

name	price	size	description	QTY
Breakfast Rapp-N-Roll	4.79	9 oz	Egg whites, eggs, bell peppers, potatoes, low fat cheese, sauce, wheat tortilla	
New Orleans Brunch	LC 4.79	9	Egg whites, eggs, veggies, potatoes, peppers, low fat cheese, sauce	
Americana Meatloaf	GF 4.79	9	Soy burger, mashed potatoes, gravy, peas	
Carolina Rapp-N-Roll	LC 4.79	9	Creamy white sauce, soy chicken, veggies, low fat cheese	
Arizona Rapp N Roll	4.79	9	Rice, soy chicken, low fat cheese, corn, sauce, flour tortilla	
Cali-CHK'n Rapp N Roll	LC 4.79	9	Soy chicken, peppers, low fat cheese, sauce	
Colorado Rapp N Roll	4.79	9	Brown rice, burger (soy), peppers, tomato, cheese, BBQ sauce	
Crusty Baked Mac n Cheese	4.79	9	Baked casserole of macaroni, low fat cheese and soy bacon	
East West	GF 4.79	9	Chicken nuggets (soy), mixed veggies and sauce	
Fiesta California	GF 4.79	9	Rice baked w low fat cheese, corn, peas, carrots and chicken (soy)	
Hawaii Rapp N Roll	LC 4.79	9	Chicken (soy) pineapple, mushrooms, veggies, low fat cheese, wheat tortilla	
Idaho Rapp N Roll	4.79	9	Potatoes, low fat cheese, sausage, sauce, flour tortilla	
Italian Rapp N Roll	LC 4.79	9	Pizza sauce, burger(soy), olives, mushrooms, low fat cheese, wheat tortilla	
New Mexico Rapp N Roll	LC 4.79	9	Chipotle burger(soy), mixed bell peppers, low fat cheese, salsa	
Marsala Italiano	LC 4.79	9	Chicken patty(soy) veggies, low fat cheese, sauce	
Mexican Enchilada	LC 4.79	9	Enchilada sauce, burger(soy), olives, low fat cheese, wheat tortilla	
Shepherd's Pie	GF 4.79	9	Burger(soy), veggies, sauce, topped w mashed potatoes	
Nevada Rapp N Roll	LC 4.79	9	Chicken(soy), BBQ sauce, bell peppers, low fat cheese, wheat tortilla	
Montana Rapp N Roll	4.79	9	Steak strips (soy), veggies, low fat cheese, BBQ sauce, flour tortilla	
Mediterranean Risotto	GF 4.79	9	Layered rice, low fat cheese, minced veggies	
Pacific Rim Spring Roll	GF 4.79	9	Asian veggies, spring roll, sauce	
Parma Bake	GF 4.79	7	Italian sauce, mushrooms, broccoli, burger(soy), low fat cheese	
Pasta Pesto	4.79	9	Noodles w garlic, parmesan, basil, parsley	
Penne Pasta Dinner	4.79	9	Penne noodles, tomatoes, spices w chicken nuggets (soy)	
Pizza Chicago UNO	LC 4.79	7	Deep dish pizza, low fat cheese, sauce	
Pizza Chicago DUO	LC 4.79	7	Deep dish pizza, low fat cheese, sausage, sauce	
Pizza Chicago TRE	LC 4.79	7	Deep dish pizza, low fat cheese, mushrooms, sauce, wheat crust	
Pizza Chicago QUATRO	LC 4.79	7	Deep dish pizza, creamy white sauce, low fat cheese, chicken (soy)	
NEW Pizza Chicago Cinco	LC 4.79	9	Deep dish pizza, pineapple, low fat cheese, sauce	
Sicilian Lasagna	4.79	9	Baked Lasagna, burger(soy), tomato sauce, low fat cheese	
Southern Style Dinner	4.79	9	Chicken patty(soy), mashed potatoes, corn, gravy	
Spinach and Cheese Ravioli	4.79	9	Low fat cheese ravioli w red peppers, tomato sauce	
Stroganoff Supreme	GF 4.79	9	Steak strips(soy), creamy beef sauce, mushrooms, rice	
Szechwan Dinner	GF 4.79	9	Chicken strips(soy) stir fry veggies, sauce	
Texas Rapp N Roll	4.79	9	Creamy pinto beans, low fat cheese, salsa, flour tortilla	
Texas Stake Rapp N Roll	LC 4.79	9	Steak strips(soy), peppers, low fat cheese, salsa	
Tamale Pie	GF 4.79	9	Burger(soy), peppers, sauces, spices, cornmeal topping	
Western Skillet	LC 4.79	9	Steak strips(soy), flame roasted peppers, veggies, sauce	
The Crisp Bar	GF 8.50	9	Mixed cereal bars (7 per pack)	
SF Chocolate Squares	LC 1.79	1.5	Sugar free chocolate cake squares - singles	
SF Oatmeal Squares	LC 1.79	1.5	Sugar free oatmeal cake squares w raisins - singles	
TOTAL (w/o shipping)	\$		(GF- gluten free LC- low carb)	Total number of items:
(Minimum number of items for an order= 24)		In CA orders of 24- 35, shipping is \$20		

FAX ORDER TO: 949-613-7442