

QUESTION & ANSWERS

How many people does the dinner feed?

The meal will serve 6 to 8 people.

Do I remove the meat from the plastic bag before cooking?

Yes.

Do I remove the clear plastic lids from the sides before reheating?

Yes.

When I remove the plastic covers on the sides, do I need to cover with tin foil when reheating?

No need to cover when reheating.

Is the ham / turkey already cooked?

Yes, but you will still need to reheat them for approximately two hours.

Can the turkey be pre-carved?

No. Reheating a carved turkey will dry it out.

Is the turkey stuffed?

The turkey isn't stuffed.

Does the turkey need to be basted periodically during reheating?

It does not require basting during reheating.

Should I cover the turkey with foil while reheating?

No, otherwise the skin won't get crispy.

Which side of the ham should be down when reheating?

Place the ham, cut side down, in a roasting pan.

How do I prepare the maple glaze and the honey mustard sauce provided with the ham dinner package?

The maple glaze should be poured over the ham before it goes in the oven, and the honey mustard cream sauce can be used like gravy -- just warm, and serve at the table!

Can I reheat the sides in the black plastic containers?

Yes. Place containers on a baking sheet before placing in the oven.

Can the meal be reheated in the microwave?

The sides can be reheated in the microwave, but the turkey and ham should be reheated in the oven.

Can I freeze the items if I don't use them right away?

All the items can be frozen when transferred to freezer recommended containers.

NUTRITIONAL INFORMATION

KEEP REFRIGERATED

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

ROAST TURKEY

Nutrition Facts Valeur nutritive	
Per 100 g pour 100 g	
Calories 110	% Daily Value*
Total Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.4 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 3 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 22 g	
Cholesterol / Cholestérol 65 mg	
Sodium 230 mg	10 %
Potassium 125 mg	3 %
Calcium 0 mg	0 %
Iron / Fer 0.5 mg	3 %

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

TURKEY GRAVY

Nutrition Facts Valeur nutritive	
Per 1/4 cup (60 mL) pour 1/4 tasse (60 mL)	
Calories 45	% Daily Value*
Total Fat / Lipides 3 g	4 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 3 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 10 mg	
Sodium 320 mg	14 %
Potassium 20 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0.2 mg	1 %

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GLAZED HAM

Nutrition Facts Valeur nutritive	
Per 100 g pour 100 g	
Calories 120	% Daily Value*
Total Fat / Lipides 4 g	5 %
Saturated / saturés 1.5 g	7 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 4 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 40 mg	
Sodium 990 mg	43 %
Potassium 250 mg	7 %
Calcium 10 mg	1 %
Iron / Fer 0.5 mg	3 %

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MAPLE GLAZE

Nutrition Facts Valeur nutritive	
Per 1/4 cup (60 mL) pour 1/4 tasse (60 mL)	
Calories 130	% Daily Value*
Total Fat / Lipides 2.5 g	3 %
Saturated / saturés 0 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fiber / Fibres 1 g	4 %
Sugars / Sucres 23 g	23 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 470 mg	20 %
Potassium 100 mg	3 %
Calcium 50 mg	4 %
Iron / Fer 0.5 mg	3 %

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HONEY MUSTARD SAUCE

Nutrition Facts Valeur nutritive	
Per 1/4 cup (60 mL) pour 1/4 tasse (60 mL)	
Calories 170	% Daily Value*
Total Fat / Lipides 13 g	17 %
Saturated / saturés 7 g	39 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 12 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 45 mg	
Sodium 320 mg	14 %
Potassium 50 mg	1 %
Calcium 40 mg	3 %
Iron / Fer 0.4 mg	2 %

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TURKEY: Turkey • Water • Salt

GRAVY: Turkey stock (water, turkey necks, onions, carrots, celery, garlic, thyme) • Butter • Wheat flour • Soy sauce (water, wheat, soybeans, salt, sodium benzoate) • Black pepper • Poultry seasoning (thyme, sage, marjoram, rosemary, black pepper, nutmeg)
Contains: Milk • Soy • Wheat

HAM: Farm Boy™ Smoked Ham (pork, water, salt, flavour (soy), sugars (dextrose, corn syrup solids), sodium phosphate, carrageenan, sodium erythorbate, sodium nitrite, natural smoke, wrapped in collagen) • Sugars (maple syrup, brown/bright sugar) • Grainy Dijon mustard (water, mustard seeds, vinegar, salt, sulphites, citric acid) • Apple cider vinegar
Contains: Soy • Sulphites • Mustard

GLAZE: Sugars (maple syrup, brown sugar) • Grainy Dijon mustard (water, mustard seeds, vinegar, salt, sulphites, citric acid) • Apple cider vinegar
Contains: Sulphites • Mustard

SAUCE: Cream 35% M.F. (cream, milk, carrageenan, mono & diglycerides, cellulose gum, polysorbate 80, sodium citrate) • Chicken stock (water, chicken bones, carrots, celery, onions, parsley, thyme) • Sugars (pasteurized white honey) • White cooking wine • Grainy Dijon mustard (water, mustard seeds, vinegar, salt, citric acid, natural flavours, potassium metabisulphites, tumeric) • Cornstarch • Tarragon • Black pepper • Salt
Contains: Milk • Mustard • Sulphites

CRANBERRY SAUCE

Nutrition Facts Valeur nutritive	
Per 2 tbsp (30 mL) pour 2 c.à.s. (30 mL)	
Calories 60	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 16 g	
Fiber / Fibres 1 g	3 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 0.1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 170 mg	7 %
Potassium 20 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0.1 mg	1 %
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CRANBERRY GINGER SAUCE: Cranberries • Sugar • Water • Ginger • Salt • Cinnamon

CRANBERRY APPLE SAUSAGE STUFFING

Nutrition Facts Valeur nutritive	
Per 2/3 cup (107 g) pour 2/3 tasse (107 g)	
Calories 150	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 6 g	7 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 21 g	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 15 mg	
Sodium 340 mg	15 %
Potassium 150 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 1.25 mg	7 %
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STUFFING: Chicken stock (water, chicken bones, carrots, celery, onions, parsley, thyme) • Wheat flour • Celery • Onions • Apples • Ground pork • Water • Dried cranberries (cranberries, sugar, sunflower oil) • Butter • Italian sausage seasoning (salt, spices and herb, sugar, paprika, dehydrated garlic) • Salt • Yeast • Sugar • Parsley • Poultry seasoning (thyme, sage, marjoram, rosemary, black pepper, nutmeg) • Pork casings • Red wine vinegar • Sage
Contains: Milk • Wheat • Sulphites

CHIVE MASHED POTATOES

Nutrition Facts Valeur nutritive	
Per 1/2 cup (118 g) pour 1/2 tasse (118 g)	
Calories 130	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 4.5 g	6 %
Saturated / saturés 3 g	16 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 20 g	
Fiber / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 10 mg	
Sodium 210 mg	9 %
Potassium 350 mg	10 %
Calcium 20 mg	2 %
Iron / Fer 0.4 mg	2 %
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MASHED POTATOES: Potatoes • Cream (milk, cream, sodium citrate, sodium phosphate, carrageenan) • Milk • Butter • Chives • Salt • Spice
Contains: Milk

GREEN BEANS

Nutrition Facts Valeur nutritive	
Per 2/3 cup (80 g) pour 2/3 tasse (80 g)	
Calories 290	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 4 g	5 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 49 g	
Fiber / Fibres 19 g	69 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 0 mg	
Sodium 230 mg	10 %
Potassium 1000 mg	29 %
Calcium 150 mg	12 %
Iron / Fer 2.5 mg	14 %
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GREEN BEANS: Green beans • Olive oil • Salt • Black pepper

SLIVERED CARROTS & PARSNIPS

Nutrition Facts Valeur nutritive	
Per 2/3 cup (100 g) pour 2/3 tasse (100 g)	
Calories 130	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 5 g	7 %
Saturated / saturés 0.5 g	4 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 20 g	
Fiber / Fibres 5 g	16 %
Sugars / Sucres 9 g	9 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 510 mg	22 %
Potassium 450 mg	13 %
Calcium 50 mg	4 %
Iron / Fer 0.5 mg	3 %
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CARROTS & PARSNIPS: Carrots • Parsnips • Sugars (maple syrup) • Olive oil • Salt • Parsley • Black pepper

GARLIC FLOWER BUTTER

Nutrition Facts Valeur nutritive	
Per 1/2 unit (25 g) pour 1/2 unité (25 g)	
Calories 170	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 19 g	26 %
Saturated / saturés 12 g	62 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 0 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.2 g	
Cholesterol / Cholestérol 45 mg	
Sodium 60 mg	3 %
Potassium 10 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
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GARLIC FLOWER BUTTER: Butter • Farm Boy™ Garlic Flowers (garlic flowers, canola or sunflower oil, lactic starter, acetic acid, lactic acid) • Parsley • Salt
Contains: Milk

FARM BOY™ LEMON THYME LOAF

Nutrition Facts Valeur nutritive	
Per 1/8 loaf (56 g) pour 1/8 pain (56 g)	
Calories 200	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 13 g	17 %
Saturated / saturés 1 g	6 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 21 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 15 g	15 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 35 mg	
Sodium 65 mg	3 %
Potassium 20 mg	1 %
Calcium 20 mg	2 %
Iron / Fer 0.5 mg	3 %
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LOAF: Sugar • Canola oil • Liquid whole egg • Wheat flour • Lemon juice • Artificial and natural vanilla flavour • Baking powder • Lemon zest • Salt • Thyme • Cooking spray
Contains: Eggs • Wheat

FARM BOY™ MILK CHOCOLATE COVERED SPONGE TOFFEE

Nutrition Facts Valeur nutritive	
Per 40 g pour 40 g	
Servings per Container 3 Portions par contenant 3	
Calories 160	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 4 g	6 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 32 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 31 g	31 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 5 mg	
Sodium 115 mg	5 %
Potassium 50 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0.1 mg	1 %
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MILK CHOCOLATE SPONGE TOFFEE: Sponge Toffee (Sugars [sugar, corn syrup], baking soda) • Milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, soy lecithin, natural vanilla)
Contains: Milk • Soy

If there are any issues with your dinner,
please visit <https://www.farmboy.ca/contact-us/> to enter your contact information
including phone number, so that a member of our team can reach out to you.
Thank you.

Roasted Turkey

SCHEDULE	Turkey Dinner (Heat all items until an internal temperature of 165°F (74°C) is reached.) REMOVE CLEAR LIDS BEFORE REHEATING. The containers are ovenproof to 375°F. Place these items on a baking sheet in the oven.	Approximate Heating Time
START!	Preheat oven to 325°F (163°C). Place the Turkey in an uncovered roasting pan, and reheat for 2 hours, or until internal temperature reaches 165°F (74°C) .	2 hours
75 minutes after turkey goes in	Place in the oven with Turkey: Cranberry Apple Sausage Stuffing and Chive Mashed Potatoes for the last 40-45 minutes, or until internal temperature reaches 165°F (74°C) . Or microwave 3-4 minutes.	40-45 minutes
85 minutes after turkey goes in	Place in the oven with Turkey: Slivered Carrots and Parsnips for the last 25-30 minutes, or until internal temperature reaches 165°F (74°C) . Or microwave 2-3 minutes.	25-30 minutes
110 minutes after turkey goes in	For a flavour boost, melt Garlic Flower Butter in frying pan over medium high heat. Add Green Beans and cook for 7-10 minutes, or until internal temperature reaches 165°F (74°C) . Or Microwave 2-3 minutes.	10 minutes
110 minutes after turkey goes in	Bring the Turkey Gravy to a gentle simmer in a saucepan on the stovetop, stirring regularly, about 10 minutes.	10 minutes
FINISH!	Remove everything from oven, serve and enjoy! No need to rest before carving. For a flavour boost, top Slivered Carrots and Parsnips with Garlic Flower Butter and don't forget to get the Cranberry Ginger Sauce from the fridge to serve chilled.	Enjoy!

Maple Glazed Ham

SCHEDULE	Ham Dinner (Heat all items until an internal temperature of 165°F (74°C) is reached.) REMOVE CLEAR LIDS BEFORE REHEATING. The containers are ovenproof to 375°F. Place these items on a baking sheet in the oven.	Approximate Heating Time
START!	Preheat oven to 350°F (177°C). Place the Ham in an uncovered roasting pan lined with aluminum foil, pour Sweet Maple Glaze over it and reheat for 2 hours, or until internal temperature reaches 165°F (74°C) .	2 hours
75 minutes after ham goes in	Place in the oven with Ham: Cranberry Apple Sausage Stuffing and Chive Mashed Potatoes for the last 40-45 minutes, or until internal temperature reaches 165°F (74°C) . Or microwave 3-4 minutes.	40-45 minutes
85 minutes after ham goes in	Place in the oven with Ham: Slivered Carrots and Parsnips for the last 25-30 minutes, or until internal temperature reaches 165°F (74°C) . Or microwave 2-3 minutes.	25-30 minutes
110 minutes after ham goes in	For a flavour boost, melt Garlic Flower Butter in frying pan over medium high heat. Add Green Beans and cook for 7-10 minutes, or until internal temperature reaches 165°F (74°C) . Or Microwave 2-3 minutes.	10 minutes
110 minutes after ham goes in	Bring the Honey Mustard Sauce to a gentle simmer in a saucepan on the stovetop, stirring regularly, about 10 minutes.	10 minutes
FINISH!	Remove everything from oven, serve and enjoy! For a flavour boost, top Slivered Carrots and Parsnips with Garlic Flower Butter .	Enjoy!