Nutrition Facts

Serving Size 1 tray (312g/11oz)
Servings Per Container 1

Amount Per Serving	
Calories 390	Calories from Fat 110
	% Daily Value*
Total Fat 13g	**19%**
Saturated Fat 6g	**28%**
Trans Fat 0g	
Cholesterol 60mg	**19%**
Sodium 740mg	**31%**
Total Carbohydrate 50g	**17%**
Dietary Fiber 5g	**19%**
Sugars 9g	
Protein 21g	

Vitamin A 30% • Vitamin C 30%
Calcium 35% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: TOMATOES (TOMATOES, SALT), **PASTA** (DURUM SEMOLINA), **WATER, RICOTTA CHEESE** (MILK [WHOLE & SKIM], VINEGAR, SALT. MAY CONTAIN WHEY), **BEEF, MOZZARELLA CHEESE** (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES), **ONIONS, IMPORTED ROMANO CHEESE** (PASTEURIZED SHEEP'S MILK, CULTURES, RENNET, SALT), **EGG, SALT, SOY OIL, SPICES, GARLIC, OLIVE OIL.**

CONTAINS: WHEAT, MILK, EGG, SOY.

Michael Angelo's Gourmet Foods, Inc.
200 Michael Angelo Way,
Austin, TX 78728
1-877-ITALIAN (482-5426)

Product of U.S.A.

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BEST IF USED BY:

COOKING INSTRUCTIONS:
Do Not Thaw. Keep Frozen Until Ready To Use. Due to variations in ALL ovens, cooking times and/or temperature may require adjustment.

MICROWAVE OVEN:
Microwave cooking instructions based on 1100W appliance. For 1250W microwaves reduce cooking time.

- Remove entrée from carton, place on a microwaveable plate and place in microwave.
- Cook on HIGH with film on for **5-7 minutes.**
- **Carefully** remove film, let stand for **5** minutes before serving.

CONVENTIONAL OVEN:

- Preheat oven to **400°F.**
- Remove entrée from carton, place tray on cookie sheet (for added support) on center rack (at least 6"-8" from heating elements).
- Leave film on during cooking.
- Bake **35-40** minutes.
- Remove from oven on cookie sheet (for added support).
- **Carefully** remove film and let stand **5** minutes before serving.

DO NOT COOK IN TOASTER OVENS.

For Safety, Must be Cooked to an Internal Temperature of 160°F as Measured by Use of a Thermometer.

PROOF OF PURCHASE (SS)
0 37363 00612 7
1-000991 SG 11/15 CAT. A/B

Michael Angelo's®
Uncompromisingly Italian-Style™

SMALL BATCH FROM SCRATCH™

LASAGNA WITH MEAT SAUCE

Made daily with Imported Pecorino Romano Cheese and Vine-Ripened Tomatoes – Absolutely No Preservatives or Artificial Ingredients

KEEP FROZEN • COOK THOROUGHLY • SERVING SUGGESTION
ABSOLUTELY NO PREservatives

390 Calories | 21g Protein | 5g Fiber

U.S. INSPECTED AND PASSED BY DEPARTMENT OF AGRICULTURE EST.1009A

NET WT. 11 OZ. (312 g)

Michael Angelo's®
Uncompromisingly Italian-Style™
LASAGNA WITH MEAT SAUCE

Michael Angelo's®
Uncompromisingly Italian-Style™
LASAGNA WITH MEAT SAUCE

Our Lasagna with Meat Sauce is the real thing. Authentic Italian, from my great grandmother's recipe. We use the best ingredients, including fresh beef, vine-ripened tomatoes, and herbs that are sautéed and layered with firm pasta and premium cheeses. The taste is delicious...just like when I was a kid and we see no reason to change it. Enjoy!

-Michael Angelo

THE WAY WE'VE ALWAYS DONE IT.

Michael Angelo's®
Uncompromisingly Italian-Style™

Ingredients come in fresh daily.
Our meals are flash-frozen and shipped directly to your grocer.

SMALL BATCH FROM SCRATCH™

Scan with Phone

Founders, Michael Angelo and his mother, Sara.

Nutrition Facts

Serving Size: 1 tray (283g/10oz)
Servings Per Container 1

Amount Per Serving	
Calories 540	Calories from Fat 250
	% Daily Value*
Total Fat 28g	**43%**
Saturated Fat 16g	**82%**
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 7g	
Cholesterol 200mg	**66%**
Sodium 820mg	**34%**
Total Carbohydrate 46g	**15%**
Dietary Fiber 3g	**13%**
Sugars Less Than 1g	
Protein 25g Not a significant source of protein	
Vitamin A 6% • Vitamin C 8%	
Calcium 4% • Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: SHRIMP (SHRIMP, SALT, SODIUM TRIPOLYPHOSPHATE [TO RETAIN MOISTURE]), **WATER**, **PASTA** (DURUM SEMOLINA), **BUTTER** (CREAM), **TOMATO STRIPS** (TOMATOES, SALT, FRESH BASIL), **GARLIC**, **LEMON JUICE NOT FROM CONCENTRATE**, **SALT**, **CITRUS FLOUR** (DRIED ORANGE PULP), **FRESH PARSLEY**, **SPICE**.

CONTAINS: CRUSTACEAN SHELL FISH (SHRIMP), WHEAT, MILK.

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BEST IF USED BY:

COOKING INSTRUCTIONS:
Do Not Thaw. Keep Frozen Until Ready To Use. Due to variations in ALL ovens, cooking times and/or temperature may require adjustment.

MICROWAVE OVEN:
Microwave cooking instructions based on 1100W appliance. For 1250W microwaves reduce cooking time.
- Remove entrée from carton, place on a microwaveable plate and place in microwave.
- Cook on HIGH with film on for **4-6 minutes.**
- **Carefully** remove film, stir and let stand for **5** mins. before serving.

CONVENTIONAL OVEN:
- Preheat oven to **400°F.**
- Remove entrée from carton, place tray on cookie sheet (for added support) on center rack (at least 6"-8" from heating elements).
- Leave film on during cooking.
- Bake **30-35** minutes.
- Remove from oven on cookie sheet (for added support).
- **Carefully** remove film, stir and let stand **5** minutes before serving.

DO NOT COOK IN TOASTER OVENS.

For Safety, Must be Cooked to an Internal Temperature of 145°F as Measured by Use of a Thermometer.

PROOF OF PURCHASE (SS)

0 37363 98235 3

1-000184 SG 10/12 CAT.A/B

Michael Angelo's®

Uncompromisingly Italian-Style™

SMALL BATCH FROM SCRATCH™

SHRIMP SCAMPI

with Linguini Pasta in a Fresh Heirloom Garlic-Butter Sauce

SERVING SUGGESTION
KEEP FROZEN • COOK THOROUGHLY
ABSOLUTELY NO PRESERVATIVES

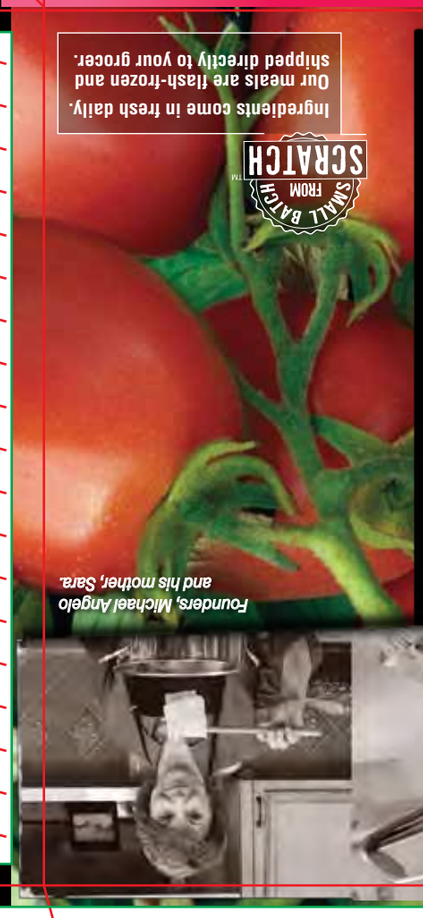
MICROWAVEABLE
NET WT. 10 OZ. (283 g)

Michael Angelo's®
Uncompromisingly Italian-Style™
SHRIMP SCAMPI

Michael Angelo's®
Uncompromisingly Italian-Style™
SHRIMP SCAMPI

Ingredients come in fresh daily.
Our meals are flash-frozen and shipped directly to your grocer.

SMALL BATCH FROM SCRATCH™



Founders, Michael Angelo and his mother, Sara.

Michael Angelo's®
Uncompromisingly Italian-Style™

THE WAY WE'VE ALWAYS DONE IT.

Our Sicilian family heritage inspires an appreciation for the Mediterranean Sea. We usually serve seafood for special occasions. When we make Shrimp Scampi, the kitchen fills with the distinctive aroma of garlic and lemon. We start this dish with 100% semolina linguini pasta, cooked al dente, and add plump tender shrimp to our perfectly blended sauce made from lemon, butter, and freshly diced garlic. It is then topped with diced tomatoes and garnished with a little parsley — instant family conversation! Enjoy!

-Michael Angelo