

# Chicken & More FALL 2021

## 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

<b>Nutrition Facts</b>	
Serving Size 1 breast (100g)	
<b>Amount Per Serving</b>	
<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>
<b>Protein</b> 16g	
<b>Iron</b> 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

<b>Nutrition Facts</b>	
Serving Size 1 breast (100g)	
<b>Amount Per Serving</b>	
<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>
<b>Protein</b> 16g	
<b>Iron</b> 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

<b>Nutrition Facts</b>	
Serving Size 100g (2 satays)	
<b>Amount Per Serving</b>	
<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	
<b>Amount Per Serving</b>	<b>%Daily Value</b>
<b>Calories</b> 130g	
<b>Total Fat</b> 4.5g	
<b>Saturated</b> 1g	
<b>Cholesterol</b> 95mg	
<b>Sodium</b> 100mg	
<b>Carbohydrate</b> 0g	
<b>Sugar</b> 0g	
<b>Protein</b> 22g	
<b>Vitamin A</b> 18 ug	2%
<b>Vitamin C</b> 0 mg	
<b>Calcium</b> 20 mg	3%
<b>Iron</b> 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)	
<b>Amount Per Serving</b>	<b>%Daily Value</b>
<b>Calories</b> 210	
<b>Total Fat</b> 7g	11 %
<b>Saturated</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>Sugar</b> 1g	
<b>Protein</b> 20g	
<b>Vitamin A</b> 0%	
<b>Vitamin C</b> 4%	
<b>Calcium</b> 4%	
<b>Iron</b> 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)	
<b>Amount Per Serving</b>	<b>%Daily Value</b>
<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%	

## 7. Turkey Breast Fillets

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

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

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

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

<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 %	

## 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**

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

	<b>%Daily Value*</b>
<b>Calories</b> 200	
<b>Fat</b> 10g	<b>16%</b>
<b>Saturated Fat</b> 1g	
<b>+Trans</b> 0g	<b>5%</b>
<b>Cholesterol</b> 15g	<b>5%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Carbohydrate</b> 16g	<b>5%</b>
<b>Fibre</b> 3g	<b>12%</b>
<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%	

## 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
<b>Calories</b> 330	
<b>Total Fat</b> 25g	<b>38%</b>
<b>Saturated</b> 10g	<b>55%</b>
<b>+ Trans</b> 1g	<b>28%</b>
<b>Cholesterol</b> 75mg	
<b>Sodium</b> 370mg	<b>15%</b>
<b>Carbohydrate</b> 2g	<b>1%</b>
<b>Fibre</b> 0g	
<b>Sugar</b> 0g	
<b>Protein</b> 23g	
<b>Vitamin A</b> 0%	
<b>Vitamin C</b> 2%	
<b>Calcium</b> 4%	
<b>Iron</b> 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
<b>Calories</b> 21721	
<b>Total Fat</b> 16.03g	
<b>Saturated</b> 5.54g	
<b>+ Trans</b> 0g	
<b>Cholesterol</b> 51.67mg	
<b>Sodium</b> 698.4mg	
<b>Carbohydrate</b> 1.16g	
<b>Fibre</b> 0.05 g	
<b>Sugar</b> 0.98g	
<b>Protein</b> 15.91g	
<b>Vitamin A</b> 36.54 RE	
<b>Vitamin C</b> 0.74 mg	
<b>Calcium</b> 23.87 mg	
<b>Iron</b> 1.04 mg	

## 24. Shaved Prime Rib

**Ingredients:**

Grade AA-AAA prime rib (beef)

### Nutrition Facts

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	



## 25. Lean Ground Beef

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

### Nutrition Facts

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	2.71%
<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%

## 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

<b>Calories</b>	230	
<b>Total Fat</b>	16 g	25%
<b>Saturated</b>	7 g	
<b>+ Trans</b>	0g	40%
<b>Cholesterol</b>	40mg	
<b>Sodium</b>	600mg	25%
<b>Carbohydrate</b>	6g	2%
<b>Fibre</b>	1g	4%
<b>Sugar</b>	2g	
<b>Protein</b>	13g	
<b>Vitamin A</b>	0%	
<b>Vitamin C</b>	0%	
<b>Calcium</b>	2%	
<b>Iron</b>	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

<b>Calories</b>	226.1
<b>Total Fat</b>	12.08 g
<b>Saturated</b>	4.79 g
<b>+ Trans</b>	0.17 g
<b>Cholesterol</b>	49.93 mg
<b>Sodium</b>	288.46 mg
<b>Carbohydrate</b>	13.25 g
<b>Fiber</b>	83 g
<b>Sugar</b>	78 g
<b>Protein</b>	14.99 g
<b>Vitamin A</b>	18.93 RE
<b>Vitamin C</b>	.04 mg
<b>Calcium</b>	19.54 mg
<b>Iron</b>	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
<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>Fiber</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%	

## 29. Wild Spring Salmon Fillets

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

### Nutrition Facts

Serving Size ½ fillet (3 oz)

Amount Per Serving	
<b>Calories</b> 118	
<b>Total Fat</b> 3.7g	
<b>Saturated</b> .9g	
<b>Cholesterol</b> 47mg	
<b>Sodium</b> 49mg	
<b>Carbohydrate</b> 0g	
<b>Fiber</b> 0g	
<b>Sugar</b> 0g	
<b>Protein</b> 20g	
<b>Vitamin A</b> 2.9%	
<b>Vitamin C</b> 2%	
<b>Potassium</b> 11%	
<b>Calcium</b> 2.9%	
<b>Iron</b> 2.9%	

## 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	
<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>

## 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
<b>Calories</b> 220	
<b>Total Fat</b> 11g	17%
<b>Saturated</b> 1g	
<b>+ Trans</b> 0g	47%
<b>Cholesterol</b> 20mg	
<b>Sodium</b> 310mg	13%
<b>Carbohydrate</b> 19g	6%
<b>Fibre</b> 2g	8%
<b>Sugar</b> 2g	
<b>Protein</b> 11g	22%
<b>Vitamin A</b> 0%	
<b>Vitamin C</b> 0%	
<b>Calcium</b> 0%	
<b>Iron</b> 4%	

## 32. 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	27%
<b>Saturated</b> 7g	
<b>+ Trans</b> 0g	35%
<b>Cholesterol</b> 80mg	
<b>Sodium</b> 330mg	13%
<b>Fibre</b> 0g	
<b>Sugar</b> 0g	
<b>Protein</b> 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

<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	

### 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	
<b>Sodium</b> 451 mg	
<b>Carbohydrate</b> 58.g	
<b>Fiber</b> 1g	
<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. 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	
<b>Calories</b> 220	
<b>Total Fat</b> 2g	3%
<b>Saturated</b>	
<b>+ Trans</b>	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 420mg	
<b>Carbohydrate</b> 43g	43%
<b>Protein</b> 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
<b>Calories</b> 150	
<b>Total Fat</b> 7g	9%
<b>Saturated</b> 1g	5%
<b>+ Trans</b> 0g	
<b>Cholesterol</b> 19 g	
<b>Sodium</b> 790mg	33%
<b>Carbohydrate</b> 19g	4%
<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%

## 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
<b>Calories</b> 175	
<b>Total Fat</b> 5.20g	<b>8%</b>
<b>Saturated</b> 0.53g	
<b>+ Trans</b> 0.08g	<b>3%</b>
<b>Cholesterol</b> 4.20mg	
<b>Sodium</b> 405mg	<b>17%</b>
<b>Carbohydrate</b> 27.60g	<b>9%</b>
<b>Fibre</b> 2.9g	<b>12%</b>
<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. 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
<b>Calories</b> 290	
<b>Total Fat</b> 15g	<b>20%</b>
<b>Saturated</b> 2.5g	
<b>+ Trans</b> 0g	<b>12%</b>
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 600mg	<b>26%</b>
<b>Carbohydrate</b> 27.60g	<b>9%</b>
<b>Fiber</b> 1g	
<b>Sugar</b> 0g	
<b>Protein</b> 5g	
<b>Vitamin A</b> 2%	
<b>Vitamin C</b> 10%	
<b>Calcium</b> 2%	
<b>Iron</b> 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
<b>Calories</b> 280	
<b>Total Fat</b> 11g	<b>17%</b>
<b>Saturated</b> 5g	
<b>+ Trans</b> 0g	<b>25%</b>
<b>Cholesterol</b> 65mg	
<b>Sodium</b> 1150mg	<b>45%</b>
<b>Carbohydrate</b> 29g	<b>10%</b>
<b>Fibre</b> 4g	<b>16%</b>
<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 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
<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> 390	
<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. 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. 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%	

## 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
<b>Calories</b> 360	
<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. Meat Lasagna with 4 Cheese

**Ingredients:** Tomatoes, fresh lasagna noodles (durum semolina, water, wheat flour, egg), 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. Contains egg, wheat, milk. May contain: mustard, sesame, soy.

### Nutrition Facts

Serving Size 1 tray

Amount Per Serving	%Daily Value
<b>Calories</b> 440	
<b>Total Fat</b> 15g	23%
<b>Saturated</b> 7g	
<b>+ Trans</b> 0.3g	37%
<b>Cholesterol</b> 65mg	
<b>Sodium</b> 700mg	29%
<b>Carbohydrate</b> 44g	15%
<b>Fibre</b> 5g	20%
<b>Sugar</b> 8g	
<b>Protein</b> 27g	
<b>Vitamin A</b>	10%
<b>Vitamin C</b>	40%
<b>Calcium</b>	30%
<b>Iron</b>	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
<b>Calories</b> 282	
<b>Total Fat</b> 18g	<b>24%</b>
<b>Saturated</b> 7g	
<b>+ Trans</b> 0.1g	<b>36%</b>
<b>Cholesterol</b> 24mg	<b>8%</b>
<b>Sodium</b> 259mg	<b>11%</b>
<b>Carbohydrate</b> 19g	<b>6%</b>
<b>Fibre</b> 1g	<b>1%</b>
<b>Sugar</b> 1g	
<b>Protein</b> 10g	
<b>Potassium</b> 126 mg	<b>3%</b>
<b>Calcium</b> 0 %	
<b>Iron</b> 4%	