WCCOA

Ingredient Information



 For nutrition information and/or specific info not listed in this booklet please call the Wood County Committee on Aging, Inc. at 419-353-5661 or 1-800-367-4935.

Asian Foods

Soy Sauce: Water, Salt, Hydrolyzed Soy and Corn Protein, Caramel Color, 1/10th of 1% Potassium Sorbate (as Preservative). COMMON ALLERGENS PRESENT: Soy.

Stir Fry Sauce: Water, soy sauce (water, wheat, soybeans, salt, sodium benzoate [preservative], high fructose corn syrup, sherry, modified food starch, soybean oil, worcestershire sauce (distilled vinegar, molasses, corn syrup, water, salt, caramel color, garlic powder, sugar, spices, anchovies, tamarind, natural flavor), vinegar, sesame oil, oyster sauce (oyster extractives, sugar, water, salt, modified food starch, caramel color), and less than 1% of garlic powder, onion powder, spice, salt, citric acid, natural flavor, caramel color.

Chow Mein Noodles: Enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), partially hydrogenated vegetable oil (soybean and/or cottonseed), salt, water, yeast, sugar. COMMON ALLERGENS PRESENT: Wheat.

Bases

Ham Base: Salt, hydrolyzed soy protein, sugar, partially hydrogenated soybean and cottonseed oils, beef fat, torula yeast, onion powder, autolyzed yeast extract, monosodium glutamate, caramel color, natural smoke flavor, natural flavors, disodium inosinate, disodium guanylate.

Chicken Base: Salt, sugar, corn starch, soybean oil, partially hydrogenated soybean and cottonseed oils, monosodium glutamate, chicken fat, turmeric, natural flavors, disodium inosinate, disodium guanylate, maltodextrin.

Beef Base: Cooked beef and concentrated beef stock, salt, hydrolyzed soy protein, beef fat, monosodium glutamate, caramel color, sugar, corn starch, soybean lecithin, corn syrup solids, partially hydrogenated soybean and cottonseed oils, natural flavors, disodium inosinate, disodium guanylate, maltodextrin, sulfites added to protect quality.

Dressings

Cole Slaw Dressing: Soybean Oil, High Fructose Corn Syrup, Sugar, Water, Distilled Vinegar, Egg Yolk, Contains Less Than 2% Salt, Xanthan Gum, Propylene Glycol Alginate, Potassium Sorbate and Sodium Benzoate as Preservatives, Caramel Color, Calcium Disodium EDTA Added to Protect Flavor. COMMON ALLERGENS PRESENT: Egg.

Honey Mustard: Soybean Oil, Water, High Fructose Corn Syrup, Dijon Mustard (Distilled Vinegar, Water, Mustard Seed, Salt, White Wine, Citric Acid, Tartaric Acid, Spices), Honey, Distilled Vinegar, Egg Yolk, Sugar, Contains Less Than 2% Salt, Spices, Xanthan Gum, Turmeric (Color), Natural Flavor, Calcium Disodium EDTA Added to Protect Flavor, Yellow 5 & 6. COMMON ALLERGENS PRESENT: Egg.

Ranch Dressing: Soybean Oil, Water, Distilled Vinegar, Buttermilk Powder (Buttermilk Solids, Whey Protein), Salt, Contains Less Than 2% Egg Yolk, High Fructose Corn Syrup, Monosodium Glutamate, Spices, Dehydrated Onion and Garlic, Lactic Acid, Propylene Glycol Alginate, Xanthan Gum, Sodium Benzoate as a Preservative, Dehydrated Parsley, Disodium Inosinate, Disodium Guanylate, Calcium Disodium EDTA Added to Protect Flavor. COMMON ALLERGENS PRESENT: Milk, Egg.

Italian Dressing: Water, High Fructose Corn Syrup, Distilled Vinegar, Soybean Oil, Salt, Contains Less Than 2% Dehydrated Onion and Garlic, Worcestershire Sauce (Distilled Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Garlic Powder, Sugar, Spices, Tamarind, Natural Flavor), Xanthan Gum, Propylene Glycol Alginate, Dehydrated Red Bell Pepper, Sodium Benzoate as a Preservative, Natural Flavor (Soy), Spice, Tamarind Extract, Polysorbate 60, Calcium. Disodium EDTA Added to Protect Flavor, Beta-Carotene (Color). COMMON ALLERGENS PRESENT: Soy.

Thousand Island: Water, Soybean Oil, Relish (pickles, high fructose corn syrup, corn syrup, distilled vinegar, minced onion, salt, sugar, red bell pepper, xanthan gum, alum, natural spice flavors, polysorbate 80), High Fructose Corn syrup, Distilled Vinegar, Food Starch-Modified, Egg Yolk, Contains less than 2% Salt, Dextrose, Tomato Paste, Spice, Maltodextrin, Paprika, Citric acid, Oleoresin Paprika (color), Calcium disodium EDTA added to protect flavor. COMMON ALLERGENS PRESENT: Egg.

Poppyseed: High fructose corn syrup, soybean oil, water, distilled vinegar, corn vinegar, skim milk powder, salt, maltodextrin, dried onion, egg yolk, poppy seeds, xanthan gum, mustard flour, sodium benzoate and potassium sorbate (preservatives), calcium disodium edta (added to protect quality), caramel color. COMMON ALLERGENS PRESENT: Egg, Milk.

Mayo: Water, Soybean Oil, Corn Syrup, Egg Yolk, Distilled Vinegar, Food Starch-Modified\*, Contains Less Than 2% Salt, Potassium Chloride\*, Spice, Lemon Juice Concentrate, Sodium Benzoate\* and Potassium Sorbate\* as Preservatives, Calcium Disodium EDTA

Canned Fruits

Maraschino Cherries: Cherries, sugar/high fructose corn syrup, water, citric acid, sodium benzoate and potassium sorbate added as preservatives, calcium chloride, natural & artificial flavor, FD&C red #40, sulfur dioxide (Preservative). COMMON ALLERGENS PRESENT: None.

Fruit Cocktail: Peaches, Water, Pears, Grapes, Pear Juice Concentrate, Pineapple, Cherry Halves Artificially Colored (Cherries, Carmine). Packing Medium: Clarified Pear Juice from Concentrate (Tree Top, Type II or equivalent) and water.

Tropical Fruit: Pineapple chunks, red papaya chunks, yellow papaya chunks, guava chunks, water, pineapple juice, citric acid.

Pie Fillings

Apple Pie Filling: Apples, water, high fructose corn syrup, food starch-modified, calcium lactate, citric acid, spices and coloring, sodium benzoate and potassium sorbate (preservatives), erythorbic acid (to promote color retention).

Blueberry Pie Filling: Blueberries, high fructose corn syrup, water, food starch-modified, citric acid, salt, sodium benzoate and potassium sorbate (preservatives), spice, artificial color (Red 40 and Blue 1).

Cherry Pie Filling: Cherries, water, high fructose corn syrup, corn syrup, food starch-modified, sodium benzoate and potassium sorbate (preservatives), erythorbic acid (to promote color retention), artificial color (Red 40).

Peach Pie Filling: Peaches, high fructose corn syrup, water, food starch-modified, citric acid, salt, natural and artificial flavor, erythorbic acid (to promote color retention), carrageenan, sodium benzoate and potassium sorbate (preservatives), potassium chloride, artificial colors (Yellow 5 and Yellow 6).

Strawberry: Water, High Fructose Corn Syrup, Food Starch-Modified, Salt, Artificial Flavor, Citric Acid, Sodium Benzoate and Potassium Sorbate preservatives), Artificial Color (Red 40), Sodium Citrate.

Canned Vegetables

Pickled Beets: Beets, water, high fructose corn syrup, vinegar, salt, natural flavor.

Three Bean Salad: Cut green beans, cut wax beans, water, red kidney beans, sugar, corn syrup, vinegar, diced onions, diced red bell peppers, soybean oil, salt, natural flavorings, calcium chloride, disodium edta (to preserve color), and turmeric. COMMON ALLERGENS PRESENT: Soybean oil. (soybean oil has been refined and bleached.)

Tomato Products

Spaghetti Sauce: Tomato Puree (Water, Tomato Paste), Tomatoes, Water, High Fructose Corn Syrup, Less Than 2% Of: Corn Syrup, Dried Onions, Modified Corn Starch, Salt, Vegetable Oil (Cottonseed and/or Soybean), Citric Acid, Spices, Natural Flavors, Calcium Chloride.

Tomato Sauce: Tomato paste, water, salt, onion powder, garlic powder, spices, citric acid, natural flavorings.

Pizza Sauce: Fresh Tomatoes, Extra Virgin Olive Oil, Salt, Spices, Garlic Powder and Citric Acid.

Tomato-Zucchini: Tomatoes, tomato juice, zucchini, sugar, salt, dried onion, dried celery, dried bell pepper, calciumchloride, citric acid, natural flavors.

Stewed Tomatoes: Tomatoes, Tomato Juice, Sugar, Salt, Dried Onion, Dried Celery, Dried Bell Pepper, Citric Acid, Calcium Chloride, Natural Flavors.

Ketchup: Tomato concentrate (water, tomato paste), high fructose corn syrup, corn syrup, vinegar,salt, onion powder, spice, natural flavors.

Sloppy Joe Sauce: Tomato Puree (Water, Tomato Paste), High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Less than 2% of: Salt, Sugar, Dehydrated Onions, Dehydrated Red and Green Bell Peppers, Chile Pepper, Tomato Fiber, Spices, Guar Gum, Xanthan Gum, Dehydrated Garlic, Carob Gum, Natural Flavors.

Gravies/Sauces

Chicken Gravy: Water, Roasted Chicken Meat and Chicken Broth, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Chicken Fat, Salt, Partially Hydrogenated Soybean Oil, Sugar, Chicken Flavor (Natural Flavor with Butter Oil and Soy, Salt, Gelatin), Onion Powder, Maltodextrin, Flavor (Maltodextrin, Autolyzed Yeast Extract, Torula Yeast, Flavor, Chicken Fat, Disodium Inosinate, Disodium Guanylate), Hydrolyzed Corn Gluten, Xanthan Gum, Disodium Inosinate, Disodium Guanylate, Autolyzed Yeast Extract, Polysorbate 60, Turmeric, Natural Flavoring. COMMON ALLERGENS PRESENT: Wheat, Soy.

Pork Gravy: Water, Roasted Pork in Natural Juices, Food Starch-Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Seasoning (Hydrolyzed Wheat Protein, Yeast Extract, Hydrolyzed Wheat Gluten and Soy Protein, Maltodextrin, Dehydrated Pork Stock, Thiamine Hydrochloride, Dextrose, Flavor, Lactic Acid, Disodium Inosinate, Disodium Guanylate), Salt, Nonfat Milk Solids, Sugar, Spice, Garlic Powder, Onion Powder, Caramel Color, Disodium Inosinate, Disodium Guanylate, Natural Flavorings and Coloring. COMMON ALLERGENS PRESENT: Wheat, Milk, Soy.

Turkey Gravy: Water, Roasted Dark Turkey Meat, Food Starch-Modified, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chicken Fat, Salt and less than 1% of the following: Dehydrated Turkey Meat, Dehydrated Turkey Broth, Turkey Fat (contains Tocopherols), Sugar, Nonfat Dry Milk, Soy Flour, Cornstarch, Autolyzed Yeast Extract, Torula Yeast, Lipolyzed Butter Oil, Ascorbic Acid, Natural Flavorings, Flavoring (Contains Canola Oil), Maltodextrin, Soy Sauce Solids (Soybeans, Wheat, Salt), Lactic Acid, Calcium Lactate, Onion Powder, Garlic Powder, Caramel Color, Turmeric, Oleoresin Paprika, Flavor, Disodium Inosinate and Disodium Guanylate. COMMON ALLERGENS PRESENT: Wheat, Milk, Soy.

Beef Gravy: Water, Roasted Beef and Beef Juices, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch-Modified, Salt, Onion Powder, Hydrolyzed Corn Gluten, Wheat Protein and Soy Protein, Sugar, Caramel Color, Disodium Inosinate, Disodium Guanylate, Flavoring. COMMON ALLERGENS PRESENT: Wheat, Soy.

White/Biscuit Gravy: Enriched Bleached Flour (wheat flour, niacin, reduced iron, thiamin, mononitrate, riboflavin, folic acid), Corn Syrup Solids, Food Starch-Modified, Palm Oil, Salt, Partially Hydrogenated Soybean and/or Cottonseed Oil, Contains Less than 2% Dipotassium Phosphate, Carrageenan, Artificial Flavor, Sodium Caseinate, Sodium Citrate, Mono & Diglycerides, Color Added. COMMON ALLERGENS PRESENT: Wheat, Milk, Eggs, Soy.

Beef Broth: Beef Stock, Salt, Beef Flavor [Autolyzed Yeast Extract, Soy Sauce (Soybeans, Salt), Maltodextrin, Salt, Beef Stock, Flavoring (contains Rendered Beef Fat) Beef Extract], Sugar, Beef Fat with Cottonseed Oil, Caramel Color, Disodium Inosinate, Disodium Guanylate, Dextrose, Natural Flavoring. COMMON ALLERGENS PRESENT: Soy.

Chicken Broth: Chicken Broth, Salt, Chicken Fat, Flavor [Salt, Dextrose, Torula Yeast, Autolyzed Yeast Extract, Flavoring (contains Canola Oil), Extractives of Turmeric], Sugar, Disodium Inosinate, Disodium Guanylate, Onion Powder, Oleoresin Turmeric, Flavoring.

Swedish Sauce: Water, Sour Cream (Cream, Condensed Skim Milk, Food Starch-Modified, Guar Gum, Locust Bean Gum, Carrageenan, Sour Cream Cultures), Food Starch-Modified, Beef, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Onion Powder, Beef Flavor [Autolyzed Yeast Extract, Maltodextrin, Flavoring (contains Canola Oil), Beef Stock, Lactic Acid, Calcium Lactate, Gum Arabic, Grill (contains Soybean and Cottonseed Oil)], Sugar, Flavor (Buttermilk, Natural Flavors), Caramel Color, Disodium Inosinate, Disodium Guanylate, Flavorings. COMMON ALLERGENS PRESENT: Milk, Wheat.

Trio Cheese Sauce: Maltodextrin, tapioca starch, whey, salt, partially hydrogenated soybean oil\*\*, dextrose, canola oil, cheddar cheese flavor blend (cheddar chees [pasteurized milk, cheese cultures, salt, enzynes], maltodextrin, disocium phosphate, flavors, sodium citrate, xanthan gum, tocopherols), corn syrup solids, 2% or less of yeast extract, soybean oil, modified conrstarch, sugar, sodium caseinate (a milk derivative), dipotassium phosphate, calcium caseinate, color added, xanthan gum, BHT, buttermilk powder, yellow 5 & 6, tricalcium phosphate, spice, natural flavors, disodium inosinate/disodium guanylate, disodium phosphate, sodium silicoaluminate, extractives of paprika. Contains: Milk

BBQ Sauce: High fructose corn syrup, tomato paste, distilled vinegar, water, food starch-modified, salt, contains less than 2% of pineapple juice concentrate, caramel color, molasses, corn syrup, spices, natural flavors, sodium benzoate (a preservative), garlic\*, sugar, dextrose, celery, tamarind. \*dehydrated. COMMON ALLERGENS PRESENT: None.

Prepared Entrees

Beef Lasagna: Cooked enriched macaroni product (water, semolina [milled wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid]), tomatoes (tomatoes, tomato juice, citric acid, calcium chloride), cooked beef, cottage cheese (fat free milk, milk, cream, nonfat dry milk, whey, salt, guar gum, mono- & diglycerides, carrageenan, locust bean gum, polysorbate 80, potassium sorbate [to protect flavor], microbial enzymes), mozzarella cheese (pasteurized part-skim milk, cultures, salt, and enzymes), water, tomato paste, salt, onions, parmesan cheese ((pasteurized part-skim milk, cheese cultures, salt, enzymes), romano cheese (pasteurized sheep milk, cheese cultures, salt, enzymes), sugar, modified corn starch, soybean oil, spices, xanthan gum, garlic powder, parsley, mono- & diglycerides, canthaxanthin (color). COMMON ALLERGENS PRESENT: Wheat, Milk, Soy

Roasted Vegetable Lasagna: Tomato puree (water, tomato paste), cooked enriched noodles (water, semolina [milled wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], eggs), tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), roasted vegetable blend (red bell pepper, yellow squash, zucchini, onion, green bell pepper), cottage cheese (fat free milk, milk, cream, nonfat dry milk, whey, salt, guar gum, mono- & diglycerides, carrageenan, locust bean gum, polysorbate 80, potassium sorbate [to protect flavor], microbial enzymes), mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), water, ricotta cheese (pasteurized whey, pasteurized cream, vinegar, salt), food starch-modified, parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), spinach, white vinegar (distilled vinegar, water), salt, margarine (liquid and partially hydrogenated soybean oil, water, salt, vegetable mono- & diglycerides, soy lecithin, natural and artificial flavor, beta carotene [color], vitamin a palmitate added), sugar, garlic (garlic, water), stabilizer (sugar, corn starch, carob bean gum, cellulose gum, agar, salt), spices, lemon juice from concentrate (water, concentrated lemon juice), xanthan gum, onion powder. COMMON ALLERGENS PRESENT: Milk, Soy, Wheat, Egg.

Chicken Lasagna: Cooked enriched macaroni product (water, semolina [milled wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid]), water, ricotta cheese (pasteurized whey, pasteurized cream, vinegar, salt), cooked chicken tenders, cream cheese (pasteurized cultured milk and cream, salt, stabilizers [xanthan and/or carob bean and/or guar gums]), parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), cream, soybean oil, nonfat dry milk, red bell peppers, spinach, modified corn starch, chicken flavor (chicken flavor [contains mono- & diglycerides, natural flavor], salt, lactose, sugar, onion powder, garlic powder, oleoresin of turmeric), sherry wine (sherry wine, salt, sulfites), spices, salt, garlic, xanthan gum, onion powder. COMMON ALLERGENS PRESENT: Wheat, Milk.

White Vegetable Lasagna: Reconstituted skim milk, cooked enriched macaroni product (water, semolina [milled wheat, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid]), Ricotta cheese (pasteurized whey, pasteurized cream, vinegar, salt), mozzarella cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), carrots, spinach, onions, zucchini, broccoli, margarine (partially hydrogenated soybean oil and liquid soybean oil, water, vegetable mono- & diglycerides, vitamin a [palmitate], colored with beta carotene), bread crumbs (wheat flour, contains 2 % or less of each of the following: sugar, partially hydrogenated soybean oil, salt, yeast, and calcium propionate), mushroom base (sauted mushrooms [contains butter], salt, onion and garlic powder, sugar), modified corn starch, rice flour, sugar, parmesan cheese (pasteurized part-skim milk, cheese cultures, salt, enzymes), salt, dextrose, spice, garlic powder, natural flavor. COMMON ALLERGENS PRESENT: Wheat, Soy, Milk.

Cabbage Rolls: Cabbage leaves, water, cooked beef, tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), cooked rice, tomato paste, onions, eggs, bread crumbs (enriched wheat flour [enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soybean oil, salt, corn syrup, yeast), tomato ketchup (tomato puree [water, tomato paste], high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: onion powder, garlic powder, natural flavors), green bell peppers, salt, modified corn starch, textured vegetable protein (soy protein concentrate, caramel color), celery, nonfat dry milk, isolated soy protein, sugar, hydrolyzed plant protein blend (hydrolyzed corn gluten, soy protein and wheat gluten, partially hydrogenated soybean and cottonseed oil), flavorings, caramel color, parsley, canthaxanthin, garlic. COMMON ALLERGENS PRESENT: Egg, Wheat, Soy, Milk.

Stuffed Green Peppers: Water, green peppers, tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), cooked beef, cooked rice, tomato paste, onion, eggs, bread crumbs (enriched wheat flour [enriched with niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], partially hydrogenated soybean oil, salt, corn syrup, yeast), tomato ketchup (tomato puree [water, tomato paste], high fructose corn syrup, distilled vinegar, corn syrup, salt, less than 2% of: onion powder, garlic powder, natural flavors), salt, modified corn starch, textured vegetable protein (soy protein concentrate, caramel color), celery, nonfat dry milk, isolated soy protein, sugar, hydrolyzed plant protein blend (hydrolyzed corn gluten, soy protein and wheat gluten, partially hydrogenated soybean and cottonseed oil), flavorings, parsley, carmel color, canthaxanthin, garlic. COMMON ALLERGENS PRESENT: Milk, Soy, Egg, Wheat.

Chicken & Dumplings: Cooked diced chicken, water, raised dumplings (enriched wheat flour [wheat flour, barley malt, niacin, iron, thiamine mononitrate, riboflavin, folic acid], water, egg, soybean oil, nonfat dry milk, sugar, salt, sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate, cornmeal, sesame seeds), chicken fat, chicken broth, nonfat dry milk, modified corn starch, chicken base (chicken, chicken broth, maltodextrin, autolyzed yeast extract, flavor, chicken fat, salt, turmeric), cream, wheat flour, salt, sugar, flavorings, mono- & diglycerides, natural mushroom flavor, lactic acid. COMMON ALLERGENS PRESENT: WHEAT, EGG, SOY, SOY, MILK.

Cheese Manicotti: Tomato sauce: water, tomato paste, dextrin (soluble dietary fiber), modified corn starch, sugar, salt, flavorings, onions. Cheese manicotti: ricotta cheese (milk, whey, skim milk, vinegar, and xanthan gum, locust bean gum, guar gum [stabilizers]), cooked pasta (enriched durum flour [niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid], water), part skim mozzarella cheese (pasteurized part skim milk, culture, salt, enzyme), parmesan cheese (pasteurized milk, cheese cultures, salt, enzymes), contains 2% or less of the following: salt, white pepper, chives, oregano, basil, parsley, xanthan gum. Topping: mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes). COMMON ALLERGENS PRESENT: Milk, Wheat.

Burrito Casserole: Water, cooked beef, tortilla shells (wheat flour [bleached and enriched with niacin, iron, thiamine mononitrate, riboflavin], baking powder [sodium acid pyrophosphate, sodium bicarbonate, calcium sulfate], vegetable shortening [hydrogenated soy and cottonseed oil blend], water, salt), refried beans (pinto beans, lard, salt, and calcium chloride), tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), mozzarella cheese (pasteurized part-skim milk, cheese culture, salt, enzymes), cooked pork, green chili peppers (green chile peppers, salt, citric acid), cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto [vegetable color]), tomato paste, modified corn starch, textured vegetable protein (soy protein concentrate, caramel color), salt, beef flavor base (natural beef flavorings, salt, lactose, sugar), soybean oil, onions, sugar, flavorings, chili powder (chili pepper and other spices, salt, garlic powder), pork flavor base (pork flavor [contains mono- & diglycerides, natural flavor], salt, lactose, sugar, onion powder, and garlic powder), mono- & diglycerides, caramel color, canthaxanthin. COMMON ALLERGENS PRESENT: WHEAT, MILK, SOY

Tuna Products

Tuna & Noodles: Light Tuna (Water, Vegetable Broth, Salt), Egg Noodles (Durum wheat semolina, durum wheat flour, [enriched with iron (ferrous sulfate) and b vitamins (niacin, thiamin mononitrate, riboflavin, folic acid)], eggs), Cream of Mushroom Soup (water, mushrooms, vegetable oil (corn, cottonseed, canola, and soybean), modified food starch, wheat flour, contains less than 2% of: salt, monosodium glutamate, soy protein concentrate, dehydrated cream yeast extract, flavoring, dehydrated garlic), 2% Milk (reduced fat milk, Vitamin A Palmitate, and Vitamin D3 added), Shredded Cheddar (cultured pasteurized milk, salt, enzymes, annatto color, anticake), Peas and Onions. COMMON ALLERGENS PRESENT: Fish, Soy, Wheat, Egg, Milk

Tuna Salad: Light Tuna (Water, Vegetable Broth, Salt), Lite Mayo (Water, Corn Syrup, Maltodextrin, Food Starch-Modified, Egg Yolk, Distilled Vinegar Soybean Oil, Contains Less than 2% Salt, Potassium Chloride, Spice, Lemon Juice Concentrate, Sodium Benzoate, and Potassium Sorbate as Preservatives, Calcium Disodium EDTA Added to Protect Flavor), Sweet Pickle Relish (Cucumbers, Sugar, Water, Vinegar, Salt, Contains less than 2% of spices (Contains Mustard and Celery Seed), Calcium Chloride, Alum, Xanthan Gum, Potassium Sorbate (Preservative), Dehydrated Red Bell Pepper, Polysorbate 80, Natural Flavor, Turmeric Extract (Color), Chopped Celery, and Lemon Juice from Concentrate (Water, Concentrated Lemon Juice, Sodium Metabsorfite (Preservative), Sodium Benzoate (Preservative), Sodium Benzoate (Preservative), Lemon Oil). COMMON ALLERGENS PRESENT: Fish, Soy

Fish Products

Pecan Crusted Tilapia: Tilapia, bleached wheat flour, soybean and/or canola oil, pecans, water, butter (cream, salt), salt, sesame oil, cheddar cheese (milk, cheese culture, salt, enzymes, disodium phosphate, annatto), sugar, dextrose, yeast, onion powder, soy lecithin, granulated garlic, lemon powder, yellow corn flour, spice, artificial flavor, caramel (color), oleoresin paprika (color) and beta-carotene (color). Common allergens present: fish (tilapia), wheat, tree nuts, milk, soy.

Fish Nuggets: Alaska pollock; batter and breading; whole wheat flour, water, modified corn starch, whole yellow corn meal, contains 2% or less of: enriched wheat flour (flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), sugar, yeast, garlic powder, onion powder, salt, spices, corn syrup solids, leavening (sodium bicarbonate, sodium aluminum phosphate), concentrated lemon juice, natural flavor, citric acid. prefried in canola, cottonseed, and/or soybean oil. common allergens present: fish, wheat.

Fish Sticks: Alaskan pollock; batter and breading; whole wheat flour, water, modified corn starch, whole yellow corn meal, contains 2% or less of: enriched wheat flour (flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), sugar, yeast, garlic powder, onion powder, salt, spices, corn syrup solids, leavening (sodium bicarbonate, sodium aluminum phosphate), concentrated lemon juice, natural flavor, citric acid. prefried in canola, cottonseed, and/or soybean oil. common allergens present: fish, wheat.

Fish Sandwich: Cod, water, enriched yellow corn flour (corn flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), bleached wheat flour, modified food starch, salt, leavening (sodium aluminum phosphate, sodium bicarbonate), spices, iodized salt. fried in soybean oil. common allergens present: fish (cod), wheat.

Salmon Patty: Pink and/or keta salmon, vegetable oil (canola and/or soybean), water, ground onion, salt, potato extract, garlic powder, mustard flour, white pepper, beet juice (color), annatto (color), rosemary extract, mesquite smoked flavor, lemon juice concentrate. Contains fish (pink and/or keta salmon).