

# Chicken & More WINTER 2017

## Nutritional Information & Ingredient List

### 1. Chicken Breasts, Boneless Skinless

#### Ingredients:

Seasoned with soy protein.

Boneless Skinless chicken breast, water, isolated soy protein, salt, sodium triphosphate

#### Nutrition Facts

Serving Size 1 breast (100g)

##### Amount Per Serving

<b>Calories</b> 80	Calories from Fat 20
	<b>%Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 16g	
<b>Iron</b> 2%	

Vitamin A 2%

Not a significant source of *trans* fat, dietary fiber, sugars, vitamin C, calcium.

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

### 2. Heritage Breasts, Boneless Skinless (First Choice)

#### Ingredients: seasoned, fillet removed.

Boneless skinless chicken breasts, water, isolated soy protein, salt, sodium, triphosphate

#### Nutrition Facts

Serving Size 1 breast (100g)

##### Amount Per Serving

<b>Calories</b> 80	Calories from Fat 20
	<b>%Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 16g	
<b>Iron</b> 2%	

Vitamin A 2%

Not a significant source of *trans* fat, dietary fiber, sugars, vitamin C, calcium.

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

### 3. Souvlaki Satays

**Ingredients:** chicken breasts, boneless skinless, water, salt, lemon juice powder (glucose solids) maltodextrin, spices, sodium phosphates, sugar, garlic powder, onion powder, hydrogenated, soybean oil (MFG AID) dehydrated parsley

#### Nutrition Facts

Serving Size 100g (2 satays)

##### Amount Per Serving

<b>Calories</b> 100.6
<b>Total Fat</b> 1.1g
<b>Cholesterol</b> 50mg
<b>Sodium</b> 280mg
<b>Total Carbohydrate</b> 1.3g
<b>Protein</b> 18g
<b>Iron</b> 2%

## 4. Thighs, boneless Skinless

**Ingredients:** chicken thighs

### Nutrition Facts

Serving Size 4 oz

Amount Per Serving %Daily Value

**Calories** 130g

**Total Fat** 4.5g

**Saturated** 1g

**Cholesterol** 95mg

**Sodium** 100mg

**Carbohydrate** 0g

**Sugar** 0g

**Protein** 22g

**Vitamin A** 18 ug 2%

**Vitamin C** 0 mg

**Calcium** 20 mg 3%

**Iron** 0.5 mg

## 5. Tasty Tenders

**Ingredients:** chicken fillets, water, wheat flour, salt, spices, toasted wheat crumbs, corn starch, corn flour, hydrogenated soybean oil, soy protein, salt, hydrolyzed plant protein (corn) sugar, onion powder, garlic powder, spice. May contain egg, milk, mustard.

### Nutrition Facts

Serving Size 2 strips

Amount Per Serving %Daily Value

**Calories** 210

**Total Fat** 7g 11%

**Saturated** 1g

**+ Trans** 1.5g 13%

**Cholesterol** 40mg

**Sodium** 550mg 23%

**Carbohydrate** 20g 7%

**Fibre** 1g 4%

**Sugar** 1g

**Protein** 20g

**Vitamin A** 0%

**Vitamin C** 4%

**Calcium** 4%

**Iron** 12%

## 6. Cordon Swiss 'Country Style'

**Ingredients:** chicken, water, swiss cheese, chopped smoked boneless ham (pork, water, salt, glucose solids and/or sugar and/or dextrose, flavour (soy), sodium phosphate, sodium erythorbate, sodium bicarbonate, sodium nitrate, spices, potassium chloride, carrageenan, honey, smoke flavour, smoke) bread crumbs, batter (wheat flour, corn starch, potato flour, salt, rice flour, spices, guar gum) soy flour, binder (yellow corn flour, salt, toasted wheat crumbs, wheat flour, spices), canola oil.

### Nutrition Facts

Serving Size 100g

Amount Per Serving

**Calories** 155.55

**Total Fat** 4.24g

**Saturated** 1.67g

**+ Trans** 0g

**Cholesterol** 43.97mg

**Sodium** 381.42mg

**Carbohydrate** 9.28g

**Fibre** .73g

**Sugar** .69g

**Protein** 18.84g

**Vitamin A** 32.33 RE

**Vitamin C** .77mg

**Calcium** 75.09mg

**Iron** 0.80mg

## 7. Chicken Canadiana 'Country Style'

**Ingredients:** chicken, wheat crumbs, flour, salt, baking powder, sugar, vegetable oil, shortening, dextrose, water, cheddar cheese, broccoli, modified cornstarch, potato flour, rice flour, guar gum, corn flour, onion powder, soy flour. Blanched in canola oil.

### Nutrition Facts

Serving Size 100g  
Amount Per Serving  
**Calories** 153.41  
**Total Fat** 4.34g  
**Saturated** 2.1g  
**+ Trans** 0g  
**Cholesterol** 42.51mg  
**Sodium** 310.61g  
**Carbohydrate** 9.42g  
**Fibre** .88g  
**Sugar** .68g  
**Protein** 18.25 g  
**Vitamin A** 908.06 RE  
**Vitamin C** 3.71 mg  
**Calcium** 111.44 mg  
**Iron** 0.76mg

## 8. Breast with Crème Brie, Apple and Cranberries

**Ingredients:** chicken breast with rib meat, crème brie blend (cheddar, mozzarella cheese [milk, bacterial culture, salt, enzymes] water whey, butter, rennet, casein, disodium citrate, salt), bleached wheat flour, water, apple, sugar, pear sauce (California sun-dried pears, sugar, pectin, citric acid [with sulfur dioxide], cranberries (sugar, sunflower oil), onions, apple juice, whey, salt, yellow corn flour, sodium phosphate, roast chicken, buttermilk powder, chives, dextrose, sugar, spice, yeast, romano & parmesan cheese (milk, bacterial culture, salt, sorbic acid, enzymes) soybean oil, baking powder, color, flavor, garlic powder, vegetable oil

### Nutrition Facts

Serving Size 100g  
Amount Per Serving  
**Calories** 225.5  
**Total Fat** 12.1g  
**Saturated** 4.06g  
**+ Trans** 0.15g  
**Cholesterol** 47.1mg  
**Sodium** 532.8mg  
**Carbohydrate** 15.34g  
**Fibre** 0.78g  
**Sugar** 5.75g  
**Protein** 13.9g  
**Vitamin A** 74.44 RE  
**Vitamin C** 1.05mg  
**Calcium** 113.65mg  
**Iron** 0.45mg

## 9. Chicken Nuggets

**Ingredients:** chicken meat, water, soy protein, salt, white pepper, wheat crumbs, wheat flour, spices, durum flour, soybean shortening, baking powder, dextrose, yeast, yellow corn flour, guar gum, milk ingredients, whole egg powder, onion powder, dried egg white, hydrogenated soybean oil, garlic powder. Pre-browned in vegetable oil. May contain sulphites.

### Nutrition Facts

Serving Size 4 nuggets (88g)  
Amount Per Serving  
%Daily Value\*  
**Calories** 200  
**Fat** 10g **16%**  
**Saturated Fat** 1g  
**+Trans** 0g **5%**  
**Cholesterol** 15g **5%**  
**Sodium** 530mg **22%**  
**Carbohydrate** 16g **5%**  
**Fibre** 3g **12%**  
**Sugars** 3g  
**Protein** 12g  
**Vitamin A** 0%  
**Vitamin C** 0%  
**Iron** 10%  
**Calcium** 2%

## 10. Sea Salt & Cracked Black Pepper Wings

**Ingredients:** Chicken wings, water, modified corn starch, soy protein, sea salt, salt, flavour (soy protein isolate), sodium phosphate, spice, dextrose, potato starch, guar gum, silicon dioxide (MFG aid), carrageenan.

**Allergens:** Contains soy. May contain traces of wheat, sesame, milk and egg.

### Nutrition Facts

Per about 3 wings (100g)

<u>Amount Per Serving</u>	<u>%Daily Value</u>
<b>Calories</b> 170	
<b>Total Fat</b> 10g	16%
<b>Saturated</b> 3g	
<b>+ Trans</b> 0g	15%
<b>Cholesterol</b> 75mg	
<b>Sodium</b> 620mg	26%
<b>Carbohydrate/ Glucides</b> 3g	1%
<b>Fibre</b> 0g	0%
<b>Sugar</b> 0g	
<b>Protein</b> 16g	
<b>Vitamin A</b>	4%
<b>Vitamin C</b>	0%
<b>Calcium</b>	2%
<b>Iron</b>	6%

## 11. Honey Garlic Wings

**Ingredients:** chicken wings, water, soy protein, modified corn starch, brown sugar, carrageenan, caramel powder, lemon juice, sugar, salt, garlic powder, soy sauce powder ( soy sauce {wheat , soybeans}, maltodextrin), sodium phosphate, honey powder {honey, wheat starch, soy flour}, sodium acetate, artificial flavour, acetic acid, caramel, malic acid, hydrogenated soybean oil {mfg aid}, silicon dioxide {mfg aid}. Deep fried in canola oil.

### Nutrition Facts

Per about 3 wings (100g)

<u>Amount Per Serving</u>	
<b>Calories</b> 230	
<b>Total Fat</b> 14g	
<b>Saturated</b> 3.5g	
<b>+ Trans</b> 0.5g	
<b>Cholesterol</b> 95 mg	
<b>Sodium</b> 640 mg	
<b>Carbohydrate</b> 6g	
<b>Fibre</b> 1g	
<b>Sugar</b> 5g	
<b>Protein</b> 19g	
<b>Vitamin A</b> n/a	
<b>Vitamin C</b> n/a	
<b>Calcium</b> n/a	
<b>Iron</b> n/a	

## 12. Chicken & Turkey Breakfast Sausage

**Ingredients:** turkey, chicken, water, toasted wheat crumbs, salt, potato starch, skim milk powder, spice, sodium erythrobate, lemon juice solids. Casing made from beef collagen.

### Nutrition Facts

Serving Size 100g

<u>Amount Per Serving</u>	
<b>Energy</b> 178cal / 750kj	
<b>Protein</b> 15g	
<b>Total Fat</b> 11.0g	
<b>Carbohydrate</b> 4.8g	

## 13. Chicken Breast Burgers

**Ingredients:** boneless chicken breast meat, water, isolated soy protein, salt, garlic powder, onion powder

### Nutrition Facts

Serving Size 1 burger (100g)

Amount Per Serving	%Daily Value
<b>Calories</b> 160	
<b>Total Fat</b> 10g	<b>16%</b>
<b>Saturated</b> 2.5g	
<b>+ Trans</b> 0.2g	<b>13%</b>
<b>Cholesterol</b> 55mg	<b>15%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Carbohydrate</b> 0g	<b>0%</b>
<b>Fibre</b> 0g	<b>10%</b>
<b>Sugar</b> 0g	
<b>Protein</b> 17g	
<b>Vitamin A</b> 2%	
<b>Vitamin C</b> 0%	
<b>Calcium</b> 15%	
<b>Iron</b> 0%	

## 14. Chicken Pot Pies

**Ingredients:** enriched wheat flour, hydrogenated vegetable oil, water, corn starch, corn flour, dextrose, salt, soya lecithin, sodium propionate.  
**Filling:** chicken, water, potatoes, mushrooms, red pepper, green pepper, modified corn starch, chicken base (glucose solids, salt, chicken fat, soybean & canola oil, yeast extract, onion powder, garlic powder, caramel color, **Contains:** dairy, soy, wheat, sulphites, egg & corn.

### Nutrition Facts

Serving Size 165g

Amount Per Serving	%Daily Value
<b>Calories</b> 390	
<b>Total Fat</b> 21g	<b>32%</b>
<b>Saturated</b> 8g	
<b>+ Trans</b> .3g	<b>42%</b>
<b>Cholesterol</b> 30mg	
<b>Sodium</b> 910mg	<b>38%</b>
<b>Carbohydrate</b> 36g	<b>12%</b>
<b>Fibre</b> 1g	<b>4%</b>
<b>Sugar</b> 3g	
<b>Protein</b> 12g	
<b>Vitamin A</b> 4%	
<b>Vitamin C</b> 25%	
<b>Calcium</b> 2%	
<b>Iron</b> 10%	

## 15. BBQ Chicken & Bacon Calzones

**Ingredients:** Dough: Enriched Wheat Flour, Flavor (rye sour dough, lactic acid, soya lecithin, bacterial culture), Water, Yeast, Salt, Rye Flour, Extra Virgin Olive Oil, Vegetable Oil, Romano and Parmesan Cheese, Dried Minced Garlic, Basil, Parsley, Calcium Propionate. Pizza Mozzarella, Monterey Jack, Parmesan Cheeses: Pasteurized Milk, Modified Milk Ingredients, Bacterial Culture, Salt, Calcium Chloride, Microbial Enzyme, May Contain Color and/or Rennet. Sauce: Crushed Tomatoes, Soybean Oil, Salt, Olive Oil, Dehydrated Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes and Calcium Chloride), Spices and Garlic Powder, Hone Garlic BBQ Sauce. Chicken Meat White & Dark, Banana Peppers, Bacon Topping, Red Onion.

### Nutrition Facts

Serving Size 265g (1 calzone)

Amount Per Serving	%Daily Value
<b>Calories</b> 660	
<b>Total Fat</b> 22g	<b>34%</b>
<b>Saturated</b> 10g	
<b>+ Trans</b> 0.2g	<b>51%</b>
<b>Cholesterol</b> 45mg	
<b>Sodium</b> 1170mg	<b>49%</b>
<b>Carbohydrate</b> 79g	<b>26%</b>
<b>Fibre</b> 6g	<b>24%</b>
<b>Sugar</b> 10g	
<b>Protein</b> 30g	
<b>Vitamin A</b> 10%	
<b>Vitamin C</b> 20%	
<b>Calcium</b> 50%	
<b>Iron</b> 60%	

## 16. Lean Ground Turkey

**Ingredients:** ground turkey

### Nutrition Facts

Serving Size ½ cup (100g)

Amount Per Serving

%Daily Value\*

**Calories** 170

**Fat** 12g **18%**

**Saturated Fat** 3g

**+Trans** 0.1g

**Cholesterol** 90mg

**Sodium** 75mg **3%**

**Carbohydrate** 0g

**Fibre** 0g

**Sugars** 0g

**Protein** 17g

**Vitamin A** 2%

**Vitamin C** 2%

**Iron** 15%

**Calcium** 15%

## 17. Peppered Steak Skewers

**Ingredients:** beef, water, steak spice  
(spices, herbs, salt, and canola oil)

### Nutrition Facts

Serving Size 100g

Amount Per Serving

**Calories** 171.2

**Total Fat** 10.69g

**Saturated** 4.24g

**+ Trans** 0g

**Cholesterol** 57.63mg

**Sodium** 187.43mg

**Carbohydrate** 0g

**Fibre** .19g

**Sugar** .07g

**Protein** 17.24g

**Vitamin A** 22.62 RE

**Vitamin C** .11mg

**Calcium** 10.79mg

**Iron** 2.37mg

## 18. Bacon Wrapped Tenderloin

**Ingredients:** beef, bacon (pork, water, salt, sodium phosphate, sugar, sodium erythorbate, sodium nitrate, spices, smoke)

### Nutrition Facts

Serving Size 100g

Amount Per Serving

**Calories** 299.47

**Total Fat** 25.27g

**Saturated** 11.58g

**+ Trans** 0g

**Cholesterol** 69.47mg

**Sodium** 150.29mg

**Carbohydrate** 0g

**Fibre** 0g

**Sugar** 0g

**Protein** 16.69g

**Vitamin A** 00.00 RE

**Vitamin C** .00mg

**Calcium** 6.29mg

**Iron** 2.02mg

## 19. Shaved Prime Rib

### Ingredients:

Grade AA-AAA prime rib (beef)

### Nutrition Facts

Serving Size 5oz

#### Amount Per Serving

**Calories** 281.5  
**Total Fat** 24g  
**Saturated** 0g  
**+ Trans** 0g  
**Cholesterol** 0.28g  
**Sodium** 18.3g  
**Carbohydrate** 0g  
**Fibre** 0g  
**Sugar** 0g  
**Protein** 6.4g  
**Vitamin A** 0 RE  
**Vitamin C** 0 mg  
**Calcium** 0 mg  
**Iron** 0.96 mg

## 20. N.Y. Sirloin Steak –center cut (8oz)

### Ingredients:

Grade AA-AAA Aged Canadian Beef

### Nutrition Facts

Serving Size 8oz

#### Amount Per Serving

**Calories** 450  
**Total Fat** 28g \_\_\_\_\_ 43%  
**Saturated** 11g  
**Cholesterol** 150mg \_\_\_\_\_ 50%  
**Sodium** 110mg \_\_\_\_\_ 4%  
**Carbohydrate** 0g  
**Fibre** 0g  
**Sugar** 0g  
**Protein** 46.4g  
**Vitamin A** 0%  
**Vitamin C** 0%  
**Calcium** 0%

## 21. Golden Cod Nuggets

**Ingredients:** Cod fillets, toasted wheat crumbs, water, wheat flour, corn flour, modified corn starch, modified milk ingredients, sugar, yeast extract, seasoning (spices, onion), salt, baking powder, color (caramel, paprika, annatto, turmeric), vegetable oil (soya), modified cellulose, guar gum. Browned in canola oil.

### Nutrition Facts

Serving Size 4 nuggets (120g)

#### Amount Per Serving

**Calories** 210  
**Total Fat** 8g \_\_\_\_\_ 12%  
**Saturated** 1g  
**+ Trans** 0g \_\_\_\_\_ 5%  
**Cholesterol** 25mg  
**Sodium** 390mg \_\_\_\_\_ 16%  
**Carbohydrate** 21g \_\_\_\_\_ 7%  
**Fibre** 8g \_\_\_\_\_ 8%  
**Sugar** 2g  
**Protein** 14g  
**Vitamin A** \_\_\_\_\_ 0%  
**Vitamin C** \_\_\_\_\_ 0%  
**Calcium** \_\_\_\_\_ 4%  
**Iron** \_\_\_\_\_ 6%

## 22. Lean Ground Beef

**Ingredients:** beef, water, soy flour

### Nutrition Facts

Serving Size 100g

Amount Per Serving

<b>Calories</b>	230	
<b>Total Fat</b>	13g	20%
<b>Saturated</b>	5g	
<b>+ Trans</b>	0.5g	25%
<b>Cholesterol</b>	92mg	
<b>Sodium</b>	65g	2.71%
<b>Carbohydrate</b>	14g	4.67%
<b>Fibre</b>	1g	4%
<b>Sugar</b>	2g	
<b>Protein</b>	18g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		2%
<b>Calcium</b>		6%
<b>Iron</b>		30%

## 23. Seasoned Beef Meatballs

**Ingredients:** beef, water, textured soy protein, wheat breadcrumbs, seasoning (salt, sugar, dehydrated onion, spices, garlic powder, parsley flakes, autolyzed yeast, vegetable oil), soy protein concentrate, seasoning (sodium phosphates, dextrose, salt, beef stock, spice extracts).

### Nutrition Facts

Serving Size 6 meatballs (85g)

Amount Per Serving

<b>Calories</b>	230	
<b>Total Fat</b>	16g	25%
<b>Saturated</b>	7g	
<b>+ Trans</b>	0g	40%
<b>Cholesterol</b>	40mg	
<b>Sodium</b>	600mg	25%
<b>Carbohydrate</b>	6g	2%
<b>Fibre</b>	1g	4%
<b>Sugar</b>	2g	
<b>Protein</b>	13g	
<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		2%
<b>Iron</b>		10%

## 24. Veal Cutlets

**Ingredients:** veal, water, toasted wheat crumbs, batter (flour, modified cornstarch, potato flour, salt, rice flour, spices, guar gum), soy flour, binder (yellow corn flour, salt, toasted wheat crumbs, wheat flour, onion powder, spice), blanched in canola oil.

### Nutrition Facts

Amount Per 100 g Serving

<b>Calories</b>	226.1
<b>Total Fat</b>	12.08g
<b>Saturated</b>	4.79g
<b>+ Trans</b>	0.17g
<b>Cholesterol</b>	49.93mg
<b>Sodium</b>	288.46mg
<b>Carbohydrate</b>	13.25g
<b>Fibre</b>	83g
<b>Sugar</b>	78g
<b>Protein</b>	14.99g
<b>Vitamin A</b>	18.93 RE
<b>Vitamin C</b>	.04 mg
<b>Calcium</b>	19.54 mg
<b>Iron</b>	1.10 mg



## 25. Wild Sockeye Salmon Fillets

**Ingredients:** Alaskan sockeye salmon sides

### Nutrition Facts

Serving Size 1 piece (113g)

**Amount Per Serving**

**Calories** 100  
**Total Fat** 1g  
**Saturated** 0.3g  
**+ Trans** 0g  
**Cholesterol** 30mg  
**Sodium** 150mg  
**Carbohydrate** 1g  
**Fibre** 0g  
**Sugar** 0g  
**Protein** 22g  
**Vitamin A** 0%  
**Vitamin C** 0%  
**Calcium** 4%  
**Iron** 2%

## 26. Gourmet Halibut Burgers

**Ingredients:** Wild caught Halibut, wheat flour, modified corn starch, salt, sugar, egg, soy flour, leavening (disodium dihydrogen pyrophosphate, sodium aluminum phosphate, sodium bicarbonate) dextrose, corn flour, rice flour, yeast, onion powder, garlic powder, par fried in canola oil. Contains: fish, wheat, egg, soy.

### Nutrition Facts

Serving Size 3.5oz (100g)

**Amount Per Serving**      **%Daily Value**

**Calories** 220  
**Total Fat** 11g      **17%**  
**Saturated** 1g  
**+ Trans** 0g      **47%**  
**Cholesterol** 20mg  
**Sodium** 310mg      **13%**  
**Carbohydrate** 19g      **6%**  
**Fibre** 2g      **8%**  
**Sugar** 2g  
**Protein** 11g      **22%**  
**Vitamin A** 0%  
**Vitamin C** 0%  
**Calcium** 0%  
**Iron** 4%

## 27. Bacon, fully cooked

**Ingredients:** pork, water, salt, sodium phosphate, sugar, sodium erythorbate, sodium nitrate, spices, maple flavor, smoke

### Nutrition Facts

Serving Size g edible portion

**Amount Per Serving**      **%Daily Value**

**Calories**  
**Total Fat** g  
**Saturated** g  
**+ Trans** g  
**Polyunsaturated** g  
**Monounsaturated** g  
**Cholesterol** mg  
**Sodium** mg  
**Carbohydrate** g  
**Fibre** g  
**Sugar** g  
**Protein** g  
**Vitamin A** %  
**Vitamin C** %  
**Calcium** %  
**Iron** %

## 28. Pork Chops

**Ingredients:** pork, water, salt, sodium phosphate, flavor

### Nutrition Facts

Serving Size 145g (approx. 1 chop)

Amount Per Serving	%Daily Value
<b>Calories</b> 286	
<b>Total Fat</b> 13g	<b>21%</b>
<b>Saturated</b> 5g	
<b>+ Trans</b> 0g	<b>23%</b>
<b>Cholesterol</b> 64mg	<b>35%</b>
<b>Sodium</b> 64mg	<b>3%</b>
<b>Carbohydrate</b> 0g	<b>0%</b>
<b>Fibre</b> 0g	<b>0%</b>
<b>Sugar</b> 0g	
<b>Protein</b> 39g	
<b>Vitamin A</b> 0%	
<b>Vitamin C</b> 0%	
<b>Calcium</b> 1%	
<b>Iron</b> 5%	

## 29. Maple Pork Breakfast Sausage

**Ingredients:** premium pork, water, toasted wheat crumbs, salt, dextrose, sugar, spices, sodium phosphate, spice extracts, flavor, soy flour.

### Nutrition Facts

Per 100 g

Amount Per Serving	%Daily Value
<b>Calories</b> 139	
<b>Total Fat</b> 2.5g	3.85%
<b>Saturated</b> 1g	
<b>+ Trans</b> 0g	5%
<b>Cholesterol</b> 451mg	150%
<b>Sodium</b> 451mg	18.8%
<b>Carbohydrate</b> 58g	19.3%
<b>Fiber</b> 1g	0%
<b>Sugar</b> 7g	
<b>Protein</b> 4.5g	
<b>Iron</b> 6%	
<b>Vitamin A</b>	2.5%
<b>Calcium</b>	1.5%
<b>Vitamin C</b>	0.5%
<b>Iron</b>	12.5%

## 30. Lobster Cakes

**Ingredients:** Lobster, Alaska Pollock and/or Pacific Whiting, Mayonnaise (soybean oil, corn syrup, water, egg, vinegar, salt, spice, lemon juice concentrate), water bleached wheat flour, wheat starch. Contains less than 2% of the following: natural & artificial flavors, sugar, modified corn starch, salt, sorbitol (0.8g per 85g serving), fresh egg white, mirin (rice extract, alcohol, salt, dextrose, corn syrup solids), Worcestershire sauce, potato starch, potassium chloride, calcium carbonate, corn starch, crystalized lemon, modified cellulose/locust bean/xanthan gum, carrageenan, hydrolyzed corn/soy/wheat/whey protein, autolyzed yeast extract, dextrose, parsley, dill, disodium Inosinate, disodium guanylate, sodium tripolyphosphate, yeast, color.

### Nutrition Facts

Serving Size 1 piece 85g

Amount Per Serving	
<b>Calories</b> 180 Cal	
<b>Total Fat</b> 12g	18%
<b>Saturated</b> 2g	20%
<b>%+ Trans</b> 0g	
<b>Cholesterol</b> 20mg	
<b>Sodium</b> 710mg	30%
<b>Carbohydrate</b> 12g	4%
<b>Sugar</b> 2g	
<b>Protein</b> 6g	
<b>Vitamin A</b>	4%
<b>Vitamin C</b>	8%
<b>Calcium</b>	10%
<b>Iron</b>	2%

## 31. Baby Back Ribs

**Ingredients:** pork back ribs

### Nutrition Facts

Serving Size 4oz (approx 2 ribs)

Amount Per Serving	%Daily Value
<b>Calories</b> 234	
<b>Total Fat</b> 18g	<b>27%</b>
<b>Saturated</b> 7g	
<b>+ Trans</b> 0g	<b>35%</b>
<b>Cholesterol</b> 80mg	
<b>Sodium</b> 330mg	<b>13%</b>
<b>Fibre</b> 0g	
<b>Sugar</b> 0g	
<b>Protein</b> 18g	<b>36%</b>

## 32. Mini Vegetable Spring Rolls

**Ingredients:** Filling: cabbage, carrots, green beans, water chestnuts, green peas, corn, onions, modified cornstarch, salt, sugar, sesame oil, black pepper

Wrapper: water, enriched wheat flour, liquid whole eggs. Cooked in canola oil.

### Nutrition Facts

Serving Size 100g

Amount Per Serving	%Daily Value
<b>Calories</b> 175	
<b>Total Fat</b> 5.20g	<b>8%</b>
<b>Saturated</b> 0.53g	
<b>+ Trans</b> 0.08g	<b>3%</b>
<b>Cholesterol</b> 4.20mg	
<b>Sodium</b> 405mg	<b>17%</b>
<b>Carbohydrate</b> 27.60g	<b>9%</b>
<b>Fibre</b> 2.9g	<b>12%</b>
<b>Sugar</b> 3.2g	
<b>Protein</b> 4.40g	
<b>Vitamin A</b> 2%	
<b>Vitamin C</b> 10%	
<b>Calcium</b> 2%	
<b>Iron</b> 10%	

## 33. Loaded Potato Bites

**Ingredients:** Potato, Enriched Wheat Flour, Cheddar Cheese (Milk, Bacterial Cultures, Salt, Microbial Enzymes, Colour), Soybean Oil, Sour Cream (Milk, Cream, Bacterial Cultures, Skim Milk, Modified Cornstarch, Guar Gum, Carob Bean Gum, Carrageenan), Ascorbic Acid, Bacon (Pork, Water, Salt, Sugar, Sodium Phosphates, Sodium Erythrobate, Sodium Nitrite), Citric Acid, Corn Flour, Cornstarch, Cream, Defatted Soy Flour, Dextrose, Disodium Phosphate, Dried Chives, Lactic Acid, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Malted Barley Flour, Milk Fat, Modified Cornstarch, Palm Oil, Pepper, Onion, Salt, Sugar, Water, Yeast, Colors.

### Nutrition Facts

Serving Size approx 3 pcs

Amount Per Serving	%Daily Value
<b>Calories</b> 140	
<b>Total Fat</b> 7g	<b>11%</b>
<b>Saturated</b> 2.2g	
<b>+ Trans</b> 0.1g	<b>13%</b>
<b>Cholesterol</b> 10mg	
<b>Sodium</b> 350mg	<b>15%</b>
<b>Carbohydrate</b> 16g	<b>5%</b>
<b>Fibre</b> 1g	<b>4%</b>
<b>Sugar</b> 1g	
<b>Protein</b> 4g	
<b>Vitamin A</b>	<b>2%</b>
<b>Vitamin C</b>	<b>4%</b>
<b>Calcium</b>	<b>6%</b>
<b>Iron</b>	<b>6%</b>

### 34. Bam Bam Evercrisp Shrimp

**Ingredients:** shrimp, water, corn starch, baking powder, salt, sodium phosphate, sulphiting agents, browned in soya oil

#### Nutrition Facts

Serving Size 3 shrimp (50g)

Amount Per Serving	%Daily Value
<b>Calories</b> 130	
<b>Total Fat</b> 8g	12%
<b>Saturated</b> 1g	
<b>+ Trans</b> 0g	3%
<b>Cholesterol</b> 50mg	
<b>Sodium</b> 110mg	17%
<b>Carbohydrate</b> 9g	9%
<b>Fibre</b> 0g	
<b>Sugar</b> 0g	
<b>Protein</b> 7g	
<b>Vitamin A</b> 2%	
<b>Vitamin C</b> 2%	
<b>Calcium</b> 2%	
<b>Iron</b> 6%	

### 35. Farmer Sausage

**Ingredients:** pork, salt, spices, sodium nitrate, sodium bicarbonate

#### Nutrition Facts

Per 100 g

Amount Per Serving	%Daily Value
<b>Calories</b> 104	
<b>Total Fat</b> 4.5g	6.5%
<b>Saturated</b> 1.5g	
<b>+ Trans</b> 0.1g	7.5%
<b>Cholesterol</b> 44mg	14.5%
<b>Sodium</b> 1027mg	49%
<b>Carbohydrate</b> 0g	0%
<b>Fiber</b> 0g	0.5%
<b>Sugar</b> 0.5g	
<b>Protein</b> 16g	
<b>Vitamin A</b>	1%
<b>Vitamin C</b>	3%
<b>Calcium</b>	1%
<b>Iron</b>	2%

### 36. Mini Potato and Cheddar Perogies

**Ingredients:** Enriched wheat flour, fresh potato, water, cheddar cheese, canola oil, egg white, salt, annatto (natural color).

#### Nutrition Facts

Serving Size 120 g (8 perogies)

Amount Per Serving	
<b>Calories</b> 220	
<b>Total Fat</b> 2g	3%
<b>Saturated</b>	
<b>+ Trans</b>	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 420mg	
<b>Carbohydrate</b> 43g	43%
<b>Protein</b> 6g	

### 37. Sesame Jack Chicken Potstickers

**Ingredients:** cabbage, chicken, Monterey jack cheese (pasteurized partly skimmed milk, salt, microbial enzyme, bacterial culture, color, calcium chloride, cellulose, natamycin), broccoli, water chestnuts, onions, frozen egg whites, celery, hydrolyzed soy protein, modified corn starch, garlic, sesame oil, salt, red jalapeno, black pepper, green jalapeno, enriched wheat flour, water, whole eggs, salt, sodium propionate, mon and diglycerides, sodium. **CONTAINS:** wheat, egg, milk, soy, sesame.

#### Nutrition Facts

Serving Size 100 g	
Amount Per Serving	%Daily Value
<b>Calories</b> 158	
<b>Total Fat</b> 5g	8%
<b>Saturated</b> 1.76g	
<b>+ Trans</b> 0.11g	9%
<b>Cholesterol</b> 15mg	
<b>Sodium</b> 510mg	21%
<b>Carbohydrate</b> 20.60g	7%
<b>Fibre</b> 1.40g	
<b>Sugar</b> 3g	
<b>Protein</b> 7.37g	
<b>Vitamin A</b> 21 RE	2%
<b>Vitamin C</b> 0.70 mg	2%
<b>Calcium</b> 68 mg	6%
<b>Iron</b> 1.30 mg	10%

### 38. Traditional Shepherd's Pie

**Ingredients:** Filling (beef, vegetables, spices, topping (potato, milk, butter, cheddar cheese), gravy (beef stock, salt, hydrolyzed corn, soya and wheat proteins, corn oil, autolyzed yeast extract, maltodextrine, sugar, clour, potato starch, modified corn starch, dextrose, hydrogenated cottoneed and soya oils).

#### Nutrition Facts

Serving Size 285g	
Amount Per Serving	%Daily Value
<b>Calories</b> 280	
<b>Total Fat</b> 11g	17%
<b>Saturated</b> 5g	
<b>+ Trans</b> 0g	25%
<b>Cholesterol</b> 65mg	
<b>Sodium</b> 1150mg	45%
<b>Carbohydrate</b> 29g	10%
<b>Fibre</b> 4g	16%
<b>Sugar</b> 2g	
<b>Protein</b> 17g	
<b>Vitamin A</b> 2%	
<b>Vitamin C</b> 0%	
<b>Calcium</b> 4%	
<b>Iron</b> 20%	

### 39. Homestyle Meat Pie Combo

**Steak & Veggie Pies:** Filling – Beef, carrots, peas, potatoes.

**Gravy**(Roasted beef and concentrated beef stock, salt, hydrolyzed corn, soya and wheat proteins, corn oil, autolyed yeast extract, maltodextrine, sugar, colour, potato starch, modified cornstarch, dextrose, partially hydrogenated cotton seed and soya oils), spices, corn syrup solids. **Pastry** – Wheat flour, vegetable oil shortening, water, cornstarch, corn flour, egg, dextrose, salt, lecithin, sodium propionate.

#### Nutrition Facts

Serving Size 100g (1/2 Pie)	
Amount	% Daily Value
<b>Calories</b> 280	
<b>Fat</b> 17g	26%
<b>+Saturated Trans</b> 7g	34%
<b>Cholesterol</b> 10mg	
<b>Sodium</b> 301mg	13%
<b>Carbohydrate</b> 25g	8%
<b>Fiber</b> 1g	4%
<b>Sugars</b> 2g	
<b>Protein</b> 7g	
<b>Vitamin A</b> 4%	
<b>Vitamin C</b> 2%	
<b>Iron</b> 15%	

**Chicken Pies:** Filling – Chicken, celery, peas, carrots, potatoes, onions, **gravy**(Chicken, salt, sugar, hydrolyzed corn, soya and wheat proteins, modified milk ingredients, corn maltodextrin, onion powder, hydrogenated cottonseed and soya oils, disodium inosinated, disodium, guanylate, corn oil, autolyed yeast extract, colour dextrose, sunflower oil, flavour, lactic acid, calcium lactate). **Pastry** – Wheat flour, vegetable oil shortening, water, cornstarch, corn flour, egg, dextrose, salt, lecithin, sodium propionate.

#### Nutrition Facts

Serving Size 100g (about 1/2 pie)	
Amount	% Daily Value
<b>Calories</b> 290	
<b>Fat</b> 17g	26%
<b>+Saturated Trans</b> 7g	34%
<b>Cholesterol</b> 15mg	
<b>Sodium</b> 300mg	13%
<b>Carbohydrate</b> 24g	8%
<b>Fiber</b> 1g	4%
<b>Sugars</b> 2g	
<b>Protein</b> 8g	
<b>Vitamin A</b> 4%	
<b>Vitamin C</b> 2%	
<b>Iron</b> 10%	

## 40. Helmi's Premium Homemade Perogies

**Ingredients:** Potato Bacon & Onion: enriched wheat flour, fresh whole potatoes, water, seasoned bacon, whole eggs, fresh onions, vegetable oil, salt, baking powder, spices.

Potato Cheddar & Onion: enriched wheat flour, fresh whole potatoes, water, aged cheddar cheese, whole eggs, fresh onions, vegetable oil, salt, baking powder, spices.

### Nutrition Facts

Serving Size 100g (approx 3 perogies)

Amount per Serving	%Daily Value
<b>Calories</b> 220	
<b>Total Fat</b> 6g	10%
<b>Saturated</b> 1.5g	
<b>+ Trans</b> 0g	9%
<b>Cholesterol</b> 20mg	
<b>Sodium</b> 520mg	21%
<b>Carbohydrate</b> 32g	11%
<b>Fibre</b> 2g	6%
<b>Sugar</b> 0g	
<b>Protein</b> 8g	
<b>Vitamin A</b>	0%
<b>Vitamin C</b>	4%
<b>Calcium</b>	2%
<b>Iron</b>	15%

## 41. Breakfast Burrito

**Ingredients:** ham, bacon, red & green pepper, cheddar cheese. Tortilla: wheat flour, water, vegetable oil, salt, baking powder, mono & diglycerides, fumaric acid, sodium propionate, cellulose gum, potassium sorbate, guar gum, xanthan gum, L-cysteine. Cooked scrambled eggs: whole eggs, skim milk, soybean oil, modified cornstarch, xanthan gum, liquid pepper extract, citric acid, natural & artificial butter flavor. Hollandaise sauce: soy oil, canola oil, water, salted egg yolk, frozen modified egg yolk, natural butter, lemon, Worcestershire flavor, natural and artificial tobasco flavor, acetic acid, natural color.

### Nutrition Facts

Serving Size 1 Burrito (135 g)

Amount per Serving	%Daily Value
<b>Calories</b> 350	
<b>Total Fat</b> 21g	32%
<b>Saturated</b> 5g	
<b>+ Trans</b> 0.1g	26%
<b>Cholesterol</b> 170mg	
<b>Sodium</b> 1070mg	45%
<b>Carbohydrate</b> 29g	10%
<b>Fiber</b> 1g	4%
<b>Sugar</b> 2g	
<b>Protein</b> 13g	
<b>Vitamin A</b> 10%	
<b>Vitamin C</b> 25%	
<b>Calcium</b> 10%	
<b>Iron</b> 20%	

## 42. Pepperoni & Cheddar Bread Sticks

**Ingredients:** Dough: enriched wheat flour, sugar, salt, vegetable oil, shortening, soya flour, mono & diglycerides, calcium propionate, sodium stearoyl -2- lactylate.

Pepperoni: pork, water, beef, salt, spices, garlic, sodium phosphate, sodium erythrobate, sodium nitrate, smoke. May contain: turkey dextrose, corn syrup solids, honey, carrageenan, maple & artificial flavor, caramel.

Cheddar cheese: milk, bacterial cultural, salt, color, milk coagulating enzyme, parmesan cheese

No MSG added.

### Nutrition Facts

Serving Size 60g

Amount Per Serving	%Daily Value
<b>Calories</b> 230	
<b>Total Fat</b> 13g	20%
<b>Saturated</b> 4.5g	23%
<b>+ Trans</b> 0g	9%
<b>Cholesterol</b> 20mg	13%
<b>Sodium</b> 600mg	25%
<b>Carbohydrate</b> 20g	7%
<b>Fibre</b> 1g	6%
<b>Sugar</b> 3g	
<b>Protein</b> 10g	
<b>Vitamin A</b>	0%
<b>Vitamin C</b>	6%
<b>Calcium</b>	6%
<b>Iron</b>	15%

## 43. Pizza Variety Pack

### Ingredients:

**pepperoni pizza:** flour, water, canola oil, yeast, sugar, salt, seasoning, tomatoes, olive oil, sunflower oil, salt, oregano, seasoning, garlic, citric acid, milk, bacterial culture, calcium chloride, pepperoni, monteray jack cheese, parmesan cheese

**ham & pineapple pizza:** flour, water, canola oil, yeast, sugar, salt, seasoning, tomatoes, olive oil, sunflower oil, salt, oregano, seasoning, garlic, citric acid, milk, bacterial culture, calcium chloride, pineapple, smoked ham, monteray jack cheese, parmesan cheese

**cheese pizza:** flour, water, canola oil, yeast, sugar, salt, seasoning, tomatoes, olive oil, sunflower oil, salt, oregano, seasoning, garlic, citric acid, milk, bacterial culture, calcium chloride, cheddar cheese, monteray jack cheese, shredded parmesan cheese

### Nutrition Facts

Serving Size 115g (1/6 pizza)

Amount Per Serving	%Daily Value
<b>Calories</b> 300	
<b>Total Fat</b> 12g	18%
<b>Saturated</b> 6g	
<b>+ Trans</b> 0.2g	31%
<b>Cholesterol</b> 25mg	
<b>Sodium</b> 580mg	28%
<b>Carbohydrate</b> 31g	10%
<b>Fibre</b> 3g	12%
<b>Sugar</b> 6g	
<b>Protein</b> 17g	
<b>Vitamin A</b> 6%	
<b>Vitamin C</b> 8%	
<b>Calcium</b> 25%	
<b>Iron</b> 25%	

## 44. Meat Lasagna with 4 Cheese

**Ingredients:** Tomatoes, fresh lasagna noodles (durum semolina, water, wheat flour), ground beef, water, mozzarella cheese (part skim milk, bacterial culture, salt, calcium chloride, microbial enzyme), ricotta cheese (whey, milk, bacterial culture, salt, citric acid), milk, onions, modified cornstarch, parmesan and romano cheese (pasteurized milk, salt, bacterial culture, microbial enzyme, lipase), wheat flour, salt, sugar, canola oil, garlic, herbs, spices, onion powder.

### Nutrition Facts

Serving Size 1 tray

Amount Per Serving	%Daily Value
<b>Calories</b> 440	
<b>Total Fat</b> 15g	23%
<b>Saturated</b> 7g	
<b>+ Trans</b> 0.3g	37%
<b>Cholesterol</b> 65mg	
<b>Sodium</b> 700mg	29%
<b>Carbohydrate</b> 44g	15%
<b>Fibre</b> 5g	20%
<b>Sugar</b> 8g	
<b>Protein</b> 27g	
<b>Vitamin A</b>	10%
<b>Vitamin C</b>	40%
<b>Calcium</b>	30%
<b>Iron</b>	30%

## 45a. Zinetti Lasagna Combo

**Meat Lasagna:** Tomatoes, fresh lasagna noodles (durum semolina, wheat flour, eggs), ground beef, ricotta cheese, mozzarella cheese, milk, onions, wheat flour, parmesan and romano cheese, sugar, canola oil, garlic powder, sugar, salt, egg white powder, spices, onion powder. Contains: wheat, eggs, milk. May contain Soy.

(Continued on next page)

### Nutrition Facts

Serving Size 1 tray (330gr)

Amount Per Serving	%Daily Value
<b>Calories</b> 440	
<b>Total Fat</b> 15g	23%
<b>Saturated</b> 7g	
<b>+ Trans</b> 0.3g	37%
<b>Cholesterol</b> 65mg	
<b>Sodium</b> 700mg	29%
<b>Carbohydrate</b> 44g	15%
<b>Fibre</b> 5g	20%
<b>Sugar</b> 8g	
<b>Protein</b> 27g	
<b>Vitamin A</b>	10%
<b>Vitamin C</b>	40%
<b>Calcium</b>	30%
<b>Iron</b>	30%

## 45b. Zinetti Lasagna Combo

**Chicken Florentine Lasagna:** Milk, chicken breast, fresh lasagna noodles (durum semolina, wheat flour, eggs), onions, mozzarella cheese, wheat flour, spinach, canola oil, salt, parmesan cheese, romano cheese, spices, modified cornstarch. Contains: wheat, eggs, milk. May contain soy.

<b>Nutrition Facts</b>	
Serving Size 1/5 tray (227 gr)	
Amount Per Serving	%Daily Value
<b>Calories</b> 370	
<b>Total Fat</b> 13 g	20%
<b>Saturated</b> 4.5 g	
<b>+ Trans</b> 0 g	22 %
<b>Cholesterol</b> 80 mg	
<b>Sodium</b> 680 mg	29 %
<b>Carbohydrate</b> 37g	12 %
<b>Fiber</b> 2g	7 %
<b>Sugar</b> 6g	
<b>Protein</b> 25 g	
<b>Vitamin A</b>	15%
<b>Vitamin C</b>	6%
<b>Calcium</b>	25%
<b>Iron</b>	15%

## 46. Neufeld Farms JAMS

**Strawberry Jam:** strawberries, sugar, lemon juice, pectin

**Peach Cinnamon Jam:** peaches, sugar, lemon juice, pectin, cinnamon

**Bumbleberry Jam:** blackberries, blueberries, raspberries, sugar, lemon juice, pectin

**Cherry Raspberry Jam:** cherries, raspberries, sugar, lemon juice, pectin

**Strawberry Rhubarb Jam:**

**Raspberry Jam:** raspberries, sugar, lemon juice, pectin

**Blackberry Jelly:** blackberries, sugar, lemon juice, pectin

<b>Nutrition Facts</b>	
Serving Size 5ml (10g)	
Amount per Serving	%Daily Value
<b>Calories</b> 20	
<b>Total Fat</b> 0g	
<b>Saturated</b> 0g	
<b>+ Trans</b> 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 0mg	
<b>Carbohydrate</b> 8g	3 %
<b>Fiber</b> 0g	
<b>Sugar</b> 4g	
<b>Protein</b> 0g	
<b>Vitamin A</b> 0 %	
<b>Vitamin C</b> 15 %	
<b>Calcium</b> 0 %	
<b>Iron</b> 0 %	