

# CHEF'S BANQUET™

## Cheddar Cheese Sauce

### Nutrition Facts

Serving Size: about 20g  
Servings Per Container: 30

Amount Per Serving	
<b>Calories:</b> 80	Cal from Fat: 20 % Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 1g	
<b>Cholesterol</b> 8mg	<b>2%</b>
<b>Sodium</b> 572mg	<b>24%</b>
<b>Total Carb</b> 13g	<b>4%</b>
Dietary Fiber 0g	
Sugars 4g	
<b>Protein</b> 2g	
Vitamin A 1%	Vitamin C 0%
Calcium 5%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet.

**CHEDDAR CHEESE SAUCE**  
**INGREDIENTS:** WHEY AND/OR DEPROTEINIZED WHEY, AGED CHEDDAR & BLUE CHEESES (PASTEURIZED MILK, SALT, ANNATTO EXTRACT, CHEESE CULTURE, ENZYME), PARTIALLY HYDROGENATED SOYBEAN OIL, MALTODEXTRIN, NONFAT OR CULTURED NONFAT MILK, SALT, LACTIC ACID, CITRIC ACID, ARTIFICIAL COLOR (INCLUDING YELLOW 5, YELLOW 6), SODIUM CITRATE, SUGAR, MONO & DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, \*CONTAINS LESS THAN 2% SILICON DIOXIDE AS AN ANTI-CAKING AGENT & LESS THAN 2% DISODIUM PHOSPHATE AS A PROCESSING AID.  
**ALLERGENS: MILK;**

## Chicken Flavored Vegetable Stew

### Nutrition Facts

Serving Size: 1/4 cup dry (About 29g)  
Servings Per Container: About 30

Amount Per Serving	
<b>Calories:</b> 132	Cal from Fat: 54 % Daily Value*
<b>Total Fat</b> 8g	<b>25%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 750mg	<b>31%</b>
<b>Total Carb</b> 18g	<b>6%</b>
Dietary Fiber 1g	
Sugars 4g	
<b>Protein</b> 2g	
Vitamin A 8%	Vitamin C 0%
Calcium 1%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

**CHICKEN FLAVORED VEGETABLE STEW**  
**INGREDIENTS:** DEHYDRATED VEGETABLES (POTATOES, PEAS, ONION, CARROTS, & CELERY), COCONUT OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE (A MILK DERIVATIVE), MONO & DIGLYCERIDES, DIPOTASSIUM PHOSPHATE & SODIUM SILICO ALUMINATE (PRODUCT CONTAINS SULFUR DIOXIDE AT 20 PPM MAX), SALT, HYDROLYZED CORN PROTEIN, MODIFIED CORN STARCH, SUGAR, AUTOLYZED YEAST EXTRACT, DEHYDRATED GARLIC, DEHYDRATED PARSLEY, EXTRACTIVES OF TURMERIC, (LESS THAN 2.0% SILICON DIOXIDE ADDED AS AN ANTICAKING AGENT), ONION POWDER, BLACK GROUND PEPPER, & CRACKED ROSEMARY.  
**ALLERGENS: MILK, WHEAT, SOY.**

## Hearty Potato Soup

### Nutrition Facts

Serving Size: 1/4 cup (About 33g)  
Servings Per Container: 60

Amount Per Serving	
<b>Calories:</b> 276	Cal from Fat: 70 % Daily Value*
<b>Total Fat</b> 1g	<b>12%</b>
Saturated Fat 3g	<b>16%</b>
Trans Fat 2.5g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 810mg	<b>34%</b>
<b>Total Carb</b> 42g	<b>12%</b>
Dietary Fiber 3g	
Sugars 4g	
<b>Protein</b> 6g	
Vitamin A 4%	Vitamin C 0%
Calcium 15%	Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

**HEARTY POTATO SOUP**  
**INGREDIENTS:** DEHYDRATED VEGETABLES (\*POTATOES, ONIONS, GARLIC, CELERY & CARROTS) PARTIALLY HYDROGENATED CANOLA OIL, CORN SYRUP SOLIDS, MALTODEXTRIN, SALT, SODIUM CASEINATE, HYDROLYZED CORN GLUTEN, HYDROLYZED SOY PROTEIN, CORN STARCH, SUGAR, SPICES, DIPOTASSIUM PHOSPHATE, MONO & DIGLYCERIDES, DISODIUM INOSINATE & DISODIUM GUANYLATE, \*TUMERIC (COLOR), NOT MORE THAN 2% SILICON DIOXIDE ADDED TO PREVENT CAKING, \*FRESHNESS PROTECTED BY SODIUM BISULFATE.  
**ALLERGENS: DAIRY, SOY.**

## Instant Potatoes

### Nutrition Facts

Serving Size: 3/4 cup (About 36g)  
Servings Per Container: 60

Amount Per Serving	
<b>Calories:</b> 276	Cal from Fat: 70 % Daily Value*
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 2g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 750mg	<b>38%</b>
<b>Total Carb</b> 4g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 2g	
<b>Protein</b> 2g	
Vitamin A 2%	Vitamin C 8%
Calcium 5%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

**INSTANT POTATOES**  
**INGREDIENTS:** DEHYDRATED VEGETABLES (\*POTATOES, ONIONS, GARLIC, CARROTS, PARSLEY), MODIFIED CORN STARCH, PARTIALLY HYDROGENATED CANOLA OIL, CORN SYRUP SOLIDS, MALTODEXTRIN, SALT, NATURAL FLAVORS, (CONTAINS DAIRY), HYDROLYZED CORN GLUTEN, & HYDROGENATED SOY PROTEIN, CORN STARCH, SUGAR, SODIUM CASEINATE, SILICON DIOXIDE (ANTI-CAKING AGENT), SPICES, DIPOTASSIUM PHOSPHATE, MONO & DIGLYCERIDES, DISODIUM INOSINATE & DISODIUM GUANYLATE \*FRESHNESS PROTECTED BY SODIUM BISULFATE.  
**ALLERGENS: DAIRY, SOY**

## Cheddar Broccoli Rice

### Nutrition Facts

Serving Size: 1/3 cup dry (78g)  
Servings Per Container: 30

Amount Per Serving	
<b>Calories:</b> 336	Cal from Fat: 34 % Daily Value*
<b>Total Fat</b> 3g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 363mg	<b>0%</b>
<b>Total Carb</b> 61g	<b>22%</b>
Dietary Fiber 3g	
Sugars 2g	
<b>Protein</b> 6g	
Vitamin A 1%	Vitamin C 4%
Calcium 2%	Iron 14%

\*Percent Daily Values are based on a 2,000 calorie diet.

**CHEDDAR BROCCOLI RICE**  
**INGREDIENTS:** INSTANT RICE, CHEDDAR CHEESE (PASTEURIZED MILK, SALT, CULTURE, ANNATTO, ENZYMES) WHEY, MALTODEXTRIN, SOYBEAN OIL, SALT, BROCCOLI, ONION, CORN STARCH, SPICES, NATURAL FLAVORS, LACTIC ACID, SODIUM CASEINATE, ANNATTO WINE FLAVOR, CITRIC ACID, NATURAL EXTRACT, TURMERIC EXTRACT.  
**ALLERGENS: DAIRY, SOY.**

## Beef Flavored Vegetable Stew

### Nutrition Facts

Serving Size: 1/4 cup (About 31g)  
Servings Per Container: 30

Amount Per Serving	
<b>Calories:</b> 105	Cal from Fat: 10 % Daily Value*
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carb</b> 15g	<b>5%</b>
Dietary Fiber 4g	<b>18%</b>
Sugars 2g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 5%	Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

**BEEF FLAVORED VEGETABLE STEW**  
**INGREDIENTS:** DEHYDRATED VEGETABLES (\*POTATOES, GREEN BEANS, ONIONS, GARLIC, TOMATO, CARROT & PARSLEY), SALT, CORN STARCH, NATURAL FLAVORS & SPICES \*FRESHNESS PROTECTED BY SODIUM BISULFATE.  
**ALLERGENS: WHEAT.**



## Elbow Pasta

### Nutrition Facts

Serving Size: 1/2 cup (About 37g)  
Servings Per Container: About 30

Amount Per Serving	
<b>Calories:</b> 210	Cal from Fat: 10 % Daily Value*
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carb</b> 41g	<b>14%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 1g	
<b>Protein</b> 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet.

**ELBOW PASTA**  
**INGREDIENTS:** SEMOLINA, ENRICHED WITH IRON (FERROUS SULFATE) & B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID).  
**ALLERGENS: WHEAT.**

## Mixed Vegetables

### Nutrition Facts

Serving Size: About 20g  
Servings Per Container: About 30

Amount Per Serving	
<b>Calories:</b> 42	Cal from Fat: 9 % Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carb</b> 9g	<b>7%</b>
Dietary Fiber 1g	
Sugars 3g	
<b>Protein</b> 2g	
Vitamin A 4%	Vitamin C 12%
Calcium 1%	Iron 7%

\*Percent Daily Values are based on a 2,000 calorie diet.

**MIXED VEGETABLES**  
**INGREDIENTS:** DEHYDRATED SWEET CORN, GREEN PEAS & CARROTS.

## Rolled Oats

### Nutrition Facts

Serving Size: 1/4 cup (About 24g)  
Servings Per Container: 60

Amount Per Serving	
<b>Calories:</b> 100	Cal from Fat: 15 % Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 250g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carb</b> 18g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 0g	
<b>Protein</b> 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 7%

\*Percent Daily Values are based on a 2,000 calorie diet.

**ROLLED OATS**  
**INGREDIENTS:** NON-ORGANIC, REGULAR ROLLED OATS.

**PRODUCED IN A FACILITY THAT HANDLES MILK, SOY, EGGS, WHEAT, & TREE NUTS.**

## Quality and Freshness Guarantee.

**Chef's Banquet™** has been a trusted family favorite that guarantees quality and delicious taste. With only the finest ingredients and packaging, you can expect great meals for years to come. When stored in a cool dry place, this product will retain a shelf life of up to 20 years.

## Best Value and Variety.

**Chef's Banquet™** ARK has a great selection of meal options that will satisfy even the hardest to please. Each meal is made with a delicious, hearty blend of superior ingredients.

## Chef's Banquet™ ARK™

There are 330 total servings which include: 30 servings of Cheddar Cheese Pasta, 30 servings of Chicken Flavored Vegetable Stew, 60 servings of Hearty Potato Soup, 60 servings of Instant Potatoes, 30 servings of Cheddar Broccoli Rice, 30 servings of Beef Flavored Vegetable Stew, 30 servings of Mixed Vegetables, and 60 servings of Rolled Oats.

## PREPARATION INSTRUCTIONS:

**MIX 1 1/4 CUP OF CHEDDAR CHEESE SAUCE**  
MIX WITH 1/2 CUP OF WATER & MIX WELL. ADD WATER AS NEEDED TO CREATE THE DESIRED CONSISTENCY.

**MIX 1/4 CUP OF CHICKEN FLAVORED VEGETABLE STEW**  
WITH 1 CUP OF WATER. SLOWLY BRING TO A BOIL. \*STIR OFTEN TO AVOID BURNING SOUP. SLOWLY THICKEN RAPIDLY WHEN IT REACHES A BOIL.

**MIX 1/4 CUP OF HEARTY POTATO SOUP**  
MIX WITH 1 CUP OF WATER. SLOWLY BRING TO A BOIL. \*STIR OFTEN TO AVOID BURNING. SOUP WILL THICKEN RAPIDLY WHEN IT REACHES A BOIL.

**MIX 3/4 CUP OF INSTANT POTATOES**  
WITH 2 CUPS OF WATER. SLOWLY BRING TO A BOIL. \*STIR OFTEN TO AVOID BURNING. POTATOES WILL THICKEN RAPIDLY WHEN IT REACHES A BOIL. ADD EXTRA WATER TO MAKE POTATO SOUP.

**COMBINE 1/2 CUP WATER & 1/3 CUP CHEDDAR BROCCOLI MIX & BRING TO A BOIL. STIRRING OFTEN. REMOVE FROM HEAT, COVER & LET SIT FOR 5-10 MINUTES.**

**SHAKE BAG WELL TO MIX INGREDIENTS. STIR IN 1/4 CUP OF BEEF FLAVORED VEGETABLE STEW MIX INTO 1 CUP WATER. BOIL FOR 10-12 MINUTES STIRRING OCCASIONALLY.**

**BRING 2-3 CUPS OF WATER TO A BOIL. ADD 1 1/2 CUPS PASTA. BOIL FOR ABOUT 10 MINUTES. DRAIN OR USE WATER TO MAKE SAUCE MIX.**

**BRING 1 1/2 CUPS OF WATER TO A BOIL. ADD 1/4 CUP MIXED VEGETABLES. COOK 10-15 MINUTES OR UNTIL HYDRATED. DRAIN WATER.**

**BRING 1/2 CUP OF WATER TO A BOIL. ADD 1/4 CUP OF OATS. REDUCE TO MEDIUM HEAT AND STIR FOR 2-3 MINUTES. REMOVE FROM HEAT, COVER, AND LET SIT FOR 5-10 MINUTES.**

V 1.1 Part# 7054  
Product# 4080



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