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Microwaveable Ham Dinner

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: Wheat, Milk, Eggs, Soy, Celery, Mustard

Baked Ham Ingredients: **Baked Ham** [cured with: water, salt, contains less than 2% of sodium phosphate, sugar, sodium bicarbonate, autolyzed yeast extract, dextrose, sodium erythorbate, sodium nitrate] **water - Gluten Free**

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 - Gluten Free**

Homemade Filling Ingredients: **Bread Cubes** [occident flour (wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)), malted barley flour, potassium bromate), water, sugar, lard (rendered pork fat), instant yeast (yeast, sorbitan monostearate, ascorbic acid), vegetable shortening [palm oil], salt, calcium propionate [preservative], grain vinegar, datem, soy lecithin], **Celery, Butter Blend** [vegetable oil blend (palm oil and soybean oil), water, butter (cream, salt), contains less than 2% of salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)], **Onion, Parsley, Poultry Seasoning** (sea salt, coriander, oregano, sage, black pepper, thyme, celery seed, cumin, mustard seed, canola oil, turmeric, ascorbic acid (preservative), natural flavors), **Chicken Base** (salt, corn syrup solids, chicken fat (chicken fat, bha, propyl gallate, citric acid), yeast extract, palm oil, chicken meat powder, onion powder, turmeric, parsley, spice extractives (including turmeric)), **Salt, Pepper**

Ham Gravy Ingredients: **ham broth** [from hickory smoked baked ham (cured with: water, salt, contains less than 2% of sodium phosphate, sugar, sodium bicarbonate, autolyzed yeast extract, dextrose, sodium erythorbate, sodium nitrate)], **water, clearjel** [100% food starch-modified, derived from waxy maize], **ham base** [salt, sugar, maltodextrin, soybean oil, contains 2% or less of: yeast extract, caramel color, disodium inosinate, disodium guanylate, natural flavorings, natural smoke flavor]- **Gluten Free**

Meal Contains ONE of these side vegetable items:

Baked Corn Ingredients: **Creamed Corn** [corn, water, sugar, modified corn starch, salt], whole or 2% **Milk** (milk, vitamin D3 and may contain vitamin A palmitate), **Eggs** and/or **Liquid Eggs** [eggs liquid whole pasteurized with citric acid], **Saltine Style Crackers** (enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), soybean oil with tbhq and citric acid for freshness, contains 2% or less of: salt, leavening (baking soda, yeast), malted barley flour, sodium sulfite, enzymes), **Butter** [pasteurized cream, salt], contains less than 2% of salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)), **Sugar, Salt, Pepper, PAM cooking spray** (to prevent sticking) [canola oil*, coconut oil*, palm oil*, soy lecithin (prevents sticking), dimethyl silicone (anti foaming agent)]

Baked Pineapple Ingredients: **Crushed Pineapple** (pineapple and pineapple juice), **Sugar, Bread Cubes** (occident flour (wheat flour enriched (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)), malted barley flour, potassium bromate), water, sugar, lard (rendered pork fat), instant yeast (yeast, sorbitan monostearate, ascorbic acid), vegetable shortening [palm oil], salt, calcium propionate [preservative], grain vinegar, datem, soy lecithin), **Eggs, Butter** [pasteurized cream, salt] and/or **Butter Blend** (vegetable oil blend (palm oil and soybean oil), water, butter (cream, salt), contains less than 2% of salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)), **PAM cooking spray** (to prevent sticking) [canola oil*, coconut oil*, palm oil*, soy lecithin (prevents sticking), dimethyl silicone (anti foaming agent)]

Green Bean Casserole Ingredients: **Green Beans, Cream of Mushroom Soup** (water, mushrooms, wheat flour, soybean oil, contains 2% or less of: corn starch, salt cream, whey protein concentrate, modified food starch, soy protein concentrate, yeast extract, natural flavor, dehydrated garlic, lactic acid), whole or 2% **Milk** (milk, vitamin D3 and may contain vitamin A palmitate), **French Fried Onions** (onions, palm oil, wheat flour, dextrose, salt), **Pepper, PAM cooking spray** (to prevent sticking) [canola oil*, coconut oil*, palm oil*, soy lecithin (prevents sticking), dimethyl silicone (anti foaming agent)]

Sweet Potato Ingredients: **Sweet Potatoes, Butter** [pasteurized cream, salt] or **Butter Blend** (vegetable oil blend (palm oil and soybean oil), water, butter (cream, salt), contains less than 2% of salt, nonfat dry milk, natural & artificial flavors, potassium sorbate (a preservative), soy lecithin, vitamin A palmitate added, beta carotene (color)), **Brown Sugar** (cane sugar, cane molasses), **Pecans, Eggs, Flour** [bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], **Sugar, Vanilla** (water, sugar, caramel color, artificial flavor, citric acid, sodium benzoate (preservative)) **PAM cooking spray** (to prevent sticking) [canola oil*, coconut oil*, palm oil*, soy lecithin (prevents sticking), dimethyl silicone (anti foaming agent)] **CONTAINS: Tree Nuts**

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