

# SINGLE SERVING COMFORT CLASSICS

Always Available – Flash Frozen – Enhanced Health Specific Categories

## American Chop Suey

A classic New England dish with macaroni, seasoned ground beef, sautéed onions and green peppers in a thick tomato based sauce.

**NEW**  
7.99

## American Meatloaf

Traditional meatloaf with mashed potatoes, gravy and chef's choice veggies.

8.99

## Banana Oat French Toast

French toast casserole baked with multigrain bread, bananas, maple syrup, oats and brown sugar.

**NEW**  
7.99

## BBQ Chicken

Boneless chicken breast glazed with homemade BBQ sauce served with Mexican Fiesta Rice studded with corn, beans, peppers, lime and cilantro.

**NEW**  
7.99

## BBQ Pulled Pork

Tender pork with a Carolina BBQ sauce, sweet baked beans and steamed veggies.

8.99

## Beefy Lasagna

Baked layers of pasta with creamy cheese and meaty homemade tomato sauce.

8.99

## Breakfast Burritos

Two burritos per order; full of egg, house made breakfast sausage, peppers, onions and cheddar cheese rolled in flour tortillas.

**NEW**  
7.99

## Chicken and Gravy

Roasted, boneless breast of chicken with gravy, mashed potatoes and chef's choice veggies.

7.99

## Chicken Marsala

With a mushroom Marsala pan sauce, mashed potatoes and baby carrots.

**NEW**  
7.99

## Chicken Parmesan and Spaghetti

Golden, breaded chicken cutlet over spaghetti with homemade marinara, topped with Parmesan.

7.99

## Chicken Pot Pie

Chunks of tender chicken and vegetables in a natural chicken gravy topped with a cheddar biscuit.

7.99

## Classic Mac-n-Cheese

Creamy and delicious with mini penne, cheddar and Monterey Jack cheese.

7.99

## Eggplant Parm Lasagna

A contemporary, lower fat version layered with baked eggplant, spinach, roasted peppers and three cheeses.

7.99

## Egg White Omelet

A hearty meal! Egg whites create this fluffy omelet served with two potato vegetable hash.

**NEW**  
7.99

## Grandma's Stuffed Peppers

An "O.K.!" favorite! Sweet bell peppers, loaded with ground beef, rice, tomato and a tangy glaze.

**NEW**  
7.99

## Lemon Herb Cod

Baked cod with lemon, herbs and gluten free crumbs, mashed potatoes and chef's choice veggies.

9.99

## Liver & Onions

A classic dish done right with caramelized onions and mashed potatoes.

9.99

## Mini Cheese Ravioli

Whole grain pasta with low fat cheese filling and homemade chunky tomato sauce with roasted veggies.

**NEW**  
7.99

## Not Your Mom's Tuna Noodle

We took this classic casserole and redid it right, no canned soup, all from scratch. A crowd pleaser.

7.99

## Poached Salmon

Poached salmon with a touch of herb "butter" served with brown rice and chef's choice vegetable.

9.99

## Roast Turkey Breast

Served with mashed sweet potatoes topped with homemade gravy and seasonal vegetable.

7.99

## Sausage and Peppers

Sweet Italian chicken sausage tossed with oven roasted baby potatoes, tri color peppers, grape tomatoes with red and yellow onions.

**NEW**  
8.99

## Scalloped Potatoes with Ham

This hearty dish of scalloped potatoes and julienned ham has just a bit of Cheddar cheese and green peas in a creamy white sauce.

7.99

## Shepherd's Pie

Lean ground beef with peas and carrots in a light gravy baked under fluffy mashed potatoes.

7.99

## Shrimp Fried Rice

A healthier version studded with crisp vegetables, brown rice, plump shrimp served with traditional fried egg and soy sauce.

**NEW**  
8.99

## Shrimp Scampi

A healthy version without all the butter, but all the flavor! Served with steamed broccoli over spaghetti.

**NEW**  
9.99

## Spaghetti & Meatballs

Beefy, hand rolled meatballs, homemade marinara sauce and a touch of Parmesan over spaghetti.

7.99

## Swedish Meatballs

They're back...New and improved! A comfort food dish in a light sauce studded with peas served over herbed egg noodles.

**NEW**  
8.99

## Turkey Divan

A great, healthy creamy casserole you won't even know is lightened up! Chunks of white meat turkey, cheesy rice and broccoli with a crumbly topping.

7.99

## Yankee Pot Roast

A lovely, old New England recipe with slow cooked beef, vegetables and a darn good sauce.

7.99

