

Amazing Lunches Ingredients

February 2020

BBQ Pulled Pork and Cheese Cauliflower Bake

- Pork Shoulder or Vegan Nuggets (by Rebellious Foods)
- Rolls
 - Flour, yeast, honey, sea salt, olive oil
- BBQ Sauce
 - Tomatoes, cider vinegar, roasted carrots, onions, garlic, molasses, honey, paprika, Liquid Smoke (Water, Natural Hickory Smoke Concentrate), sea salt, white pepper
- Cheese Cauliflower Bake
 - Cauliflower, milk, flour, butter, carrots, parmesan cheese, mozzarella cheese, gruyere cheese, sea salt, white pepper

Beef or Tofu Bolognese with Garlic Bread

- Penne Pasta (semolina(wheat), durum wheat flour, vitamins/minerals: vitamin B3 (niacin), iron (ferrous sulfate), vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), folic acid)
- Ground Beef or Tofu (Water, organic soybeans, calcium sulfate)
- Tomato Sauce
 - Tomato, carrots, mushrooms, bell peppers, onion, zucchini (the vegetables are blended into the sauce), garlic, thyme, basil, olive oil, sea salt, white pepper
- Parmesan and Mozzarella Cheese

Bread

- Cheese: Flour, yeast, honey, sea salt, olive oil, cheddar cheese
- Corn: Flour, cornmeal, eggs, honey, butter, baking powder, baking soda, buttermilk
- Garlic: Flour, yeast, honey, sea salt, olive oil, butter, garlic

Chicken or Cheese Alfredo Melt

- Penne Pasta Noodles (semolina(wheat), durum wheat flour, vitamins/minerals: vitamin B3 (niacin), iron (ferrous sulfate), vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), folic acid)
- Chicken (omit for vegetarian)
- Cauliflower, carrots (the vegetables are blended into the sauce), milk, flour, butter, cheddar cheese, parmesan cheese, gruyere cheese, mozzarella cheese

Chicken or Cheese Enchiladas with Rice and Beans

- Chicken Breast (omit for vegetarian)
- Corn tortillas (masa, olive oil, salt)
- Cheddar cheese, mozzarella cheese
- Rice
- Pinto beans
- Tomatillo Salsa
 - Tomatillo, tomatoes, carrots, onions, garlic, chili, sea salt, white pepper, lime

Chicken (or Tofu) Teriyaki and Broccoli with White Rice

- Chicken or Tofu (Water, organic soybeans, calcium sulfate)
- White Rice
- Broccoli
- Carrots (blended into the sauce), honey, garlic, ginger, onions, chili, lime, soy sauce

Crispy Chicken Tenders with Sweet Potato Wedges

- Chicken
- Homemade breadcrumbs (flour, yeast, honey, salt, olive oil), eggs, flour
- Sweet potatoes, paprika, cumin, oregano, garlic, olive oil, sea salt

Crispy Vegan Nuggets with Sweet Potato Wedges

- Vegan Nuggets by Rebellious Foods (Rehydrated Wheat Protein (Water, Wheat Protein [Wheat Gluten, Wheat Flour, Tetrasodium Pyrophosphate, Sodium Carbonate, Mixed Tocopherols [Preservative], Wheat Blend [Wheat Protein, Soy Protein Isolate, Methylcellulose, Salt, Onions, Natural Flavor {Natural Flavor, Yeast Extract}, Sunflower Oil, Sugar, Corn Starch, Celery, Carrots, Ascorbic Acid, Garlic, Rosemary Extract, Tocopherols Extract [Preservative], Black Pepper]), Breading (Wheat Flour, Sugar, Yeast, Degerminated Yellow Corn Flour, Salt, Extractives of Paprika [Color]), Canola Oil, Cornstarch, Seasoning Blend (Salt, Natural Flavor, Spices, Onions, Ascorbic Acid, Citric Acid)
- Sweet potatoes, paprika, cumin, oregano, garlic, olive oil, sea salt

Falafel with Hummus and Pita

- Garbanzo Beans, onion, garlic, parsley, lemon, chili, cumin
- Hummus
 - Garbanzo Beans, olive oil, lemon, garlic, sea salt, white pepper
- Pita Bread

Grilled Chicken Parmesan Pasta with Garlic Bread

- Penne pasta (semolina(wheat), durum wheat flour, vitamins/minerals: vitamin B3 (niacin), iron (ferrous sulfate), vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), folic acid)
- Chicken Breast or Vegan Nuggets by Rebellious Foods
- Lemon, garlic, olive oil, parmesan cheese,
- Breadcrumbs (flour, yeast, honey, salt, olive oil)
- Tomato Sauce
 - Tomato, carrots, mushrooms, bell peppers, zucchini (the vegetables are blended into the sauce), onion, thyme, basil, garlic, olive oil, sea salt, white pepper

Lasagna with Garlic Bread

- Lasagna noodles (semolina(wheat), durum wheat flour, vitamins/minerals: vitamin B3 (niacin), iron (ferrous sulfate), vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), folic acid)
- Tomato Sauce
 - Tomato, carrots, mushrooms, bell peppers, onion, zucchini (the vegetables are blended into the sauce), garlic, thyme, basil, olive oil, sea salt, white pepper
- Cheese Sauce
 - Milk, butter, cheddar cheese, parmesan cheese, mozzarella cheese, gruyere cheese, roasted carrots (blended into the sauce), sea salt, white pepper

Mac 'n' Cheese with Garlic Bread

- Macaroni Noodles (semolina(wheat), durum wheat flour, vitamins/minerals: vitamin B3 (niacin), iron (ferrous sulfate), vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), folic acid)
- Milk, butter, cheddar cheese, parmesan cheese, mozzarella cheese, gruyere cheese, roasted carrots (blended into the sauce), sea salt, white pepper

Pepperoni or Cheese Pizza

- Pizza Base (flour, yeast, honey, salt, olive oil)
- Tomato Sauce
 - Tomato, carrots, mushrooms, bell peppers, onion, zucchini (the vegetables are blended into the sauce), garlic, thyme, basil, olive oil, sea salt, white pepper
- Pepperoni (omit for vegetarian)
- Mozzarella Cheese, Parmesan Cheese, Cheddar Cheese

Spaghetti and Meatballs or Blackbean Balls with Garlic Bread

- Spaghetti noodles (semolina(wheat), durum wheat flour, vitamins/minerals: vitamin B3 (niacin), iron (ferrous sulfate), vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), folic acid)
- Tomato Sauce
 - Tomato, carrots, mushrooms, bell peppers, onion, zucchini (the vegetables are blended into the sauce), garlic, thyme, basil, olive oil, sea salt, white pepper
- Meatballs
 - Ground Beef, paprika, chili, sea salt, white pepper
- Blackbean Balls
 - Black Beans, eggs, mustard, oats, onions, tomato paste, olive oil, parsley, sea salt, white pepper

Turkey Meatballs with Hummus and Pita

- Ground Turkey, onion, garlic, parsley, lemon, chili, cumin
- Hummus
 - Garbanzo Beans, olive oil, lemon, garlic, sea salt, white pepper
- Pita Bread

Volcanic Meatloaf or Blackbean Loaf with Mashed Potatoes

- Meatloaf
 - Ground Beef, eggs, mustard, oats, onions, parsley, olive oil, tomato paste, sea salt, white pepper, ketchup
- Blackbean Loaf
 - Black Beans, eggs, mustard, oats, onions, tomato paste, olive oil, parsley, sea salt, white pepper, ketchup
- Mashed Potatoes
 - Potatoes, cauliflower, butter, milk, sea salt

Grilled Lemon Chicken (or Tofu) and Rice

- Chicken or Tofu (Water, organic soybeans, calcium sulfate)
- Lemon, garlic, parsley, olive oil, sea salt, white pepper
- Rice

BBQ Chicken and Roasted Potatoes

- Chicken or Vegan Nuggets (by Rebellious Foods)
- BBQ Sauce
 - Tomatoes, cider vinegar, roasted carrots, onions, garlic, molasses, honey, paprika, Liquid Smoke (Water, Natural Hickory Smoke Concentrate), sea salt, white pepper
- Potatoes, olive oil, sea salt, white pepper

Orange Chicken (or Tofu) Broccoli with Rice

- Chicken Breast or Tofu (Water, organic soybeans, calcium sulfate)
- Soy Sauce, orange, ginger, carrot, onion, (the vegetables are blended into the sauce), garlic, chili, honey, green onion
- Broccoli

Turkey and White Bean Chilli with Cornbread Muffins