

Nutritional Overview

BF#	DESCRIPTION	LOW FAT	LOW SATURATED FAT	LOW CHOLESTEROL	LOW SODIUM	HEART FRIENDLY	DIABETIC FRIENDLY	RENAL FRIENDLY	GLUTEN FREE	VEGETARIAN	LACTOSE FREE
BF66733	Chicken with Creamy Herbed Gravy	X			X	X	X	X	X		
BF66734	Beef Pot Roast with Mushroom Gravy	X	X	X	X	X	X	X	X		X
BF66735	Whole Grain Ravioli with Sundried Tomato Spinach Cream Sauce	X	X	X	X	X	X	X		X	
BF66715	BBQ Pulled Chicken	X	X	X	X	X	X	X	X		X
BF66725	Pork with White Wine & Herb Sauce		X	X	X	X	X	X	X		
BF66736	Orange Glazed Meatballs			X	X		X	X			
BF66995	Chicken Tenders		X	X			X	X			
BF66987	Scrambled Eggs		X		X		X	X	X		
BF66737	Sweet & Sour Chicken	X	X	X	X	X	X	X	X		
BF66738	Beef & Tomato Mac			X	X		X	X			
BF66726	Chicken Cacciatore	X	X		X	X	X	X			X
BF66727	Honey Mustard Pork	X	X	X	X	X	X		X		
BF66739	Beef Pot Roast with Tomato & Herb Sauce	X	X	X	X	X	X	X	X		X
BF66722	Haddock with Lemon Parsley Rice		X	X	X	X	X	X			X
BF66740	Cheese Lasagna with Garden Vegetable Marinara			X	X	X	X	X		X	
BF60568	Waffles		X			X	X	X			
BF66741	Meatballs with Brown Gravy			X	X		X	X			
BF66742	Whole Grain Ravioli with Meat Sauce	X	X		X	X	X	X			

Nutritional Overview Con't...

Bf#	Description	Low Fat	Low Saturated Fat	Low Cholesterol	Low Sodium	Heart Healthy	Diabetic Friendly	Renal Friendly	Gluten Free	Vegetarian	Lactose Free
BF66720	Pork with Onion Gravy	X	X	X	X	X	X	X	X		
BF66455	Shells & Cheese	X	X	X	X	X	X	X		X	
BF66452	Chicken Pot Pie		X	X	X	X	X	X			
BF66743	Baked Haddock with Lemon Dill Sauce	X	X	X	X	X	X	X	X		
BF66730	Chicken & Rice Casserole	X		X	X	X	X	X	X		
BF66387	Cinnamon Swirl French Toast	X	X			X	X	X			
BF66731	Chicken Lo Mein	X	X	X	X	X	X	X			X
BF66744	Breaded Haddock with Roasted Potatoes	X	X	X	X	X	X	X			X
BF66489	Beef Chili			X	X	X	X	X	X		X
BF66745	Chicken A La King	X	X	X	X	X	X	X			
BF66746	Pork with Apple Gravy	X	X	X	X	X	X	X	X		X
BF66710	Caribbean Mango Chicken	X	X	X	X	X	X	X	X		X
BF67105	Vegetable Alfredo	X		X	X	X	X	X		X	
BF60564	Pancakes & Egg					X	X	X			