

Roast 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 uncovered roasting pan, and reheat in a preheated 325°F (163°C) oven for 2 hours, or until internal temperature reaches 165°F (174°C).	2 hours
75 mins 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 mins after turkey goes in	Place in the oven with Turkey: Roasted Baby Carrots for the last 30-35 minutes, or until internal temperature reaches 165°F (74°C). Or microwave 2-3 minutes. For a flavour boost, top with Garlic Flower Butter before baking/microwaving.	30-35 minutes
90 mins after turkey goes in	Place in the oven with Turkey: Sliced Brussels Sprouts for the last 25-30 minutes, or until internal temperature reaches 165°F (74°C). Or microwave 2-3 minutes. For a flavour boost, top with Garlic Flower Butter before baking/microwaving.	25-30 minutes
110 mins after turkey goes in	Bring the Turkey Gravy to a gentle simmer in a saucepan on the stovetop, stirring regularly, about 10 minutes, or until internal temperature reaches 165°F (74°C).	10 minutes
FINISHED!	Remove everything from the oven, serve and enjoy! No need to rest before carving, and don't forget to get the Cranberry Ginger Sauce from the fridge!	Enjoy!

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 Maple Mustard Glaze over it and reheat for 2 hours, or until internal temperature reaches 165°F (74°C).	2 hours
75 mins 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 mins after ham goes in	Place in the oven with Ham: Roasted Baby Carrots for the last 30-35 minutes, or until internal temperature reaches 165°F (74°C). Or microwave 2-3 minutes. For a flavour boost, top with Garlic Flower Butter before baking/microwaving.	30-35 minutes
90 mins after ham goes in	Place in the oven with Ham: Sliced Brussels Sprouts for the last 25-30 minutes, or until internal temperature reaches 165°F (74°C). Or microwave 2-3 minutes. For a flavour boost, top with Garlic Flower Butter before baking/microwaving.	25-30 minutes
110 mins after ham goes in	Bring the Honey Mustard Cream Sauce to a gentle simmer in a saucepan on the stovetop, stirring regularly, about 10 minutes, or until internal temperature reaches 165°F (74°C).	10 minutes
FINISHED!	Remove everything from oven, serve and enjoy! No need to rest before carving!	Enjoy!

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?

The ham is, but you will still need to reheat it for approximately two hours. The turkey requires a 2-hour cook time.

Can the turkey be pre-carved?

No. Cooking 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 cooking?

It does not require basting during cooking.

Should I cover the turkey with foil while cooking?

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 mustard glaze and the honey mustard sauce that come with the ham dinner package?

The maple mustard 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 plastic containers?

Yes, just remove the lids prior then 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/cooked 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

WHOLE COOKED TURKEY

Nutrition Facts Valeur nutritive	
Per 100 g pour 100 g	
Calories 110	% Daily Value* % valeur quotidienne*
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 100 g 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	

MAPLE GLAZED HAM

Nutrition Facts Valeur nutritive	
Per 100 g pour 100 g	
Calories 120	% Daily Value* % valeur quotidienne*
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 4 g	4 %
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 %
* 5% or less is a little, 15% or more is a lot * 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	

MAPLE MUSTARD GLAZE

Nutrition Facts Valeur nutritive	
Per 100 g pour 1 c.à.s. (15 mL)	
Calories 50	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 10 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 170 mg	7 %
Potassium 30 mg	1 %
Calcium 20 mg	2 %
Iron / Fer 0.3 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	

HONEY MUSTARD 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 4 g	6 %
Saturated / saturés 3 g	14 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 4 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 10 mg	
Sodium 105 mg	5 %
Potassium 20 mg	1 %
Calcium 20 mg	2 %
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: Turkey • Water • Salt.

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.

INGREDIENTS: Farm Boy Smoked Ham (pork, water, salt, natural flavour, sugars [dextrose, corn syrup solids], sodium phosphate, carrageenan, sodium erythorbate, sodium nitrite, natural smoke, wrapped in collagen) • Sugars (maple syrup, brown sugar) •Whole grain mustard (water, mustard seeds, vinegar, salt, dill seasoning, tumeric) • Apple cider vinegar.

Contains: Soy • Mustard.

INGREDIENTS: Sugars (maple syrup, brown sugar) • Whole grain mustard (water, mustard seeds, vinegar, salt, dill seasoning, tumeric) • Apple cider vinegar.

Contains: Mustard.

INGREDIENTS: Cream 35% M.F. (milk, cream, guar gum, carrageenan, locust bean gum, glucose solids) • Chicken stock (water, chicken bones, carrots, celery, onions, parsley, thyme) • Sugars (pasteurized white honey) • White cooking wine • Whole grain mustard (water, mustard seeds, vinegar, salt, dill seasoning, tumeric) • Cornstarch • Tarragon • Black pepper • Salt.

Contains: Milk • Mustard • Sulphites.

NUTRITIONAL
INFORMATION
cont.

KEEP REFRIGERATED

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May contain: peanuts, tree nuts, sesame, milk, eggs, fish/seafood, soy, wheat/gluten, sulphites, mustard

CRANBERRY GINGER SAUCE

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.

ROASTED BABY CARROTS

Nutrition Facts Valeur nutritive	
Per 1/2 cup (75 g) pour 1/2 tasse (75 g)	
Calories 50	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 2 g	2 %
Saturated / saturés 0.3 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 9 g	
Fiber / Fibres 3 g	11 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 280 mg	12 %
Potassium 250 mg	7 %
Calcium 40 mg	3 %
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	

INGREDIENTS: Carrots • Olive oil • Parsley • Salt • Black pepper.

CRANBERRY APPLE
SAUSAGE STUFFING

Nutrition Facts Valeur nutritive	
Per 3/4 cup (105 g) pour 3/4 tasse (105 g)	
Calories 170	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 6 g	9 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 22 g	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 20 mg	
Sodium 380 mg	17 %
Potassium 175 mg	5 %
Calcium 30 mg	2 %
Iron / Fer 1.25 mg	7 %
* 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: Rideau stuffing bread (enriched wheat flour, water, sugar, salt, yeast) • Chicken stock (water, chicken bones, carrots, celery, onions, parsley, thyme) • Apples • Celery • Onions • Farm Boy™ Sweet Italian Sausage (ground pork, italian sausage seasoning, red wine vinegar) • Dried cranberries (cranberries, sugar, sunflower oil) • Butter • Parsley • Thyme • Sage • Marjoram • Rosemary • Pepper • Nutmeg • Salt.

Contains: Milk • Wheat • Sulphites.

GARLIC FLOWER BUTTER

Nutrition Facts Valeur nutritive	
Per 2 tsp (9 g) pour 2 c.à.c. (9 g)	
Calories 60	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 7 g	9 %
Saturated / saturés 4 g	22 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 0 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.1 g	
Cholesterol / Cholestérol 15 mg	
Sodium 40 mg	2 %
Potassium 10 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
* 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: Butter • Farm Boy™ Garlic Flowers (garlic flowers, canola and/or sunflower oil, lactic starter, acetic acid, lactic acid) • Salt • Black pepper • Dried parsley.

Contains: Milk.

CHIVE MASHED POTATOES

Nutrition Facts Valeur nutritive	
Per 2/3 cup (140 g) pour 2/3 tasse (140 g)	
Calories 150	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 6 g	7 %
Saturated / saturés 3.5 g	19 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 24 g	
Fiber / Fibres 1 g	5 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 15 mg	
Sodium 250 mg	11 %
Potassium 400 mg	12 %
Calcium 30 mg	2 %
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	

INGREDIENTS: Mashed potato (potatoes, cream, milk, butter, chives, salt, spice).

Contains: Milk.

FARM BOY™ PUMPKIN SPICE
LOAF CAKE

Nutrition Facts Valeur nutritive	
Per 1/6 loaf (83 g) pour 1/6 pain (83 g)	
Calories 290	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 16 g	21 %
Saturated / saturés 1.5 g	9 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 36 g	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 21 g	21 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 25 mg	
Sodium 330 mg	14 %
Potassium 100 mg	3 %
Calcium 75 mg	6 %
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	

INGREDIENTS: Pumpkin puree • Enriched wheat flour • Sugars (brown sugar, sugar) • Canola oil • Liquid whole egg • Dried cranberries (cranberries, sugar, sunflower oil) • Roasted pumpkin seeds •Baking powder • Artificial and natural vanilla flavour • Cinnamon • Baking soda • Ginger powder • Salt • Nutmeg.

Contains: Eggs • Wheat

ROASTED BRUSSELS SPROUTS

Nutrition Facts Valeur nutritive	
Per 1/2 cup (70 g) pour 1/2 tasse (70 g)	
Calories 60	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 2.5 g	3 %
Saturated / saturés 0.4 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 8 g	
Fiber / Fibres 3 g	12 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 170 mg	7 %
Potassium 350 mg	10 %
Calcium 40 mg	3 %
Iron / Fer 1.25 mg	7 %
* 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: Brussels sprouts • Olive oil • Salt • Black pepper.

FARM BOY™ RANCH
FAVA PUFFS

Nutrition Facts Valeur nutritive	
Per 1 package (30 g) pour 1 emballage (30 g)	
Calories 170	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 11 g	14 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 14 g	
Fiber / Fibres 2 g	6 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 240 mg	10 %
Potassium 125 mg	4 %
Calcium 20 mg	2 %
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: Fava puffs (fava bean flour, organic corn meal) • Canola and/or sunflower oil • Ranch seasoning (sugars [maltodextrin, corn syrup solids, dextrose], dried whey, lactose, salt, skim milk powder, tomato powder, onion powder, garlic powder, yeast extract, spice, natural flavour, sodium diacetate, citric acid, malic acid, turmeric).

Contains: Milk



COMPLETE
THANKSGIVING
DINNER

We are honoured that you have invited us to your table to help make your celebration a little less hectic and a lot more delicious! We're happy to tackle the prep work for you so everyone has time for the more important things - creating new and lasting memories.

We put the same care and love into preparing your holiday meal as we do when making dinner for our own families. Everything is cooked from scratch using only the freshest ingredients. Just follow the easy reheating instructions, serve and enjoy!

As a little thank-you, we've included a couple of treats – one to share and one to enjoy for yourself. For dessert, our made-from-scratch Pumpkin Spice Loaf Cake and as a treat for the Chef, Farm Boy™ Ranch Fava Puffs to enjoy while you prepare Thanksgiving dinner for your family and friends.

From all of us at Farm Boy, thank you for choosing us to be part of your Thanksgiving and for selecting us as your fresh market.

Happy Thanksgiving!

The Farm Boy Chefs

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.

NUTRITIONAL INFORMATION

APPLE SPICE CAKE

Nutrition Facts Valeur nutritive

Per 1/12 slice (83 g)

Pour 1/12 tranche (83 g)

Calories 280 % Daily Value*
% valeur quotidienne*

Fat / Lipides 18 g 24 %
Saturated / saturés 6 g 33 %
+ Trans / trans 0.4 g

Carbohydrate / Glucides 26 g
Fibre / Fibres 0 g 0 %
Sugars / Sucres 19 g 19 %

Protein / Protéines 3 g

Cholesterol / Cholestérol 75 mg

Sodium 200 mg 9 %

Potassium 50 mg 1 %

Calcium 30 mg 2 %

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

INGREDIENTS: Vanilla sponge (sugar, enriched wheat flour, modified milk ingredients, baking powder, modified cornstarch, soybean oil, salt, natural flavour, carboxymethyl cellulose) • Water • Liquid whole eggs • Vegetable oil • Sugars (sugar, icing sugar) • Unsalted butter • Fresh apples • Palm and modified palm oil shortening • Liquid egg whites • Concentrated apple juice • Modified cornstarch • Caramel candies (caramel flavoured coating 84% [sugar, cocoa butter, caramel powder, whole milk powder, whey powder, unsweetened chocolate, soy lecithin, natural flavours], salted crisped cereals [wheat flour, sugar, salt, oat flour, wheat malt flour, wheat starch, baking soda, natural vanilla flavour], sugars [glucose syrup, sugar], shellac, modified cornstarch, coconut oil) • White chocolate flavoured candies (white chocolate flavoured coating 84% [sugar, cocoa fat, dry whole milk, whey, soy lecithin, natural vanilla flavour], crisped cereals [wheat flour, sugar, wheat malt flour, wheat starch, baking soda, salt, cocoa fat, natural vanilla flavour], sugars [glucose syrup, sugar], shellac, coconut fat, modified cornstarch) • Cinnamon • White chocolate (sugar, cocoa butter, whole milk powder, soy lecithin, sunflower lecithin, canola lecithin, natural vanilla flavour) • Clove • Cocoa butter • Tartrazine • Titanium dioxide • Allura red.

MAY CONTAIN: Peanuts • Tree nuts • Sesame.

KEEP REFRIGERATED

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