate (a milk derivative), Citric Acid, Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavour, Yeast Extract.

CONTAINS: MILK, SOY, WHEAT.

**PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.**

**100% VEGETARIAN**



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# CHEESY LASAGNA

## COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside: use caution when opening pouch.
5. Open pouch—stir and eat.

## NUTRITION INFORMATION

Servings per package: 2.00

Serving size: 69.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1100 kJ	1590 kJ
Protein	11.8 g	17.1 g
Fat, total	5.0 g	7.3 g
- saturated	1.6 g	2.3 g
Carbohydrate	38.6 g	56.0 g
- sugars	6.8 g	9.8 g
Sodium	1180 mg	1700 mg



For higher elevations, simmer in pot 15 to 20 minutes on heat source before serving.

**INGREDIENTS:** Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Textured Vegetable Protein ([Soy Flour, Caramel Color], Soybean Oil, Salt, Natural Flavouring [Yeast Extract, Maltodextrin, Natural Smoke Flavouring], Dextrose, Spices, Garlic Powder), Whey Powder, Parmesan & Romano Cheese (Pasteurized Part-Skim Milk, Salt, Cheese Culture, Enzymes), Food Starch-Modified, Tomatoes, Potato Flour, Salt, Tomato Powder, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavour), Natural Romano and Parmesan Flavours (Salt, Yeast Extract), Sugar, Paprika, Dried Onion Powder, Garlic Powder, Guar Gum, Hydrolyzed Soy Protein, Soybean Oil, Spices, Extractives of Paprika and Turmeric, Citric Acid, Caramel Color.

CONTAINS: MILK, SOY, WHEAT.

**PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.**

**100% VEGETARIAN**



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# PASTA ALFREDO

## COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside: use caution when opening pouch.
5. Open pouch—stir and eat.

## NUTRITION INFORMATION

Servings per package: 2.00

Serving size: 65.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1240 kJ	1900 kJ
Protein	5.5 g	8.4 g
Fat, total	11.5 g	17.7 g
- saturated	1.6 g	2.4 g
Carbohydrate	38.9 g	59.9 g
- sugars	0.8 g	1.2 g
Sodium	1060 mg	1640 mg



For higher elevations, simmer in pot 15 to 20 minutes on heat source before serving.

**INGREDIENTS:** Pasta (54%) (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Sunflower Shortening (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols), Food Starch-Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Partially Hydrogenated Soybean Oil, Salt, Maltodextrin, Parmesan Flavour (Salt, Yeast Extract), Hydrolyzed Soy Protein, Garlic Powder, Dried Onion Powder, Disodium Inosinate and Disodium Guanylate, Disodium Phosphate, Natural Flavour, Spices.

CONTAINS: MILK, SOY, WHEAT.

**PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.**

**100% VEGETARIAN**



**WARNING:** Hot steam inside. Use caution when opening pouch.



# SAVORY STROGANOFF

## COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside: use caution when opening pouch.
5. Open pouch—stir and eat.

## NUTRITION INFORMATION

Servings per package: 2.00

Serving size: 64.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1050 kJ	1640 kJ
Protein	6.3 g	9.9 g
Fat, total	5.7 g	8.9 g
- saturated	0.8 g	1.3 g
Carbohydrate	41.7 g	65.2 g
- sugars	7.7 g	12.0 g
Sodium	961 mg	1500 mg



For higher elevations, simmer in pot 15 to 20 minutes on heat source before serving.

**INGREDIENTS:** Pasta (Durum Semolina Flour (wheat), Niacin, Ferrous Sulfate (iron), Thiamine Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Whey Powder, Potato Flour, Sunflower Oil (Sunflower Oil, Food Starch-Modified, Maltodextrin, Natural Tocopherols), Textured Vegetable Protein (Soy Flour, Caramel Color), Food Starch-Modified, Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavour), Salt, Sour Cream (Cultured Cream [Cream, Nonfat Milk, Culture, Enzymes], Salt, Lactic Acid, Tocopherols), Hydrolyzed Soy Protein, Guar Gum, Dried Mushrooms, Soybean Oil, Dried Onion, Mushroom Flavour (Yeast Extract, Salt, Maltodextrin, Mushroom Extract), Natural Flavour, Lactic Acid, Garlic Powder, Titanium Dioxide, Spice, Disodium Inosinate and Disodium Guanylate, Caramel Color.

CONTAINS: MILK, SOY, WHEAT.

**PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.**

100% VEGETARIAN



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# TERIYAKI AND RICE

## COOKING DIRECTIONS

1. Open package at tear notch and remove oxygen absorber from the pouch.
2. Add 2 cups (16 oz.) of boiling water to pouch and place on a flat surface.
3. Stir thoroughly with a long spoon and close zipper.
4. Let stand for 12 to 15 minutes. Hot steam inside: use caution when opening pouch.
5. Open pouch—stir and eat.

## NUTRITION INFORMATION

Servings per package: 2.00

Serving size: 75.00 g

	Average Quantity per Serving	Average Quantity per 100 g
Energy	1180 kJ	1570 kJ
Protein	8.1 g	10.8 g
Fat, total	4.5 g	6.0 g
- saturated	1.0 g	1.4 g
Carbohydrate	50.5 g	67.4 g
- sugars	14.6 g	19.5 g
Sodium	992 mg	1320 mg



For higher elevations, simmer in pot 15 to 20 minutes on heat source before serving.

**INGREDIENTS:** Rice (50%), Non Dairy Creamer (Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono and Diglycerides, Sodium Citrate, Salt, Dipotassium Phosphate, Carrageenan, Natural Flavour), Sugar, Whey, Textured Vegetable Protein (Soy Flour), Brown Sugar, Sugar, Teriyaki Sauce Powder ([Soy Sauce(Wheat, Soybeans, Salt), Wine, Vinegar, Salt, Dried Onion, Spice Extractives, Succinic Acid, Garlic Powder], Maltodextrin, Sugar, Salt), Carrots, Hydrolyzed Soy Protein, Bell Pepper, Soy Sauce Powder ([Wheat, Soybeans, Salt], Maltodextrin, Salt), Guar Gum, Salt, Spices, Yeast Extract, Natural and Artificial Flavour, Caramel Color, Disodium Inosinate and Disodium Guanylate.

CONTAINS: MILK, SOY, WHEAT.

**PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.**

**100% VEGETARIAN**



**WARNING:** Hot steam inside. Use caution when opening pouch.

