

Chicken & More WINTER 2018

Nutritional Information & Ingredient List

1. Chicken 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%

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, 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 *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

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. 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 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 5.77g
Saturated 2.83g
+ Trans 0g
Cholesterol 49.8mg
Sodium 223.72mg
Carbohydrate 7.31g
Fibre 0.25g
Sugar .26g
Protein 17.63g
Vitamin A 824.84 RE
Vitamin C .93 mg
Calcium 14.22 mg
Iron 0.64 mg

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)

Amount Per Serving	%Daily Value
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)

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 n/a	
Vitamin C n/a	
Calcium n/a	
Iron n/a	

12. 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 %

13. 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 1g	2%
Saturated 0g	
+ Trans 0g	
Cholesterol 0mg	
Sodium 90 mg	4%
Carbohydrate 6g	2%
Fibre 1g	2%
Sugar 0 g	
Protein 1g	
Vitamin A 4%	
Vitamin C 2%	
Calcium 0%	
Iron 4%	

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 25g	
+ 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 & 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	
Amount Per Serving	
Energy 178cal / 750kj	
Protein 15g	
Total Fat 11.0g	
Carbohydrate 4.8g	

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, 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. 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%

22. Lean Ground Beef

Ingredients: beef, water, soy flour

Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 230

Total Fat 13g

Saturated 5g

+ Trans 0.5g

Cholesterol 92mg

Sodium 65g

Carbohydrate 14g

Fibre 1g

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. Alaskan Pollock Redi-Cuts, Wild

Ingredients: Wild Alaskan Pollock

Nutrition Facts

Serving Size 4oz approx. 11 pcs

Amount Per Serving

Calories	80	
Total Fat	0g	0%
Saturated	0g	
Cholesterol	70mg	23%
Sodium	180mg	8%
Carbohydrate	0g	
Fibre	0g	
Sugar	0g	
Protein	19g	
Vitamin A	0%	
Vitamin C	0%	
Calcium	2%	
Iron	2%	

26. 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%	

27. 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%	

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. Bacon, fully cooked

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

Nutrition Facts

Serving Size 2 slices

Amount Per Serving %Daily Value

Calories 80	
Total Fat 6g	
Saturated 3g	
+ Trans 0g	
Cholesterol 20mg	
Sodium 350mg	
Carbohydrate 0g	
Fibre 0g	
Sugar g	
Protein 6g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 0%	
Iron 0%	

30. 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	385%
Saturated 1g	
+ Trans 0g	5%
Cholesterol 451mg	150%
Sodium 451mg	188%
Carbohydrate 58g	193%
Fiber 1g	0%
Sugar 7g	
Protein 4.5g	
Iron 6%	
Vitamin A	2.5%
Calcium	1.5%
Vitamin C	0.5%
Iron	12.5%

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 6g	

34. 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 %

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 4.05mg	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. 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	%Daily Value
Calories 180	
Total Fat 4.6g	
Saturated 2.2g	
+ Trans 1g	
Carbohydrate 31.4g	
Sugar 0.2g	
Protein 3.1g	

37. 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 100g	
Amount Per Serving	%Daily Value
Calories 138	
Total Fat 1.47g	23%
Saturated 0.1g	
+ Trans 0.0g	
Cholesterol 1mg	
Sodium 382mg	15%
Carbohydrate 25.72g	9%
Fibre 23.1g	12%
Sugar 0.7g	
Protein 5.36g	
Vitamin A 0%	
Vitamin C 2%	
Calcium 2%	
Iron 14%	

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
Calories 280	
Total Fat 11g	17%
Saturated 5g	
+ Trans 0g	25%
Cholesterol 66mg	
Sodium 1150mg	45%
Carbohydrate 29g	10%
Fibre 4g	16%
Sugar 2g	
Protein 17g	
Vitamin A 2%	
Vitamin C 0%	
Calcium 4%	
Iron 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.**

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%	
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%	
Iron 10%	

40. Helmi's Premium 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. 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%

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
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%	

44. Meat Sauce 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%

45. 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, Honey 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%	

46. 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%