



FAMILY DAY FEAST

**Cobb Salad • Garlic Pull Apart Buns • Meatball Mac & Cheese
Triple Chocolate Cake • Berries and Whip Cream**

REHEATING INSTRUCTIONS

Cobb Salad

Toss toppings in a bowl and mix, top onto lettuce wedges and drizzle with Farm Boy™ Ranch Dressing. Serve cold.

Garlic Pull Apart Buns

Remove lid, bake at **350°F** for **10 minutes**.

Meatball Mac and Cheese

Place container on oven safe tray and bake, uncovered, at **350°F** for **45-55 minutes**, until internal temperature reaches **165°F**.

Triple Chocolate Cake with Berries and Cream

Rest cake at room temperature for **20 minutes** before serving. Slice and serve with a scoop of berries and 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.

KEEP ALL ITEMS IN DINNER REFRIGERATED

COBB SALAD

Nutrition Facts	
Valeur nutritive	
Per 1 cup (108 g) pour 1 tasse (108 g)	
Calories 110	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 6 g	8 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 9 g	
Fiber / Fibres 1 g	5 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 15 mg	
Sodium 230 mg	10 %
Potassium 200 mg	4 %
Calcium 125 mg	10 %
Iron / Fer 0.75 mg	4 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

COBB SALAD Ingredients: Lettuce, Cheddar cheese (pasteurized milk, bacterial culture, salt, calcium chloride, microbial enzyme, annatto), Tomatoes, Cucumber, Corn, Caesar Flavoured Crouton (enriched wheat flour, palm oil, sugars (glucose-fructose), salt, whey, parmesan cheese, yeast, skim milk, garlic powder, onion powder, vinegar powder (maltodextrin, vinegar, modified corn starch), dried parsley, natural flavour, spices, soy lecithin).

Contains: Milk • Soy • Wheat

FARM BOY™ RANCH DRESSING Ingredients: Buttermilk (partly skimmed milk, salt, bacterial culture), Sour cream (milk, cream, milk protein concentrate, bacterial culture), Light mayonnaise (egg), Sea salt, Garlic, Dijon mustard, Vinegar, Black pepper, Parsley, Dill, Chives, Xanthan gum.

Contains: Milk • Eggs • Mustard

PULL APART GARLIC BUNS

Nutrition Facts	
Valeur nutritive	
Per 1 unit (65 g) pour 1 unité (65 g)	
Calories 200	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 8 g	10 %
Saturated / saturés 1 g	6 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 27 g	
Fiber / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 25 mg	
Sodium 370 mg	16 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 1.75 mg	10 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

PULL APART GARLIC BUNS Ingredients: Wheat flour, Water, Garlic spread (canola oil, water, modified palm and palm kernel oils, salt, garlic, vegetable monoglycerides, onion, soy lecithin, parsley, potassium sorbate, garlic oil, citric acid, natural and artificial flavour, vitamin E, vitamin A palmitate, beta-carotene, vitamine D3), Liquid whole egg, Sugar, Canola oil, Salt, Fresh yeast.

Contains: Eggs • Soy • Wheat

TRIPLE CHOCOLATE CAKE

Nutrition Facts	
Valeur nutritive	
Per 1/7 cake (128 g) pour 1/7 gâteau (128 g)	
Calories 500	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 28 g	37 %
Saturated / saturés 10 g	50 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 63 g	
Fiber / Fibres 4 g	13 %
Sugars / Sucres 44 g	44 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 30 mg	
Sodium 590 mg	26 %
Potassium 450 mg	10 %
Calcium 100 mg	8 %
Iron / Fer 6 mg	33 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

TRIPLE CHOCOLATE CAKE Ingredients: Sugars (brown sugar, icing sugar (cornstarch)), Milk, Wheat flour, Shortening (palm oil, soybean oil, modified palm oil), Water, Cocoa powder, Canola oil, Liquid eggs (citric acid), Semi-sweet chocolate (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla flavor), Artificial and natural vanilla extract, Salt, Baking powder, Baking soda, Instant coffee.

Contains: Milk • Eggs • Soy • Wheat

MEATBALL MAC & CHEESE

Nutrition Facts	
Valeur nutritive	
Per 1 1/2 cups (294 g) pour 1 1/2 tasses (294 g)	
Calories 810	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 52 g	69 %
Saturated / saturés 24 g	122 %
+ Trans / trans 1 g	
Carbohydrate / Glucides 47 g	
Fiber / Fibres 4 g	13 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 42 g	
Cholesterol / Cholestérol 150 mg	
Sodium 1350 mg	59 %
Potassium 700 mg	15 %
Calcium 500 mg	38 %
Iron / Fer 4 mg	22 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

MEATBALL MAC AND CHEESE Ingredients: Ground pork, Elbow macaroni (wheat), Cheddar cheese (milk, salt, bacterial culture, calcium chloride, microbial enzyme, powdered cellulose, annatto), Milk, Farm Boy™ Italian Blend cheese (pasteurized milk, salt, dehydrated garlic, microbial enzyme, bacterial culture, calcium chloride, lipase), Tomatoes (tomato juice, basil, salt, naturally derived citric acid), Water, Tomato paste (tomatoes, citric acid), Italian sausage seasoning (salt, spices and herb, sugar, paprika, dehydrated garlic), Butter, Wheat flour, Water, Olive oil, Onions, Pork casings, Red wine vinegar, Parsley, Salt, Canola oil, Dijon mustard, Garlic, Basil, Black pepper.

Contains: Milk • Wheat • Sulphites • Mustard

BERRIES AND WHIP CREAM

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Calories 340	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 20 g	26 %
Saturated / saturés 12 g	63 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 40 g	
Fiber / Fibres 3 g	12 %
Sugars / Sucres 35 g	35 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 70 mg	
Sodium 85 mg	4 %
Potassium 125 mg	3 %
Calcium 50 mg	4 %
Iron / Fer 0.4 mg	2 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

BERRIES AND WHIP CREAM Ingredients: Whipping cream (cream, milk, carrageenan, mono & diglycerides, cellulose gum, polysorbate 80, sodium citrate), Sugars (sugar, icing sugar (cornstarch)), Blueberries, Blackberries, Raspberries, Strawberries, Sour cream (cream, milk, skim milk powder, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), Artificial and natural vanilla extract, Salt.

Contains: Milk