

HOLIDAY 2021

Nutritional Information & Ingredient List

1. Sea Salt & Cracked Pepper Wings

Ingredients: Chicken wings, water, modified corn starch, soy protein, sea salt, salt, flavour (soy protein isolate), sodium phosphate, spice, dextrose, potato starch, guar gum, silicon dioxide (MFG aid), carrageenan.

Allergens: Contains soy. May contain traces of wheat, sesame, milk and egg.

| Nutrition Facts | |
|----------------------------------|--------------|
| Per about 3 wings (100g) | |
| Amount Per Serving | %Daily Value |
| Calories 170 | |
| Total Fat 10g | 16% |
| Saturated 3g | |
| + Trans 0g | 15% |
| Cholesterol 1000mg | |
| Sodium 620mg | 26% |
| Carbohydrate/ Glucides 3g | 1% |
| Fibre 0g | 0% |
| Sugar 0g | |
| Protein 16g | |
| Vitamin A | 4% |
| Vitamin C | 0% |
| Calcium | 2% |
| Iron | 6% |

2. 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 95 mg | |
| Sodium 640 mg | |
| Carbohydrate 6g | |
| Fibre 1g | |
| Sugar 5g | |
| Protein 19g | |
| Vitamin A n/a | |
| Vitamin C n/a | |
| Calcium n/a | |
| Iron n/a | |

3. Mini Vegetable Spring Rolls

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

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

| Nutrition Facts | |
|----------------------------|--------------|
| Serving Size 100g | |
| Amount Per Serving | %Daily Value |
| 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% |

4. Tempura Battered Shrimp

Ingredients: Shrimp, water, flour (wheat), starch(corn, potato), salt, sodium phosphate, sodium bicarbonate, dried egg-white, colour (annatto), sulphiting agents, browned in soya oil.

Allergens: Crustacean, Egg, Soy, wheat, sulphites

Nutrition Facts

| | |
|-----------------------------|-----|
| Serving Size 3 shrimp (50g) | |
| Amount Per Serving | |
| %Daily Value | |
| Calories 130 | |
| Total Fat 8 g | 12% |
| Saturated 1 g | |
| + Trans 0g | 33% |
| Cholesterol 50 mg | |
| Sodium 110mg | 17% |
| Carbohydrate 9g | 9% |
| Fibre 0g | |
| Sugar 0g | |
| Protein 7g | |
| Vitamin A | 2% |
| Vitamin C | 2% |
| Calcium | 2% |
| Iron | 6% |

5. Potato Scoops

IngredientsPotatoes, Vegetable Oil (Contains one or more of the following: Soybean Oil, Canola Oil), Modified Potato Starch, Rice Flour, Corn Starch, Tapioca Dextrin, Potato Dextrin, Salt, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Monocalcium Phosphate), Xanthan Gum, Disodium Dihydrogen Pyrophosphate (to promote color retention).

Nutrition Facts

| | |
|------------------------------------------------|-----|
| Serving Size 3.5 oz of edible portion (100 gr) | |
| Amount Per Serving | |
| %Daily Value | |
| Calories 230 | |
| Total Fat 11 g | 17% |
| Saturated 2 g | |
| + Trans 0g | 10% |
| Cholesterol 65mg | |
| Sodium 610mg | 15% |
| Carbohydrate 20g | |
| Fibre 1g | 4% |
| Sugar 0g | |
| Protein 11 g | |
| Vitamin A | 2% |
| Vitamin C | 2% |
| Calcium | 6% |
| Iron | 15% |

6. Mini Potato & Cheddar Perogies

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

Nutrition Facts

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

7. Vegetable Pakora

Ingredients: Organic white flour, diced onions, diced potatoes, diced carrots, water, chickpea flour, diced red peppers, diced green pepper, canola oil, frozen peas, salt, lemon juice, coriander powder, chilli powder, garlic powder, ginger powder, baking powder, sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), garam masala, cumin seeds, turmeric powder.

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

8. Mini Vegetable Samosas

Ingredients: Wheat flour, water, potatoes, carrots, peas, lentils, onions, cilantro, canola oil, salt, spices, garlic, vinegar, citric acid.

Contains: Wheat

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

9. Cheese Bites

Ingredients: Pizza Mozzarella cheese (Modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme), wheat flour, water, vegetable oil (soybean oil and/or canola oil), yellow corn flour, sugar, salt, onion powder, defatted soy flour, spices, baking powder, dextrose, garlic powder, dehydrated parsley, cheese blend (corn maltodextrin, enzyme modified cheese solids (milk, bacterial culture, salt, rennet and/or pepsin, and/or microbial enzyme, calcium chloride, lipase), sodium citrate, flavour, milk ingredients).

CONTAINS: wheat, milk, soy

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

10. Pork Dry Ribs

Ingredients: rib portions, water, modified corn starch, garlic powder, salt, garlic emulsion (water, propylene glycol, vegetable gum, polysorbate 80, garlic oil), sodium phosphate, yeast extract. Fried in vegetable oil. Seasoning packet: salt, spices, may contain wheat, egg or sulphites

Nutrition Facts

Serving Size 105g per approx. 4 ribs

Amount Per Serving %Daily

Value

Calories 210

Total Fat 13g 20%

Saturated 4.5g

+ Trans 0g 23%

Cholesterol 70 mg 24%

Sodium 480mg 20%

Carbohydrate 3g 1%

Fibre 0g 0%

Sugar 0g

Protein 20g

Vitamin A 0%

Vitamin C 0%

Calcium 4%

Iron 6%

11. 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 790 mg 33%

Carbohydrate 19g 4%

Fibre 1g 4%

Sugar 3g 3%

Protein 2g

Vitamin A 4%

Vitamin C 0%

Calcium 50mg 4%

Iron 7%

12. Bacon Wrapped Scallops

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

Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 302.8

Total Fat 26.76g

Saturated 9.8g

+ Trans 0g

Cholesterol 53.4 mg

Sodium 354.2 mg

Carbohydrate 1.32g

Fibre 0g

Sugar 0g

Protein 13.16g

Vitamin A 6.06 RE

Vitamin C 1.20 mg

Calcium 12.00mg

Iron 0.48 mg

13. Crispy Tempura Zucchini Sticks

Ingredients: Zucchini, Toasted wheat crumbs, Wheat flour, Vegetable oil (soybean oil and/or canola oil), Yellow corn flour, Salt, Defatted soy flour, Sugars (sugar, dextrose), Onion powder, Baking powder, Spices, Garlic powder, Dehydrated parsley, Flavour, Tapioca dextrin, Corn starch, Polysorbate 60 (emulsifier)
 Contains: Wheat, Soy. Processed in the same facility as fish, egg, milk, wheat, sulfites and soy.

| Nutrition Facts | |
|-------------------------------|--------|
| Serving Size 4 pieces (85 gr) | |
| Amount Per Serving | |
| %Daily Value | |
| Calories | 130 |
| Saturated | 1g |
| + Trans | 0g |
| Cholesterol | 0mg |
| Sodium | 370mg |
| Carbohydrate | 17g |
| Fibre | 1g |
| Sugars | 4g |
| Protein | 2g |
| Calcium | 20 mg |
| Iron | 0.5 mg |
| Potassium | 125 mg |

14. Seasoned Beef Meatballs

Ingredients: beef, water, textured soy protein, 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 | 16 g |
| Saturated | 7 g |
| + Trans | 1 g |
| Cholesterol | 40 mg |
| Sodium | 600 mg |
| Carbohydrate | 6 g |
| Fibre | 1 g |
| Sugar | 2 g |
| Protein | 13 g |
| Vitamin A | 0% |
| Vitamin C | 0% |
| Calcium | 2% |
| Iron | 10% |

15. 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 | 12 g |
| Saturated | 2 g |
| %+ Trans | 0 g |
| Cholesterol | 20 mg |
| Sodium | 710 mg |
| Carbohydrate | 12g |
| Sugar | 2 g |
| Protein | 6 g |
| Vitamin A | 4% |
| Vitamin C | 8% |
| Calcium | 10% |
| Iron | 2% |

16. Chicken Breast 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% |

17. Mini Assorted Quiche

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

Vegetable Quiche Filling: milk, zucchini, liquid whole egg, red pepper, onions, green peppers, enriched wheat flour, modified corn starch, mozzarella cheese, edam cheese, parmesan cheese, vegetable oil. Seasoning salt, spice, potassium sorbate.

Mushroom: milk, mushroom liquid eggs, wheat flour, corn starch, mozzarella, edam, parmesan, salt, soy sauce, Worcestershire sauce, salt, garlic, onion powder, methylcellulose, potassium sorbate.

| Nutrition Facts | |
|-------------------------|---------------|
| Serving Size 100 g | |
| Amount Per Serving | |
| | %Daily |
| Value | |
| Calories 210 | |
| Total Fat 13g | 20% |
| Saturated 4g | |
| + Trans 2.5g | 33% |
| Cholesterol 40mg | |
| Sodium 400 mg | 17% |
| Carbohydrate 18g | 6% |
| Fibre 1 g | 4% |
| Sugar 3 g | |
| Protein 6 g | |
| Vitamin A | 8% |
| Vitamin C | 30% |
| Calcium | 10% |
| Iron | 6% |

18. Turkey Breast Fillets

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

| Nutrition Facts | |
|---------------------------|---------------------|
| Serving Size 100 g (1 pc) | |
| Amount Per Serving | |
| | %Daily Value |
| Calories 80 | |
| Total Fat 1 g | 2 % |
| Saturated 0.3 g | |
| + Trans 0g | _5 % |
| Cholesterol 35 mg | _35 % |
| Sodium 500 mg | 21 % |
| Carbohydrate 0 g | 0 % |
| Fibre 0 g | 4 % |
| Sugar 0g | |
| Protein 17 g | |
| Vitamin A | 2 % |
| Vitamin C | 0 % |
| Calcium | 0 % |
| Iron | 2 % |

19. Festive Turkey Cordon

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

Nutrition Facts

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

20. Chicken Ala Neptune

Ingredients: chicken, water, toasted wheat crumbs, scallops, shrimp, garlic butter, batter (wheat flour, modified corn starch, salt, rice flour, spices, guar 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 53.45mg
Sodium 221.92mg
Carbohydrate 6.63g
Fibre .25g
Sugar .25g
Protein 17.89g
Vitamin A 18.47 RE
Vitamin C 1.21 mg
Calcium 11.4 mg
Iron .65 mg

21. Breasts with Crème Brie and Apple

Ingredients: chicken breast with rib meat, crème brie blend (cheddar, mozzarella cheese [milk, bacterial culture, salt, enzymes] water whey, butter, rennet, casein, disodium citrate, salt), bleached wheat flour, water, apple, sugar, pear sauce (California sun-dried pears, sugar, pectin, 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
Contains Wheat, Milk

Nutrition Facts

Serving Size 186g
Amount Per Serving
Calories 340
Total Fat 16g
Saturated 5g
+ Trans 0g
Cholesterol 85mg
Sodium 560mg
Carbohydrate 23g
Fibre 01g
Sugar 6g
Protein 26g
Vitamin A 6%
Vitamin C 4%
Calcium 15%
Iron 10%

22. 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 7 g
Saturated 3.5 g
+ Trans 0.1 g
Cholesterol 9.13 mg
Sodium 700 mg
Carbohydrate 32.6 g
Fibre 16 g
Sugar 3 g
Protein 8.3 g
Vitamin C 1.7 mg
Calcium 57.8 mg
Iron 15.81 mg

23. 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 4 g
Saturated 2 g
+ Trans 0g
Cholesterol 45 mg
Sodium 405 mg
Carbohydrate 9 g
Fibre 0 g
Sugar 0 g
Protein 19 g
Vitamin A 32 RE
Vitamin C 1 mg
Calcium 71 mg
Iron 1mg

24. Breaded Veal Cutlet

Ingredients: veal, water, toasted wheat crumbs, batter (flour, modified cornstarch, potato flour, salt, rice flour, spices, guar gum), soy flour, binder (yellow corn flour, salt, toasted wheat crumbs, wheat flour, onion powder, spice), blanched in canola oil.

Nutrition Facts

Amount Per 100 g Serving

Calories 226.1
Total Fat 12.08 g
Saturated 4.79 g
+ Trans 0.17 g
Cholesterol 49.93 mg
Sodium 288.46 mg
Carbohydrate 13.25 g
Fibre 83 g
Sugar 78 g
Protein 14.99 g
Vitamin A 18.93 RE
Vitamin C .04 mg
Calcium 19.54 mg
Iron 1.10 mg

25. 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 <i>trans</i> fat, dietary fiber, sugars, vitamin C, calcium. | |

26. Heritage Breasts, Boneless Skinless

Ingredients: seasoned, fillet removed.

Boneless skinless chicken breasts, water, isolated soy protein, salt, sodium, tripolyphosphate

No medications (or antibiotics), no animal byproducts in the feed.

| 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 <i>trans</i> fat, dietary fiber, sugars, vitamin C, calcium. | |
| * Percent Daily Values are based on a 2,000 calorie diet. | |

27. 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.

May contain: milk, mustard powder, sulphites.

| Nutrition Facts | |
|---------------------------|-----|
| Serving Size 2 strips | |
| Amount per Serving | |
| 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% |

28. GLUTEN FREE Chicken Breast Strips

Ingredients: Chicken breast fillets, Water, corn starch, Salt, Spice extracts. Coating of water, rice flour, yellow corn flour, modified corn starch, salt, corn starch, tapioca dextrin, sugar, garlic powder, granulated roasted garlic, onion powder, spices, pea protein isolate, dextrose, rice starch, flavour, baking powder, guar gum, modified cellulose, yeast. Browned in vegetable oil (canola and/or soybean).

| Nutrition Facts | |
|--------------------------------------|-----|
| Serving Size 100 g (approx 2 strips) | |
| Amount Per Serving %Daily Value | |
| Calories 200 | |
| Total Fat 5 g | 7% |
| Saturated 0.5 g | |
| + Trans 0 g | 3% |
| Cholesterol 24 mg | |
| Sodium 630 mg | 27% |
| Carbohydrate 24 g | |
| Fiber 1 g | 4% |
| Sugar 0 g | |
| Protein 14 g | |
| Potassium 30 mg | 1% |
| Calcium 20 mg | 2% |
| Iron 1.25 mg | |
| | 7% |

29. 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% | |

30. Thighs, boneless Skinless

Ingredients: chicken thighs

| Nutrition Facts | |
|--------------------------------------|----|
| Serving Size 4 oz | |
| Amount Per Serving %Daily Value | |
| Calories 130g | |
| Total Fat 4.5g | |
| Saturated 1 g | |
| Cholesterol 95 mg | |
| Sodium 100 mg | |
| Carbohydrate 0g | |
| Sugar 0g | |
| Protein 22 g | |
| Vitamin A 18 ug | 2% |
| Vitamin C 0 mg | |
| Calcium 20 mg | 3% |
| Iron 0.5 mg | |

31. Turkey Breakfast Sausage

Ingredients: Turkey (Meadow Valley Meats), water, Meadow Valley Meats poultry sausage seasoning & binder (toasted wheat crumbs, salt, potato starch, modified milk solids, spices, mustard, sodium erythroate, dried vinegar). Bovine/Beef Casing: Beef/Bovine Collagen

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

32. New York Striploin Steaks

Ingredients: New York Striploin Steaks

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

33. 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 | |
| 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% |

34. 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 |

35. 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% |

36. Maple Pork Breakfast Sausage

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

| 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 | 44 mg 14.5% |
| Sodium | 1027 mg 49% |
| Carbohydrate | 0g 0% |
| Fiber | 0g 0.5% |
| Sugar | 0.5g |
| Protein | 16g |
| Vitamin A | 1% |
| Vitamin C | 3% |
| Calcium | 1% |
| Iron | 2% |

37. Ground Turkey, Lean

Ingredients: ground turkey

Nutrition Facts

| | |
|---------------------------|---------|
| Serving Size ½ cup (100g) | |
| Amount Per Serving | |
| 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% |

38. Wild Coho Salmon Fillets

Ingredients: Wild Coho salmon

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% |

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 | |
| 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. 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 |
| Value | |
| Calories 282 | |
| Total Fat 18 g | 24% |
| Saturated 7 g | |
| + Trans 0.1g | 36% |
| Cholesterol 24 mg | 8% |
| Sodium 259 mg | 11% |
| Carbohydrate 19 g | 6% |
| Fibre 1g | 1% |
| Sugar 1 g | |
| Protein 10g | |
| Potassium 126 mg | 3% |
| Calcium 0 % | |
| Iron 4% | |

41. Helmi's Premium Homemade Perogies

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

| 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 20 mg | |
| Sodium 520mg | 21% |
| Carbohydrate 32g | 11% |
| Fibre 2g | 6% |
| Sugar 0g | |
| Protein 8 g | |
| Vitamin A | 0% |
| Vitamin C | 4% |
| Calcium | 2% |
| Iron | 15% |

42. Chicken Pot Pies

Ingredients: enriched wheat flour, hydrogenated vegetable oil, water, corn starch, corn flour, dextrose, salt, soya lecithin, sodium propionate. Filling: chicken, water, potatoes, mushrooms, red pepper, green pepper, modified corn starch, chicken base (glucose solids, salt, chicken fat, soybean & canola oil, yeast extract, onion powder, garlic powder, caramel color, Contains: 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% |

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 | 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. 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 | |
| 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. 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 |
| 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% | |

