

# **REHEATING & SERVING INSTRUCTIONS**

# **Red Pepper Bisque with Pesto Cream**

Place soup in a medium saucepan and simmer over medium-low heat until internal temperature reaches **165°F**. Serve with Pesto Cream.

# **Farm Boy Mini Loaf**

Remove the Mini Loaf from the plastic bag, place on an oven safe tray and toast, uncovered, in a preheated oven, at 350°F for 5 minutes.

# Cranberry, Pecan & Orange Brie Bake with Lemon Garlic Arugula Greens

Remove the plastic lid from the container. Place on an oven safe tray and bake, uncovered, in a preheated oven, at 350°F for 15-20 minutes, until internal temperature reaches 165°F. Toss the Arugula Greens with the Lemon Garlic Dressing and serve together with the loaf.

# Mushroom & Spinach Stuffed Chicken Breast with Truffle Butter and Red Wine Demi-Glace

Remove the plastic lid from the container. Place on an oven safe tray and bake, uncovered, in a preheated oven, at **350°F** for **25-30 minutes**, until internal temperature reaches **165°F**.

Place sauce in a small saucepan and simmer over medium-low heat until internal temperature reaches 165°F.

# Garlic Mashed Potato and Roasted Root Vegetables

Remove the plastic lid from the container. Place on an oven safe tray and bake, uncovered, in a preheated oven, at **350°F** for **20-25 minutes**, until internal temperature reaches **165°F**.

Cherry Clafoutis with Vanilla Bean Chantilly Cream: Serve the Cherry Clafoutis at ambient temperature along with chilled Chantilly Cream.

#### **KEEP ALL ITEMS IN DINNER REFRIGERATED**

#### **RED PEPPER BISQUE** WITH PESTO CREAM

#### **Nutrition Facts** Valeur nutritive Per 1 cup (250 ml.) Pour 1 tasse (250 mL) Calories 210 % Daily Value\* Fat / Lipides 16 g Saturated / saturés 8 g 39% + Trans / trans 0.2 g Carbohydrate / Glucides 14 q Fibre / Fibres 3 g Sugars / Sucres 7 g Protein / Protéines 3 g Cholesterol / Cholestérol 20 mg Sodium 570 ma Potassium 350 mg 10 % Calcium 50 mg 4 96 \* 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: Red pepper bisque (water, red pepper, cream 35% M.F., potatoes, onions, roasted garlic, tomato paste, olive oil, salt, black pepper), Pesto and cream sauce (sour cream, cream 35% M.F., Farm Boy Fresh Basil Pesto [olive oil, spinach, basil, walnuts, asiago cheese, minced garlic, lemon juice, salt]). Contains: Milk, Walnuts.

# **MUSHROOM & SPINACH STUFFED** CHICKEN BREAST WITH TRUFFLE BUTTER

Ingredients: Chicken breast, Water, Bread crumbs, Cream cheese, Butter, Veal demi-glace sauce (veal stock, white wine, mushrooms, modified cornstarch, water, veal glace, onion, tomato paste, carrot, celery, leek, cane sugar, sea salt, duck fat, garlic, butter, spices), Liquid whole egg (liquid whole egg, citric acid), Milk m Enriched wheat flour, Denatured red cooking wine(wine, salt, sulfur dioxide), Kale, Onions, Mushrooms, Butter, Canola Oil, Spinach, Farm Boy garlic flowers (garlic flowers, canola and/ or sunflower oil, lactic starter, acetic acid, lactic acid), Salt, White cooking wine, Olive oil, Fresh garlic, Truffle oil (extra virgin olive oil, white truffle extract), Balsamic vinegar, Cornstarch, Black pepper, Onion powder, Garlic powder, Parsley flakes.

Contains: Eggs, Milk, Sulphites, Wheat. May contain: Peanuts, Tree nuts, Sesame, Seafood/fish, Soy, Mustard.

#### **ROASTED VEGETABLES** & GARLIC MASHED POTATOES

Nutrition Facts
Valeur nutritive
Per 1/2 container (265 g)
Pour 1/2 conteneur (265 g)
0 1 : 000 %

Mutritian Foots

	Daily Value* quotidienne*
Fat / Lipides 16 g	22 %
Saturated / saturés 4.5 g + Trans / trans 0.5 g	25 %
Carbohydrate / Glucides 42 of	1
Fibre / Fibres 6 g	20 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 15	mg
Sodium 690 mg	30 %
Potassium 800 mg	24 %
Calcium 75 mg	6%
Iron / Fer 1.25 mg	7 %

### **INGREDIENTS:** Mashed potatoes

(potatoes, milk, butter, chives, spice, roasted garlic, salt), Carrots, Parsnips, Canola oil, Garlic, Parsley, Salt, Blackpepper.

Contains: Milk

May contain: Peanuts, Tree nuts, Sesame, Eggs, Seafood/fish, Soy, Wheat, Sulphites, Mustard.

# AND RED WINE DEMI-GLACE Mutrition Foots

Per 1/2 package (225 g) Pour 1/2 paquet (225 g)		
Calories 540 % v	% Daily Value <sup>3</sup> aleur quotidienne <sup>3</sup>	
Fat / Lipides 33 g Saturated / saturés 16 g + Trans / trans 1 g	45 % 83 %	
Carbohydrate / Glucide Fibre / Fibres 2 g Sugars / Sucres 2 g	e <b>s</b> 25 g 6 % 2 %	
Protein / Protéines 32 g Cholesterol / Cholestér		
Sodium 950 mg	41 9	
Potassium 550 mg	16 9	
Calcium 75 mg	6 %	
Iron / Fer 2.5 mg	14 9	

#### **MINI LOAF**

#### Nutrition Facts Valeur nutritive Per 1/2 small loaf (67 g)

Pour 1/2 petit pair	ı (67 g)
Calories 200	% Daily Value* % valeur quotidienne*
Fat / Lipides 3.5 g Saturated / saturés + Trans / trans 0 g	5 % 0.5 g 3 %
Carbohydrate / Glo Fibre / Fibres 1 g Sugars / Sucres 3 g	5 % 3 %
Protein / Protéines Cholesterol / Chol	<u> </u>
Sodium 420 mg	18 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 2.25 mg	13 %
* 5% or less is a little, 15% or * 5% ou moins c'est neu 15%	

Ingredients: Enriched wheat flour, Water, Liquid whole egg, Sugar, Canola oil, Salt, Fresh yeast, Colour (tartrazine, amaranth).

Contains: Egg, Wheat.

May contain: Peanuts, Tree nuts, Sesame, Milk, Seafood/fish, Soy, Sulphites, Mustard.

#### **CRANBERRY, PECAN** & ORANGE BRIE BAKE

#### **Nutrition Facts** Valeur nutritive

Per 1/2 cheese (133 g) Pour 1/2 fromage (133 g) Calories 430 % valeur quo % Daily Value\* Fat / Lipides 29 g Saturated / saturés 16 g + Trans / trans 1 g Carbohydrate / Glucides 23 g F ibre / Fibres 2 g Sugars / Sucres 17 g Protein / Protéines 21 g Cholesterol / Cholestérol 85 mg Sodium 500 mg 22 % Potassium 200 mg Calcium 600 mg Iron / Fer 0.2 mg 1 96

Ingredients: Farm Boy Double Cream Brie (pasteurized milk, pasteurized cream, salt, calcium chloride, microbial enzyme, bacterial culture, penicillium candidum), Dried cranberries (cranberries, sugar), Pecans, Orange marmalade jam (sugars [glucose-fructose, corn syrup, concentrated orange juice], mono and diglycerides, orange peel, water, citric acid, pectin, sodiumcitrate, sodium benzoate),

\* 5% or less is a little, 15% or more is a lot. \* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Salt, Rosemary.

Contains: Milk • Soy • Wheat • Sulphites.

#### **LEMON GARLIC ARUGULA GREENS**

### **Nutrition Facts** Valeur nutritive

	Daily Value quotidienne
Fat / Lipides 12 g	16 %
Saturated / saturés 1 g + Trans / trans 0.1 g	6 %
Carbohydrate / Glucides 0 g	]
Fibre / Fibres 0 g	0 %
Sugars / Sucres 9 g	9 %
Protein / Protéines 0.4 g	
Cholesterol / Cholestérol 0	mg
Sodium 190 mg	8%
Potassium 50 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 l	neaucoup

Ingredients: Farm Boy Lemon Garlic Dressing (sunflower oil, vinegar, lemon juice from concentrate, extra virgin olive oil, dehydrated garlic, sea salt, pepper, garlic essence), Arugula. Contains: Ø

May contain: Peanuts, Tree nuts, Sesame, Eggs, Seafood/fish, Soy, Wheat, Sulphites, Mustard

#### **CHERRY CLAFOUTIS WITH** VANILLA BEAN CHANTILLY CREAM

#### **Nutrition Facts** Valeur nutritive

Per 1/2 container (161 g) Pour 1/2 conteneur (161 g) Calories 420 % Daily Value\* % valeur quotidienne\* Fat / Lipides 25 g Saturated / saturés 17 g + Trans / trans 0.5 g Carbohydrate / Glucides 43 g F ibre / Fibres 1 g Sugars / Sucres 35 g 35 % Protein / Protéines 6 q Cholesterol / Cholestérol 150 mg Sodium 220 mg 10 % Potassium 175 mg 5 % Calcium 75 mg 6 % Iron / Fer 1.5 mg \* 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), Dark sweet cherries, Sugars (sugar, icing sugar [sugar, cornstarch], decorating sugar [dextrose, corn starch, palm oil, magnesiumstearate, natural flavour]), Liquid whole egg, Enriched wheat flour, Sour cream (cream, milk, skim milk powder, modified cornstarch, guar gum, carrageenan, carob bean gum, sodium citrate, sodium phosphate, bacterial culture), Madagascar vanilla bean paste (invert sugar, vanilla extract, processed vanilla bean seeds, xanthan gum, acacia gum), Salt. Contains: Egg, Milk, Wheat.

May contain: Peanuts, Tree nuts, Sesame, Seafood/fish, Soy, Sulphites, Mustard.