

# Chicken & More WINTER 2020

## Nutritional Information & Ingredient List

### 1. 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

### 2. 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

### 3. 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

## 4. 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

## 5. 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\***

<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>
<b>Protein</b> 16g	
<b>Iron</b> 2%	
<b>Vitamin A</b> 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.

## 6. 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\***

<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>
<b>Protein</b> 16g	
<b>Iron</b> 2%	
<b>Vitamin A</b> 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.

## 7. 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%

## 8. 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

## 9. 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%

## 10. 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.

<b>Nutrition Facts</b>	
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%	

## 11. Turkey Breast Fillets

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

<b>Nutrition Facts</b>	
Serving Size 1 pc (100g)	
Amount Per Serving	%Daily Value*
<b>Calories</b> 80	
<b>Fat</b> 1g	2%
<b>Saturated Fat</b> .3g	
<b>+Trans</b> 0g	5%
<b>Cholesterol</b> 35mg	
<b>Sodium</b> 500mg	21%
<b>Fibre</b> 0g	
<b>Sugars</b> 0g	
<b>Protein</b> 17g	
<b>Vitamin A</b> 2%	
<b>Vitamin C</b> 0%	
<b>Iron</b> 2%	
<b>Calcium</b> 0%	

## 12. 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.

<b>Nutrition Facts</b>	
Serving Size 100g	
Amount Per Serving	
<b>Energy</b> 178cal / 750kj	
<b>Protein</b> 15g	
<b>Total Fat</b> 11.0g	
<b>Carbohydrate</b> 4.8g	

### 13. Ground Turkey, Lean

**Ingredients:** ground turkey

<b>Nutrition Facts</b>	
Serving Size ½ cup (100g)	
Amount Per Serving	%Daily Value*
<b>Calories</b> 170	
<b>Fat</b> 12g	<b>18%</b>
<b>Saturated Fat</b> 3g	
<b>+Trans</b> 0.1g	
<b>Cholesterol</b> 90mg	
<b>Sodium</b> 75mg	<b>3%</b>
<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%	

### 14. 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.

<b>Nutrition Facts</b>	
Per about 3 wings (100g)	
Amount Per Serving	%Daily Value
<b>Calories</b> 170	
<b>Total Fat</b> 10g	<b>16%</b>
<b>Saturated</b> 3g	
<b>+ Trans</b> 0g	<b>15%</b>
<b>Cholesterol</b> 75mg	
<b>Sodium</b> 620mg	<b>26%</b>
<b>Carbohydrate/ Glucides</b> 3g	<b>1%</b>
<b>Fibre</b> 0g	<b>0%</b>
<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%

### 15. 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)	
Amount Per Serving	
<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	

## 16. 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

<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%	

## 17. Chicken Nuggets

**Ingredients:** chicken breast meat, ground chicken, water, binder(toasted wheat crumbs, soy protein, isolate, salt, spices, garlic powder, onion, powder), soy protein concentrate. In a batter of: toasted wheat crumbs, spices, water, modified cornstarch, canola oil, wheat gluten, corn flour, salt, sugar(dextrose), baking powder. May contain: milk and/or egg.

### Nutrition Facts

Serving Size 4 nuggets (88g)

Amount Per Serving %Daily Value\*

<b>Calories</b> 190	
<b>Fat</b> 8g	11%
<b>Saturated Fat</b> 1.5g	8%
<b>+Trans</b> 0g	8%
<b>Cholesterol</b> 15mg	
<b>Sodium</b> 510mg	22%
<b>Carbohydrate</b> 21g	
<b>Fibre</b> 1g	4%
<b>Sugars</b> 1g	1%
<b>Protein</b> 9g	
<b>Potassium</b> 100mg	2%
<b>Iron</b> 1.75mg	10%
<b>Calcium</b> 10mg	1%

## 18. Top Sirloin Steaks

**Ingredients:** AA-AAA beef

### Nutrition Facts

Serving Size 1 steak (6 oz)

Amount Per Serving %Daily Value

<b>Calories</b> 315	
<b>Total Fat</b> 22g	
<b>Saturated</b> 0g+ <b>Trans</b> 0g	
<b>Polyunsaturated</b> 0g	
<b>Monounsaturated</b> 0g	
<b>Cholesterol</b> 120mg	
<b>Sodium</b> 90mg	
<b>Potassium</b> 503mg	
<b>Carbohydrate</b> 0g	
<b>Fibre</b> 0g	
<b>Sugar</b> 0g	
<b>Protein</b> 35g	
<b>Vitamin A</b> 0%	
<b>Vitamin C</b> 0%	
<b>Calcium</b> 0%	
<b>Iron</b> 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. 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



## 25. Lean Ground Beef

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

<b>Nutrition Facts</b>	
Serving Size 100g	
<b>Amount Per Serving</b>	
<b>Calories</b>	230
<b>Total Fat</b>	13g
<b>Saturated</b>	5g
<b>+ Trans</b>	0.5g
<b>Cholesterol</b>	92mg
<b>Sodium</b>	65g
<b>Carbohydrate</b>	14g
<b>Fibre</b>	1g
<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%

## 26. Italian Beef Meatballs

**Ingredients:** beef, water, parmesan cheese, breadcrumbs, textured soy protein, seasoning (Romano cheese powder [Romano cheese, whey powder, yeast extract, natural and artificial flavors], salt, spices, flavors, brown sugar, caramel, disodium inosinate and guanylate). **CONTAINS: MILK, WHEAT, SOY**

<b>Nutrition Facts</b>	
Serving Size 4 meatballs (85g)	
<b>Amount Per Serving</b>	
<b>Calories</b>	150
<b>Total Fat</b>	13g 19%
<b>Saturated</b>	6g
<b>+ Trans</b>	0.5g 31%
<b>Cholesterol</b>	30mg
<b>Sodium</b>	350 mg 15%
<b>Carbohydrate</b>	2g 1%
<b>Fibre</b>	0g 0%
<b>Sugar</b>	0g
<b>Protein</b>	10g
<b>Vitamin A</b>	0%
<b>Vitamin C</b>	4 %
<b>Calcium</b>	4 %
<b>Iron</b>	6 %

## 27. 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	
<b>Amount Per Serving</b>	<b>%Daily Value</b>
<b>Calories</b>	80
<b>Total Fat</b>	6g
<b>Saturated</b>	3g
<b>+ Trans</b>	0g
<b>Cholesterol</b>	20mg
<b>Sodium</b>	350 mg
<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%

## 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. Crispy Battered Shrimp

(AKA: Bam Bam Shrimp)

**Ingredients:** shrimp, water, corn starch, baking powder, salt, sodium phosphate, sulphiting agents, browned in soya oil

### Nutrition Facts

Serving Size 3 shrimp (50g)

#### Amount Per Serving %Daily Value

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

## 30. Pub Style Battered Cod

**Ingredients:** Cod, vegetable oil (Canola, Cottonseed and/or soybean), water, wheat flour, enriched bleached white flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), modified cornstarch, contains 2% or less of: yellow corn flour, dextrose, enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), spices, salt, whey, autolyzed yeast extract, dehydrated garlic, natural flavors, leavening (sodium acid pyrophosphate, sodium bicarbonate, sodium acid pyrophosphate, monocalcium phosphate), yellow 5, yellow 6. Contains: FISH (COD), WHEAT, MILK

### Nutrition Facts

Serving Size 1 fillet (approx)

**Calories** 150  
**Total Fat** 7g **9%**  
**Saturated** 0.5g  
**+ Trans** 0g **3%**  
**Cholesterol** 30mg **9%**  
**Sodium** 230mg **10%**  
**Carbohydrate** 10g **3%**  
**Fibre** 0g  
**Sugar** 0g  
**Protein** 10g  
**Vitamin D** 0%  
**Calcium** 0%  
**Potassium**  
**Iron** 0%

## 31. 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%

## 32. Savory Salmon Hand Pie

**Ingredients:** Puff Pastry (Enriched wheat flour, Vegetable shortening, Water, Salt, Soya Lecithin, Sodium Propionate, Potassium Sorbate, Artificial Flavor, Lemon Juice Powder, Artificial Color), Sockeye Salmon, Spinach Artichoke Dip (Artichokes, Spinach, Water, Cream Cheese (Milk), Cream Whipped (Milk), Cheese Parmesan (Milk), Onion, Sour Cream (Milk), Canola Oil, Wheat Flour (Wheat), Cream (Milk), Nacho Cheese (Milk), Sea Salt, Crushed Garlic, Modified Corn Starch, Chili Flakes. CONTAINS: fish, wheat, milk

### Nutrition Facts

Serving Size 100g (1 pie)

Amount Per Serving %Daily Value

Calories 282

Total Fat 18g 24%

Saturated 7g

+ Trans 0.1g 36%

Cholesterol 24mg 8%

Sodium 259mg 11%

Carbohydrate 19g 6%

Fibre 1g 1%

Sugar 1g

Protein 10g

Potassium 126 mg 3%

Calcium 0%

Iron 4%

## 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 80mg

Sodium 330mg 13%

Fibre 0g

Sugar 0g

Protein 18g 36%

## 34. 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
<b>Calories</b> 139	
<b>Total Fat</b> 2.5g	3.85%
<b>Saturated</b> 1g	
<b>+ Trans</b> 0g	5%
<b>Cholesterol</b> 451 mg	150%
<b>Sodium</b> 451 mg	18.8%
<b>Carbohydrate</b> 58 g	19.3%
<b>Fiber</b> 1 g	0%
<b>Sugar</b> 7g	
<b>Protein</b> 4.5g	
Iron 6%	
<b>Vitamin A</b>	2.5%
Calcium	1.5%
Vitamin C	0.5%
Iron	12.5%

## 35. 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	
<b>Calories</b> 302.8	
<b>Total Fat</b> 26.76g	
<b>Saturated</b> 9.8g	
<b>+ Trans</b> 0g	
<b>Cholesterol</b> 53.4 mg	
<b>Sodium</b> 354.2 mg	
<b>Carbohydrate</b> 1.32g	
<b>Fibre</b> 0g	
<b>Sugar</b> 0g	
<b>Protein</b> 13.16g	
<b>Vitamin A</b> 6.06 RE	
<b>Vitamin C</b> 1.20 mg	
<b>Calcium</b> 12.00mg	
<b>Iron</b> 0.48 mg	

## 36. 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%	

### 37. Macaroni & Cheese Wedges

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

### Nutrition Facts

Per about 6 pcs (136g)

Amount Per Serving	%Daily
<b>Value</b>	
<b>Calories</b> 330	
<b>Total Fat</b> 16g	<b>25%</b>
<b>Saturated</b> 5g	
<b>+ Trans</b> 0g	
<b>Cholesterol</b> 15mg	
<b>Sodium</b> 990mg	<b>41%</b>
<b>Carbohydrate</b> 10g	<b>1%</b>
<b>Fibre</b> 3g	12%
<b>Sugar</b> 5g	
<b>Protein</b> 9g	
<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>

### 38. 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	5%
<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	4%
<b>Sugar</b> 3g	3%
<b>Protein</b> 2g	
<b>Vitamin A</b>	4%
<b>Vitamin C</b>	0%
<b>Calcium</b> 50mg	4%
<b>Iron</b>	7%

### 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 cottoneed and soya oils).

### Nutrition Facts

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. 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
<b>Calories</b> 300	
<b>Total Fat</b> 21g	32%
<b>Saturated</b> 8g	
<b>+ Trans</b> .3g	42%
<b>Cholesterol</b> 30mg	
<b>Sodium</b> 910mg	38%
<b>Carbohydrate</b> 36g	12%
<b>Fibre</b> 1g	4%
<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%	

## 42. 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
<b>Calories</b> 440	
<b>Total Fat</b> 15 g	23%
<b>Saturated</b> 7 g	
<b>+ Trans</b> 0.3 g	37 %
<b>Cholesterol</b> 65 mg	
<b>Sodium</b> 700mg	29 %
<b>Carbohydrate</b> 44g	15 %
<b>Fibre</b> 5g	20 %
<b>Sugar</b> 8g	
<b>Protein</b> 27 g	
<b>Vitamin A</b>	10%
<b>Vitamin C</b>	40%
<b>Calcium</b>	30%
<b>Iron</b>	30%

## 43. 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)	
<b>Amount per Serving</b>	<b>%Daily Value</b>
<b>Calories 350</b>	
<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%	

## 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)	
<b>Amount Per Serving</b>	<b>%Daily Value</b>
<b>Calories 360</b>	
<b>Total Fat</b> 12g	18%
<b>Saturated</b> 6g	
<b>+ Trans</b> 0.1g	31%
<b>Cholesterol</b> 25mg	
<b>Sodium</b> 870mg	36%
<b>Carbohydrate</b> 47g	16%
<b>Fibre</b> 3g	12%
<b>Sugar</b> 11g	
<b>Protein</b> 22g	
<b>Vitamin A</b> 10%	
<b>Vitamin C</b> 8%	
<b>Calcium</b> 35%	
<b>Iron</b> 35%	

## 45. 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)	
<b>Amount Per Serving</b>	<b>%Daily Value</b>
<b>Calories 300</b>	
<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%	

## 46. 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
<b>Calories</b> 230	
<b>Total Fat</b> 13g	<b>20%</b>
<b>Saturated</b> 4.5g	<b>23%</b>
<b>+ Trans</b> 0g	<b>9%</b>
<b>Cholesterol</b> 20mg	<b>13%</b>
<b>Sodium</b> 600mg	<b>25%</b>
<b>Carbohydrate</b> 20g	<b>7%</b>
<b>Fibre</b> 1g	<b>6%</b>
<b>Sugar</b> 3g	
<b>Protein</b> 10g	
<b>Vitamin A</b>	<b>0%</b>
<b>Vitamin C</b>	<b>6%</b>
<b>Calcium</b>	<b>6%</b>
<b>Iron</b>	<b>15%</b>