

Birch Stream Farms Entrees

Apricot Chicken

Calories	323
Sodium	306mg
Carbs	51g
Protein	24g

BBQ Pork Rib Patty

Calories	397
Sodium	562mg
Carbs	43g
Protein	21g

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 Roasted Potatoes	
Calories	328
Sodium	289mg
Carbs	52g
Protein	12g
Buttermilk Pancakes	
Calories	357
Sodium	569mg
Carbs	46g
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
Eggplant Rollatini	
Calories	377
Sodium	453mg
Carbs	62g
Protein	25g
French Toast, Egg & Sausage	
Calories	405
Sodium	622mg
Carbs	53g
Protein	17g
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
Meatloaf with Tomato Glaze	
Calories	412
Sodium	362mg
Carbs	46g
Protein	24g
Orange Glazed Meatballs	
Calories	417
Sodium	418mg
Carbs	36g
Protein	21g
Pork with Applesauce	
Calories	401
Sodium	473mg
Carbs	30g
Protein	25g
Pot Roast with Tomato & Herb Sauce	
Calories	338
Sodium	508mg
Carbs	43g
Protein	20g
Salsa Chicken	
Calories	336
Sodium	472mg
Carbs	43g
Protein	25g
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 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
Meatloaf Sandwich Meal	
Calories	689
Sodium	869
Carbs	112g
Protein	28g
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

