NOMAD CUISINE

ITALIAN

CHEESY LASAGNA
Veggies With White Sauce

Pasta sheets layered with a creamy alfredo sauce and a medley of seasoned vegetables topped with mozzarella cheese

Nutrition Facts	
1 serving per container	
Serving size	**1 tray (283g)**
Amount Per Serving	
Calories	**390**
	% Daily Value*
Total Fat 18g	**23%**
Saturated Fat 10g	**51%**
Trans Fat 0g	
Cholesterol 45mg	**16%**
Sodium 220mg	**9%**
Total Carbohydrate 37g	**14%**
Dietary Fiber 3g	**11%**
Total Sugars 9g	
Includes 0g Added Sugars	**0%**
Protein 21g	
Vitamin D 0mcg	0%
Calcium 470mg	35%
Iron 2.5mg	15%
Potassium 790mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contains: Milk, Wheat

SIZE: 10 oz (283g) | 8 units/case

CHIPOTLE MAC N CHEESE
Chicken With Cavatappi

Spiral pasta pan tossed in a seasoned cheddar and monterey jack cheese sauce served with marinated chicken breast topped with cheddar cheese

Nutrition Facts	
1 serving per container	
Serving size	**1 bowl (283g)**
Amount Per Serving	
Calories	**490**
	% Daily Value*
Total Fat 21g	**27%**
Saturated Fat 12g	**58%**
Trans Fat 0g	
Cholesterol 95mg	**31%**
Sodium 660mg	**29%**
Total Carbohydrate 42g	**15%**
Dietary Fiber 2g	**9%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 29g	**22%**
Vitamin D 0.5mcg	2%
Calcium 360mg	30%
Iron 1.9mg	10%
Potassium 270mg	6%

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Contains: Wheat, Milk

SIZE: 10 oz (283g) | 8 units/case

TRUFFLE MAC N CHEESE
With Mini Shells

Pasta shells, pan tossed with a cheddar, parmesan and monterey jack cheese based sauce, infused with truffles, topped with parmesan cheese and bread crumbs

Nutrition Facts	
1 serving per container	
Serving size	**1 bowl (227g)**
Amount Per Serving	
Calories	**440**
	% Daily Value*
Total Fat 22g	**28%**
Saturated Fat 10g	**48%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 590mg	**25%**
Total Carbohydrate 42g	**15%**
Dietary Fiber 2g	**8%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 18g	**15%**
Vitamin D 0mcg	0%
Calcium 370mg	30%
Iron 1.8mg	10%
Potassium 80mg	0%

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Contains: Wheat, Milk

SIZE: 8 oz (227g) | 8 units/case

ASIAN

GENERAL TSO
Chicken With Fried Rice

Seasoned chicken breast strips served in a zesty sweet sauce over a bed of stir fried long grain rice tossed with broccoli, eggs, green onions, grren peas and carrots topped with roasted sesame seeds

Nutrition Facts	
1 serving per container	
Serving size	**1 bowl (283g)**
Amount Per Serving	
Calories	**360**
	% Daily Value*
Total Fat 10g	**12%**
Saturated Fat 1.5g	**7%**
Trans Fat 0g	
Cholesterol 90mg	**30%**
Sodium 730mg	**31%**
Total Carbohydrate 47g	**17%**
Dietary Fiber 3g	**12%**
Total Sugars 11g	
Includes 10g Added Sugars	**20%**
Protein 20g	
Vitamin D 1.5mcg	8%
Calcium 70mg	6%
Iron 1.7mg	10%
Potassium 490mg	10%

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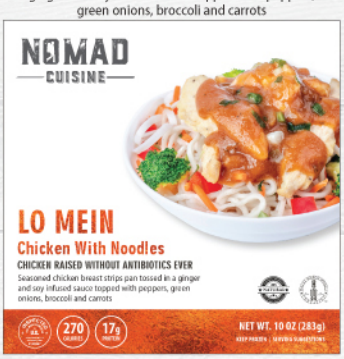
Contains: Egg, Soy, Wheat

SIZE: 10 oz (283g) | 8 units/case

LO MEIN
Chicken With Noodles

Seasoned chicken breast strips pan tossed in a ginger and soy infused sauce topped with peppers, green onions, broccoli and carrots



Nutrition Facts	
1 serving per container	
Serving size	**1 bowl (283g)**
Amount Per Serving	
Calories	**270**
	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 45mg	**14%**
Sodium 630mg	**27%**
Total Carbohydrate 41g	**15%**
Dietary Fiber 3g	**10%**
Total Sugars 6g	
Includes 2g Added Sugars	**3%**
Protein 17g	**20%**
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.9mg	6%
Potassium 420mg	8%

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Contains: Soy, Wheat

SIZE: 10 oz (283g) | 8 units/case

PAD THAI
Chicken With Noodles

Rice noodles pan tossed in a rich flavorful peanut sauce with a lightly seasoned chicken breast topped with broken peanuts

Nutrition Facts	
1 serving per container	
Serving size	**1 bowl (283g)**
Amount Per Serving	
Calories	**380**
	% Daily Value*
Total Fat 11g	**14%**
Saturated Fat 1.5g	**7%**
Trans Fat 0g	
Cholesterol 40mg	**13%**
Sodium 470mg	**20%**
Total Carbohydrate 51g	**18%**
Dietary Fiber 4g	**14%**
Total Sugars 18g	
Includes 13g Added Sugars	**27%**
Protein 20g	**21%**
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.5mg	8%
Potassium 430mg	10%

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Contains: Peanuts, Soy

SIZE: 10 oz (283g) | 8 units/case

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DEC 2024

NOMAD CUISINE

MEXICAN

CHICKEN FAJITA
Chicken With Seasoned Rice

Long grain rice with black beans, tomatoes, peppers and corn, pan tossed with a seasoned tomato and garlic sauce topped with marinated chicken breast and shredded cheese

Nutrition Facts

1 serving per container

Serving size	**1 bowl (283g)**
Amount Per Serving	
Calories	**410**
	% Daily Value*
Total Fat 16g	22%
Saturated Fat 6g	31%
Trans Fat 0g	
Cholesterol 60mg	21%
Sodium 370mg	16%
Total Carbohydrate 38g	14%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 210mg	15%
Iron 1.8mg	10%
Potassium 480mg	10%

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Contains: Milk

SIZE: 10 oz (283g) | 8 units/case

CARIBBEAN

JERK CHICKEN
Chicken With Cuban Rice

Seasoned chicken breast strips pan tossed with a zesty traditional island marinade served on a bed of long grain rice infused with peppers, corn, black beans and chilies

Nutrition Facts

1 serving per container

Serving size	**1 bowl (283g)**
Amount Per Serving	
Calories	**350**
	% Daily Value*
Total Fat 9g	11%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 580mg	24%
Total Carbohydrate 49g	18%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 6g Added Sugars	12%
Protein 19g	16%
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 1mg	6%
Potassium 513mg	10%

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Contains: Soy

SIZE: 10 oz (283g) | 8 units/case

INDIAN

TIKKA MASALA
Chicken & Riced Cauliflower

Marinated chicken breast seasoned with traditional spices, slow simmered in a tomato, onions and yogurt sauce, served over a bed of riced cauliflower and green peas

Nutrition Facts

1 serving per container

Serving size	**1 bowl (283g)**
Amount Per Serving	
Calories	**260**
	% Daily Value*
Total Fat 14g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 370mg	16%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	15%
Total Sugars 7g	
Includes 1g Added Sugars	3%
Protein 20g	18%
Vitamin D 0mcg	0%
Calcium 87mg	6%
Iron 2mg	15%
Potassium 600mg	15%

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Contains: Milk, Cashews

SIZE: 10 OZ (283g) | 8 units/case

BUTTER CHICKEN
With Saffron Rice & Garlic Naan

Marinated chicken breast seasoned with traditional spices, slow simmered in a tomato, onion and butter sauce, served with a saffron infused long grain basmati rice and traditional oven fired garlic infused naan

Butter Chicken with Saffron Rice

Nutrition Facts

1 serving per container

Serving size	**1 bowl (213g)**
Amount Per Serving	
Calories	**350**
	% Daily Value*
Total Fat 19g	24%
Saturated Fat 8g	41%
Trans Fat 0g	
Cholesterol 70mg	24%
Sodium 340mg	15%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 2g Added Sugars	4%
Protein 16g	17%
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.3mg	15%
Potassium 490mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Garlic Naan

Nutrition Facts

1 serving per container

Serving size	**1 piece (71g)**
Amount Per Serving	
Calories	**190**
	% Daily Value*
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 210mg	9%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	5%
Total Sugars 2g	
Includes 1g Added Sugars	1%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2.1mg	10%
Potassium 100mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Contains: Milk, Wheat, Cashew, Egg

SIZE: 10 OZ (283g) | 8 units/case

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