

Holiday 2017

Nutritional Information & Ingredient List

1. Sea Salt & Cracked 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)

Amount Per Serving %Daily Value

Calories 170	
Total Fat 10g	16%
Saturated 3g	
+ Trans 0g	15%
Cholesterol 1000mg	
Sodium 620mg	26%
Carbohydrate/ Glucides 3 g	1%
Fibre 0g	0%
Sugar 0g	
Protein 16g	
Vitamin A	4%
Vitamin C	0%
Calcium	2%
Iron	6%

2. Buffalo Wings

Ingredients: chicken wings, water, modified corn starch, corn maltodextrin, salt, vinegar, vinegar powder (corn maltodextrin, modified corn starch, vinegar), dry hot sauce powder (aged cayenne peppered, salt, vinegar, canola oil, tocopherol, garlic powder), aged cayenne red peppers, garlic, flavour (modified corn starch), sodium phosphate, spice, malic acid, sodium diacetate. Cooked in canola oil.

Nutrition Facts

Serving Size 3 pcs (100g)

Amount Per Serving %Daily Value

Calories 250	
Total Fat 16g	25%
Saturated 4.5g	
+ Trans 0.2g	24%
Cholesterol 80mg	
Sodium 990mg	41%
Carbohydrate 5g	2%
Fibre 1g	4%
Sugar 0g	
Protein 18g	
Vitamin A 8%	
Vitamin C 4%	
Calcium 2%	
Iron 10%	

3. 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

Nutrition Facts

Per about 3 wings (100g)

Amount Per Serving

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

4. Bacon Wrapped Chicken Breast

Ingredients: Chicken, Bacon(pork, Water, Salt Sugar, Sodium Phosphate, Natural and Artificial Flavours, Sodium Eythorbate, Sodium Nitrate, Maple Syrup, Smoke).

Nutrition Facts

Serving Size (16 g)	
Amount Per Serving	%Daily Value
Calories 35	
Total Fat 1 g	2%
Saturated 0g	
+ Trans 0g	
Cholesterol 0mg	
Sodium 90 mg	4%
Carbohydrate 6g	2%
Fibre 1 g	2%
Sugar 0 g	
Protein 1 g	
Vitamin A 4%	
Vitamin C 2%	
Calcium 0%	
Iron 4%	

5. Vegetable Pakora

Ingredients: Organic white flour, diced onions, diced potatoes, diced carrots, water, chickpea flour, diced red peppers, diced green pepper, canola oil, frozen peas, salt, lemon juice, coriander powder, chilli powder, garlic powder, ginger powder, baking powder, sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), garam masala, cumin seeds.

Nutrition Facts

Serving Size (16 g)	
Amount Per Serving	%Daily Value
Calories 35	
Total Fat 1 g	2%
Saturated 0g	
+ Trans 0g	
Cholesterol 0mg	
Sodium 90 mg	4%
Carbohydrate 6g	2%
Fibre 1 g	2%
Sugar 0g	
Protein 1g	
Vitamin A 4%	
Vitamin C 2%	
Calcium 0%	
Iron 4%	

6. Mini Vegetable Samosas

Ingredients: Wheat flour, water, potatoes, carrots, peas, lentils, onions, cilantro, canola oil, salt, spices, garlic, vinegar, citric acid.

Contains: Milk, Wheat

Nutrition Facts

Serving Size (100 g)		
Amount per Serving	%Daily Value	Calories
138		
Total Fat 1.47 g		
23%		
Saturated 0.1g		
+ Trans 0 g		
Cholesterol 1 mg		
Sodium 382 mg	15 %	
Carbohydrate 25.72 g	9 %	
Fiber 3.1 g	12%	
Sugar 0.7 g		
Protein 5.36 g		
Vitamin A 0%		
Vitamin C 2%		
Calcium 2 %		
Iron 14%		

7. Pork Dry Ribs

Ingredients: rib portions, water, modified corn starch, garlic powder, salt, garlic emulsion (water, propylene glycol, vegetable gum, polysorbate 80, garlic oil), sodium phosphate, yeast extract. Fried in vegetable oil. Seasoning packet: salt, spices, may contain wheat, egg or sulphites

Nutrition Facts

Serving Size 105g per approx. 4 ribs	
Amount Per Serving	%Daily Value
Calories 210	
Total Fat 13g	20%
Saturated 4.5g	
+ Trans 0g	23%
Cholesterol 70 mg	24%
Sodium 480mg	20%
Carbohydrate 3g	1%
Fibre 0g	0%
Sugar 0 g	
Protein 20g	
Vitamin A 0%	
Vitamin C 0%	

8. Macaroni & Cheese Wedges

Ingredients: Macaroni, Water, Pasteurized Cheddar Cheese [Cheddar Cheese (Milk, Cheese Culture, Salt, Enzymes), Milkfat, Sodium Phosphate, Sodium phosphate, Salt, Artificial Color], Enriched Wheat Flour, Vegetable Oil, Enriched Wheat, Cheese Sauce Mix [Dehydrated Blend of Cheese (Cheddar Cheeses (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Food Starch., Cellulose Gum, Butter, Sodium Phosphate, Lactic Acid, Citric Acid, Yellow 5, Yellow 6], Yellow Corn Flour. Contains 2% or less of Buttermilk Powder, Cheese Powder [Whey, Buttermilk Solids, Cheeses (Granular and Cheddar Pasteurized Milk, Chees Culture, Salt, Enzymes), Whey Protein Concentrate, Salt, Sodium Phosphate, Citric Acid, Yellow 5, Yellow 6, Lactic Acid, Enzyme], Dried Garlic, Dried Onion, Extractives of Paprika, Annatto, and Turmeric, modified Food Starch, Sodium Pyrophosphate, Sodium Bicarbonate, Natural and Artificial Cheese Flavor (Cheddar Cheese Flavor [Milk, Maltodextrin, Bacterial Cultures, Salt, Enzymes, Natural and Artificial Flavor], Buttermilk, Whey, Autolyzed Yeast Extract, Cheese, Cultured Whey, Salt, Cream), Natural Flavor, Nonfat Milk, Spices, Sugar

Nutrition Facts

Serving Size 6 pcs (136g)	
Amount Per Serving	%Daily Value
Calories 330	
Total Fat 16 g	25 %
Saturated 5 g	
+ Trans 0 g	
Cholesterol 15 mg	5
% Sodium 990 mg	41%
Carbohydrate 0 g	0 %
Fibre 3 g	12%
Sugar 5 g	
Protein 9 g	
Vitamin A 4 %	
Vitamin C 0 %	
Calcium 15 %	
Iron 8 %	

9. Sesame Jack 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 5 g	8%	
Saturated 1.76 g		
+ Trans 0.11g	9%	
Cholesterol 15 mg		
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%	

10. 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%

11. Bam Bam 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%

12. Chili Garlic Potato Bites

Ingredients: Potato, edible Vegetable Oil, Garlic Paste (Garlic, Water, Corn, Starch, Edible Common Salt, Corn Flour, Potato Flakes, Salt, Onion Powder, Red Chili Flakes

Nutrition Facts

Serving Size 100g (6 pcs)

Amount Per Serving

Calories 180

Total Fat 4.6 g

Saturated 2.2 g

+ Trans 1 g

Carbohydrate 31.4 g

Sugar 0.2 g

Protein 3.1 g

13. Mini Assorted Quiche

Ingredients: Crust: enriched wheat flour, modified palm & soybean oil, water, corn starch, corn flour dextrose, salt, soya lethicin, enzyme, sodium proprionate.

Vegetable Quiche Filling: milk, zucchini, liquid whole egg, red pepper, onions, green peppers, enriched wheat flour, modified corn starch, mozzarella cheese, edam cheese, parmesan cheese, vegetable oil. Seasoning salt, spice, potassium sorbate.

Mushroom: milk, mushroom liquid eggs, wheat flour, corn starch, mozzarella, edam, parmesan, salt, soy sauce, Worcestershire sauce, salt, garlic, onion powder, methylcellulose, potassium sorbate.

Spinach: milk, spinach, egg, wheat flour, corn starch, mozzarella, edam, parmesan, salt, seasoning, herbs, methylcellulose, potassium sorbate

Onion: onions, milk, eggs, wheat flour, corn starch, canola oil, mozzarella, edam, parmesan, salt, seasoning, onion powder,

methylcellulose, potassium sorbate.

Contains: dairy soy, wheat, sulphites, egg & corn

14. 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.

15. Zucchini Sticks

Ingredients: zucchini, enriched wheat flour, corn flour, water, salt, sugar, defatted soya flour, leavening, dextrose, whey powder, onion powder, spice, yeast, caramel color, dehydrated parsley, natural cheese flavor, maltodextrin, paprika, onion, garlic, disodium phosphate, disodium guanyolate, dough conditioner, vegetable oil.

Nutrition Facts

Serving Size 100 g

Amount Per Serving %Daily Value

Calories 210

Total Fat 13g 20%

Saturated 4g

+ Trans 2.5g 33%

Cholesterol 40mg

Sodium 400mg 17%

Carbohydrate 18g 6%

Fibre 1g 4%

Sugar 3g

Protein 6 g

Vitamin A 8%

Vitamin C 30%

Calcium 10%

Iron 6%

Nutrition Facts

Serving Size 5 meatballs (50g)

Amount Per Serving

Calories 221

Total Fat 17g

Saturated 7g

+ Trans 0.4g

Cholesterol 55 mg

Sodium 331 mg

Carbohydrate 3.4g

Fibre 1g

Sugar 0g

Protein 15g

Vitamin C 2%

Calcium 2 %

Iron 9 %

Nutrition Facts

Serving Size 100g

Amount Per Serving %Daily Value

Calories 188

Total Fat 9.1g

Saturated 1.45g

+ Trans 0.243g

Cholesterol 0 mg

Sodium 480mg

Carbohydrate 23.5g

Fibre 1.5g

Sugar 4.2g

Protein 3.1g

Vitamin A 11% RE

Vitamin A (IU) 110 IU

Vitamin C 0 g

Calcium 33 g

Iron 1.7g

16. Mozza Cheese Bites Italian Style

Ingredients: Pizza Mozzarella cheese (Modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme), wheat flour, water, vegetable oil (soybean oil and/or canola oil), yellow corn flour, sugar, salt, onion powder, defatted soy flour, spices, baking powder, dextrose, garlic powder, dehydrated parsley, cheese blend (corn maltodextrin, enzyme modified cheese solids (milk, bacterial culture, salt, rennet and/or pepsin, and/or microbial enzyme, calcium chloride, lipase), sodium citrate, flavour, milk ingredients.

CONTAINS: wheat, milk, soy

17. 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

18. Mini Potato & Cheddar Perogies

Ingredients: Enriched wheat flour, fresh potato, water, cheddar cheese, canola oil, egg white, salt, annatto.

Nutrition Facts	
Serving Size 3 pcs	
Amount Per Serving %Daily Value	
Calories 140	
Total Fat 7 g	11 %
Saturated 3.5 g	
+ Trans 0.2 g	19 %
Cholesterol 15 mg	
Sodium 420 mg	18 %
Carbohydrate 12 g	4 %
Fibre 1 g	4 %
Sugar 3 g	
Protein 6 g	
Vit A 4 %	Vit C 0 %
Calcium 15 %	Iron 4 %

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 %

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	

19. Chicken Breast Bites

Ingredients: boneless skinless chicken pieces, water, salt, flavor (soy protein isolate), sodium phosphate, garlic powder, onion powder, spice, vegetable oil shortening, monosodium glutamate, wheat flour, water, salt, wheat gluten, soy protein, baking powder, egg white powder (baker's yeast, citric acid), vegetable oil shortening, sodium acid pyrophosphate, sodium bicarbonate, skim milk powder, dextrose, caramel, spice, flavor, browned in canola oil.

Nutrition Facts

Serving Size 100 g	
Amount Per Serving	%Daily Value
Calories 210	
Total Fat 10g	15 %
Saturated 1g	
+ Trans 0.1g	5 %
Cholesterol 35mg	12 %
Sodium 780mg	33 %
Carbohydrate 15g	5 %
Fibre 1g	4 %
Sugar 0g	
Protein 15g	
Vitamin A	0 %
Vitamin C	2 %
Calcium 2 % mg	2 %
Iron 8 %	8 %

20. Turkey Breasts

Ingredients: Turkey breast fillets, water, salt, sodium phosphate, flavor (seaweed flour, natural smoke flavor)

Nutrition Facts

Serving Size 100 g (1 pc)		
Amount Per Serving	%Daily Value	Calories 80
Total Fat 1 g	2 %	
Saturated 0.3 g		
+ Trans 0g	5 %	
Cholesterol 35 mg	35 %	
Sodium 500 mg	21 %	
Carbohydrate 0 g	0 %	
Fibre 0 g		4 %
Sugar 0g		
Protein 17 g		
Vitamin A	2 %	
Vitamin C	0 %	
Calcium	0 %	
Iron	2 %	

21. Festive Turkey Cordon

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 15.89 g	
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	

22. Breasts with Crème Brie and Apple

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, citricacid [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

23. Chicken Ala Neptune

Ingredients: Chicken breast marinated in water, soy protein, salt. **Filling:** Garlic Butter (Butter, water, white wine, garlic oil, salt, parsley, dried garlic, minced onion, red pepper), lagostino, scallops. **Coating:** toasted wheat crumb, water, wheat flour, corn starch, potato flour, salt, rice flour, spices, guar gum. **Blanched in canola oil.**

Nutrition Facts

Serving Size 100g
Amount Per Serving
Calories 152.52
Total Fat 5.77 g
Saturated 2.83g
+ Trans 0g
Cholesterol 49.8mg
Sodium 223.72mg
Carbohydrate 7.31 g
Fibre 0.25 g
Sugar .26 g
Protein 17.63 g
Vitamin A 824.84 RE
Vitamin C .93 mg
Calcium 14.22 mg
Iron 0.64mg

24. Cordon Swiss

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,

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

25. Breaded Veal Cutlet

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 12.08 g
Saturated 4.79 g
+ Trans 0.17 g
Cholesterol 49.93 mg
Sodium 288.46 mg
Carbohydrate 13.25 g
Fibre 83 g
Sugar 78 g
Protein 14.99 g
Vitamin A 18.93 RE
Vitamin C .04 mg
Calcium 19.54 mg
Iron 1.10 mg

26. Breasts, Boneless Skinless

Ingredients:

Seasoned with soy protein, fillet removed
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%	

27. Heritage Breasts, Boneless Skinless

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%	

28. Clucks Chicken Fingers

Ingredients chicken fillets, water, wheat flour, toasted wheat crumbs, canola oil, modified corn starch, egg white powder, salt, sodium phosphate, onion powder, garlic powder, spice, vegetable oil, sodium aluminum phosphate, sodium bicarbonate, hydrolyzed plant protein (corn), wheat gluten, sugar. Browned in canola oil.

Nutrition Facts	
Serving Size 2 strips (120g)	
Amount Per Serving	%Daily Value*
Calories 210	
Fat 7g	11%
Saturated Fat 1g	
+Trans 1.5 g	13%
Cholesterol 40mg	
Sodium 550mg	23%
Carbohydrate 20g	7%
Fibre 1g	
Sugars 1g	
Protein 20g	
Vitamin A 0%	
Vitamin C 4%	
Iron 12%	
Calcium 4%	

29. 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	

30. Chicken and 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	

31. New York Striploin Steaks

Ingredients: New York Striploin Steaks

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%

32. 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

33. 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

34. 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 271%

Carbohydrate 14g 4.67%

Fibre 1g 4%

Sugar 2g

Protein 18g

Vitamin A 0%

Vitamin C 2%

Calcium 6%

Iron 30%

35. 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 7 g

+ Trans 0g

35%

Cholesterol 80 mg

Sodium 330mg

13%

Fibre 0g

Sugar 0g

Protein

18g 36%

36. Farmer Sausage

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

Nutrition Facts

Per sausage (80g)

Amount Per Serving %Daily Value

Calories 160

Total Fat 11 g 17%

Saturated 4g

+ Trans 0g 20%

Cholesterol 50 mg

Sodium 460 mg 19%

Carbohydrate 2 g 1%

Fiber 0g 0%

Sugar 2g

Protein 13g

Iron 6%

Vitamin A

0%

Calcium-

2%

37. Maple Pork Breakfast Sausage

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

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

38. Wild Sockeye Salmon Fillets

Ingredients: wild sockeye salmon

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

39. Helmi's Double Stuffed Potatoes

Ingredients: potato, milk, bacon, cheddar cheese, green onion, sour cream, butter, salt, spices

Nutrition Facts	
Serving Size 285g	
Amount Per Serving	%Daily Value
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%	

40. Helmi's 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. 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: dairv. sov. wheat. sulphites. eqa & 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%	

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. 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%

44. 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 21 g	32%
Saturated 5g	
+ Trans 0.1 g	26%
Cholesterol 170mg	
Sodium 1070mg	45%
Carbohydrate 29g	10%
Fiber 1 g	4%
Sugar 2g	
Protein 13g	
Vitamin A 10 %	
Vitamin C 25 %	
Calcium 10 %	
Iron 20 %	

45. Homestyle Meat Pies

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,

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 inosinate, 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 (1/2 Pie)	
Amount % Daily Value	
Calories 280	
Fat 17g	26%
+Saturated Trans 7g	34%
Cholesterol 10mg	
Sodium 301mg	13%
Carbohydrate 25g	8%
Fiber 1g	4%
Sugars 2g	
Protein 7g	
Vitamin A 4%	
Vitamin C 2%	
Calcium 0%	
Iron 15%	

Nutrition Facts	
Serving Size 100g (about 1/2 pie)	
Amount % Daily Value	
Calories 290	
Fat 17g	26%
+Saturated Trans 7g	34%
Cholesterol 15mg	
Sodium 300mg	13%
Carbohydrate 24g	8%
Fiber 1g	4%
Sugars 2g	
Protein 8g	
Vitamin A 4%	
Vitamin C 2%	
Calcium 0%	
Iron 10%	

