



# Valentine's Day Dinner

## NUTRITIONAL INFORMATION

Nutrition Facts		Valeur nutritive	
Serving size 1/2 package (250 g) Portion 1/2 paquet (250 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
<b>Calories 380</b>			
<b>Total Fat / Lipides</b>	21 g	<b>32 %</b>	
Saturated / saturés	5 g	<b>29 %</b>	
+ Trans / trans	0.5 g		
<b>Cholesterol / Cholestérol</b>	105 mg		
<b>Sodium</b>	1530 mg	<b>64 %</b>	
<b>Carbohydrate / Glucides</b>	9 g	<b>3 %</b>	
Fiber / Fibres	1 g	<b>6 %</b>	
Sugars / Sucres	3 g		
<b>Protein / Protéines</b>	40 g		
Vitamin A / Vitamine A		0 %	
Vitamin C / Vitamine C		6 %	
Calcium		4 %	
Iron / Fer		35 %	

Nutrition Facts		Valeur nutritive	
Serving size 1/2 package (200 g) Portion 1/2 paquet (200 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
<b>Calories 200</b>			
<b>Total Fat / Lipides</b>	13 g	<b>20 %</b>	
Saturated / saturés	7 g	<b>36 %</b>	
+ Trans / trans	0.1 g		
<b>Cholesterol / Cholestérol</b>	50 mg		
<b>Sodium</b>	610 mg	<b>26 %</b>	
<b>Carbohydrate / Glucides</b>	18 g	<b>6 %</b>	
Fiber / Fibres	3 g	<b>13 %</b>	
Sugars / Sucres	4 g		
<b>Protein / Protéines</b>	4 g		
Vitamin A / Vitamine A		10 %	
Vitamin C / Vitamine C		100 %	
Calcium		4 %	
Iron / Fer		6 %	

Nutrition Facts		Valeur nutritive	
Serving size 1/2 cup (81 g) Portion 1/2 tasse (81 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
<b>Calories 70</b>			
<b>Total Fat / Lipides</b>	2.5 g	<b>4 %</b>	
Saturated / saturés	0.4 g	<b>2 %</b>	
+ Trans / trans	0 g		
<b>Cholesterol / Cholestérol</b>	0 mg		
<b>Sodium</b>	260 mg	<b>11 %</b>	
<b>Carbohydrate / Glucides</b>	11 g	<b>4 %</b>	
Fiber / Fibres	3 g	<b>11 %</b>	
Sugars / Sucres	6 g		
<b>Protein / Protéines</b>	1 g		
Vitamin A / Vitamine A		160 %	
Vitamin C / Vitamine C		10 %	
Calcium		4 %	
Iron / Fer		2 %	

### BEEF TENDERLOIN MEDALLIONS WITH MUSHROOM AND PEARL ONION GRAVY

Ingredients: Steak (beef tenderloin, olive oil, salt, pepper), sauce (mushrooms, chicken broth (water, chicken, carrots, onions, celery, parsley, thyme), pearl onions, Spanish onions, red wine, water, gluten free soy sauce (water, soybeans, salt, sugar), cornstarch, canola oil, garlic, salt, pepper).

Contains soy.

### CAULIFLOWER TRUFFLE MASH

Ingredients: Cauliflower, potatoes, sour cream (cream, milk, modified milk ingredients, modified cornstarch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), milk, butter, parsley, truffle oil (olive oil, flavouring), salt, pepper.

Contains milk



### ROASTED RAINBOW CARROTS

Ingredients: Carrots, olive oil, capers (capers, water, vinegar, salt, calcium chloride, ascorbic acid), agave syrup, parsley, salt, pepper.



<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving size 1/2 salad (145 g)	
Portion 1/2 salade (145 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories 340</b>	
<b>Total Fat / Lipides 31 g</b>	<b>48 %</b>
Saturated / saturés 5 g	25 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 5 mg</b>	
<b>Sodium 560 mg</b>	<b>23 %</b>
<b>Carbohydrate / Glucides 12 g</b>	<b>4 %</b>
Fiber / Fibres 3 g	13 %
Sugars / Sucres 6 g	
<b>Protein / Protéines 5 g</b>	
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	20 %
Calcium	8 %
Iron / Fer	10 %

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving size 1/2 package (243 g)	
Portion 1/2 paquet (243 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories 570</b>	
<b>Total Fat / Lipides 32 g</b>	<b>49 %</b>
Saturated / saturés 17 g	87 %
+ Trans / trans 0.5 g	
<b>Cholesterol / Cholestérol 125 mg</b>	
<b>Sodium 1110 mg</b>	<b>46 %</b>
<b>Carbohydrate / Glucides 40 g</b>	<b>13 %</b>
Fiber / Fibres 2 g	8 %
Sugars / Sucres 3 g	
<b>Protein / Protéines 30 g</b>	
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	6 %
Calcium	50 %
Iron / Fer	10 %

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving size 1/4 cake (75 g)	
Portion 1/4 gâteau (75 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories 380</b>	
<b>Total Fat / Lipides 25 g</b>	<b>39 %</b>
Saturated / saturés 15 g	74 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 120 mg</b>	
<b>Sodium 115 mg</b>	<b>5 %</b>
<b>Carbohydrate / Glucides 41 g</b>	<b>14 %</b>
Fiber / Fibres 4 g	18 %
Sugars / Sucres 34 g	
<b>Protein / Protéines 6 g</b>	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	0 %
Calcium	2 %
Iron / Fer	30 %

## RADICCHIO SPINACH SALAD

Ingredients: Radicchio, sherry vinaigrette (olive oil, sherry vinegar, agave syrup), salt, pepper, spinach, fennel, pomegranate arils, almonds, Feta cheese (milk, milk ingredients, bacterial culture, salt, microbial enzyme, calcium chloride, brine (water, salt)).

Contains almonds, milk, mustard, sulphites.



## LOBSTER MAC & CHEESE

Ingredients: Pasta (durum semolina, water, salt), Cheddar cheese (milk, bacterial culture, salt, calcium chloride, microbial enzyme, powdered cellulose, annatto colour), milk, lobster, water, Asiago cheese (milk, bacterial culture, salt, microbial enzyme, powdered cellulose, natamycin), Panko breadcrumbs (wheat flour, sugar, yeast, soybean oil, salt), butter, white flour, chives, canola oil, Parmesan cheese (milk, bacterial culture, salt, vegetarian rennet, cellulose, sorbic acid, calcium chloride), salt, Dijon mustard (water, mustard flour, vinegar, salt, xanthan gum, spices).

Contains wheat, milk, soy, mustard, lobster.



## WARM CHOCOLATE CAKE

Ingredients: Dark chocolate (unsweetened chocolate, sugar, cocoa butter, soy lecithin, natural vanilla flavour), eggs, sugar, butter, cocoa powder, artificial vanilla, decorating sugar (dextrose, cornstarch, shortening (palm, canola, modified palm oils), silicon dioxide, artificial flavour), salt, non-stick spray (canola, soy).

Contains eggs, soy, milk.



**NOTE: All produced in a facility where these common allergens are present: peanuts, tree nuts, sesame, milk, eggs, fish/seafood, soy, wheat/gluten, sulphites, mustard.**