Birch Stream Farms Entrees

Apricot Chicken	
Calories	323
Sodium	306mg
Carbs	51g
Protein	24g
Autumn Chicken Stew	
Calories	358
Sodium	448mg
Carbs	38g
Protein	22g
Baked Haddock with Lemon Dill Sauce	
Calories	374
Sodium	425mg
Carbs	43g
Protein	24g
Beef & Sweet Potato Chili	
Calories	402
Sodium	281mg
Carbs	56g
Protein	26g
Beef Bolognese	
Calories	434
Sodium	198mg
Carbs	56g
Protein	23g
Beef Patty with Onion Gravy	
Calories	403
Sodium	341mg
Carbs	30g
Protein	30g
Beef Stir Fry	
Calories	413
Sodium	400mg
Carbs	58g
Protein	26g

Breaded Haddock with Parsley Rice	
Calories	451
Sodium	376g
Carbs	67g
Protein	21g
Breaded Haddock with Brown Rice &	
Calories	468
Sodium	412mg
Carbs	57g
Protein	22g
Breaded Haddock with Roasted Potatoes	
Calories	328
Sodium	289mg
Carbs	52g
Protein	12g
Buttermilk Pancakes	
Calories	357
Sodium	569mg
Carbs	46g
Protein	13g
Butternut Squash Maple Sweet Potato &	
Calories	325
Sodium	492mg
Carbs	43g
Protein	13g
Chicken Jambalaya	
Calories	376
Sodium	495mg
Carbs	51g
Protein	25g
Chicken Meatballs with Tomato Cream	
Calories	396
Sodium	548mg
Carbs	47mg
Protein	23g
Chicken with Mushroom Gravy	

Calories	325
Sodium	510mg
Carbs	37g
Protein	23g
Chicken & Rice Casserole	
Calories	375
Sodium	465mg
Carbs	51g
Protein	25g
Eggplant Rollatini	
Calories	377
Sodium	453mg
Carbs	62g
Protein	25g
French Toast, Egg & Sausage	
Calories	398
Sodium	768mg
Carbs	48g
Protein	16g
Gnocchi with Chicken & Alfredo Sauce	
Calories	518
Sodium	534mg
Carbs	61g
Protein	31g
Haddock Chowder	
Calories	335
Sodium	501mg
Carbs	49g
Protein	24g
Haddock Florentine	
Calories	328
Sodium	427mg
Carbs	48g
Protein	24g
Hunter's Style Chicken	
Calories	368
Sodium	411mg
Carbs	40g

Protein	23g
Meatloaf with Tomato Glaze	
Calories	412
Sodium	362mg
Carbs	46g
Protein	24g
Orange Glazed Meatballs	
Calories	417
Sodium	418mg
Carbs	36g
Protein	21g
Pork Riblet with Sweet Chili Sauce	
Calories	490
Sodium	451mg
Carbs	68g
Protein	21g
Pork with Applesauce	
Calories	401
Sodium	473mg
Carbs	30g
Protein	25g
Pork with Apple Onion Sauce	
Calories	321
Sodium	516mg
Carbs	34g
Protein	25g
Pot Roast with Tomato & Herb Sauce	
Calories	338
Sodium	508mg
Carbs	43g
Protein	20g
Pot Roast with Herb Cream Sauce	
Calories	338
Sodium	508mg

Carbs	43g
Protein	20g
Salsa Chicken	
Calories	336
Sodium	472mg
Carbs	43g
Protein	25g
Salisbury Steak with Mushroom Gravy	
Calories	442
Sodium	441mg
Carbs	48g
Protein	23g
Scrambled Eggs	
Calories	356
Sodium	381mg
Carbs	42g
Protein	13g
Sesame Chicken	
Calories	436
Sodium	499mg
Carbs	59g
Protein	33g
Shells & Cheese	
Calories	425
Sodium	559mg
Carbs	65g
Protein	14g
Southwest Beef, Potato & Cheddar Skillet	
Calories	363
Sodium	514mg
Carbs	35g
Protein	24g
Tortellini with Sundried Tomato Cream	
Calories	490
Sodium	517mg
Carbs	65g
Protein	23g

Turkey with Cranberry Gravy	
Calories	378
Sodium	298mg
Carbs	42g
Protein	29g
Turkey Noodle Casserole	
Calories	446
Sodium	518mg
Carbs	51g
Protein	30g
Turkey Pot Pie	
Calories	389
Sodium	227mg
Carbs	35g
Protein	28g
Waffles	
Calories	369
Sodium	514mg
Carbs	44g
Protein	14g
Whole Grain Lasagna Roll	
Calories	400
Sodium	366mg
Carbs	53g
Protein	25g
Whole Wheat Turkey & Swiss Wrap	
Calories	385
Sodium	448mg
Carbs	48
Protein	24g

Golden Corral Meals (with supplemental bag)

Baked Spaghetti with Chicken	
Calories	665
Sodium	795mg
Carbs	70g
Protein	52g
Bananas Foster French Toast	
Calories	665
Sodium	546mg
Carbs	116g
Protein	22g
Beef Brisket Meal	
Calories	756
Sodium	904mg
Carbs	110g
Protein	40g
Chicken Cobb Salad Meal	
Calories	748
Sodium	844mg
Carbs	80g
Protein	62g
Chicken Salad Sandwich Meal	
Calories	759
Sodium	686mg
Carbs	93g
Protein	23g
BBQ Sandwich Meal	
Calories	759
Sodium	852mg
Carbs	90g
Protein	41g
Grilled Chicken Sandwich Meal	
Calories	719
Sodium	933mg
Carbs	92g
Protein	46g

Mr's Budd's Pie

Nutrition Facts

Serving Size 1 pie (255g)
Servings Per Container 4

Amount Per Serving	
Calories 385 Calories from Fat 180	
	% Daily Value*
Total Fat 20g	**31%**
Saturated Fat 5g	**25%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 860mg	**36%**
Total Carbohydrate 40g	**13%**
Dietary Fiber 2g	**8%**
Sugars 2g	
Protein 12g	

Vitamin A 41% • Vitamin C 1%

Calcium 12% • Iron 33%

Meatloaf Meal	
Calories	677
Sodium	904mg
Carbs	108g
Protein	25g
Tuna Salad Sandwich Meal	
Calories	689
Sodium	869
Carbs	112g
Protein	28g
Turkey Bacon Ranch Wrap Meal	
Calories	721
Sodium	875
Carbs	104g
Protein	35g