

BBQ 2017

Nutritional Information & Ingredient List

All of our chicken is free run and hormone free

1. Honey Garlic Satays

Ingredients: Chicken breasts, water, sugar, salt, fructose, honey powder (Honey, wheat starch, soy flour), Glucose solids, sodium phosphate, soy sauce powder or soy sauce (Wheat, soybeans) maltodextrin, garlic powder, caramel, onion powder, spices, soybean oil (MFG aid), artificial flavour, calcium silicat (MFG aid).

Nutrition Facts

Serving Size approx. 100 g 2 satays

Amount Per Serving **%Daily Value**

Calories 110

Total Fat 1.1g

Cholesterol 50mg

Total Carbohydrate 1.3g

Protein 18g

Iron 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. 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 approx. 100 g 2 satays

Amount Per Serving **%Daily Value**

Calories 100.6

Total Fat 1.1g

Cholesterol 50mg

Total Carbohydrate 1.3g

Protein 18g

Iron 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. Peppered Steak Skewers

Ingredients: beef, water, steak spice (spices, herbs, salt, 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

4. Shrimp Skewers

Ingredients: Shrimp, water, salt, sodium phosphate, sulphiting agents.

Nutrition Facts

Serving Size 91 g (2 skewers)
Amount Per Serving %Daily Value
Calories 90
Total Fat 2g 3%
Saturated 0.3g
+ Trans 0.g 13%
Cholesterol 130mg
Sodium 140mg 13%
Carbohydrate 1g 1%
Fibre 0g 0%
Sugar 0g
Protein 17g
Vitamin A 2%
Vitamin C 2%
Calcium 4%
Iron 10%

5. Sundried Tomato Basil Breasts

Ingredients:

Boneless Skinless chicken breast, salt, spices, dehydrated vegetables (onions, sundried tomato, red bell peppers), sugar, garlic powder, dehydrated parsley, hydrogenated soya bean oil.

Nutrition Facts

Serving Size 1 breast (100g)
Amount Per Serving
Calories 80 Calories from Fat 20
Total Fat 2g 3%
Saturated Fat 0.5g 3%
Cholesterol 45mg 15%
Sodium 280mg 12%
Total Carbohydrate 0g 0%
Protein 16g
Iron 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.

6. Chicken Breasts, Boneless Skinless

Ingredients: Seasoned with soy protein.

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

Nutrition Facts	
Serving Size 1 breast (100g)	
Amount Per Serving	
Calories 80	Calories from Fat 20
	%Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Cholesterol 45mg	15%
Sodium 280mg	12%
Total Carbohydrate 0g	0%
Protein 16g	
Iron 2%	
Vitamin A 2%	
Not a significant source of <i>trans</i> fat, dietary fiber, sugars, vitamin C, calcium.	
* Percent Daily Values are based on a 2,000 calorie diet.	

7. Heritage Breasts, Boneless Skinless (First Choice)

Ingredients: seasoned, fillet removed.

Boneless skinless chicken breasts, water, isolated soy protein, salt, sodium, tripoly phosphate

No medications (or antibiotics), no animal byproducts in the feed.

Nutrition Facts	
Serving Size 1 breast (100g)	
Amount Per Serving	
Calories 80	Calories from Fat 20
	%Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Cholesterol 45mg	15%
Sodium 280mg	12%
Total Carbohydrate 0g	0%
Protein 16g	
Iron 2%	
Vitamin A 2%	
Not a significant source of <i>trans</i> fat, dietary fiber, sugars, vitamin C, calcium.	
* Percent Daily Values are based on a 2,000 calorie diet.	

8. 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	

9. 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%	

10. 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%	

11. 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

12. 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 42.51 mg
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

13. 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
Calories 390
Total Fat 21g **32%**
Saturated 8g
+ Trans .3g **42%**
Cholesterol 30mg
Sodium 910mg **38%**
Carbohydrate 36g **12%**
Fibre 1g **4%**
Sugar 3g
Protein 12g
Vitamin A 4%
Vitamin C 25%
Calcium 2%
Iron 10%

14. 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.
Allergens: Contains soy. May contain traces of wheat, sesame, milk and egg.

Cooking Instructions: conventional oven, preheat oven to 400°F. Place in a single layer on a foil lined baking sheet and bake on the middle rack of the oven for about 15-20 minutes. Turn wings over and bake an additional 15 or until desired crispness.

Nutrition Facts

Per about 3 wings (100g)
Amount Per Serving
Calories 230
Total Fat 14g
Saturated 3.5g
+ Trans 0.5g
Cholesterol 95 mg
Sodium 640 mg
Carbohydrate 6g
Fibre 1g
Sugar 5g
Protein 19g
Vitamin A 2%
Vitamin C 2%
Calcium 2%
Iron 4%

15. Sea Salt & Cracked Pepper Wings

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

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

Cooking Instructions: conventional oven, preheat oven to 400°F. Place in a single layer on a foil lined baking sheet and bake on the middle rack of the oven for about 15-20 minutes. Turn wings over and bake an additional 15 or until desired crispness.

Nutrition Facts

Serving Size 100g

Amount Per Serving %Daily Value

Calories 180

Total Fat 12g **18%**

Saturated 3g

+ Trans .2g **16%**

Cholesterol 75mg **25%**

Sodium 770mg **32%**

Carbohydrate 5g **2%**

Fibre 1g **4%**

Sugar 0g

Protein 13g

Vitamin A 2%

Vitamin C 2%

Calcium 2%

Iron 4%

16. Chicken & Turkey Breakfast Sausage

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

Nutrition Facts

Serving Size 100g

Amount Per Serving

Energy 178cal / 750kj

Protein 15g

Total Fat 11.0g

Carbohydrate 4.8g

17. 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%

18. Sirloin Beef Burgers

Ingredients: beef, water, skim milk powder, garlic powder, spice. Contains milk.

Nutrition Facts	
Serving Size 1 burger	
Amount Per Serving	%Daily Value
Calories 330	
Total Fat 25g	38%
Saturated 10g	55%
+ Trans 1g	28%
Cholesterol 75mg	
Sodium 370mg	15%
Carbohydrate 2g	1%
Fibre 0g	
Sugar 0g	
Protein 23g	
Vitamin A 0%	
Vitamin C 2%	
Calcium 4%	
Iron 15%	

19. Angus Beef Mini Burgers

Ingredients: beef, water, salt Dextrose, flavor, spice, silicon dioxide (mfg aid)

Nutrition Facts	
Serving Size 1 burger	
Amount Per Serving	%Daily Value
Calories 150	
Total Fat 11g	17%
Saturated 5g	
+ Trans 0.5g	28%
Cholesterol 35mg	
Sodium 140mg	6%
Carbohydrate 3g	1%
Fibre 0g	
Sugar 0g	
Protein 10g	
Vitamin A 2%	
Vitamin C 0%	
Calcium 0%	
Iron 10%	

20. Chicken Breast Burgers, unbreaded

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
Calories 160	
Total Fat 10g	16%
Saturated 2.5g	
+ Trans 0.2g	13%
Cholesterol 55mg	15%
Sodium 70mg	3%
Carbohydrate 0g	0%
Fibre 0g	10%
Sugar 0g	
Protein 17g	
Vitamin A 2%	
Vitamin C 0%	
Calcium 15%	
Iron 0%	

21. Sante Fe Turkey Burgers

Ingredients: turkey, sante fe marinade (sugar, salt, tomato powder, spice, soy sauce (soy beans, wheat, maltodextrin), maltodextrin, powdered vinegar, xanthan gum, silicon dioxide, flavour, canola oil (MFG AID), garlic, black pepper, salt, sage)

Nutrition Facts

Serving Size 1 burger (115g)

Amount Per Serving

Calories 200

Total Fat 11g

Saturated 3g

+ Trans 0g

Cholesterol 0mg

Sodium 363.36mg

Carbohydrate 9g

Fiber 6g

Sugar 0g

Protein 18g

Sodium 440 mg.

Potassium 600 mg.

22. 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%

23. Veggie Burger

Ingredients: Water, Soy protein concentrate, Partially hydrogenated corn and/or soybean and cottonseed oils, Isolated soy protein, Methylcellulose, natural flavour (from vegetable sources), Salt, Malt extract, Hydrolyzed wheat gluten, Dried onion, Dried garlic, Black pepper, Beet powder, Spices, Autolyzed yeast extract, Peas, Carrots, Corn, Green Beans), Red Peppers, Salt, Spice, Garlic, Onion.

Nutrition Facts

Serving Size 1 burger (100g)

Amount Per Serving %Daily Value

Calories 165

Total Fat 7.5g

Saturated 7.4g

+ Trans 0g

Cholesterol 0mg

Sodium 532.86mg

Carbohydrate 9.17g

Fibre 4.7g

Sugar 1.1g

Protein 14.4g

Vitamin A 293.22mg

Vitamin C 3.08mg

Calcium 91.21mg

Iron 1.88mg

24. Bavarian Sausage

Ingredients: pork, water, spices, natural pork casing

May contain: soy, wheat, milk egg

Nutrition Facts

Serving Size 100g

Amount Per Serving %Daily Value

Calories 217.21

Total Fat 16.03g

Saturated 5.54g

+ Trans 0g

Cholesterol 51.67 mg

Sodium 698.4mg

Carbohydrate 1.16g

Fibre 0.05 g

Sugar 0.98 g

Protein 15.91 g

Vitamin A 36.54 RE

Vitamin C 0.74 mg

Calcium 23.87 mg

Iron 1.04 mg

25. N.Y. Striploin Steaks

NOW free range, hormone free, and grass fed (grain finished)

Ingredients: AA-AAA Aged Canadian Beef

Nutrition Facts

Serving Size 170g

Amount Per Serving %Daily Value

Calories 360

Total Fat 23g **35%**

Saturated 9g

+ Trans 0g **47%**

Cholesterol 85mg

Sodium 350mg **15%**

Carbohydrate 3g **1%**

Fibre 0g **0%**

Sugar 2g

Protein 32g

Vitamin A 0%

Vitamin C 0%

Calcium 4%

Iron 15%

26. 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

27. Lean Ground Beef

Ingredients: beef, water, soya flour

Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories	230	
Total Fat	13g	20%
Saturated	5g	
+ Trans	0g	25%
Cholesterol	75mg	25%
Sodium	65mg	2.71%
Carbohydrate	14g	4.67%
Fibre	1g	
Sugar	2g	
Protein	18g	
Vitamin A	0 RE	
Vitamin C	2 %	
Calcium	6 %	
Iron	30 %	

28. Maui Beef Ribs

Ingredients: beef, water, marinade mix (sugar, salt, honey powder (honey, wheat starch, soy flour), soy sauce powder (soy sauce (wheat, soybeans), maltodextrin), caramel, modified corn starch, garlic powder, spices, onion powder, modified cellulose, partially hydrogenated soybean oil (mfg aid), citric acid, calcium silicate (mfg aid) and papain.

Nutrition Facts

Serving Size 170g

Amount Per Serving %Daily Value

Calories	360	
Total Fat	23g	35%
Saturated	9g	
+ Trans	0g	47%
Cholesterol	85mg	
Sodium	350mg	15%
Carbohydrate	3g	1%
Fibre	0g	0%
Sugar	2g	
Protein	32g	
Vitamin A	0%	
Vitamin C	0%	
Calcium	4%	
Iron	15%	

29. 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

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

30. Farmer Sausage

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

Nutrition Facts	
Per 100 g	
Amount Per Serving	%Daily
Value	
Calories 104	
Total Fat 4.5g	6.5%
Saturated 1.5g	
+ Trans 0.1g	7.5%
Cholesterol 44mg	14.5%
Sodium 1027mg	49%
Carbohydrate 0g	0%
Fiber 0g	0.5%
Sugar 0.5g	
Protein 16g	
Vitamin A	1%
Vitamin C	
3%	
Calcium	1%
Iron	2%

31. Bacon, fully cooked

Ingredients: pork (cured with water, salt, sugar, smoke flavor, sodium phosphate, sodium erythorbate, sodium nitrate)

Nutrition Facts	
Serving Size 100g	
Amount Per Serving	
Calories 538g	
Total Fat 46.2g	
Saturated 19.2g	
+ Trans 0g	
Cholesterol 76.9mg	
Sodium 1846.2mg	
Carbohydrate 7.70g	
Fibre 0g	
Sugar 2.81g	
Protein 30.8g	
Vitamin A 79.87 RE	
Vitamin C 0 mg	
Calcium 12.40 mg	
Iron .72 mg	

32. Baby Back Ribs

Ingredients: pork back ribs

Nutrition Facts	
Serving Size 4oz (approx 2 ribs)	
Amount Per Serving	%Daily Value
Calories 234	
Total Fat 18g	27%
Saturated 7g	
+ Trans 0g	35%
Cholesterol 80mg	
Sodium 330mg	13%
Fibre 0g	
Sugar 0g	
Protein 18g	36%

33. Maple Pork Breakfast Sausage

Ingredients: pork, water, soya flour, toasted wheat crumbs, salt, dextrose, sugar, spices, sodium phosphate, canola oil, maple flavour

Nutrition Facts	
Per 100 g	
Amount Per Serving	%Daily Value
Calories 139	
Total Fat 25g	385%
Saturated 1g	
+ Trans 0g	5%
Cholesterol 451 mg	150%
Sodium 451 mg	18.8%
Carbohydrate 58g	19.3%
Fiber 1g	0%
Sugar 7g	
Protein 4.5g	
Iron 6%	
Vitamin A	2.5%
Calcium	1.5%
Iron	12.5%
Vitamin C	0.5%

34. Wild Sockeye Salmon Fillets

Ingredients: wild sockeye salmon

Nutrition Facts	
Serving Size 100g	
Amount Per Serving	%Daily Value
Calories 120	
Total Fat 3.77g	
Cholesterol 74mg	
Sodium 50 mg	
Protein 20.14g	
Selenium 36.5 mg	

35. Garlic and Herb Prawns

Ingredients: shrimp, water, garlic powder, maltodextrin, sugar, modified tapioca starch, salt, lime juice powder, spices, dextrose, xanthan gum, yeast extract, silicon dioxide, natural lemon flavor, citric acid, sodium tripolyphosphate (for moisture retention)

Nutrition Facts	
Serving Size 125 g	
Amount Per Serving	
Calories 60	
Total Fat 0.5g	1%
Saturated 0.1g	
+ Trans 0g	1%
Cholesterol 115mg	
Sodium 710 mg	30%
Carbohydrate 2g	1%
Fibre 0g	0%
Sugar 0g	
Protein 12g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	0%

36. Golden Ale Battered Cod Strips

Ingredients: pacific cod, wheat flour, vegetable oil (soybean and/or canola), modified cornstarch, water, white corn flour, beer (water, malted barley, yeast, hops), Contains 2% or less of: palm oil, salt, cornstarch, rice flour, sugar, natural flavor, leavening (sodium aluminum phosphate, baking soda), spices, yellow corn flour, extractives of carrot, extractives of turmeric, maltodextrin, garlic, guar gum.
Contains: fish (pacific cod) and wheat.

Nutrition Facts

Serving Size 1 piece (2oz)

Amount Per Serving

Calories	110	
Total Fat	5g	7%
Saturated	1.5g	
+ Trans	0g	15%
Cholesterol	15mg	5%
Sodium	340mg	14%
Carbohydrate	10g	4%
Fibre	1g	2%
Sugar	1g	
Protein	6g	
Vitamin A		0%
Vitamin C		0%
Calcium		1%
Iron		7%

37. 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

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

38. Peppered Steak Bites

Ingredients:
beef, water, seasoning (salt, spice, garlic, onion)

Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories	167.13	
Total Fat	10.29g	
Saturated	4.08g	
+ Trans	0g	
Cholesterol	55.46mg	
Sodium	711.74mg	
Carbohydrate	1.18g	
Fibre	.15g	
Sugar	.36g	
Protein	16.66g	
Vitamin A	0 RE	
Vitamin C	.25mg	
Calcium	12.29mg	
Iron	2.32mg	

39. 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

Nutrition Facts

Serving Size 5ml (10g)

Amount per Serving	%Daily Value
Calories 20	
Total Fat 0g	
Saturated 0g	
+ Trans 0g	
Cholesterol 0mg	
Sodium 0mg	
Carbohydrate 8g	3%
Fiber 0g	
Sugar 4g	
Protein 0g	
Vitamin A 0%	
Vitamin C 15%	
Calcium 0%	
Iron 0%	

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
Calories 220	
Total Fat 6g	10%
Saturated 1.5g	
+ Trans 0g	9%
Cholesterol 20mg	
Sodium 520mg	21%
Carbohydrate 32g	11%
Fibre 2g	6%
Sugar 0g	
Protein 8g	
Vitamin A	0%
Vitamin C	4%
Calcium	2%
Iron	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
Calories 350	
Total Fat 21g	32%
Saturated 5g	
+ Trans 0.1g	26%
Cholesterol 170mg	
Sodium 1070mg	45%
Carbohydrate 29g	10%
Fiber 1g	4%
Sugar 2g	
Protein 13g	
Vitamin A 10%	
Vitamin C 25%	
Calcium 10%	
Iron 20%	

42. 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
Calories 300	
Total Fat 12g	18%
Saturated 6g	
+ Trans 0.2g	
31%	
Cholesterol 25mg	
Sodium 580mg	28%
Carbohydrate 31g	10%
Fibre 3g	12%
Sugar 6g	
Protein 17g	
Vitamin A	6%
Vitamin C	8%
Calcium	25%
Iron	25%

43. 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
Calories 660	
Total Fat 22g	34%
Saturated 10g	
+ Trans 0.2g	51%
Cholesterol 45mg	
Sodium 1170mg	49%
Carbohydrate 79g	26%
Fibre 6g	24%
Sugar 10g	
Protein 30g	
Vitamin A 10%	
Vitamin C 20%	
Calcium 50%	
Iron 60%	

44. 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 cottonseed and soya oils).

Nutrition Facts

Serving Size 285g

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

45. 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
Calories 440	
Total Fat 15 g	23%
Saturated 7 g	
+ Trans 0.3 g	37 %
Cholesterol 65 mg	
Sodium 700mg	29 %
Carbohydrate 44g	15 %
Fibre 5g	20 %
Sugar 8g	
Protein 27 g	
Vitamin A	10%
Vitamin C	40%
Calcium	30%
Iron	30%

46a. 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 below)

Nutrition Facts

Serving Size 1 tray (330gr)	
Amount Per Serving	%Daily Value
Calories 440	
Total Fat 15 g	23%
Saturated 7 g	
+ Trans 0.3 g	37 %
Cholesterol 65 mg	
Sodium 700mg	29 %
Carbohydrate 44g	15 %
Fibre 5g	20 %
Sugar 8g	
Protein 27 g	
Vitamin A	10%
Vitamin C	40%
Calcium	30%
Iron	30%

46b. 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.

Nutrition Facts

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