

Chicken & More FALL 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 <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. 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 (120 g)

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

Sugar 1g

Protein 20g

Vitamin A 0%

Vitamin C 4%

Calcium 4%

Iron 12%

6. GLUTEN FREE Chicken Strips

Ingredients: Chicken breast strips, water, rice flour, yellow corn flour, modified corn starch, raisin juice concentrate, honey, corn starch, salt, pea protein isolate, potassium chloride, sugar, baking powder, guar gum, modified cellulose, onion powder, garlic powder, spices, celery seed, flavour. Browned in canola oil.

Nutrition Facts

Serving Size 2 strips (81g)

Amount Per Serving %Daily Value

Calories 180

Total Fat 8g 12%

Saturated 1g

+ Trans 0g 5%

Cholesterol 30mg

Sodium 270mg 11%

Carbohydrate 17g 6%

Fiber 0g 0%

Sugar 1g

Protein 10g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 2%

7. 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

8. Bacon, Cheddar & Chive Ala Cordon

Ingredients: chicken, breading (flour), cheddar cheese, bacon (pork, water, salt, sodium nitrate), batter (wheat flour, modified corn starch, salt, rice flour, spices, guar gum), soy protein, canola oil.
Allergens: soy, milk, wheat

Nutrition Facts

Serving Size 100g
Amount Per Serving
Calories 179
Total Fat 8g
Saturated 3g
+ Trans 0.1g
Cholesterol 49mg
Sodium 277mg
Carbohydrate 7g
Fibre 0.3g
Sugar 0.3g
Protein 20g
Vitamin A 58 RE
Vitamin C 1 mg
Calcium 11 mg
Iron 0.1 mg

9. Chicken Parmesan, country style

Ingredients: chicken, water, soy flour, binder (yellow corn flour, salt, toasted wheat crumbs, wheat flour, spices), mozzarella cheese, tomato powder, cornstarch, parmesan cheese, salt, garlic, oregano, black pepper, basil, water, batter (wheat flour, modified cornstarch, salt, rice flour, spice, guar gum, breading (wheat flour, sugar, yellow corn, flour, yeast, salt, oleoresin paprika), canola oil.
Contains: soy, wheat, milk

Nutrition Facts

Serving Size 100 g
Amount Per Serving
Calories 201.26
Total Fat 7g
Saturated 3.5g
+ Trans 0.1g
Cholesterol 9.13mg
Sodium 700mg
Carbohydrate 32.6g
Fibre 16g
Sugar 3g
Protein 8.3g
Vitamin C 1.7 mg
Calcium 57.8 mg
Iron 15.81 mg

10. 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

11. 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%

12. 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 95mg
Sodium 640mg
Carbohydrate 6g
Fibre 1g
Sugar 5g
Protein 19g
Vitamin A 4%
Vitamin C 0%
Calcium 2%
Iron 6%

13. 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

14. 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	15.89 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

15. 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 0.1 g	
Cholesterol 90mg	
Sodium 75mg	3%
Carbohydrate 0g	
Fibre 0g	
Sugars 0g	
Protein 17g	
Vitamin A	2%
Vitamin C	2%
Iron	15%
Calcium	15%

16. Turkey Breast Fillets

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

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

17. 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%	

18. Garlic and Herb Butterflied Shrimp

Ingredients: shrimp, water, garlic powder, maltodextrin, modified corn starch, natural lemon flavor, salt, sugar, spices, xanthan gum, corn syrup, yeast extract, silicon dioxide, citric acid.

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 0 g	0%
Sugar 0 g	
Protein 12 g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 2%	
Iron 0%	

22. Farmer Sausage

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

Nutrition Facts	
Per 100 g	
Amount Per Serving	%Daily Value
Calories 104	
Total Fat 4.5 g	6.5 %
Saturated 1.5 g	
+ 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%

23. Cheddar & Chive Cod

Ingredients: Cod, bleached wheat flour, vegetable oil, water, dehydrated potatoes, wheat gluten, salt, modified corn starch, potato sticks (dehydrated potatoes, canola oil, salt), cheddar cheese (milk, cultures, salt, enzymes), leavening, sodium acid pyrophosphate, baking soda), yellow corn flour, dextrose, natural flavours, sugar, maltodextrin, dehydrated chives, yeast, onion powder, lactic acid, unsalted butter (pasteurized cream, natural flavors), extract of paprika, turmeric and annatto, garlic powder, enzyme modified butter, citric acid, gum Arabic, vinegar solids. Contains: Fish, wheat, milk

Nutrition Facts	
Serving Size 167 g (1 fillet)	
Amount Per Serving	
Calories 330	
Total Fat 14g	18%
Saturated 1.5g	8%
+ Trans 0g	
Cholesterol 50mg	17%
Sodium 690g	30%
Total Carbohydrate 26g	11%
Fiber 1g	4%
Sugar 1g	
Protein 23g	
Calcium 41 mg	4 %
Iron 2 mg	8 %
Potassium 415 mg	8 %

24. 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%

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

26. Teriyaki Angus Sirloin Steak

Ingredients: Beef, water, marinade (fructose, soy sauce powder (soy, wheat), salt, modified cornstarch, sodium phosphate, spice, caramel color, garlic, xanthan gum, hydrogenated vegetable oil (canola), silicon dioxide (MFG AID)).
Contains: wheat, sulphites.

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories	189
Total Fat	11.58 g
Saturated	4.61 g
+ Trans	0g
Cholesterol	62.72 mg
Sodium	241.25 mg
Carbohydrate	1.29 g
Fiber	0.04 g
Sugar	0.75 g
Protein	18.74 g
Vitamin A	0.06 RE
Vitamin C	0.01 mg
Calcium	7.76 mg
Iron	2.37 mg

27. 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%

28. 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%	

29. 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	

30. 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%	

31. Bacon, fully cooked

Ingredients: pork (cured with water, salt, sugar, smoke flavor, sodium phosphate, sodium erythrobate, 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. 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
Sodium	451 mg
Carbohydrate	58g
Fiber	1g
Sugar	7g
Protein	4.5g
Iron	6%
Vitamin A	2.5%
Calcium	1.5%
Vitamin C	0.5%
Iron	12.5%

33. 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	80 mg
Sodium 330mg	13%
Fibre	0g
Sugar	0g
Protein 18g	36%

34. 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	

35. 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%	

36. 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%

37. 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%	

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 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%	

39. 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%

40. 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%	

41. 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%

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. 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%	

44. Pepperoni & Sausage Calzone

Ingredients: **Dough:** enriched unbleached flour, whole wheat flour, salt, sugar, granulated garlic, soup base seasoning, pepper, compressed yeast, canola oil, water, calcium propionate. **Sauce:** water, tomatoes, salt, soy oil, olive oil, spices, flavors. **Fill:** mozzarella, Monterey jack, parmesan cheese; pasteurized milk, bacterial culture, salt, modified milk ingredients, lipase, calcium chloride, microbial enzyme, cellulose, sorbic acid. **Italian sausage:** pork, spices, water, salt, corn syrup solids, flavors, sugar. **Pepperoni:** pork &/or beef, water, salt, mustard, spices, dextrose, sodium erythrobate, smoke flavor, garlic powder, bacterial culture, sodium nitrate.

Nutrition Facts

Serving Size 1 calzone (180 gr)	
Amount Per Serving	%Daily Value
Calories 360	
Total Fat 12g	18%
Saturated 6g	
+ Trans 0.1g	31%
Cholesterol 25mg	
Sodium 870mg	36%
Carbohydrate 47g	16%
Fibre 3g	12%
Sugar 11g	
Protein 22g	
Vitamin A 10%	
Vitamin C 8%	
Calcium 35%	
Iron 35%	

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. Beef Teriyaki Bowls

Ingredients: Cooked rice, water, broccoli, beef, soy sauce (water, wheat, soybeans, salt, sodium benzoate), carrot, canola oil, bell peppers, sugar, green onion, ginger puree (ginger, water), modified corn starch, garlic, salt, sesame flavor (maltodextrin, natural flavor), herbs and spices, xanthan gum.
Contains: wheat and soy.

Nutrition Facts

Serving Size 1 bowl (225 gr.)

Amount Per Serving %Daily Value

Calories 300	
Total Fat 10 g	13%
Saturated 1.5 g	
+ Trans 0 g	8 %
Cholesterol 15 g	
Sodium 1070 mg	47 %
Carbohydrate 40 g	
Fibre 2 g	7 %
Sugar 5 g	5 %
Protein 11 g	
Potassium 75 mg	2 %
Cholesterol 15 mg	
Calcium 30 mg	2 %
Iron 1 mg	6 %