

# Holiday 2018

## Nutritional Information & Ingredient List

### 1. 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

<b>Nutrition Facts</b>	
Per about 6 pcs (136g)	
Amount Per Serving	%Daily Value
<b>Calories 330</b>	
<b>Total Fat 16g</b>	<b>25%</b>
<b>Saturated 5g</b>	
<b>+ Trans 0g</b>	
<b>Cholesterol 15 mg</b>	
<b>Sodium 990mg</b>	<b>41%</b>
<b>Carbohydrate 10 g</b>	<b>1%</b>
<b>Fibre 3g</b>	<b>12%</b>
<b>Sugar 5g</b>	
<b>Protein 9g</b>	
<b>Vitamin A</b>	<b>4%</b>
<b>Vitamin C</b>	<b>0%</b>
<b>Calcium</b>	<b>15%</b>
<b>Iron</b>	<b>8%</b>

### 2. Pickle Spears

Pickles(cucumbers, water, salt, vinegar, natural flavours, spices, garlic, turmeric) Wheat flour, toasted wheat crumbs, vegetable oil(soybean oil and/or canola oil) yellow corn flour, salt sugar, (sugar, dextrose) spices, , defatted soy flour, baking powder, yeast.  
Contains :Wheat, Soy

<b>Nutrition Facts</b>	
Per about 3 pcs (100 gr)	
Amount Per Serving	%Daily Value
<b>Calories 150</b>	
<b>Total Fat 7g</b>	<b>9%</b>
<b>Saturated 1g</b>	<b>5%</b>
<b>+ Trans 0g</b>	
<b>Cholesterol 19 g</b>	
<b>Sodium 790mg</b>	<b>33%</b>
<b>Carbohydrate 19g</b>	<b>4%</b>
<b>Fibre 1g</b>	<b>4%</b>
<b>Sugar 3g</b>	<b>3%</b>
<b>Protein 2g</b>	
<b>Vitamin A</b>	<b>4%</b>
<b>Vitamin C</b>	<b>0%</b>
<b>Calcium 50mg</b>	<b>4%</b>
<b>Iron</b>	<b>7%</b>

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

### 4. 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 100g	
Amount Per Serving	%Daily Value
<b>Calories</b> 158	
<b>Total Fat</b> 5g	8%
<b>Saturated</b> 1.76g	
<b>+ Trans</b> 0.11g	9%
<b>Cholesterol</b> 15mg	
<b>Sodium</b> 510mg	21%
<b>Carbohydrate</b> 20.60g	7%
<b>Fibre</b> 1.4g	
<b>Sugar</b> 3g	
<b>Protein</b> 7.37g	
<b>Vitamin A</b> 2%	
<b>Vitamin C</b> 2%	
<b>Calcium</b> 6%	
<b>Iron</b> 10%	

### 5. 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
<b>Calories</b> 170	
<b>Total Fat</b> 10g	16%
<b>Saturated</b> 3g	
<b>+ Trans</b> 0g	15%
<b>Cholesterol</b> 1000mg	
<b>Sodium</b> 620mg	26%
<b>Carbohydrate/ Glucides</b> 3g	1%
<b>Fibre</b> 0g	0%
<b>Sugar</b> 0g	
<b>Protein</b> 16g	
<b>Vitamin A</b>	4%
<b>Vitamin C</b>	0%
<b>Calcium</b>	2%
<b>Iron</b>	6%

## 6. 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 pepper, 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.

<b>Nutrition Facts</b>	
Serving Size 3 pcs (100g)	
Amount Per Serving	%Daily Value
<b>Calories 250</b>	
<b>Total Fat 16g</b>	<b>25%</b>
Saturated 4.5g	
+ Trans 0.2g	24%
<b>Cholesterol 80mg</b>	
<b>Sodium 990mg</b>	<b>41%</b>
<b>Carbohydrate 5g</b>	<b>2%</b>
<b>Fibre 1g</b>	<b>4%</b>
Sugar 0g	
<b>Protein 18g</b>	
<b>Vitamin A 8%</b>	
<b>Vitamin C 4%</b>	
<b>Calcium 2%</b>	
<b>Iron 10%</b>	

## 7. 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

<b>Nutrition Facts</b>	
Per about 3 wings (100g)	
Amount Per Serving	
<b>Calories 230</b>	
<b>Total Fat 14g</b>	
Saturated 3.5g	
+ Trans 0.5g	
<b>Cholesterol 95 mg</b>	
<b>Sodium 640 mg</b>	
<b>Carbohydrate 6g</b>	
Fibre 1g	
Sugar 5g	
<b>Protein 19g</b>	
<b>Vitamin A n/a</b>	
<b>Vitamin C n/a</b>	
<b>Calcium n/a</b>	
<b>Iron n/a</b>	

## 8. 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,

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

## 9. 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

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

## 10. Mozza Bites

**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

### Nutrition Facts

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

## 11. 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

<b>Serving Size 105g per approx. 4 ribs</b>	
<b>Amount Per Serving</b>	<b>%Daily Value</b>
<b>Calories 210</b>	
<b>Total Fat 13g</b>	<b>20%</b>
Saturated 4.5g	
<b>+ Trans 0g</b>	<b>23%</b>
<b>Cholesterol 70 mg</b>	
<b>Sodium 480mg</b>	<b>20%</b>
<b>Carbohydrate 3g</b>	<b>1%</b>
Fibre 0g	
Sugar 0g	
<b>Protein 20g</b>	
<b>Vitamin A 0%</b>	
<b>Vitamin C 0%</b>	
<b>Calcium 4%</b>	
<b>Iron 6%</b>	

## 12. Mini Potato & Cheddar Perogies

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

### 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

## 13. Bacon Wrapped Scallops

**Ingredients:** bacon (pork, water, salt, sugar, potassium chloride, sodium phosphates, sodium erythorbate, spices, sodium nitrate, smoke), scallops

### Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 3028

Total Fat 26.76g

Saturated 9.8g

+ Trans 0g

Cholesterol 53.4mg

Sodium 354.2mg

Carbohydrate 1.32g

Fibre 0g

Sugar 0g

Protein 13.16g

Vitamin A 6.06 RE

Vitamin C 1.20 mg

Calcium 12.00mg

Iron 0.48 mg

## 14. Mini Assorted Quiche

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

**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

### Nutrition Facts

Serving Size 100 g

Amount Per Serving %Daily Value

Calories 210

Total Fat 13g 20%

Saturated 4g

+ Trans 25g 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%

## 15. 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 5 meatballs (50g)	
Amount Per Serving	
<b>Calories</b>	221
<b>Total Fat</b>	17g
<b>Saturated</b>	7g
<b>+ Trans</b>	0.4g
<b>Cholesterol</b>	55mg
<b>Sodium</b>	331mg
<b>Carbohydrate</b>	3.4g
<b>Fibre</b>	1g
<b>Sugar</b>	0g
<b>Protein</b>	15g
<b>Vitamin C</b>	2%
<b>Calcium</b>	2%
<b>Iron</b>	9%

## 16. 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

### Nutrition Facts

Serving Size 1 piece 85g	
Amount Per Serving	
<b>Calories</b>	180 Cal
<b>Total Fat</b>	12g 18%
<b>Saturated</b>	2g 20%
<b>%+ Trans</b>	0g
<b>Cholesterol</b>	20mg
<b>Sodium</b>	710mg 30%
<b>Carbohydrate</b>	12g 4%
<b>Sugar</b>	2g
<b>Protein</b>	6g
<b>Vitamin A</b>	4%
<b>Vitamin C</b>	8%
<b>Calcium</b>	10%
<b>Iron</b>	2%

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

## 18. Chicken Nuggets

**Ingredients:** chicken meat, water, soy protein, salt, white pepper, wheat crumbs, wheat flour, spices, durum flour, soybean shortening, baking powder, dextrose, yeast, yellow corn flour, guar gum, milk ingredients, whole egg powder, onion powder, dried egg white, hydrogenated soybean oil, garlic powder. Pre-browned in vegetable oil. May contain sulphites.

### Nutrition Facts

Serving Size 4 nuggets (88g)

Amount Per Serving

%Daily Value\*

<b>Calories</b> 200	
<b>Fat</b> 10g	16%
<b>Saturated Fat</b> 1g	
<b>+Trans</b> 0g	5%
<b>Cholesterol</b> 15g	5%
<b>Sodium</b> 530mg	22%
<b>Carbohydrate</b> 16g	5%
<b>Fibre</b> 3g	12%
<b>Sugars</b> 3g	
<b>Protein</b> 12g	
<b>Vitamin A</b> 0%	
<b>Vitamin C</b> 0%	
<b>Iron</b> 10%	
<b>Calcium</b> 2%	

## 19. Turkey Breast Fillets

**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

<b>Total Fat</b> 1 g	2 %
<b>Saturated</b> 0.3 g	
<b>+ Trans</b> 0g	5 %
<b>Cholesterol</b> 35 mg	35 %
<b>Sodium</b> 500 mg	21 %
<b>Carbohydrate</b> 0 g	0 %
<b>Fibre</b> 0 g	4 %
<b>Sugar</b> 0g	
<b>Protein</b> 17 g	
<b>Vitamin A</b>	2 %
<b>Vitamin C</b>	0 %
<b>Calcium</b>	0 %
<b>Iron</b>	2 %

## 20. 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

<b>Calories</b> 157.21
<b>Total Fat</b> 4.72g
<b>Saturated</b> 1.786g
<b>+ Trans</b> 0.06g
<b>Cholesterol</b> 48.791mg
<b>Sodium</b> 247.11 mg
<b>Carbohydrate</b> 15.89 g
<b>Fibre</b> 1.18g
<b>Sugar</b> 2.36 g
<b>Protein</b> 12.86g
<b>Vitamin A</b> 34.61 RE
<b>Vitamin C</b> 1.07 mg
<b>Calcium</b> 24.75 mg
<b>Iron</b> 1.52 mg

## 21. 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

## 22. 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.

### 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** 1mg  
**Calcium** 11mg  
**Iron** 0.1mg

## 23. 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.

### Nutrition Facts

Serving Size 100g  
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** 1.7mg  
**Calcium** 57.8mg  
**Iron** 15.81mg



## 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

<b>Calories</b> 80	Calories from Fat 20
	<b>%Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
<b>Saturated Fat</b> 0.5g	<b>3%</b>
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 16g	
<b>Iron</b> 2%	
<b>Vitamin A</b> 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

Amount Per Serving	Calories from Fat	%Daily Value*
<b>Calories</b> 80	20	
<b>Total Fat</b> 2g		3%
<b>Saturated Fat</b> 0.5g		3%
<b>Cholesterol</b> 45mg		15%
<b>Sodium</b> 280mg		12%
<b>Total Carbohydrate</b> 0g		0%
<b>Protein</b> 16g		
<b>Iron</b> 2%		
<b>Vitamin A</b> 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

Amount Per Serving	%Daily Value*
<b>Calories</b> 210	
<b>Fat</b> 7g	11%
<b>Saturated Fat</b> 1g	
<b>+Trans</b> 1.5g	13%
<b>Cholesterol</b> 40mg	
<b>Sodium</b> 550mg	23%
<b>Carbohydrate</b> 20g	7%
<b>Fibre</b> 1g	
<b>Sugars</b> 1g	
<b>Protein</b> 20g	
<b>Vitamin A</b>	0%
<b>Vitamin C</b>	4%
<b>Iron</b> 12%	
<b>Calcium</b> 4%	

## 29. 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

<b>Calories</b> 180	
<b>Total Fat</b> 8g	12%
<b>Saturated</b> 1g	
<b>+ Trans</b> 0g	5%
<b>Cholesterol</b> 30mg	
<b>Sodium</b> 270mg	11%
<b>Carbohydrate</b> 17g	6%
<b>Fiber</b> 0g	0%
<b>Sugar</b> 1g	
<b>Protein</b> 10g	
<b>Vitamin A</b> 0%	
<b>Vitamin C</b> 0%	
<b>Calcium</b> 0%	
<b>Iron</b> 2%	

### 30. 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%

### 31. 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

### 32. 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

### 33. New York Striploin Steaks

**Ingredients:** New York Striploin Steaks

<b>Nutrition Facts</b>	
Serving Size 8oz	
Amount Per Serving	
<b>Calories</b>	450
<b>Total Fat</b>	28g 43%
<b>Saturated</b>	11g
<b>Cholesterol</b>	150mg 50%
<b>Sodium</b>	110mg 4%
<b>Carbohydrate</b>	0g
<b>Fibre</b>	0g
<b>Sugar</b>	0g
<b>Protein</b>	46.4g
<b>Vitamin A</b>	0%
<b>Vitamin C</b>	0%
<b>Calcium</b>	0%

### 34. Bacon, fully cooked

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

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

### 35. Shaved Prime Rib

**Ingredients:** grade AA-AAA prime rib (beef)

<b>Nutrition Facts</b>	
Serving Size 5oz	
Amount Per Serving	
<b>Calories</b>	281.5
<b>Total Fat</b>	24g
<b>Saturated</b>	0g
<b>+ Trans</b>	0g
<b>Cholesterol</b>	0.28g
<b>Sodium</b>	18.3g
<b>Carbohydrate</b>	0g
<b>Fibre</b>	0g
<b>Sugar</b>	0g
<b>Protein</b>	6.4g
<b>Vitamin A</b>	0 RE
<b>Vitamin C</b>	0 mg
<b>Calcium</b>	0 mg
<b>Iron</b>	0.96 mg

### 36. Lean Ground Beef

**Ingredients:** beef, water, soy flour

<b>Nutrition Facts</b>	
Serving Size 100g	
Amount Per Serving	
<b>Calories</b> 230	
<b>Total Fat</b> 13g	20%
<b>Saturated</b> 5g	
<b>+ Trans</b> 0.5g	25%
<b>Cholesterol</b> 92mg	
<b>Sodium</b> 65g	271%
<b>Carbohydrate</b> 14g	4.67%
<b>Fibre</b> 1g	4%
<b>Sugar</b> 2g	
<b>Protein</b> 18g	
<b>Vitamin A</b>	0%
<b>Vitamin C</b>	2%
<b>Calcium</b>	6%
<b>Iron</b>	30%

### 37. Maple Pork Breakfast Sausage

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

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

### 38. Ground Turkey, Lean

**Ingredients:** ground turkey

<b>Nutrition Facts</b>	
Serving Size ½ cup (100g)	
<b>Amount Per Serving</b>	<b>%Daily Value*</b>
<b>Calories</b> 170	
<b>Fat</b> 12g	18%
<b>Saturated Fat</b> 3g	
<b>+Trans</b> 0.1 g	
<b>Cholesterol</b> 90mg	
<b>Sodium</b> 75mg	3%
<b>Carbohydrate</b> 0g	
<b>Fibre</b> 0g	
<b>Sugars</b> 0g	
<b>Protein</b> 17g	
<b>Vitamin A</b> 2%	
<b>Vitamin C</b> 2%	
<b>Iron</b> 15%	
<b>Calcium</b> 15%	

### 39. Wild Sockeye Salmon Fillets

**Ingredients:** wild sockeye salmon

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

### 40. 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).

<b>Nutrition Facts</b>	
Serving Size 285g	
Amount Per Serving	%Daily Value
<b>Calories</b> 280	
<b>Total Fat</b> 11g	17%
<b>Saturated</b> 5g	
<b>+ Trans</b> 0g	25%
<b>Cholesterol</b> 65mg	
<b>Sodium</b> 1150mg	45%
<b>Carbohydrate</b> 29g	10%
<b>Fibre</b> 4g	16%
<b>Sugar</b> 2g	
<b>Protein</b> 17g	
<b>Vitamin A</b> 2%	
<b>Vitamin C</b> 0%	
<b>Calcium</b> 4%	
<b>Iron</b> 20%	

### 41. 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.

<b>Nutrition Facts</b>	
Serving Size 100g (approx 3 perogies)	
Amount Per Serving	%Daily Value
<b>Calories</b> 220	
<b>Total Fat</b> 6 g	10%
<b>Saturated</b> 1.5 g	
<b>+ Trans</b> 0 g	9%
<b>Cholesterol</b> 20 mg	
<b>Sodium</b> 520mg	21%
<b>Carbohydrate</b> 32g	11%
<b>Fibre</b> 2g	6%
<b>Sugar</b> 0g	
<b>Protein</b> 8 g	
<b>Vitamin A</b>	0%
<b>Vitamin C</b>	4%
<b>Calcium</b>	2%
<b>Iron</b>	15%

## 42. 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. eqq & corn.

<b>Nutrition Facts</b>	
Serving Size 165g	
Amount Per Serving	%Daily Value
<b>Calories 390</b>	
<b>Total Fat</b> 21g	<b>32%</b>
<b>Saturated</b> 8g	
<b>+ Trans</b> .3g	<b>42%</b>
<b>Cholesterol</b> 30mg	
<b>Sodium</b> 910mg	<b>38%</b>
<b>Carbohydrate</b> 36g	<b>12%</b>
<b>Fibre</b> 1g	<b>4%</b>
<b>Sugar</b> 3g	
<b>Protein</b> 12g	
<b>Vitamin A</b> 4%	
<b>Vitamin C</b> 25%	
<b>Calcium</b> 2%	
<b>Iron</b> 10%	

## 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

<b>Nutrition Facts</b>	
Serving Size 115g (1/6 pizza)	
Amount Per Serving	%Daily Value
<b>Calories 300</b>	
<b>Total Fat</b> 12g	<b>18%</b>
<b>Saturated</b> 6g	
<b>+ Trans</b> 0.2g	<b>31%</b>
<b>Cholesterol</b> 25mg	
<b>Sodium</b> 580mg	<b>28%</b>
<b>Carbohydrate</b> 31g	<b>10%</b>
<b>Fibre</b> 3g	<b>12%</b>
<b>Sugar</b> 6g	
<b>Protein</b> 17g	
<b>Vitamin A</b> 6%	
<b>Vitamin C</b> 8%	
<b>Calcium</b> 25%	
<b>Iron</b> 25%	

## 44. 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.

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

## 45. 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
<b>Calories</b> 350	
<b>Total Fat</b> 21 g	32%
<b>Saturated</b> 5g	
<b>+ Trans</b> 0.1 g	26%
<b>Cholesterol</b> 170 mg	
<b>Sodium</b> 1070 mg	45%
<b>Carbohydrate</b> 29 g	10%
<b>Fiber</b> 1 g	4%
<b>Sugar</b> 2 g	
<b>Protein</b> 13 g	
<b>Vitamin A</b> 10 %	
<b>Vitamin C</b> 25 %	
<b>Calcium</b> 10 %	
<b>Iron</b> 20 %	

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