

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: Roasted 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: Roasted 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 1/4 cup (60 mL) pour 1/4 tasse (60 mL)	
Calories 70	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 4.5 g	6 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 4 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 25 mg	
Sodium 250 mg	11 %
Potassium 50 mg	1 %
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 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 45	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 9 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 9 g	9 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 170 mg	7 %
Potassium 30 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	

HONEY MUSTARD SAUCE

Nutrition Facts Valeur nutritive	
Per 1 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, sodium phosphate, carrageenan, sodium erythorbate, (water, soybeans, wheat, salt, sodium 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.

KEEP REFRIGERATED

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CRANBERRY GINGER SAUCE

Nutrition Facts Valeur nutritive	
Per 4 tbsp (60 mL) pour 4 c.à.s. (60 mL)	
Calories 130	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 34 g	
Fiber / Fibres 2 g	6 %
Sugars / Sucres 30 g	30 %
Protein / Protéines 0.2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 370 mg	16 %
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.

CRANBERRY APPLE SAUSAGE STUFFING

Nutrition Facts Valeur nutritive	
Per 3/4 cup (105 g) pour 3/4 tasse (105 g)	
Calories 180	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 7 g	10 %
Saturated / saturés 3 g	16 %
+ 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 400 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: Rideoau 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.

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.

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.

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.

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.

FARM BOY™ GINGERBREAD LOAF CAKE

Nutrition Facts Valeur nutritive	
Per 1/9 loaf (53 g) pour 1/9 pain (53 g)	
Calories 160	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 4 g	5 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 29 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 17 g	17 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 20 mg	
Sodium 130 mg	6 %
Potassium 125 mg	4 %
Calcium 50 mg	4 %
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: Sugars (fancy molasses, brown sugar, icing sugar) • Water • Enriched wheat flour • Butter • Liquid whole egg • Baking powder • Baking soda • Ginger powder • Cinnamon • Salt.
Contains: Milk, Eggs, Wheat.

MILK CHOCOLATE CRISPY ALMOND CLUSTERS

Nutrition Facts Valeur nutritive	
Per 1 package (50 g) pour 1 emballage (50 g)	
Calories 250	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 16 g	22 %
Saturated / saturés 8 g	38 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 28 g	
Fiber / Fibres 3 g	9 %
Sugars / Sucres 19 g	19 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 5 mg	
Sodium 70 mg	3 %
Potassium 225 mg	7 %
Calcium 100 mg	8 %
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: Milk chocolate (sugar, milk ingredients, cocoa butter, chocolate liquor, soy lecithin, natural vanilla extract) • Almonds • Honey corn flakes (corn meal and/or yellow corn flour, sugars [cane sugar, honey] sea salt) • Rice crisps (brown rice flour, sugars [cane sugar, molasses], sea salt).
Contains: Almonds, Milk, Soy.



COMPLETE

FESTIVE HOLIDAY 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 Gingerbread Loaf Cake and as a treat for the Chef, Milk Chocolate Crispy Almond Clusters to enjoy while you prepare a Festive Holiday dinner for your family and friends.

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

Happy Holidays!
The Farm Boy Chefs

If there are any issues with your dinner, please visit 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

RASPBERRY VANILLA YULE LOG

Nutrition Facts	
Valeur nutritive	
Per 1/9 loaf (78 g) pour 1/9 pain (78 g)	
Calories 270	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 15 g	20 %
Saturated / saturés 9 g	48 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 33 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 30 g	30 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 110 mg	
Sodium 30 mg	1 %
Potassium 30 mg	1 %
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	

INGREDIENTS: Sugars (sugar, icing sugar, inverted sugar) • Unsalted butter • Liquid whole eggs • Water • Liquid egg whites • Enriched wheat flour • Liquid egg yolks • Raspberry puree (red raspberries, cane sugar, fruit pectin, citric and ascorbic acids) • Dark chocolate 54% (cocoa mass, sugar, cocoa butter, soy lecithin, natural vanilla flavouring) • Vanilla extract (propylene glycol, vanilla, caramel colour) • Erythrosine • Tartrazine • Sunset yellow FCF • Edible luster dust (mica based pearlescents, iron oxide).

MAY CONTAIN: Peanuts • Tree nuts • Sesame.