

# Chicken & More WINTER 2019

## 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 triphosphate

#### 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>
Saturated Fat 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>

**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, triphosphate

#### 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>
Saturated Fat 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>

**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

<b>Calories</b> 100.6
<b>Total Fat</b> 1.1g
<b>Cholesterol</b> 50mg
<b>Sodium</b> 280mg
<b>Total Carbohydrate</b> 1.3g
<b>Protein</b> 18g
<b>Iron</b> 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

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, 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

## 11. 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

## 12. 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%**

### 13. 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.

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

### 14. 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.

<b>Nutrition Facts</b>	
Serving Size 4 nuggets (88g)	
<b>Amount Per Serving</b>	<b>%Daily Value*</b>
<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%

### 15. Chicken Breast Burgers

**Ingredients:** boneless chicken breast meat, water, isolated soy protein, salt, garlic powder, onion powder

<b>Nutrition Facts</b>	
Serving Size 1 burger (100g)	
<b>Amount Per Serving</b>	<b>%Daily Value</b>
<b>Calories</b>	160
<b>Total Fat</b> 10g	16%
<b>Saturated</b> 2.5g	
<b>+ Trans</b> 0.2g	13%
<b>Cholesterol</b> 55mg	15%
<b>Sodium</b> 70mg	3%
<b>Carbohydrate</b> 0g	0%
<b>Fibre</b> 0g	10%
<b>Sugar</b> 0g	
<b>Protein</b> 17g	
<b>Vitamin A</b>	2%
<b>Vitamin C</b>	0%
<b>Calcium</b>	15%
<b>Iron</b>	0%

## 16. Ground Turkey, Lean

**Ingredients:** ground turkey

### Nutrition Facts

Serving Size ½ cup (100g)

**Amount Per Serving** **%Daily Value\***

**Calories** 170  
**Fat** 12g **18%**  
**Saturated Fat** 3g  
**+Trans** 0.1g  
**Cholesterol** 90mg  
**Sodium** 75mg **3%**  
**Carbohydrate** 0g  
**Fibre** 0g  
**Sugars** 0g  
**Protein** 17g  
**Vitamin A** 2%  
**Vitamin C** 2%  
**Iron** 15%  
**Calcium** 15%

## 17. Turkey Breast Fillets

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

### Nutrition Facts

Serving Size 1 pc (100g)

**Amount Per Serving** **%Daily Value\***

**Calories** 80  
**Fat** 1g **2%**  
**Saturated Fat** 3g  
**+Trans** 0g **5%**  
**Cholesterol** 35mg  
**Sodium** 500mg **21%**  
**Fibre** 0g  
**Sugars** 0g  
**Protein** 17g  
**Vitamin A** 2 %  
**Vitamin C** 0 %  
**Iron** 2 %  
**Calcium** 0 %

## 18. 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%

## 19. 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%

## 20. 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** 150.23mg

**Carbohydrate** 0g

**Fibre** 0g

**Sugar** 0g

**Protein** 16.69g

**Vitamin A** 00.00 RE

**Vitamin C** .00mg

**Calcium** 6.29mg

**Iron** 2.02mg

## 21. Sirloin Beef Burgers

**Ingredients:** beef, water, skim milk powder, garlic powder, spice. Contains milk.

### Nutrition Facts

Serving Size 1 burger

Amount Per Serving %Daily Value

**Calories** 330

**Total Fat** 25g 38%

**Saturated** 10g 55%

**+ Trans** 1g 28%

**Cholesterol** 75mg

**Sodium** 370mg 15%

**Carbohydrate** 2g 1%

**Fibre** 0g

**Sugar** 0g

**Protein** 23g

**Vitamin A** 0%

**Vitamin C** 2%

**Calcium** 4%

**Iron** 15%

## 22. 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

## 23. 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%

## 24. 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%



## 25. Ala Neptune

**Ingredients:** Chicken, water, toasted wheat crumbs, scallops, shrimp, garlic butter, Batter (wheat flour, modified corn starch, salt, rice flour, spices, gaur gum), soy protein isolate, salt, canola oil.

**Contains:** Shellfish, crustaceans, wheat, milk, soy

### Nutrition Facts

Serving Size 100g  
**Amount Per Serving**  
**Calories** 134  
**Total Fat** 3.66g  
**Saturated** 1.8g  
**+ Trans** 0g  
**Cholesterol** 53.4mg  
**Sodium** 221.92mg  
**Carbohydrate** 6.63g  
**Fibre** 0.25g  
**Sugar** 25g  
**Protein** 17.89g  
**Vitamin A** 18.47RE  
**Vitamin C** 1.21 mg  
**Calcium** 11.4 mg  
**Iron** 0.65 mg

## 26. 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%

## 27. 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%

## 28. 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%

## 29. 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%

## 30. Breaded 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

## 31. Pork Chops

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

<b>Nutrition Facts</b>	
Serving Size 145g (approx. 1 chop)	
Amount Per Serving	%Daily Value
<b>Calories</b> 286	
<b>Total Fat</b> 13g	<b>21%</b>
<b>Saturated</b> 5g	
<b>+ Trans</b> 0g	<b>23%</b>
<b>Cholesterol</b> 64mg	<b>35%</b>
<b>Sodium</b> 64mg	<b>3%</b>
<b>Carbohydrate</b> 0g	<b>0%</b>
<b>Fibre</b> 0g	<b>0%</b>
<b>Sugar</b> 0g	
<b>Protein</b> 39g	
<b>Vitamin A</b> 0%	
<b>Vitamin C</b> 0%	
<b>Calcium</b> 1%	
<b>Iron</b> 5%	

## 32. Bacon, fully cooked

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

<b>Nutrition Facts</b>	
Serving Size 2 slices	
Amount Per Serving	%Daily Value
<b>Calories</b> 80	
<b>Total Fat</b> 6g	
<b>Saturated</b> 3g	
<b>+ Trans</b> 0g	
<b>Cholesterol</b> 20mg	
<b>Sodium</b> 350mg	
<b>Carbohydrate</b> 0g	
<b>Fibre</b> 0g	
<b>Sugar</b> g	
<b>Protein</b> 6g	
<b>Vitamin A</b> 0%	
<b>Vitamin C</b> 0%	
<b>Calcium</b> 0%	
<b>Iron</b> 0%	

## 33. Maple Pork Breakfast Sausage

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

<b>Nutrition Facts</b>	
Per 100g	
Amount Per Serving	%Daily Value
<b>Calories</b> 139	
<b>Total Fat</b> 2.5g	<b>3.85%</b>
<b>Saturated</b> 1g	
<b>+ Trans</b> 0g	<b>5%</b>
<b>Cholesterol</b> 451mg	<b>150%</b>
<b>Sodium</b> 451mg	<b>18.8%</b>
<b>Carbohydrate</b> 58g	<b>19.3%</b>
<b>Fiber</b> 1g	<b>0%</b>
<b>Sugar</b> 7g	
<b>Protein</b> 4.5g	
<b>Iron</b> 6%	
<b>Vitamin A</b>	<b>2.5%</b>
<b>Calcium</b>	<b>1.5%</b>
<b>Vitamin C</b>	<b>0.5%</b>
<b>Iron</b>	<b>12.5%</b>

## 34. Baby Back Ribs

**Ingredients:** pork back ribs

### Nutrition Facts

Serving Size 4oz (approx 2 ribs)

Amount Per Serving	%Daily Value
<b>Calories</b> 234	
<b>Total Fat</b> 18g	<b>27%</b>
<b>Saturated</b> 7g	
<b>+ Trans</b> 0g	<b>35%</b>
<b>Cholesterol</b> 80mg	
<b>Sodium</b> 330mg	<b>13%</b>
<b>Fibre</b> 0g	
<b>Sugar</b> 0g	
<b>Protein</b> 18g	<b>36%</b>

## 35. Pickle Spears

**Ingredients:** 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**

### Nutrition Facts

Per about 3 pcs (100 gr)

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

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

## 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.

<b>Nutrition Facts</b>	
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> 4.05mg	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%	

## 38. 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. 9sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), garam masala, cumin seeds, turmeric powder.

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

## 39. 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).

<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%	

## 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
<b>Calories</b> 220	
<b>Total Fat</b> 6g	10%
<b>Saturated</b> 1.5g	
<b>+ Trans</b> 0g	9%
<b>Cholesterol</b> 20mg	
<b>Sodium</b> 520mg	21%
<b>Carbohydrate</b> 32g	11%
<b>Fibre</b> 2g	6%
<b>Sugar</b> 0g	
<b>Protein</b> 8g	
<b>Vitamin A</b>	0%
<b>Vitamin C</b>	4%
<b>Calcium</b>	2%
<b>Iron</b>	15%

## 41. 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
<b>Calories</b> 300	
<b>Total Fat</b> 12g	18%
<b>Saturated</b> 6g	
<b>+ Trans</b> 0.2g	31%
<b>Cholesterol</b> 25mg	
<b>Sodium</b> 580mg	28%
<b>Carbohydrate</b> 31g	10%
<b>Fibre</b> 3g	12%
<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%	

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

<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%