



FESTIVE HOLIDAY

INDULGENCE DINNER FOR 2

Sweet Potato & Parsnip Soup
Apple Compote

**Beet and Goat Cheese Salad
with Mandarin**

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

Brandied Christmas Cake
Cinnamon Custard

★ ★ ★ ★ ★
RESTAURANT
QUALITY DINING

An incredibly priced
4-course meal!

REHEATING & SERVING INSTRUCTIONS

Sweet Potato & Parsnip Soup with Apple Compote

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 Apple Compote.

Beet and Goat Cheese Salad with Mandarin

In a bowl, toss the salad with the vinaigrette and serve child.

Roast Turkey Breast, Cranberry Apple Sausage Stuffing

Place turkey and stuffing container on tray and bake, uncovered at 350°F (177°C) 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.

Brandy Cake with Cinnamon Custard

Place cake on oven safe tray and bake, uncovered at 350°F (177°C) for 5 minutes. Place custard in a small saucepan and gently simmer for 2 minutes. Slice cake and serve with warm custard over top.

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 POTATO & PARSNIP SOUP WITH APPLE COMPOTE

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
Pour 1 tasse (250 mL)

Calories 190	% Daily Value*
Fat / Lipides 6 g	8 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 33 g	
Fibre / Fibres 4 g	16 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 5 mg	
Sodium 490 mg	21 %
Potassium 550 mg	16 %
Calcium 50 mg	4 %
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: Soup (water, parsnips, sweet potatoes, red onions, sugars (pure Canadian maple syrup), apples, olive oil, ginger, salt, garlic, black pepper) • Compote (apples, red onions, butter, sugars (pure Canadian maple syrup), parsley).

Contains: Milk.

BEET AND GOAT CHEESE SALAD WITH MANDARIN

Nutrition Facts Valeur nutritive

Per 1/2 package (223 g)
Pour 1/2 emballage (223 g)

Calories 220	% Daily Value*
Fat / Lipides 15 g	19 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 4 g	16 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 10 mg	
Sodium 540 mg	23 %
Potassium 550 mg	16 %
Calcium 50 mg	4 %
Iron / Fer 1.5 mg	8 %

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Ingredients: Beets • Mandarin segments (mandarin orange segments, water, sugar) • Romaine lettuce • Farm Boy™ Lemon Garlic Dressing (sunflower oil, vinegar, lemon juice [water, concentrated lemon juice, lemon oil], extra virgin olive oil, dehydrated garlic, sea salt, pepper, garlic essence, xanthan gum) • Arugula • Goat cheese (pasteurized goat's milk, cellulose, sea salt, bacterial culture, microbial enzyme, natamycin) • Parsley • Salt • Black pepper

Contains: Milk.

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*
Fat / Lipides 31 g	42 %
Saturated / saturés 14 g	75 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 37 g	
Fibre / Fibres 2 g	8 %
Sugars / Sucres 19 g	19 %
Protein / Protéines 36 g	
Cholesterol / Cholestérol 145 mg	
Sodium 840 mg	37 %
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 (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*
Fat / Lipides 9 g	12 %
Saturated / saturés 3.5 g	19 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 37 g	
Fibre / Fibres 8 g	28 %
Sugars / Sucres 9 g	9 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 10 mg	
Sodium 680 mg	30 %
Potassium 950 mg	28 %
Calcium 100 mg	8 %
Iron / Fer 2.5 mg	14 %

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Ingredients: Carrots • Mashed potatoes (potatoes, cream, milk, butter, chives, salt, spice) • 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 70	% Daily Value*
Fat / Lipides 5 g	6 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 4 g	
Fibre / 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 %

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* 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*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 28 g	
Fibre / 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 %

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Ingredients: Cranberries • Sugar • Water • Ginger • Salt • Cinnamon.

BRANDIED CHRISTMAS CAKE WITH CINNAMON CUSTARD

Nutrition Facts Valeur nutritive

Per 1/4 cake (118 g)
Pour 1/4 gâteau (118 g)

Calories 380	% Daily Value*
Fat / Lipides 17 g	22 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 55 g	
Fibre / Fibres 3 g	9 %
Sugars / Sucres 38 g	38 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 45 mg	
Sodium 180 mg	8 %
Potassium 200 mg	6 %
Calcium 75 mg	6 %
Iron / Fer 1.5 mg	8 %

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Ingredients: Brandied Christmas cake (sugars [brown sugar, sugar, decorating sugar], enriched wheat flour, apples, canola oil, liquid whole egg, dried cranberries, raisins, walnuts, orange peel, citric acid, sodium benzoate, sulphur dioxide, Brandy 40%, artificial and natural vanilla flavours, nutmeg, cinnamon, salt, cloves, baking powder) • Cinnamon custard (whole milk, cream 35%, custard powder, sugars [agave syrup], cinnamon).

Contains: Walnuts • Milk • Eggs • 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.