

Chicken & More FALL 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	
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.	

2. Heritage Breasts, Boneless Skinless (First Choice)

Ingredients: seasoned, fillet removed.

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

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.	

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	
Calories 100.6	
Total Fat 1.1g	
Cholesterol 50mg	
Sodium 280mg	
Total Carbohydrate 1.3g	
Protein 18g	
Iron 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. 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
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%

9. 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

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>
Calories 170	
Total Fat 10g	16%
Saturated 3g	
+ Trans 0g	15%
Cholesterol 75mg	
Sodium 620mg	26%
Carbohydrate/ Glucides 3g	1%
Fibre 0g	0%
Sugar 0g	
Protein 16g	
Vitamin A	4%
Vitamin C	0%
Calcium	2%
Iron	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>	
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 n/a	
Vitamin C n/a	
Calcium n/a	
Iron n/a	

12. 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

13. Turkey Cordon with Sage & Cranberry Stuffing

Ingredients: Turkey, water, toasted wheat crumb, onion, croutons, batter (wheat flour, corn starch, potato flour (sodium bisulphate, sodium acid pyrophosphate, bha), salt, rice flour, spices, guar gum. Sulphiting agents), celery, chicken stock, cranberry juice, soy flour, cranberries, butter, chicken soup base, spices

Nutrition Facts	
Serving Size 100g	
Amount Per Serving	
Calories	157.21
Total Fat	4.72g
Saturated	1.786g
+ Trans	0.06g
Cholesterol	48.791mg
Sodium	247.11 mg
Carbohydrate	15.89g
Fibre	1.18g
Sugar	2.36g
Protein	12.86g
Vitamin A	34.61 RE
Vitamin C	1.07 mg
Calcium	24.75 mg
Iron	1.52 mg

14. 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
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%

15. 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%

16. Ground Turkey, lean

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. 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%

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. Pubhouse Battered Cod (3 oz.)

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 (3oz)

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%

22. Lean Ground Beef

Ingredients: beef, water, soy flour

Nutrition Facts

Serving Size 100g

Amount Per Serving

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

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%

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

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

Ingredients: AA-AAA beef

Nutrition Facts

Serving Size 1 steak (6 oz)

Amount Per Serving %Daily Value

Calories 315
Total Fat 22g
Saturated 0g
+ Trans 0g
Polyunsaturated 0g
Monounsaturated 0g
Cholesterol 120mg
Sodium 90mg
Potassium 503mg
Carbohydrate 0g
Fibre 0g
Sugar 0g
Protein 35g
Vitamin A 0%
Vitamin C 0%
Calcium 0%
Iron 15%

28. Pork Chops

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

Nutrition Facts

Serving Size 145g (approx. 1 chop)

Amount Per Serving	%Daily Value
Calories 286	
Total Fat 13g	21 %
Saturated 5g	
+ Trans 0g	23%
Cholesterol 64mg	35%
Sodium 64mg	3%
Carbohydrate 0g	0%
Fibre 0g	0%
Sugar 0g	
Protein 39g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 1%	
Iron 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
Calories 139	
Total Fat 2.5g	3.85%
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%
Vitamin C	0.5%
Iron	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	
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%

31. 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%

32. 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%

33. 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	
Calories 220	
Total Fat 2g	3%
Saturated	
+ Trans	
Cholesterol 0mg	
Sodium 420mg	
Carbohydrate 43g	43%
Protein 6 g	

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
Calories 130	
Total Fat 8g	12%
Saturated 1g	
+ Trans 0g	3%
Cholesterol 50mg	
Sodium 110mg	17%
Carbohydrate 9g	9%
Fibre 0g	
Sugar 0g	
Protein 7g	
Vitamin A 2%	
Vitamin C 2%	
Calcium 2%	
Iron 6%	

35. 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
Calories 175	
Total Fat 5.20g	8%
Saturated 0.53g	
+ Trans 0.08g	3%
Cholesterol 4.20mg	
Sodium 405mg	17%
Carbohydrate 27.60g	9%
Fibre 2.9g	12%
Sugar 3.2g	
Protein 4.40g	
Vitamin A 2%	
Vitamin C 10%	
Calcium 2%	
Iron 10%	

36. 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 Erythorbate, 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, Colours.

Nutrition Facts

Serving Size approx 3 pcs

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

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	
Calories 158		
Total Fat 5g	8%	
Saturated 1.76g		
+ Trans 0.11g	9%	
Cholesterol 15mg		
Sodium 510mg	21%	
Carbohydrate 20.60g	7%	
Fibre 1.40g		
Sugar 3g		
Protein 7.37g		
Vitamin A 21 RE	2%	
Vitamin C 0.70 mg	2%	
Calcium 68 mg	6%	
Iron 1.30 mg	10%	

38. Neufeld Farm Fresh 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%	
Fibre 0g		
Sugar 4g		
Protein 0g		
Vitamin A 0%		
Vitamin C 15%		
Calcium 0%		
Iron 0%		

39. Steak & Onion Pot Pies

Ingredients: **FILLING:** steak, water, carrots, potatoes, celery, modified corn starch, gravy seasoning*, dehydrated onion, beef bouillon, Worcestershire sauce. *contains salt, hydrolyzed soy protein, wheat protein, sulphites, modified milk ingredients and/or anchovies. **PASTRY:** enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), canola, palm and palm kernel oil, vegetable oil shortening, water, dextrose, salt, corn and wheat starches, baking powder, calcium propionate, sodium bisulphite, L-cysteine hydrochloride, amylase, ascorbic acid, color.

Nutrition Facts		
Serving Size 175 g (1 pot pie)		
Amount Per Serving	%Daily Value	
Calories 450		
Total Fat 26g	40%	
Saturated 6g		
+ Trans 3.5g	49%	
Cholesterol 15mg		
Sodium 850mg	35%	
Carbohydrate 43g	14%	
Fiber 2g	7%	
Sugar 3g		
Protein 9g		
Vitamin A 8%		
Vitamin C 2%		
Calcium 4%		
Iron 20%		

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. Traditional Shepherds 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
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%	

42. 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%	

43. 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
Calories 230	
Total Fat 13g	20%
Saturated 4.5g	23%
+ Trans 0g	9%
Cholesterol 20mg	13%
Sodium 600mg	25%
Carbohydrate 20g	7%
Fibre 1g	6%
Sugar 3g	
Protein 10g	
Vitamin A	0%
Vitamin C	6%
Calcium	6%
Iron	15%

44. 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%	

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

46. 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%