

Chicken & More FALL 2020

Nutritional Information & Ingredient List

1. Chicken Breasts, Boneless Skinless

Ingredients:

Seasoned with soy protein, fillet removed.
Boneless Skinless chicken breast, water, isolated soy protein, salt, sodium tripolyphosphate

Nutrition Facts	
Serving Size 1 breast (100g)	
Amount Per Serving	
Calories 80	Calories from Fat 20
	%Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Cholesterol 45mg	15%
Sodium 280mg	12%
Total Carbohydrate 0g	0%
Protein 16g	
Iron 2%	
Vitamin A 2%	
Not a significant source of trans fat, dietary fiber, sugars, vitamin C, calcium.	
* Percent Daily Values are based on a 2,000 calorie diet.	

2. Heritage Breasts, Boneless Skinless (First Choice)

Ingredients: seasoned, fillet removed.

Boneless skinless chicken breasts, water, isolated soy protein, salt, sodium, tripoly phosphate

Nutrition Facts	
Serving Size 1 breast (100g)	
Amount Per Serving	
Calories 80	Calories from Fat 20
	%Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Cholesterol 45mg	15%
Sodium 280mg	12%
Total Carbohydrate 0g	0%
Protein 16g	
Iron 2%	
Vitamin A 2%	
Not a significant source of trans fat, dietary fiber, sugars, vitamin C, calcium.	
* Percent Daily Values are based on a 2,000 calorie diet.	

3. Souvlaki Satays

Ingredients: chicken breasts, boneless skinless, water, salt, lemon juice powder (glucose solids) maltodextrin, spices, sodium phosphates, sugar, garlic powder, onion powder, hydrogenated, soybean oil (MFG AID) dehydrated parsley

Nutrition Facts	
Serving Size 100g (2 satays)	
Amount Per Serving	
Calories 100.6	
Total Fat 1.1g	
Cholesterol 50mg	
Sodium 280mg	
Total Carbohydrate 1.3g	
Protein 18g	
Iron 2%	

4. Thighs, boneless Skinless

Ingredients: chicken thighs

Nutrition Facts

Serving Size 4 oz

Amount Per Serving %Daily Value

Calories 130g

Total Fat 4.5g

Saturated 1g

Cholesterol 95mg

Sodium 100mg

Carbohydrate 0g

Sugar 0g

Protein 22g

Vitamin A 18 ug 2%

Vitamin C 0 mg

Calcium 20 mg 3%

Iron 0.5 mg

5. Clucks Chicken Fingers

Ingredients: chicken fillets, water, wheat flour, toasted wheat crumbs, canola oil, modified corn starch, egg white powder, salt, sodium phosphate, onion powder, garlic powder, spice, vegetable oil, sodium aluminum phosphate, sodium bicarbonate, hydrolyzed plant protein (corn), wheat gluten, sugar. Browned in canola oil.

Nutrition Facts

Serving Size 2 strips (120 g)

Amount Per Serving %Daily Value

Calories 210

Total Fat 7g 11 %

Saturated 1g

+ Trans 1.5g 13%

Cholesterol 40mg

Sodium 550mg 23 %

Carbohydrate 20g 7 %

Fibre 1g

Sugar 1g

Protein 20g

Vitamin A 0%

Vitamin C 4%

Calcium 4%

Iron 12%

6. GLUTEN FREE Chicken Strips

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

Nutrition Facts

Serving Size 2 strips (81g)

Amount Per Serving %Daily Value

Calories 180

Total Fat 8g 12 %

Saturated 1g

+ Trans 0g 5 %

Cholesterol 30mg

Sodium 270mg 11 %

Carbohydrate 17g 6 %

Fiber 0g 0 %

Sugar 1g

Protein 10g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 2%

7. Turkey Breast Fillets

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

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

8. Cordon Swiss, country style

Ingredients: chicken, water, soy protein, binder (yellow corn flour, salt, toasted wheat crumbs, flour, onion powder, spices), breading (flour, sugar, yellow corn flour, yeast, salt, oleoresin paprika, guar gum), oil, ham (pork, water, salt, modified cornstarch, dextrose, carrageenan, potato starch, sodium phosphate, sugar, smoke flavor, ascorbic acid, spice extractives, vegetable oil, sodium nitrate, polysorbate, sodium bicarbonate, glycerin, smoke), Swiss cheese (water, milk salt, microbial enzyme, bacterial culture). **CONTAINS: SOY, WHEAT, MILK**

Nutrition Facts	
Serving Size 100g	
Amount Per Serving	
Calories 154	
Total Fat 4g	
Saturated 2g	
+ Trans 0g	
Cholesterol 45mg	
Sodium 405mg	
Carbohydrate 9g	
Fibre 0g	
Sugar 0g	
Protein 19g	
Vitamin A 32 RE	
Vitamin C 1 mg	
Calcium 71 mg	
Iron 1mg	

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. Chicken Canadiana 'Country Style'

Ingredients: chicken, wheat crumbs, flour, salt, baking powder, sugar, vegetable oil, shortening, dextrose, water, cheddar cheese, broccoli, modified cornstarch, potato flour, rice flour, guar gum, corn flour, onion powder, soy flour. Blanched in canola oil.

Nutrition Facts

Serving Size 100g
Amount Per Serving
Calories 153.41
Total Fat 4.34g
Saturated 2.1g
+ Trans 0g
Cholesterol 42.51mg
Sodium 310.61g
Carbohydrate 9.42g
Fibre .88g
Sugar .68g
Protein 18.25 g
Vitamin A 908.06 RE
Vitamin C 3.71 mg
Calcium 111.44 mg
Iron 0.76mg

11. Crème Brie, Apple and Cranberry Cordon

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

12. Festive Turkey Cordon

with Sage & Cranberry Stuffing

Ingredients: Turkey, water, toasted wheat crumb, onion, croutons, batter (wheat flour, corn starch, potato flour (sodium bisulphate, sodium acid pyrophosphate, bha), salt, rice flour, spices, sage, guar gum. Sulphiting agents), celery, chicken stock, cranberry juice, soy flour, cranberries, butter, chicken soup base, spices

Nutrition Facts

Serving Size 100g
Amount Per Serving
Calories 157.21
Total Fat 4.72g
Saturated 1.786g
+ Trans 0.06g
Cholesterol 48.791mg
Sodium 247.11mg
Carbohydrate 15.89g
Fibre 1.18g
Sugar 2.36g
Protein 12.86g
Vitamin A 34.61 RE
Vitamin C 1.07 mg
Calcium 24.75 mg
Iron 1.52 mg

13. 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 %	

14. Honey Garlic Wings

Ingredients: chicken wings, water, soy protein, modified corn starch, brown sugar, carrageenan, caramel powder, lemon juice, sugar, salt, garlic powder, soy sauce powder (soy sauce {wheat, soybeans}, maltodextrin), sodium phosphate, honey powder {honey, wheat starch, soy flour}, sodium acetate, artificial flavour, acetic acid, caramel, malic acid, hydrogenated soybean oil {mfg aid}, silicon dioxide {mfg aid}. Deep fried in canola oil.

Nutrition Facts

Per about 3 wings (100g)

Amount per Serving

Calories 230	
Total Fat 14g	
Saturated 3.5g	
+ Trans 0.5g	
Cholesterol 95mg	
Sodium 640mg	
Carbohydrate 6g	
Fibre 1g	
Sugar 5g	
Protein 19g	
Vitamin A 4 %	
Vitamin C 0 %	
Calcium 2 %	
Iron 6 %	

15. 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*

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

16. Chicken & Turkey Breakfast Sausage

Ingredients: turkey, chicken, water, toasted wheat crumbs, salt, potato starch, skim milk powder, spice, sodium erythorbate, lemon juice solids. Casing made from beef collagen.

Nutrition Facts

Serving Size 100g

Amount Per Serving

Energy 178cal / 750kj

Protein 15g

Total Fat 11.0g

Carbohydrate 4.8g

17. Ground Turkey, Lean

Ingredients: ground turkey

Nutrition Facts

Serving Size ½ cup (100g)

Amount Per Serving

%Daily Value*

Calories 170

Fat 12g 18%

Saturated Fat 3g

+Trans 0.1 g

Cholesterol 90mg

Sodium 75mg 3%

Carbohydrate 0g

Fibre 0g

Sugars 0g

Protein 17g

Vitamin A 2%

Vitamin C 2%

Iron 15%

Calcium 15%

18. 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%

19. Bacon Wrapped Tenderloin

Ingredients: beef, bacon (pork, water, salt, sodium phosphate, sugar, sodium erythorbate, sodium nitrate, spices, smoke)

Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 299.47

Total Fat 25.27g

Saturated 11.58g

+ Trans 0g

Cholesterol 69.47mg

Sodium 150.29mg

Carbohydrate 0g

Fibre 0g

Sugar 0g

Protein 16.69g

Vitamin A 00.00 RE

Vitamin C .00mg

Calcium 6.29mg

Iron 2.02mg

20. 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%

21. Shrimp Skewers

Ingredients: Shrimp, water, salt, sodium phosphate, sulphiting agents.

Nutrition Facts

Serving Size 91 g (2 skewers)

Amount Per Serving %Daily Value

Calories 90

Total Fat 2g 3%

Saturated 0.3g

+ Trans 0g 13%

Cholesterol 130mg

Sodium 140mg 13%

Carbohydrate 1g 1%

Fibre 0g 0%

Sugar 0g

Protein 17g

Vitamin A 2%

Vitamin C 2%

Calcium 4%

Iron 10%

22. 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%	

23. Bavarian Bratwurst

Ingredients: pork, water, spices, natural pork casing

May contain: soy, wheat, milk egg

Nutrition Facts

Serving Size 100g

Amount Per Serving	%Daily Value
Calories 21721	
Total Fat 16.03g	
Saturated 5.54g	
+ Trans 0g	
Cholesterol 51.67mg	
Sodium 698.4mg	
Carbohydrate 1.16g	
Fibre 0.05 g	
Sugar 0.98g	
Protein 15.91g	
Vitamin A 36.54 RE	
Vitamin C 0.74 mg	
Calcium 23.87 mg	
Iron 1.04 mg	

24. 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	

25. Lean Ground Beef

Ingredients: beef, water, soy flour

Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories	230	
Total Fat	13g	20%
Saturated	5g	
+ Trans	0.5g	25%
Cholesterol	92mg	
Sodium	65g	2.71%
Carbohydrate	14g	4.67%
Fibre	1g	4%
Sugar	2g	
Protein	18g	
Vitamin A		0%
Vitamin C		2%
Calcium		6%
Iron		30%

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**

Nutrition Facts

Serving Size 6 meatballs (85g)

Amount Per Serving

Calories	230	
Total Fat	16 g	25%
Saturated	7 g	
+ 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%	

27. 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	12.08 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

28. Pork Chops

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

Nutrition Facts

Serving Size 145g (approx. 1 chop)

Amount Per Serving	% Daily Value
Calories 286	
Total Fat 13g	21%
Saturated 5g	
+ Trans 0g	23%
Cholesterol 64mg	35%
Sodium 64mg	3%
Carbohydrate 0g	0%
Fibre 0g	0%
Sugar 0g	
Protein 39g	
Vitamin A 0%	
Vitamin C 0%	
Calcium 1%	
Iron 5%	

29. Wild Spring Salmon Fillets

Ingredients: Wild Spring (Chinook) salmon (boneless skinless)

Nutrition Facts

Serving Size ½ fillet (3 oz)

Amount Per Serving	
Calories 354	
Total Fat 20.56g	
Saturated 6.138g	
Cholesterol 99mg	
Sodium 93mg	
Carbohydrate 0g	
Fiber 0g	
Sugar 0g	
Protein 39.46g	
Vitamin A 30%	
Vitamin C 9%	
Potassium 17%	
Calcium 4%	
Iron 3%	

30. Lobster Cakes

Ingredients: Lobster, Alaska Pollock and/or Pacific Whiting, Mayonnaise (soybean oil, corn syrup water, egg, vinegar, salt, spice, lemon juice concentrate), water bleached wheat flour, wheat starch. Contains less than 2% of the following: natural & artificial flavors, sugar, modified corn starch, salt, sorbitol (0.8g per 85g serving), fresh egg white, mirin (rice extract, alcohol, salt, dextrose, corn syrup solids), Worcestershire sauce, potato starch, potassium chloride, calcium carbonate, corn starch, crystalized lemon, modified cellulose/locust bean/xanthan gum, carrageenan, hydrolyzed corn/soy/wheat/whey protein, autolyzed yeast extract, dextrose, parsley, dill, disodium Inosinate, disodium guanylate, sodium tripolyphosphate, yeast, color.

Nutrition Facts

Serving Size 1 piece 85g

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

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. 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%

33. Bacon, fully cooked

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

Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 538g

Total Fat 46.2g

Saturated 19.2g

+ Trans 0g

Cholesterol 76.9mg

Sodium 1846.2mg

Carbohydrate 7.70g

Fibre 0g

Sugar 2.81g

Protein 30.8g

Vitamin A 79.87 RE

Vitamin C 0 mg

Calcium 12.40 mg

Iron .72 mg

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
Calories 139	
Total Fat 2.5g	3.85%
Saturated 1g	
+ Trans 0g	5%
Cholesterol 451 mg	
Sodium 451 mg	
Carbohydrate 58.g	
Fiber 1g	
Sugar 7g	
Protein 4.5g	
Iron 6%	
Vitamin A 2.5%	
Calcium 1.5%	
Vitamin C 0.5%	
Iron 12.5%	

35. Mini Potato and Cheddar Perogies

Ingredients: Enriched wheat flour, fresh potato, water, cheddar cheese, canola oil, egg white, salt, annatto (natural color).

Nutrition Facts

Serving Size 120 g (8 perogies)	
Amount Per Serving	
Calories 220	
Total Fat 2g	3%
Saturated	
+ Trans	
Cholesterol 0mg	
Sodium 420mg	
Carbohydrate 43g	43%
Protein 6 g	

36. 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

Nutrition Facts

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

37. Mini Vegetable Spring Rolls

Ingredients: Filling: cabbage, carrots, green beans, water chestnuts, green peas, corn, onions, modified cornstarch, salt, sugar, sesame oil, black pepper

Wrapper: water, enriched wheat flour, liquid whole eggs. Cooked in canola oil.

Nutrition Facts

Serving Size 100g	
Amount Per Serving	%Daily Value
Calories 175	
Total Fat 5.20g	8%
Saturated 0.53g	
+ Trans 0.08g	3%
Cholesterol 4.20mg	
Sodium 405mg	17%
Carbohydrate 27.60g	9%
Fibre 2.9g	12%
Sugar 3.2g	
Protein 4.40g	
Vitamin A 2%	
Vitamin C 10%	
Calcium 2%	
Iron 10%	

38. Jumbo Vegetable Samosas

Ingredients: potatoes, green peas, flour, refined sunflower oil, palm oil, cotton seed oil, sesame oil, vegetable shortening, salt, mixed spices (red & green chilli, cumin, black pepper, dried mango powder, ginger, Kalonji seeds, turmeric, coriander powder & leaves, Ajowan)

Contains: wheat

May contain: peanut, milk, tree nuts, soya, sesame seed, sulphite, mustard seed.

Nutrition Facts

Serving Size 100g	
Amount Per Serving	%Daily Value
Calories 290	
Total Fat 15g	20%
Saturated 2.5g	
+ Trans 0g	12%
Cholesterol 0mg	
Sodium 600mg	26%
Carbohydrate 27.60g	9%
Fiber 1g	
Sugar 0g	
Protein 5g	
Vitamin A 2%	
Vitamin C 10%	
Calcium 2%	
Iron 6%	

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).

Nutrition Facts

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

40. Helmi's Premium Homemade Perogies

Ingredients: Potato Bacon & Onion: enriched wheat flour, fresh whole potatoes, water, seasoned bacon, whole eggs, fresh onions, vegetable oil, salt, baking powder, spices.

Potato Cheddar & Onion: enriched wheat flour, fresh whole potatoes, water, aged cheddar cheese, whole eggs, fresh onions, vegetable oil, salt, baking powder, spices.

Nutrition Facts

Serving Size 100g (approx 3 perogies)

Amount Per Serving	%Daily Value
Calories 220	
Total Fat 6g	10%
Saturated 1.5g	
+ Trans 0g	9%
Cholesterol 20mg	
Sodium 520mg	21%
Carbohydrate 32g	11%
Fibre 2g	6%
Sugar 0g	
Protein 8g	
Vitamin A	0%
Vitamin C	4%
Calcium	2%
Iron	15%

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
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%	

42. Breakfast Burrito

Ingredients: ham, bacon, red & green pepper, cheddar cheese. **Tortilla:** wheat flour, water, vegetable oil, salt, baking powder, mono & diglycerides, fumaric acid, sodium propionate, cellulose gum, potassium sorbate, guar gum, xanthan gum, L-cysteine. **Cooked scrambled eggs:** whole eggs, skim milk, soybean oil, modified cornstarch, xanthan gum, liquid pepper extract, citric acid, natural & artificial butter flavor. **Hollandaise sauce:** soy oil, canola oil, water, salted egg yolk, frozen modified egg yolk, natural butter, lemon, Worcestershire flavor, natural and artificial tobasco flavor, acetic acid, natural color.

Nutrition Facts

Serving Size 1 Burrito (135 g)

Amount Per Serving	%Daily Value
Calories 350	
Total Fat 21g	32%
Saturated 5g	
+ Trans 0.1g	26%
Cholesterol 170mg	
Sodium 1070mg	45%
Carbohydrate 29g	10%
Fiber 1g	4%
Sugar 2g	
Protein 13g	
Vitamin A 10%	
Vitamin C 25%	
Calcium 10%	
Iron 20%	

43. Pizza Variety Pack

Ingredients:

pepperoni pizza: flour, water, canola oil, yeast, sugar, salt, seasoning, tomatoes, olive oil, sunflower oil, salt, oregano, seasoning, garlic, citric acid, milk, bacterial culture, calcium chloride, pepperoni, monteray jack cheese, parmesan cheese

ham & pineapple pizza: flour, water, canola oil, yeast, sugar, salt, seasoning, tomatoes, olive oil, sunflower oil, salt, oregano, seasoning, garlic, citric acid, milk, bacterial culture, calcium chloride, pineapple, smoked ham, monteray jack cheese, parmesan cheese

cheese pizza: flour, water, canola oil, yeast, sugar, salt, seasoning, tomatoes, olive oil, sunflower oil, salt, oregano, seasoning, garlic, citric acid, milk, bacterial culture, calcium chloride, cheddar cheese, monteray jack cheese, shredded parmesan cheese

Nutrition Facts

Serving Size 115g (1/6 pizza)

Amount Per Serving	%Daily Value
Calories 300	
Total Fat 12g	18%
Saturated 6g	
+ Trans 0.2g	31%
Cholesterol 25mg	
Sodium 580mg	28%
Carbohydrate 31g	10%
Fibre 3g	12%
Sugar 6g	
Protein 17g	
Vitamin A 6%	
Vitamin C 8%	
Calcium 25%	
Iron 25%	

44. Pepperoni & Sausage Calzone

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

Nutrition Facts

Serving Size 1 calzone (180 gr)

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

45. Meat Lasagna with 4 Cheese

Ingredients: Tomatoes, fresh lasagna noodles (durum semolina, water, wheat flour), ground beef, water, mozzarella cheese (part skim milk, bacterial culture, salt, calcium chloride, microbial enzyme), ricotta cheese (whey, milk, bacterial culture, salt, citric acid), milk, onions, modified cornstarch, parmesan and romano cheese (pasteurized milk, salt, bacterial culture, microbial enzyme, lipase), wheat flour, salt, sugar, canola oil, garlic, herbs, spices, onion powder.

Nutrition Facts

Serving Size 1 tray

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

46. 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%	