



Kickin' Kater LLC

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Licensed by PA Dept of Ag.



# Meat Loaf + Mashed Potatoes & Gravy Micro-Duo Meal

## Heating Instructions & Meal Ingredient Listing



**Heating Time:** for best results, thaw completely. Product is fully cooked, treat as if reheating leftovers.

Microwave for 1 minute 30 seconds. Stir or rotate. Microwave for another 1 minute, or until desired temperature reached

**Once product is thawed, use within 7 days or discard**

**Suggested use within 6 months of Freeze By Date**

**Contains: Milk, Eggs, Soy**

**Meat Loaf Ingredients:** Ground Beef, Pizza Sauce (tomato whole or 2% Milk (milk, vitamin D3 and may contain vitamin A palmitate),s, corn oil, salt, black pepper, oregano, garlic powder), Oatmeal (whole grain rolled oats),, Eggs, Onion, Salt, Red Pepper, PAM Cooking Spray (to prevent sticking) [canola oil\*, coconut oil\*, palm oil\*, soy lecithin (prevents sticking), dimethyl silicone (anti foaming agent)]

**Mashed Potato Ingredients:** potatoes, whole or 2% milk (milk, vitamin D3 and may contain vitamin A palmitate), sour cream [cultured pasteurized light cream and nonfat milk, enzymes], cream cheese [pasteurized milk and cream, cheese culture, salt, guar gum, carob bean gum, xanthan gum], butter [pasteurized cream, salt], salt, garlic salt, white pepper

**Beef Gravy Ingredients:** seasoned beef broth [from pot roast beef; prior to cooking injected with up to 20% solution of water, salt, dextrose, sodium phosphate, hydrolyzed soy acorn protein, extractives of onion, garlic and spices. caramel coloring) and/or (from smoked beef brisket; prior to cooking seasoned with Premium Blend Seasoning (sugar, salt, chili pepper, spices, dehydrated garlic, disodium inosinate, disodium guanylate, silicon dioxide (to prevent caking)) and Rosemary Garlic Seasoning (dried garlic, salt, dried onion, rosemary, spice, dried red bell pepper, dried lemon peel, paprika [color])], water, clear gel [100% food starch-modified, derived from waxy maize]

**Processed in facilities that process wheat, egg, milk, soy, tree nuts & peanuts**