

One Serving Size:

Calories:




Protein:

	Tofu	Contains: Soy Made without gluten	260
	Grilled Herb Marinated Chicken	Made without gluten	190
	Meatballs	Contains: Wheat, Milk, Gluten, Soy	230
	Italian Sausage	Made without gluten	350


Pasta:

	Cavatappi	Contains: Wheat, Gluten	200
	Penne	Contains: Wheat, Gluten	190
	Gluten Free Cheese Tortellini	Contains: Milk, Egg Made without gluten	310
	Cheese tortollini	Made without gluten	330

Sauce:

	Bolognese Sauce	Contains: Milk Made without gluten	370
	Marinara Sauce	Made without gluten	90
	Alfredo Sauce	Contains: Milk Made without gluten	190

Sides:

	Garlic Herb Breadstick	Contains: Wheat, Milk, Gluten	170
	Herb Roasted Root Vegetables	Made without gluten	50
	Roasted Mushrooms	Made without gluten	60



- Halal Certified



- Vegetarian



- Vegan

2,000 calories a day is used for general nutrition advice.