

BROCCOLI CRUNCH SALAD

KIT CONTENTS:

- Broccoli Florettes
- Broccoli Stem - Matchstick
- Red Cabbage - shredded
- Red Onion - diced
- Carrots - Matchstick
- Raisins
- Coleslaw Dressing
- Bacon Bits
- Sunflower Seeds

SUGGESTED GARNISH:

Sunflowers Seeds & Bacon Bits

ASSEMBLY INSTRUCTIONS:

- Clean and sanitize work surfaces, bowls, utensils & hands.
- Use clean gloves.
- Set aside small amount of garnish.
- Combine all ingredients in bowl and mix gently.
- Ensure that delicate ingredients are added last and mixed with care.
- Add garnish and place immediately in service case.

SHELF LIFE:

- Mixed Shelf Life: **3 Days**
- Unmixed Shelf Life: **12 Days from production**

ALTHOUGH SOME SALADS ARE GLUTEN FREE BY INGREDIENT – THEY ARE NOT PACKED IN A CERTIFIED GLUTEN FREE FACILITY

WEIGHTS:

Finished Weight Per Kit:

1x 2.78kg (6.13lbs)

Keep Refrigerated 2 - 4°C

Nutrition Facts		Valeur nutritive	
Per 100g /par 100g			
Amount	% Daily Value		
Teneur	% Valeur quotidienne		
Calories / Calories	181		
Fat / Lipides	12.9 g		20%
	Saturated / saturés	1.5 g	7%
	+ Trans / Trans	0.0 g	
Cholesterol / Cholestérol	12 mg		4%
Sodium / Sodium	134 mg		6%
Carbohydrate / Glucides	13 g		4%
	Fibre / Fibres	2 g	8%
	Sugars / Sucres	8 g	
Proteins / Protéines	4.2 g		
Vitamin A / Vitamine A	70 RAE		7%
Vitamin C / Vitamine C	56 mg		93%
Calcium / Calcium	38 mg		3%
Iron / Fer	1.3 mg		9%

%Daily Value based on 2000 calorie diet

RAE = Retinol Activity Equivalent

Decimal places were done according to the Core Nutrition Information in the CFIA Guide to Food Labelling and Advertising, Chapter 6



INGREDIENTS:

Broccoli, Broccoli salad dressing [soybean or canola oil, sugar, water, eggs, cider vinegar, salt, spice, dehydrated onion, xanthan gum, potassium sorbate and sodium benzoate (as preservatives), calcium disodium EDTA (to protect flavor)], red onion, raisins saltanas (raisins, vegetable oil), sunflower seeds, bacon bits [pork, water, salt, sodium erythorbate, sodium nitrite (may contain smoke flavouring, sugar, dextrose, brown sugar, sodium phosphates, potassium chloride, natural and artificial flavouring)], carrot, red cabbage.

ALLERGENS: EGGS, MUSTARD

HOMESTYLE POTATO SALAD

WEIGHTS:

Finished Weight Per Kit:
2x 2.27kg (10lbs)

Keep Refrigerated 2 - 4°C



SUGGESTED GARNISH:

Sliced Egg

ASSEMBLY INSTRUCTIONS:

- Clean and sanitize work surfaces, bowls, utensils & hands.
- Use clean gloves.
- Set aside small amount of garnish.
- Combine all ingredients in bowl and mix gently.
- Ensure that delicate ingredients are added last and mixed with care.
- Add garnish and place immediately in service case.

Nutrition Facts			
serving size 100 grams			
Amount		% Daily Value	
Calories	140		
Fat	6g	9%	
Saturate			
d	1g	4%	
+Trans	0g		
Cholest			
erol	50mg	16%	
Sodium	200mg	8%	
Carbohy			
drate	18g	6%	
Fibre	1g	5%	
Sugars	3g		
Protein	3g		
Vitamin			
A	2%	Vitamin C	10%
Calcium	2%	Iron	4%

SHELF LIFE:

- Mixed Shelf Life: **3 Days**
- Unmixed Shelf Life: **21 Days from production**

INGREDIENTS:

Potatoes, dressing (water, vegetable oil, sugar, mustard, egg yolk, vinegar, lemon juice concentrate, modified food starch, salt, mustard powder, lactic acid, natural flavor, xanthan gum, ascorbic acid, potassium sorbate, calcium disodium EDTA, sodium benzoate, pepper oleoresin), eggs (eggs, water, citric acid), onions, carrots, parsley, salt, pepper

ALLERGENS: EGGS, MUSTARD

ALTHOUGH SOME SALADS ARE GLUTEN FREE BY INGREDIENT – THEY ARE NOT PACKED IN A CERTIFIED GLUTEN FREE FACILITY

THAI PEANUT NOODLE SALAD

KIT CONTENTS:

- Bag pasta in Thai peanut dressing with fresh cut vegetables

SUGGESTED GARNISH:

Spanish red-skinned peanuts

ASSEMBLY INSTRUCTIONS:

- Clean and sanitize work surfaces, bowls, utensils & hands.
- Use clean gloves.
- Empty contents of bag into bowl
- Mix with care.
- Add garnish and place immediately in service case.

SHELF LIFE:

- Mixed Shelf Life: 3 Days
- Unmixed Shelf Life: 18 Days from production

WEIGHTS:

Finished Weight Per Kit:

2 x 2.27kg

Keep Refrigerated 2 - 4°C

Nutrition Facts		
serving size 100 grams		
Amount	% Daily Value	
Calories	170	
Fat	8 g	13%
Saturated	1 g	4%
+Trans	0 g	
Cholesterol	5 mg	1%
Sodium	210 mg	9%
Carbohydrate	19 g	6%
Fibre	2 g	7%
Sugars	4 g	
Protein	3 g	
	Vitamin	
Vitamin A	4% C	15%
Calcium	2% Iron	15%



INGREDIENTS:

Cooked pasta (durum wheat semolina, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid), dressing (soybean or canola oil, water, brown sugar, distilled white vinegar, tamari sauce [water, soybeans, salt, sugar], dehydrated peanut butter [roasted peanuts, sugar, salt], sriracha sauce [chili, sugar, salt, garlic, distilled vinegar, potassium, sorbate, sodium bisulfite and xanthan gum], eggs, salt, spices, dehydrated garlic, xanthan gum, dehydrated onion, potassium, sorbate and sodium benzoate [as preservatives]), cabbage, carrots, red peppers, edamame beans, green onions.

ALLERGENS: EGGS, PEANUTS, SOY, SULPHITES, WHEAT

ALTHOUGH SOME SALADS ARE GLUTEN FREE BY INGREDIENT – THEY ARE NOT PACKED IN A CERTIFIED GLUTEN FREE FACILITY

SOUTHERN YAM & POTATO

ASSEMBLY INSTRUCTIONS: 2 MINUTES

1. Clean and sanitize work surfaces, bowls, utensils & hands.
2. Use clean gloves.
3. Empty contents of bag into bowl and mix gently – to redistribute dressing and ingredients.
4. Pile high and garnish.
5. Use **PARSELY SPRIGS** as garnish.
6. Place immediately in service case

NUTRITION FACTS:

Per ¼ cup (100g)
Calories / 140
Fat 5 g
8%
Saturated 0.5 g
2%
+ Trans 0g
Cholesterol 5 mg
Sodium 180 mg
8%
Carbohydrate 22 g
7%
Fiber 2 g
8%
Sugars 3 g
Protein 2 g
Vitamin A
0%
Vitamin C
15%
Calcium
2%
Iron
6%

CASE CONTENTS:

2 x 4.54 kgs

STORAGE:

- Do not freeze
- Keep refrigerated: 0 - 4 ° C

SHELF LIFE:

- 21 days from production
- **7 days in service case**

INGREDIENTS:

Yam, potatoes, dressing (water, vegetable oil, sugar, mustard, egg yolk, vinegar, lemon juice concentrate, ultratex SR, salt, mustard powder, lactic acid, natural flavour, xanthan gum, ascorbic acid, potassium sorbate, calcium disodium EDTA, sodium benzoate, pepper oleoresin), onions, parsley, salt, pepper

ALLERGENS: EGGS, MUSTARD

Although some items are gluten free by ingredient – they are not packed in a certified gluten free facility



SUNDRIED TOMATO PENNE

ASSEMBLY INSTRUCTIONS: 1 MINUTE

1. Clean and sanitize work surfaces, bowls, utensils & hands.
2. Use clean gloves.
3. Use **SUNDRIED TOMATOES & PARMESAN** as garnish.
4. Combine all ingredients in bowl and mix gently.
5. Ensure that delicate ingredients are added last and mixed with care.
6. Pile high and garnish.
7. Place immediately in service case

NUTRITION FACTS:

Per ¾ cup (100g)
Calories / 390
Fat 33 g
50%
Saturated 6 g
32%
+ Trans 0 g
Cholesterol 30 mg
Sodium 470 mg
19%
Carbohydrate 21 g
7%
Fiber 1 g
5%
Sugars 2 g
Protein 6 g
Vitamin A
0%
Vitamin C
2%
Calcium
<1%
Iron
6%

CASE CONTENTS:

Contains 1 kit
1 x 9.75 lbs / 4.42 kgs

STORAGE:

- Do not freeze
- Keep refrigerated: 0 - 4° C

SHELF LIFE:

- Unmixed – 14 days from production
- **MIXED – 7 days in service case**

INGREDIENTS:

Penne Rigate (durum wheat semolina enriched with iron, niacin, thiamin, mononitrate, riboflavin, folic acid), Mayonnaise (soy bean oil, eggs, water, vinegar, salt, sugar, lemon juice, calcium disodium EDTA to protect quality), Sun Dried Tomatoes, Onions, Spices, Garlic, Parmesan Cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), powdered cellulose to prevent caking.

ALLERGENS: DAIRY, EGGS, SOY, WHEAT

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BROWN RICE GADO GADO

ASSEMBLY INSTRUCTIONS: 5 MINUTES

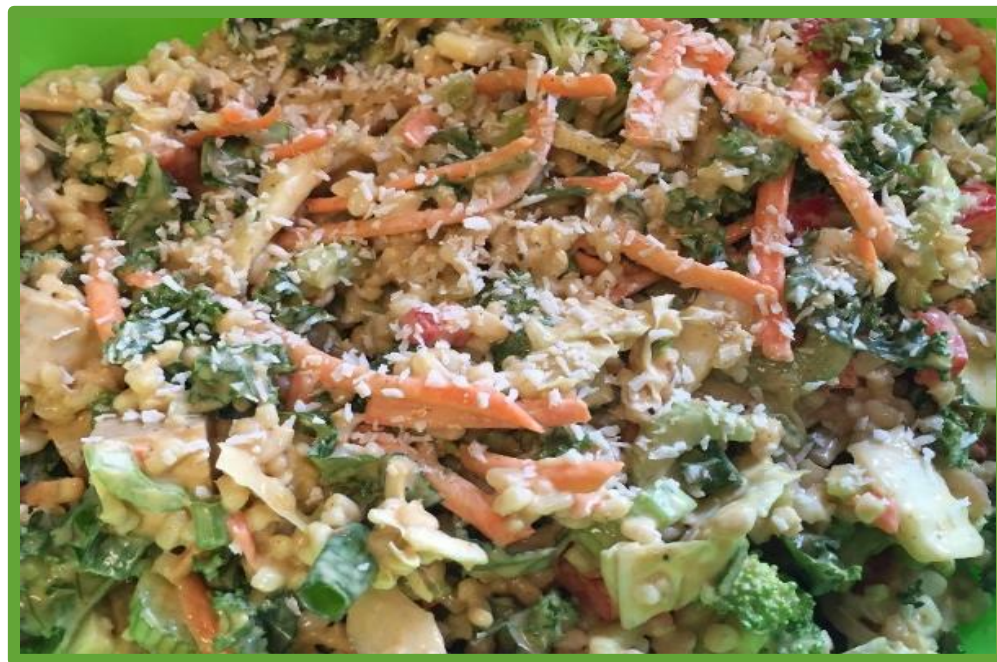
1. Clean and sanitize work surfaces and utensils - use clean gloves.
2. Chop red pepper into small cubes
3. Combine ingredients - mix gently - pile high and garnish.
4. Use **COCONUT** as garnish.
5. Place immediately in service case.

STORAGE:

- Do not freeze
- Keep refrigerated at 0 – 4 degrees celsius

SHELF LIFE:

- 11 days from production
- read date stamps and rotate product



Nutrition Facts		Valeur nutritive	
Per 100g / par 100g			
Amount		% Daily Value	
Teneur		% Valeur quotidienne	
Calories / Calories	161		
Fat / Lipides	9.3 g		14%
	Saturated / saturés 1.3 g		6%
	+ Trans / Trans 0.0 g		
Cholesterol / Cholestérol	3 mg		1%
Sodium / Sodium	301 mg		13%
Carbohydrate / Glucides	16 g		5%
	Fibre / Fibres 2 g		6%
	Sugars / Sucres 4 g		
Proteins / Protéines	3.6 g		
Vitamin A / Vitamine A	83 RAE		8%
Vitamin C / Vitamine C	20 mg		33%
Calcium / Calcium	20 mg		2%
Iron / Fer	1.6 mg		11%

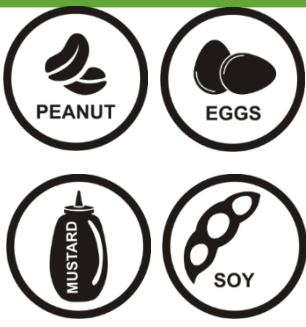
%Daily Value based on 2000 calorie diet

RAE = Retinol Activity Equivalent

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CASE CONTENTS:

1 X 3.05 kg



INGREDIENTS: Brown Rice (water, brown rice, canola oil, salt), Thai peanut dressing [soybean or canola oil, water, brown sugar, distilled white vinegar, tamari sauce (water, soybeans salt, sugar), dehydrated peanut butter (roasted peanuts, sugar, salt), sriracha sauce (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate, sodium bisulfite and xanthan gum), eggs, salt, spices, dehydrated garlic, xanthan gum, dehydrated onion, potassium sorbate and sodium benzoate (as preservatives)], marinated tofu (water, soybeans, canola oil, magnesium chloride), broccoli, suey choy, red pepper, carrot, celery, red onion, green kale, green onion, coconut seasoning (desiccated coconut, garam masala, salt).

ALLERGENS: EGGS, DAIRY, FISH, WHEAT

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FRESH FRUIT MEDLEY

KIT CONTENTS:

- Cantaloupe
- Honeydew
- Pineapple
- Oranges
- Grapes

SUGGESTED GARNISH:

Fresh in-season berries: blueberries

ASSEMBLY INSTRUCTIONS:

- Clean and sanitize work surfaces, bowls, utensils & hands.
- Use clean gloves.
- Combine all ingredients in bowl and mix gently.
- Mix with care.
- Add fresh berries garnish and place immediately in service case.

WEIGHTS:

Finished Weight Per Kit:
2 X 1.36kg (3lbs)

Keep Refrigerated 2 - 4°C

Nutrition Facts		Valeur nutritive	
Per 100g / par 100g			
Amount			% Daily Value
Teneur			% Valeur quotidienne
Calories / Calories	44		
Fat / Lipides	0.1 g	0%	
	Saturated / saturés	0.0 g	0%
	+ Trans / Trans	0.0 g	0%
Cholesterol / Cholestérol	0 mg	0%	
Sodium / Sodium	9 mg	0%	
Carbohydrate / Glucides	11 g	4%	
	Fibre / Fibres	1 g	5%
	Sugars / Sucres	9 g	
Proteins / Protéines	0.7 g		
Vitamin A / Vitamine A	45 RAE	4%	
Vitamin C / Vitamine C	36 mg	60%	
Calcium / Calcium	16 mg	1%	
Iron / Fer	0.2 mg	1%	

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INGREDIENTS:

Cantaloupe, honeydew, pineapple, oranges, grapes

ALLERGENS:

SHELF LIFE:

- Mixed Shelf Life: **3 Days**
- Unmixed Shelf Life: **12 Days from production**

ALTHOUGH SOME SALADS ARE GLUTEN FREE BY INGREDIENT – THEY ARE NOT PACKED IN A CERTIFIED GLUTEN FREE FACILITY

FULLY LOADED POTATO SALAD

KIT CONTENTS:

- 1 Containers of Red, White & Bleu Potato Base
- Bag of Bacon Bits
- Bags of Blue Cheese Crumbles

ADD AT STORE:

One bundle of green onion, chopped

SUGGESTED GARNISH:

Chopped Green Onions & Bacon Bits

ASSEMBLY INSTRUCTIONS:

- Clean and sanitize work surfaces, bowls, utensils & hands.
- Use clean gloves.
- Set aside small amount of garnish.
- Combine all ingredients in bowl and mix gently.
- Ensure that delicate ingredients are added last and mixed with care.
- Add garnish and place immediately in service case.

SHELF LIFE:

- Mixed Shelf Life: **3 Days**
- Unmixed Shelf Life: **21 Days from production**

WEIGHTS:

Finished Weight Per Kit:

1 x 5 KG

Keep Refrigerated 2 - 4°C

NOTE:

Case contains 1 kit

Nutrition Facts			
serving size 100 grams			
Amount	% Daily Value		
Calories	250		
Fat	19 g	29%	
Saturated	3 g	12%	
+Trans	0.1 g		
Cholesterol	25 mg	8%	
Sodium	670 mg	28%	
Carbohydrate	14 g	5%	
Fibre	2 g	8%	
Sugars	2 g		
Protein	6 g		
Vitamin A	0%	Vitamin C	6%
Calcium	4%	Iron	20%



INGREDIENTS: Red, White and Bleu Base: Red Potato, White Potato, Mayonnaise [Soybean Oil, Water, Corn Syrup, Egg Yolk, High Fructose Corn Syrup, Distilled Vinegar, Salt, Mustard Seed, Natural Flavors], Onion, Water, Celery, 200 Grain Vinegar, Salt, Sodium Benzoate and Potassium Sorbate as preservatives, Bleu Cheese Flavor [maltodextrin, whey solids, natural bleu cheese flavor, salt], Dried Parsley, Bacon Bits [cured with water, salt, sugar, smoke flavoring, sodium phosphates, sodium erythorbate, sodium nitrite], Blue Cheese (pasteurized milk, cheese cultures, salt, enzymes, powdered cellulose to prevent caking, natamycin to protect flavor), Green Onion

ALLERGENS: EGGS, DAIRY, MUSTARD

ALTHOUGH SOME SALADS ARE GLUTEN FREE BY INGREDIENT – THEY ARE NOT PACKED IN A CERTIFIED GLUTEN FREE FACILITY

GARDEN GARBANZO SALAD

KIT CONTENTS:

- Broccoli Florettes
- Broccoli Stems
- Red Onion - diced
- Red Pepper – whole
- Wheatberries in Garlic Aioli
- Chickpeas

SUGGESTED GARNISH:

Chopped Red Pepper & Red Onion

ASSEMBLY INSTRUCTIONS:

- Clean and sanitize work surfaces, bowls, utensils & hands.
- Use clean gloves.
- Set aside small amount of garnish.
- Combine all ingredients in bowl and mix gently.
- Ensure that delicate ingredients are added last and mixed with care.
- Add garnish and place immediately in service case.

SHELF LIFE:

- Mixed Shelf Life: **3 Days**
- Unmixed Shelf Life: **12 Days from production**

WEIGHTS:

Finished Weight Per Kit:

1 x 3.84kg / 1 x 8.45lb

Keep Refrigerated 2 - 4°C

Nutrition Facts		Valeur nutritive	
Per 100g / par 100g			
Amount	% Daily Value		
Teneur	% Valeur quotidienne		
Calories / Calories	211		
Fat / Lipides	14.0 g		22%
Saturated / saturés	2.0 g		10%
+ Trans / Trans	0.0 g		
Cholesterol / Cholestérol	1 mg		0%
Sodium / Sodium	268 mg		11%
Carbohydrate / Glucides	21 g		7%
Fibre / Fibres	10 g		39%
Sugars / Sucres	2 g		
Proteins / Protéines	5.1 g		
Vitamin A / Vitamine A	12 RAE		1%
Vitamin C / Vitamine C	20 mg		34%
Calcium / Calcium	37 mg		3%
Iron / Fer	6.1 mg		43%

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INGREDIENTS:

Chickpeas- Divina (chickpeas, soybean oil, lemon juice, frozen dill, sea salt, extra virgin olive oil, cumin, garlic, citric acid, black pepper), wheatberries in garlic aioli [cooked wheat kernels, dressing (vegetable oil, water, vinegar, salt, sugar, egg yolk, garlic puree, parmesan cheese, blue cheese powder, onion powder, xanthan gum, propylene glycol alginate, sodium benzoate, lemon juice concentrate, guar gum, pepper oleoresin, calcium disodium EDTA, red bell peppers, parsley, anchovy paste)], broccoli florettes and stems, red pepper, red onions.

ALLERGENS: EGG, WHEAT, SEAFOOD, DAIRY

ALTHOUGH SOME SALADS ARE GLUTEN FREE BY INGREDIENT – THEY ARE NOT PACKED IN A CERTIFIED GLUTEN FREE FACILITY

GREEK ORZO PASTA SALAD

KIT CONTENTS:

- 2 Bags of Orzo Base
- 2 Bags of Feta Cheese
- 2 Bags of Whole Spinach
- 2 Cucumbers
- 2 Bags of Grape Tomatoes

SUGGESTED GARNISH:

Crumbled Feta

ASSEMBLY INSTRUCTIONS:

- Clean and sanitize work surfaces, bowls, utensils & hands.
- Use clean gloves.
- Set aside small amount of garnish.
- Combine all ingredients in bowl and mix gently.
- Ensure that delicate ingredients are added last and mixed with care.
- Add garnish and place immediately in service case

SHELF LIFE:

- Mixed Shelf Life: **3 Days**
- Unmixed Shelf Life: **10 Days from production**

WEIGHTS:

Finished Weight Per Kit:

2 x 2.1kg (4.64lbs)

Keep Refrigerated 2 - 4°C

NOTE: Case contains 2 kits

Nutrition Facts		
Valeur nutritive		
Per 100g /par 100g		
Amount		% Daily Value
Teneur		% Valeur quotidienne
Calories / Calories	112	
Fat / Lipides	7.4 g	11%
	Saturated / saturés 2.2 g	11%
	+ Trans / Trans 0.1 g	
Cholesterol / Cholestérol	8 mg	3%
Sodium / Sodium	174 mg	7%
Carbohydrate / Glucides	9 g	3%
	Fibre / Fibres 1 g	4%
	Sugars / Sucres 2 g	
Proteins / Protéines	4.0 g	
Vitamin A / Vitamine A	308 RAE	31%
Vitamin C / Vitamine C	9 mg	14%
Calcium / Calcium	84 mg	8%
Iron / Fer	1.1 mg	8%

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INGREDIENTS: Apollo base [cooked pasta (water, durum wheat semolina, niacin, ferrous sulfate [iron], thiamin mononitrate, riboflavin, folic acid), dressing (canola oil, lemon juice concentrate, chicken stock base [chicken meat, water, salt, potato flour, chicken flavor (includes onion), dehydrated chicken broth, dehydrated carrots, spices, turmeric, rosemary extract]), cucumber, spinach, grape tomatoes, feta cheese (pasteurized milk, modified milk ingredients, bacterial culture, salt, microbial enzyme, lipase), kalamata olives (olives, water, salt, vinegar, olive oil), sundried tomatoes (dried tomatoes, salt)], long English cucumber, baby spinach, grape tomatoes, feta cheese block (pasteurized milk, milk protein concentrate, bacterial culture, salt, microbial enzyme, lipase).

ALLERGENS: DAIRY, WHEAT

ALTHOUGH SOME SALADS ARE GLUTEN FREE BY INGREDIENT – THEY ARE NOT PACKED IN A CERTIFIED GLUTEN FREE FACILITY

TRAIL MIX COLESLAW

KIT CONTENTS:

- Green Cabbage - shredded
- Nut Mix
- Honey Dressing

SUGGESTED GARNISH:

Chopped Fruit & Nut Mix

ASSEMBLY INSTRUCTIONS:

- Clean and sanitize work surfaces, bowls, utensils & hands.
- Use clean gloves.
- Set aside small amount of garnish.
- Combine all ingredients in bowl and mix gently.
- Ensure that delicate ingredients are added last and mixed with care.
- Add garnish and place immediately in service case.

WEIGHTS:

Finished Weight Per Kit:

1 x 2.97kg (6.55lbs)

Keep Refrigerated 2 - 4°C

Nutrition Facts		Valeur nutritive	
Per 100g / par 100g			
Amount	% Daily Value		
Teneur	% Valeur quotidienne		
Calories / Calories	185		
Fat / Lipides	15.3 g		24%
	Saturated / saturés 1.0 g		5%
	+ Trans / Trans 0.0 g		
Cholesterol / Cholestérol	10 mg		3%
Sodium / Sodium	87 mg		4%
Carbohydrate / Glucides	14 g		5%
	Fibre / Fibres 2 g		8%
	Sugars / Sucres 9 g		
Proteins / Protéines	0.8 g		
Vitamin A / Vitamine A	3 RAE		0%
Vitamin C / Vitamine C	22 mg		37%
Calcium / Calcium	25 mg		2%
Iron / Fer	1.0 mg		7%

%Daily Value based on 2000 calorie diet

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INGREDIENTS:

Green Cabbage, Honey Chicken Coleslaw Dressing [soybean or canola oil, water, eggs, honey, sugar, distilled white vinegar, salt, modified food starch, spice, dehydrated onion, dehydrated garlic, xanthan gum, potassium sorbate and sodium benzoate (as preservatives), calcium disodium EDTA (to protect flavor)], nut mix (slices almonds, dried apricots, dried cranberries, raisins, pecans).

ALLERGENS: EGGS, MUSTARD, TREE NUTS, SULPHITES

SHELF LIFE:

- Mixed Shelf Life: **3 Days**
- Unmixed Shelf Life: **12 Days from production**

ALTHOUGH SOME SALADS ARE GLUTEN FREE BY INGREDIENT – THEY ARE NOT PACKED IN A CERTIFIED GLUTEN FREE FACILITY

KALE & BEAN SALAD

KIT CONTENTS:

- Kale
- Cooked Beans in Dressing

SUGGESTED GARNISH:

Chopped Red Pepper & Corn

ASSEMBLY INSTRUCTIONS:

- Clean and sanitize work surfaces, bowls, utensils & hands.
- Use clean gloves.
- Set aside small amount of garnish.
- Combine all ingredients in bowl and mix gently.
- Ensure that delicate ingredients are added last and mixed with care.
- Add garnish and place immediately in service case.

WEIGHTS:

Finished Weight Per Kit:
2 x 2.61kg (5.75lbs)

Keep Refrigerated 2 - 4°C

NOTE: 2 KITS PER CASE

Nutrition Facts		Valeur nutritive	
Per 100g /par 100g			
Amount			% Daily Value
Teneur			% Valeur quotidienne
Calories / Calories	111		
Fat / Lipides	4.4 g		7%
	Saturated / saturés	0.4 g	2%
	+ Trans / Trans	0.0 g	
Cholesterol / Cholestérol	0 mg		0%
Sodium / Sodium	36 mg		2%
Carbohydrate / Glucides	13 g		4%
	Fibre / Fibres	3 g	11%
	Sugars / Sucres	3 g	
Proteins / Protéines	3.0 g		
Vitamin A / Vitamine A	117 RAE		12%
Vitamin C / Vitamine C	26 mg		43%
Calcium / Calcium	37 mg		3%
Iron / Fer	0.7 mg		5%

% Daily Value based on 2000 calorie diet

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INGREDIENTS:

Cooked Beans in dressing [pinto beans, black beans, corn, white balsamic vinaigrette (water, soybean or canola oil, white balsamic vinegar, extra virgin olive oil, sugar, distilled white vinegar, Dijon mustard [water, mustard seeds, distilled vinegar, salt, citric acid, potassium metabisulphite], white wine, onion, lemon juice concentrate, garlic salt, spices, natural flavor, xanthan gum, potassium sorbate and sodium benzoate), red pepper, jalapeno peppers], green kale.

ALLERGENS: MUSTARD, SULPHITES

SHELF LIFE:

- Mixed Shelf Life: **3 Days**
- Unmixed Shelf Life: **12 Days from production**

ALTHOUGH SOME SALADS ARE GLUTEN FREE BY INGREDIENT – THEY ARE NOT PACKED IN A CERTIFIED GLUTEN FREE FACILITY

CAVATAPPI MAC & CHEESE

KIT CONTENTS:

- 2 Bags of Mac & Cheese Base
- 2 Bags of Feta Cheese
- 2 Bags of Whole Spinach
- Chopped Green Onions
- 2 Bags of Shredded Parmesan Cheese

SUGGESTED GARNISH:

Crumbled Feta & Diced Green Onion

ASSEMBLY INSTRUCTIONS:

- Clean and sanitize work surfaces, bowls, utensils & hands.
- Use clean gloves.
- Set aside small amount of garnish.
- Combine all ingredients in bowl and mix gently.
- Ensure that delicate ingredients are added last and mixed with care.
- Add garnish and place immediately in service case.

SHELF LIFE:

- Mixed Shelf Life: **3 Days**
- Unmixed Shelf Life: **9 Days from production**

WEIGHTS:

Finished Weight Per Kit:

2 x 2.37kg (5.22lbs)

Keep Refrigerated 2 - 4°C

NOTE: Case contains 2 kits

Nutrition Facts		Valeur nutritive	
Per 100g / par 100g			
Amount			% Daily Value
Teneur			% Valeur quotidienne
Calories / Calories	269		
Fat / Lipides	21.5 g		33%
	Saturated / saturés	4.6 g	24%
	+ Trans / Trans	0.1 g	
Cholesterol / Cholestérol	26 mg		9%
Sodium / Sodium	321 mg		13%
Carbohydrate / Glucides	11 g		4%
	Fibre / Fibres	1 g	4%
	Sugars / Sucres	1 g	
Proteins / Protéines	7.1 g		
Vitamin A / Vitamine A	326 RAE		33%
Vitamin C / Vitamine C	8 mg		13%
Calcium / Calcium	172 mg		16%
Iron / Fer	1.2 mg		8%

%Daily Value based on 2000 calorie diet

RAE = Retinol Activity Equivalent

Decimal places were done according to the Core Nutrition Information in the CFIA Guide to Food Labelling and Advertising, Chapter 6



INGREDIENTS:

Popeye Salad Base [cooked pasta (water, durum wheat semolina, niacin, folic acid, ferrous sulphate, riboflavin, thiamine mononitrate), dressing (canola oil, salted egg yolk, vinegar, sugar, salt, cider vinegar, lemon juice concentrate, calcium disodium EDTA, sodium benzoate, potassium sorbate, spice extractives, propylene glycol alginate, citric acid, lemon oil, garlic, salt, pepper, dill)], baby spinach, feta cheese block (pasteurized milk, milk protein concentrate, bacterial culture, salt, microbial enzyme, lipase), green onion, parmesan cheese (pasteurized milk, bacterial culture, salt, lipase, microbial enzyme, cellulose).

ALLERGENS: EGGS, DAIRY, WHEAT

ALTHOUGH SOME SALADS ARE GLUTEN FREE BY INGREDIENT – THEY ARE NOT PACKED IN A CERTIFIED GLUTEN FREE FACILITY

TEX MEX BEAN SALAD

KIT CONTENTS:

- 1 Bag Pre-Mixed Bean Salad

SUGGESTED GARNISH:

- Chopped Cilantro

ASSEMBLY INSTRUCTIONS:

- Clean and sanitize work surfaces, bowls, utensils & hands.
- Use clean gloves.
- Place salad in bowl and mix gently.
- Add garnish and place immediately in service case.

WEIGHTS:

Finished Weight Per Salad:
10 LBS – 4.54 KG

Keep Refrigerated 2 - 4°C

Nutrition Facts		
serving size 100 grams		
Amount		% Daily Value
Calories	90	
Fat	4 g	6%
Saturated	.05 g	3%
+Trans	0 g	
Cholesterol	0 mg	0%
Sodium	220 mg	9%
Carbohydrate	12 g	4%
Fibre	3 g	14%
Sugars	2 g	
Protein	4 g	
Vitamin A	0% Vitamin C	15%
Calcium	2% Iron	8%



INGREDIENTS:

Cooked White Beans, Cooked Black Beans, Cooked Chickpeas, Dressing (lime juice [water, concentrated lime juice, sulphites, lime oil], canola oil, cumin, salt, garlic), coriander, pepper), kidney beans (water, salt, calcium chloride, disodium EDTA), Onion, Red Pepper, Cilantro.

ALLERGENS:

SHELF LIFE:

- Mixed Shelf Life: **3 Days**
- Unmixed Shelf Life: **14 Days from production**

ALTHOUGH SOME SALADS ARE GLUTEN FREE BY INGREDIENT – THEY ARE NOT PACKED IN A CERTIFIED GLUTEN FREE FACILITY

DILL & DIJON

KIT CONTENTS:

- 2 Bags of dill & dijon mix

SUGGESTED GARNISH:

Fresh Dill

ASSEMBLY INSTRUCTIONS:

- Clean and sanitize work surfaces, bowls, utensils & hands.
- Use clean gloves.
- Empty contents of bag in bowl and mix gently.
- Add garnish and place immediately in service case.

SHELF LIFE:

- Mixed Shelf Life: **7 Days**
- Unmixed Shelf Life: **21 Days from production**

WEIGHTS:

Finished Weight Per Kit:
2 x 2.27kg (

Keep Refrigerated 2 - 4°C

NOTE: Case contains 2 kits

Nutrition Facts		
serving size 100 grams		
Amount		% Daily Value
Calories	160	
Fat	10 g	13%
Saturated	1 g	4%
+Trans	0.1 g	
Cholesterol	9 mg	3%
Sodium	280 mg	12%
Carbohydrate	16 g	5%
Fibre	3 g	11%
Sugars	0 g	
Protein	3 g	
Vitamin A	0%	Vitamin C 8%
Calcium	4%	Iron 35%



INGREDIENTS:

Red potatoes, dressing (water, vegetable oil, sugar, liquid egg yolk, vinegar, mustard powder, modified corn, starch, salt, lemon juice [lemon juice concentrate, water, sodium benzoate]), guar gum, xanthan gum, spices, sodium benzoate, starch, salt, lemon juice [lemon juice concentrate, water, sodium benzoate], guar gum, xanthan gum, spices, sodium benzoate,

ALLERGENS: EGGS, MUSTARD

ALTHOUGH SOME SALADS ARE GLUTEN FREE BY INGREDIENT – THEY ARE NOT PACKED IN A CERTIFIED GLUTEN FREE FACILITY