



INDULGENCE
DINNER FOR TWO

Fireside Feast

French Onion Soup
Gruyère Crouton

Pepper Ragout Puff
Goat Cheese Crumble

Green Goddess
Chicken Supreme,
Crushed Red Potatoes and
Courgette Provençale

Cranberry Apple Crumble
Honeyed No-Churn Ice Cream

REHEATING INSTRUCTIONS

French Onion Soup Gruyère Crouton	Remove croutons from container and place on oven safe tray. Bake, uncovered, at 375°F for 5 minutes. Place soup in medium saucepan and simmer over medium low heat until temperature reaches 165°F. Garnish with crouton.
Pepper Ragout Puff Goat Cheese Crumble	Place pepper and goat cheese container on oven safe tray and bake, uncovered, at 375°F for 15-20 minutes, until internal temperature reaches 165°F. While the pepper mixture is heating place puff pastry container on oven safe tray and bake, uncovered for the last 5 minutes.
Green Goddess Chicken Supreme, Crushed Red Potatoes and Courgette Provençale	Place containers on oven safe tray and bake, uncovered, at 375°F for 20-25 minutes, until internal temperature reaches 165°F.
Cranberry Apple Crumble	90 minutes before serving, place no-churn ice cream in freezer. Bake crumble, uncovered, at 375°F for 15 minutes. Serve with ice cream.

NUTRITIONAL INFORMATION

PLEASE NOTE, ALL PRODUCED IN A FACILITY WHERE THESE COMMON ALLERGENS ARE PRESENT. MAY CONTAIN: PEANUTS; TREE NUTS; SESAME; MILK; EGGS; FISH/SEAFOOD; SOY; WHEAT/GLUTEN; SULPHITES; MUSTARD.

FRENCH ONION SOUP WITH GRUYÈRE CROUTON

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 200	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 6 g	8 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 29 g	
Fiber / Fibres 4 g	16 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 15 mg	
Sodium 670 mg	29 %
Potassium 400 mg	9 %
Calcium 200 mg	15 %
Iron / Fer 1 mg	6 %

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Soup Ingredients: Onions, Water, White wine vinegar, Swiss Gruyere cheese (raw milk, salt, bacterial culture, rennet), Cornstarch, Salt, Thyme, Black pepper, Parsley, Olive oil

Contains: Milk, Sulphites

Croutons Ingredients: Farm Boy™ Texas Toast White Bread (wheat), Swiss Gruyere cheese (raw milk, salt, bacterial culture, rennet), Parsley

Contains: Wheat

Storage: Keep refrigerated

PEPPER RAGOUT PUFF WITH GOAT CHEESE CRUMBLE

Nutrition Facts Valeur nutritive	
Per 1 dressed puff (218 g) pour 1 soufflé garni (218 g)	
Calories 380	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 25 g	34 %
Saturated / saturés 8 g	40 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 31 g	
Fiber / Fibres 5 g	19 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 9 g	
Cholesterol / Cholestérol 15 mg	
Sodium 770 mg	33 %
Potassium 750 mg	16 %
Calcium 75 mg	6 %
Iron / Fer 2.25 mg	13 %

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Pepper Ragout Ingredients: Pureed tomatoes (sea salt, naturally derived citric acid), Orange peppers, Red onions, Red peppers, Yellow peppers, Goat cheese (pasteurized goat's milk, cellulose, sea salt, bacterial culture, microbial enzyme, natamycin), Olive oil, Garlic, Canola oil, Tomato paste (tomatoes, citric acid), Basil, Salt, Black pepper

Contains: Milk

Puff Pastry Square Ingredients: Puff pastry (enriched wheat flour, vegetable oils (palm, soybean, hydrogenated cottonseed), water, salt, sugars (glucose-fructose), mono- and diglycerides, soy lecithin, turmeric extract, annatto extract, ascorbic acid), Liquid eggs (citric acid)

Contains: Eggs, Soy, Wheat

Storage: Keep refrigerated

GREEN GODDESS CHICKEN SUPREME

Nutrition Facts Valeur nutritive	
Per 1 piece (288 g edible portion) pour 1 morceau (288 g portion comestible)	
Calories 540	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 30 g	40 %
Saturated / saturés 11 g	59 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 4 g	
Fiber / Fibres 1 g	3 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 60 g	
Cholesterol / Cholestérol 225 mg	
Sodium 710 mg	31 %
Potassium 1100 mg	23 %
Calcium 75 mg	6 %
Iron / Fer 1.75 mg	10 %

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Chicken With Kale Ingredients: Chicken breast, Butter, Kale, Olive oil, Salt, Chives, Tarragon, Lemon zest, Plain yogurt (skim milk, cream, milk and whey protein concentrates, modified corn starch, bacterial cultures, vitamin D3), Milk, Dried parsley, Garlic, Parsley, Canola oil, Thyme, Rosemary

Contains: Milk

Green Goddess Sauce Ingredients: Light mayonnaise (eggs), Buttermilk (skim milk, guar gum, carrageenan, locust bean gum, salt, bacterial culture), Parsley, Lemon juice, Chives, Tarragon, Garlic, Salt, Black pepper, Olive oil

Contains: Milk, Eggs

Storage: Keep refrigerated

Instruction: Reheat to a safe internal temperature of 74°C (165°F)

CRUSHED RED POTATOES

Nutrition Facts Valeur nutritive	
Per 1/2 container (150 g) pour 1/2 contenant (150 g)	
Calories 240	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 14 g	18 %
Saturated / saturés 5 g	28 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 26 g	
Fiber / Fibres 2 g	8 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 20 mg	
Sodium 260 mg	11 %
Potassium 450 mg	10 %
Calcium 75 mg	6 %
Iron / Fer 0.4 mg	2 %

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Crushed Potatoes Ingredients: Red potatoes, Smoked gouda cheese (fresh pasteurized milk, bacterial culture, salt, microbial enzyme, annatto, natural wood smoke), Olive oil, Butter, Salt

Contains: Milk

Storage: Keep refrigerated

Instruction: Reheat to a safe internal temperature of 74°C (165°F)

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COURGETTE PROVENÇALE

Nutrition Facts		Valeur nutritive	
Per 1/2 container (150 g) pour 1/2 contenant (150 g)			
Calories 100		% Daily Value*	
		% valeur quotidienne*	
Total Fat / Lipides 7 g		10 %	
Saturated / saturés 1 g		6 %	
+ Trans / trans 0 g			
Carbohydrate / Glucides 7 g			
Fiber / Fibres 2 g		7 %	
Sugars / Sucres 5 g		5 %	
Protein / Protéines 3 g			
Cholesterol / Cholestérol 0 mg			
Sodium 310 mg		13 %	
Potassium 550 mg		12 %	
Calcium 30 mg		2 %	
Iron / Fer 1 mg		6 %	

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Courgette Provençale Ingredients:

Zucchini, Olive oil, Sun-dried tomatoes (sulphites), Spinach, Basil, Walnuts, Salt, Asiago cheese (pasteurized milk, salt, bacterial culture, microbial enzymes, microbial lipase, cellulose), Lemon juice, Garlic

Contains: Milk, Sulphites, Walnuts

Storage: Keep refrigerated

CRANBERRY APPLE CRUMBLE HONEYED NO-CHURN ICE CREAM

Nutrition Facts		Valeur nutritive	
Per 1/4 dessert (144 g) pour 1/4 dessert (144 g)			
Calories 340		% Daily Value*	
		% valeur quotidienne*	
Total Fat / Lipides 15 g		20 %	
Saturated / saturés 9 g		49 %	
+ Trans / trans 0.5 g			
Carbohydrate / Glucides 47 g			
Fiber / Fibres 3 g		10 %	
Sugars / Sucres 34 g		34 %	
Protein / Protéines 3 g			
Cholesterol / Cholestérol 60 mg			
Sodium 250 mg		11 %	
Potassium 125 mg		3 %	
Calcium 50 mg		4 %	
Iron / Fer 0.75 mg		4 %	

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Cranberry Apple Crumble

Ingredients: Apples (ascorbic acid, salt, citric acid), Sugars (brown sugar, sugar), Dried cranberries (sugar, sunflower oil), Wheat flour, Butter, Large oats, Cornstarch, Artificial and natural vanilla extract, Cinnamon, Salt

Contains: Milk, Oat, Wheat

Honeyed No-Churn Ice Cream

Ingredients: Whipping cream (cream, milk, carrageenan, mono & diglycerides, cellulose gum, polysorbate 80, sodium citrate), Sugars (sweetened condensed milk (evaporated milk, liquid sugar, lactose), pasteurized white honey), Artificial and natural vanilla extract, Salt

Contains: Milk

Storage: Keep refrigerated