



THANKSGIVING

INDULGENCE DINNER FOR 2

Sweet Parsnip Soup
Spiced Pumpkin Seeds

Mandarin & Goat Cheese Salad
Balsamic Dressing, Toasted Pecans

Roast Turkey Breast
Cranberry, Apple, and Sausage Stuffing
Mashed Potatoes
Carrots & Brussels Sprouts
Turkey Gravy and Cranberry Ginger Sauce

Pumpkin Spiced Sticky Toffee Pudding
Cinnamon No-Churn Ice Cream

★★★★★
**RESTAURANT
QUALITY DINING**

An incredibly priced
4-course meal!



REHEATING & SERVING INSTRUCTIONS

Sweet Parsnip Soup with Spiced Pumpkin Seeds

Place soup in medium saucepan and bring to a simmer over medium low heat, for 5 minutes, until temperature reaches 165°F (74°C). Garnish with Spiced Pumpkin Seeds.

Mandarin Goat Cheese Salad with Balsamic Vinaigrette

Place ingredients into a bowl. Toss with vinaigrette. Serve Cold.

Roast Turkey Breast & Cranberry Apple Sausage Stuffing

Place turkey and stuffing container on tray and bake, uncovered at 350°F for 40-50 minutes, or until internal temperature reaches 165°F (74°C).

Brussels Sprouts, Roasted Baby Carrots & Mashed Potatoes

Place vegetable container on tray and reheat, uncovered, at 350°F (177°C) for 15-20 minutes, or until internal temperature reaches 165°F (74°C).

Turkey Gravy

Place gravy in small saucepan and bring to a simmer over medium low heat, for 5 minutes, until internal temperature reaches 165°F (74°C).

Cranberry Sauce with Ginger Serve chilled.

Pumpkin Spiced Sticky Pudding with Cinnamon No-Churn Ice Cream

***90 minutes before serving**, place Cinnamon No-Churn Ice Cream in the freezer. Simmer sauce in small sauce pan over medium low until internal temperature reaches 165°F (74°C). Bring cake to room temperature. Spoon warm sauce onto plates and place cake over sauce.

***Note about timing**

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

SWEET PARSNIP SOUP WITH SPICED PUMPKIN SEEDS

Nutrition Facts		Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)			
Calories 270		% Daily Value*	
		% valeur quotidienne*	
Total Fat / Lipides 15 g	21 %		
Saturated / saturés 6 g			
+ Trans / trans 0.2 g	30 %		
Carbohydrate / Glucides 29 g			
Fiber / Fibres 5 g	18 %		
Sugars / Sucres 17 g	17 %		
Protein / Protéines 7 g			
Cholesterol / Cholestérol 20 mg			
Sodium 620 mg	27 %		
Potassium 450 mg	13 %		
Calcium 50 mg	4 %		
Iron / Fer 2 mg	11 %		
* 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 stock (water, chicken bones, onions, carrots, celery, parsley, thyme) • Parsnips • Apples (apples, ascorbic acid, salt, citric acid) • Cream 35% M.F. (milk, cream, guar gum, carrageenan, locust bean gum, glucose solids) • Sugars (pasteurized honey) • Butter • Spiced pumpkin seeds (pumpkin seeds, sugars [pasteurized honey], olive oil, garlic powder, cinnamon, paprika, salt, cayenne pepper) • Salt • Black pepper.

Contains: Milk.

MANDARIN GOAT CHEESE SALAD WITH BALSAMIC VINAIGRETTE

Nutrition Facts		Valeur nutritive	
Per 1/3 package (108 g) pour 1/3 emballage (108 g)			
Calories 200		% Daily Value*	
		% valeur quotidienne*	
Total Fat / Lipides 16 g	22 %		
Saturated / saturés 3 g	17 %		
+ Trans / trans 0.2 g			
Carbohydrate / Glucides 11 g			
Fiber / Fibres 1 g	5 %		
Sugars / Sucres 8 g	8 %		
Protein / Protéines 4 g			
Cholesterol / Cholestérol 10 mg			
Sodium 80 mg	3 %		
Potassium 175 mg	5 %		
Calcium 30 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: Mandarin segments (mandarin orange segments, water, sugar) • Lettuce spring mix (lollo rosa, red leaf, romaine, bulls blood, chard, tango, mizuna, green oak, tatsoi, spinach, frisée) • Goat cheese (pasteurized goat's milk, cellulose, sea salt, bacterial culture, microbial enzyme, natamycin) • Beets • Zucchini • Pecans • Farm Boy™ Balsamic Vinaigrette (balsamic vinegar, sunflower oil, sugars [honey], extra virgin olive oil, dehydrated garlic, red bell pepper).

Contains: Milk • Sulphites • Pecans.

Caution: May contain shell and/or shell fragments

ROAST TURKEY BREAST & APPLE CRANBERRY SAUSAGE STUFFING

Nutrition Facts		Valeur nutritive	
Per 1/3 package (301 g) pour 1/3 emballage (301 g)			
Calories 580		% Daily Value*	
		% valeur quotidienne*	
Total Fat / Lipides 31 g	42 %		
Saturated / saturés 15 g			
+ Trans / trans 0.5 g	76 %		
Carbohydrate / Glucides 37 g			
Fiber / Fibres 2 g	8 %		
Sugars / Sucres 20 g	20 %		
Protein / Protéines 36 g			
Cholesterol / Cholestérol 145 mg			
Sodium 820 mg	36 %		
Potassium 600 mg	18 %		
Calcium 75 mg	6 %		
Iron / Fer 3.5 mg	19 %		
* 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: Turkey breast (turkey breast, brown sugar, salt) • Cranberry apple sausage stuffing (Rideau stuffing bread, chicken stock, apples, celery, onions, Farm Boy™ Sweet Italian Pork Sausage, dried cranberries, butter, parsley, thyme, sage, marjoram, rosemary, pepper, nutmeg, salt) • Turkey gravy (turkey stock, butter, enriched wheat flour, soy sauce, black pepper, thyme, sage, marjoram, rosemary, pepper, nutmeg) • Garlic flower butter (butter, Farm Boy™ Garlic Flowers, salt, black pepper, dried parsley) • Parsley.

Contains: Milk • Soy • Wheat • Sulphites.

BRUSSELS SPROUTS, ROASTED BABY CARROTS, & MASHED POTATOES

Nutrition Facts		Valeur nutritive	
Per 1/3 package (268 g) pour 1/3 emballage (268 g)			
Calories 250		% Daily Value*	
		% valeur quotidienne*	
Total Fat / Lipides 9 g	12 %		
Saturated / saturés 3.5 g	19 %		
+ Trans / trans 0.2 g			
Carbohydrate / Glucides 37 g			
Fiber / Fibres 8 g	28 %		
Sugars / Sucres 9 g	9 %		
Protein / Protéines 6 g			
Cholesterol / Cholestérol 10 mg			
Sodium 670 mg	29 %		
Potassium 950 mg	28 %		
Calcium 100 mg	8 %		
Iron / Fer 2.5 mg	14 %		
* 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: Mashed potato (potatoes, cream, milk, butter, chives, salt, spice) • Carrots • Brussels sprouts • Olive oil • Parsley • Salt • Black pepper.

Contains: Milk.

TURKEY GRAVY

Nutrition Facts		Valeur nutritive	
Per 1/4 cup (60 mL) pour 1/4 tasse (60 mL)			
Calories 100		% Daily Value*	
		% valeur quotidienne*	
Total Fat / Lipides 7 g	10 %		
Saturated / saturés 3.5 g	18 %		
+ Trans / trans 0.1 g			
Carbohydrate / Glucides 5 g			
Fiber / Fibres 0 g	0 %		
Sugars / Sucres 0 g	0 %		
Protein / Protéines 5 g			
Cholesterol / Cholestérol 30 mg			
Sodium 230 mg	10 %		
Potassium 75 mg	2 %		
Calcium 10 mg	1 %		
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: Turkey stock (water, roasted turkey necks, carrots, onions, celery, garlic, thyme) • Butter • Enriched wheat flour • Soy sauce (water, soybeans, wheat, salt, sodium benzoate, brewing starter) • Black pepper • Thyme • Sage • Marjoram • Rosemary • Pepper • Nutmeg.

Contains: Milk • Soy • Wheat.

CRANBERRY SAUCE WITH GINGER

Nutrition Facts		Valeur nutritive	
Per 4 tbsp (60 mL) pour 4 c.à.s. (60 mL)			
Calories 110		% Daily Value*	
		% valeur quotidienne*	
Total Fat / Lipides 0 g	0 %		
Saturated / saturés 0 g	0 %		
+ Trans / trans 0 g			
Carbohydrate / Glucides 28 g			
Fiber / Fibres 1 g	5 %		
Sugars / Sucres 25 g	25 %		
Protein / Protéines 0.2 g			
Cholesterol / Cholestérol 0 mg			
Sodium 300 mg	13 %		
Potassium 40 mg	1 %		
Calcium 10 mg	1 %		
Iron / Fer 0.2 mg	1 %		
* 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: Cranberries • Sugar • Water • Ginger • Salt • Cinnamon.

PUMPKIN SPICE STICKY PUDDING & CINNAMON NO-CHURN ICE CREAM

Nutrition Facts		Valeur nutritive	
Per 1/4 package (140 g) pour 1/4 emballage (140 g)			
Calories 480		% Daily Value*	
		% valeur quotidienne*	
Total Fat / Lipides 25 g	33 %		
Saturated / saturés 17 g	86 %		
+ Trans / trans 0.5 g			
Carbohydrate / Glucides 62 g			
Fiber / Fibres 2 g	8 %		
Sugars / Sucres 50 g	50 %		
Protein / Protéines 4 g			
Cholesterol / Cholestérol 80 mg			
Sodium 300 mg	13 %		
Potassium 125 mg	4 %		
Calcium 75 mg	6 %		
Iron / Fer 1.5 mg	8 %		
* 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: Cream 35% M.F. (milk, cream, guar gum, carrageenan, locust bean gum, glucose solids) • Sugars (brown sugar, agave syrup, sugar, decorating sugar [dextrose, corn starch, palm oil, magnesium stearate, natural flavour]) • Water • Enriched wheat flour • Butter • Pumpkin puree • Organic dates (organic dates, organic rice flour) • Liquid whole egg • White chocolate (sugar, cocoa butter, whole milk powder, soy lecithin, natural vanilla flavour) • Artificial and natural vanilla flavour • Dried cranberries (cranberries, sugar, sunflower oil) • Cinnamon • Baking soda • Baking powder • Salt • Ginger powder • Nutmeg • Xanthan gum.

Contains: Milk • Eggs • Soy • Wheat.

Caution: May contain pit or pit fragments.

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