



**LONG WEEKEND**  
**Picnic Feast**  
**GENEROUSLY SERVES 4**

**Tex-Mex Chicken Wings with  
 Farm Boy™ Smokehouse BBQ Sauce**

**BBQ Monterey Jack Chicken Sausage  
 with House-made Sausage Buns**

**Garden Salad with  
 Lemon-Lime Dressing**

**Picnic Pasta Salad**

**Banoffee Pie**

**REHEATING & SERVING INSTRUCTIONS**

|   | <b>BBQ</b>   | <b>OVEN</b>  |
|---|--|--|
| <b>Tex-Mex Chicken Wings</b>              | Toss wings in the BBQ sauce to coat. Place individually on a <b>400°F (205°C)</b> BBQ and grill for <b>3-4 minutes</b> per side until the internal temperature reaches <b>165°F (74°C)</b> . | Toss wings in the BBQ sauce to coat. Place onto a parchment papered lined oven safe tray at <b>350°F (177°C)</b> for <b>10-15 minutes</b> until the internal temperature reaches <b>165°F (74°C)</b> . |
| <b>BBQ Monterey Jack Chicken Sausages</b> | Place sausages, out of package, onto a <b>400°F (205°C)</b> grill for <b>10-15 minutes</b> until the internal temperature reaches <b>165°F (74°C)</b> .                                      | Place sausages onto an oven safe tray, uncovered, at <b>350°F (177°C)</b> for <b>15-18 minutes</b> until the internal temperature reaches <b>165°F (74°C)</b> .  |
| <b>House-made Sausage Buns</b>            | Cut buns 3/4's open and place on an oven safe tray and toast on the BBQ at <b>400°F (205°C)</b> for <b>2-3 minutes</b> .   | Cut buns 3/4's open and place on an oven safe tray and toast in the oven at <b>350°F (177°C)</b> for <b>5 minutes</b> .  |

**SERVE  
 CHILLED**

**Picnic Pasta Salad** ~ Ready to serve.

**Garden Salad with Lemon-Lime Vinaigrette** ~ Place ingredients into a bowl and toss with vinaigrette.

**Banoffee Pie** ~ Ready to serve.

# 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**

## TEX-MEX CHICKEN WINGS

| Nutrition Facts                          |   |
|--|---|
| Valeur nutritive                         |   |
| Per 5 units (100 g edible portion)       |   |
| pour 5 unités (100 g portion comestible) |   |
| <b>Calories 300</b>                      | % Daily Value*<br>% valeur quotidienne* |
| Total Fat / Lipides 22 g                 | 29 %                                    |
| Saturated / saturés 5 g                  | 27 %                                    |
| + Trans / trans 0.1 g                    |   |
| Carbohydrate / Glucides 2 g              |   |
| Fiber / Fibres 0 g                       | 0 %                                     |
| Sugars / Sucres 1 g                      | 1 %                                     |
| Protein / Protéines 23 g                 |   |
| Cholesterol / Cholestérol 145 mg         |   |
| Sodium 450 mg                            | 20 %                                    |
| Potassium 250 mg                         | 7 %                                     |
| Calcium 20 mg                            | 2 %                                     |
| 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

**INGREDIENTS:** Chicken wings • Olive oil • Seasoning (sugars [dextrose, sugar, corn syrup solids], spices and herbs, salt, dehydrated vegetables [garlic, onion, tomato, sweet peppers, celery], canola oil, caramel colour, silicon dioxide, paprika extract, spice extract) • Chipotle peppers (peppers, water, tomato paste, salt, sugar, onions, vinegar, acetic acid) • Salt.  
**Contains:** Ø.

## FARM BOY™ SMOKEHOUSE BBQ SAUCE

| Nutrition Facts                |   |
|--------------------------------|---|
| Valeur nutritive               |   |
| Per 2 tbsp (30 mL)             |   |
| pour 2 c.à.s. (30 mL)          |   |
| <b>Calories 70</b>             | % Daily Value*<br>% valeur quotidienne* |
| Total Fat / Lipides 0 g        | 0 %                                     |
| Saturated / saturés 0 g        | 0 %                                     |
| + Trans / trans 0 g            |   |
| Carbohydrate / Glucides 17 g   |   |
| Fiber / Fibres 0 g             | 0 %                                     |
| Sugars / Sucres 13 g           | 13 %                                    |
| Protein / Protéines 0.3 g      |   |
| Cholesterol / Cholestérol 0 mg |   |
| Sodium 380 mg                  | 17 %                                    |
| Potassium 75 mg                | 2 %                                     |
| Calcium 10 mg                  | 1 %                                     |
| Iron / Fer 0.2 mg              | 1 %                                     |

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**INGREDIENTS:** Ketchup (tomato paste [ripened tomatoes], sugar, vinegar, salt, spices) • Sugars (corn syrup [glucose, glucose-fructose, fancy molasses, water, salt], brown sugar, fancy molasses) • Water • Apple cider vinegar • Lemon juice • Salt • Garlic • Cornstarch • Natural smoke flavour • Black pepper • Garlic powder • Olive oil.  
**Contains:** Ø.

## BBQ MONTEREY JACK CHICKEN SAUSAGE

| Nutrition Facts                  |   |
|----------------------------------|---|
| Valeur nutritive                 |   |
| Per 1 unit (114 g)               |   |
| pour 1 unité (114 g)             |   |
| <b>Calories 190</b>              | % Daily Value*<br>% valeur quotidienne* |
| Total Fat / Lipides 7 g          | 10 %                                    |
| Saturated / saturés 3 g          | 14 %                                    |
| + Trans / trans 0.1 g            |   |
| Carbohydrate / Glucides 3 g      |   |
| Fiber / Fibres 0 g               | 0 %                                     |
| Sugars / Sucres 1 g              | 1 %                                     |
| Protein / Protéines 27 g         |   |
| Cholesterol / Cholestérol 125 mg |   |
| Sodium 760 mg                    | 33 %                                    |
| Potassium 350 mg                 | 10 %                                    |
| Calcium 75 mg                    | 6 %                                     |
| Iron / Fer 1.25 mg               | 7 %                                     |

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**INGREDIENTS:** Chicken thighs • Monterey Jack cheese (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, annatto) • Water • Pork casings • Ketchup (tomato paste [ripened tomatoes], sugar, vinegar, salt, spices) • Sugars (corn syrup [sugars {glucose, glucose-fructose, fancy molasses}, water, salt], brown sugar, fancy molasses) • Salt • Smoked paprika • Black pepper • Garlic powder • Apple cider vinegar • Lemon juice • Dried parsley • Garlic • Cornstarch • Natural smoke flavour • Olive oil.  
**Contains:** Milk.

## HOUSE-MADE SAUSAGE BUNS

| Nutrition Facts                 |   |
|---------------------------------|---|
| Valeur nutritive                |   |
| Per 1 unit (143 g)              |   |
| pour 1 unité (143 g)            |   |
| <b>Calories 390</b>             | % Daily Value*<br>% valeur quotidienne* |
| Total Fat / Lipides 6 g         | 8 %                                     |
| Saturated / saturés 1 g         | 6 %                                     |
| + Trans / trans 0.1 g           |   |
| Carbohydrate / Glucides 70 g    |   |
| Fiber / Fibres 3 g              | 10 %                                    |
| Sugars / Sucres 6 g             | 6 %                                     |
| Protein / Protéines 14 g        |   |
| Cholesterol / Cholestérol 60 mg |   |
| Sodium 810 mg                   | 35 %                                    |
| Potassium 150 mg                | 4 %                                     |
| Calcium 30 mg                   | 2 %                                     |
| Iron / Fer 4.5 mg               | 25 %                                    |

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**INGREDIENTS:** Enriched wheat flour • Water • Liquid whole egg • Sugar • Canola oil • Salt • Yeast.  
**Contains:** Eggs • Wheat.

## GARDEN SALAD WITH LEMON-LIME DRESSING

| Nutrition Facts                |   |
|--------------------------------|---|
| Valeur nutritive               |   |
| Per 3/4 cup (90 g)             |   |
| pour 3/4 tasse (90 g)          |   |
| <b>Calories 130</b>            | % Daily Value*<br>% valeur quotidienne* |
| Total Fat / Lipides 12 g       | 16 %                                    |
| Saturated / saturés 1.5 g      | 8 %                                     |
| + Trans / trans 0 g            |   |
| Carbohydrate / Glucides 4 g    |   |
| Fiber / Fibres 1 g             | 4 %                                     |
| Sugars / Sucres 3 g            | 3 %                                     |
| Protein / Protéines 1 g        |   |
| Cholesterol / Cholestérol 0 mg |   |
| Sodium 370 mg                  | 16 %                                    |
| Potassium 175 mg               | 5 %                                     |
| Calcium 20 mg                  | 2 %                                     |
| Iron / Fer 0.5 mg              | 3 %                                     |

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**INGREDIENTS:** Romaine lettuce • Grape tomatos • Olive oil • Cucumbers • Carrots • Red cabbage • Lettuce spring mix (lollo rosa, red leaf, romaine, bulls blood, chard, tango, mizuna, green oak, tatsoi, spinach, frisée) • Lime juice • Lemon juice • Sugars (blue agave syrup) • Farm Boy™ Garlic Flowers (garlic flowers, canola or sunflower oil, lactic starter, acetic acid, lactic acid) • Salt.  
**Contains:** Ø.

## PICNIC PASTA SALAD

| Nutrition Facts                |   |
|--------------------------------|---|
| Valeur nutritive               |   |
| Per 3/4 cup (143 g)            |   |
| pour 3/4 tasse (143 g)         |   |
| <b>Calories 270</b>            | % Daily Value*<br>% valeur quotidienne* |
| Total Fat / Lipides 13 g       | 18 %                                    |
| Saturated / saturés 1 g        | 6 %                                     |
| + Trans / trans 0.1 g          |   |
| Carbohydrate / Glucides 33 g   |   |
| Fiber / Fibres 2 g             | 9 %                                     |
| Sugars / Sucres 4 g            | 4 %                                     |
| Protein / Protéines 5 g        |   |
| Cholesterol / Cholestérol 5 mg |   |
| Sodium 460 mg                  | 20 %                                    |
| Potassium 175 mg               | 5 %                                     |
| Calcium 20 mg                  | 2 %                                     |
| Iron / Fer 1.5 mg              | 8 %                                     |

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**INGREDIENTS:** Light mayonnaise (water, canola oil, modified corn and potato starch, sugar, vinegar, salt, liquid whole egg, liquid egg yolk, spice, concentrated lemon juice, sorbic acid, natural flavour, calcium disodium EDTA, tocopherols) • Penne pasta • Corn • Peas • Tomatoes • Carrots • White vinegar • Canola oil • Sugar • Salt • Black pepper.  
**Contains:** Eggs • Wheat.

## BANOFFEE PIE

| Nutrition Facts                 |   |
|---------------------------------|---|
| Valeur nutritive                |   |
| Per 1/6 pie (100 g)             |   |
| pour 1/6 tarte (100 g)          |   |
| <b>Calories 320</b>             | % Daily Value*<br>% valeur quotidienne* |
| Total Fat / Lipides 17 g        | 23 %                                    |
| Saturated / saturés 10 g        | 54 %                                    |
| + Trans / trans 0.5 g           |   |
| Carbohydrate / Glucides 41 g    |   |
| Fiber / Fibres 1 g              | 5 %                                     |
| Sugars / Sucres 27 g            | 27 %                                    |
| Protein / Protéines 3 g         |   |
| Cholesterol / Cholestérol 40 mg |   |
| Sodium 135 mg                   | 6 %                                     |
| Potassium 200 mg                | 6 %                                     |
| Calcium 50 mg                   | 4 %                                     |
| Iron / Fer 0.75 mg              | 4 %                                     |

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**INGREDIENTS:** Bananas • Cream 35% M.F. (milk, cream, guar gum, carrageenan, locust bean gum, glucose solids) • Sugars (brown sugar, sugar, icing sugar) • Dulce de leche (sugars [sweetened condensed skim milk {milk ingredients, sugar}, sugar, corn syrup], water, skim milk powder, canola oil, sodium alginate, salt, microcrystalline cellulose, carboxymethyl cellulose, mono-glycerides, sodium hexametaphosphate, potassium sorbate, soya lecithin, sodium bicarbonate) • Butter • Whole milk • Graham crumbs (enriched wheat flour, sugars (sugar, brown sugar, blackstrap molasses, glucose-fructose, honey), graham flour, water, vegetable shortening (canola, palm and modified palm oil), baking powder, sodium bicarbonate, salt) • Enriched wheat flour • Sour cream (cream, milk, skim milk powder, modified corn starch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture) • Water • Artificial and natural vanilla flavour • Cornstarch • Semi-sweet chocolate (sugar, unsweetened chocolate, cocoa butter, soy lecithin, natural vanilla flavour) • Skim milk powder • Salt.  
**Contains:** Milk • Soy • Wheat • Sulphites.

If there are any issues with your dinner, please reach out to the store directly. Store phone numbers can be found on farmboy.ca.