



# EASTER

❁ DINNER FOR TWO ❁

## MENU

Carrot Tomato Soup with  
Herb Oil and Tomato Crumb

.....  
Beet Tartare with  
Honey Whipped Ricotta

.....  
Garlic Buns

.....  
Roasted Turkey Breast with  
Cranberry Apple Sausage Stuffing

.....  
Cranberry Ginger Sauce and Turkey Gravy

.....  
Roasted Baby Carrots, Green Beans  
and Chive Mashed Potatoes

.....  
Carrot Cake Blondie with  
Cream Cheese Whipped Cream

50 MINUTES  
REHEATING



## REHEATING & SERVING INSTRUCTIONS

PREHEAT THE OVEN TO 350°F

### Carrot Tomato Soup with Herb Oil and Sundried Tomato Panko Crunch

Place soup in medium saucepan and simmer over medium low heat, for **5 minutes**, until temperature reaches **165°F**. Garnish with Tomato Panko.

### Beet Tartare with Honey Whipped Ricotta

Scoop beet tartare onto plates and top with Honey Whipped Ricotta. Serve Chilled. Serve with Garlic Buns.

### Garlic Buns

Place Garlic buns on an oven safe tray and toast in the oven at **350°F** for **5 minutes**.

### 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**.

### Vegetable Sides

Place vegetable container on tray and bake, uncovered, at **350°F** for **15-20 minutes**, or until internal temperature reaches **165°F**.

### Turkey Gravy

Place gravy in small saucepan and simmer over medium low heat, for **5 minutes**, until internal temperature reaches **165°F**.

### Cranberry Sauce

Serve chilled.

### Carrot Cake Blondie with Cream Cheese Whipped Cream

Place blondie onto an oven safe tray, uncovered, at **350°F** for **10 minutes** until warmed. Serve with a scoop of Cream Cheese Whipped Cream.

# 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 REFRIGERATED**

## BEET TARTARE WITH HONEY WHIPPED RICOTTA

### Nutrition Facts Valeur nutritive

Per 1/4 cup (85 g)  
Pour 1/4 tasse (85 g)

Calories 90	% Daily Value*
% valeur quotidienne*	
<b>Fat / Lipides</b> 4.5 g	6 %
Saturated / saturés 2.5 g	12 %
+ Trans / trans 0.1 g	
<b>Carbohydate / Glucides</b> 9 g	
Fibre / Fibres 1 g	5 %
Sugars / Sucres 7 g	7 %
<b>Protein / Protéines</b> 4 g	
<b>Cholesterol / Cholestérol</b> 15 mg	
<b>Sodium</b> 320 mg	14 %
Potassium 225 mg	7 %
Calcium 75 mg	6 %
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:** Beets, ricotta (pasteurized milk, pasteurized cream, modified milk ingredients, salt, lactic acid, potassium sorbate, sodium carbonate, sodium hydroxide), white wine vinegar, sugars (pasteurized white honey), dijon mustard (water, mustard flour, white vinegar, salt, xanthan gum, spices), whole grain dijon mustard (water, mustard seeds, vinegar, salt, dill seasoning, turmeric), olive oil, salt, chives, parsley, black pepper.

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

## CARROT TOMATO BISQUE WITH HERB OIL AND TOMATO CRUMB

### Nutrition Facts Valeur nutritive

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

Calories 300	% Daily Value*
% valeur quotidienne*	
<b>Fat / Lipides</b> 24 g	33 %
Saturated / saturés 8 g	42 %
+ Trans / trans 0.4 g	
<b>Carbohydate / Glucides</b> 17 g	
Fibre / Fibres 3 g	12 %
Sugars / Sucres 8 g	8 %
<b>Protein / Protéines</b> 3 g	
<b>Cholesterol / Cholestérol</b> 20 mg	
<b>Sodium</b> 650 mg	28 %
Potassium 450 mg	13 %
Calcium 75 mg	6 %
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:** Carrot tomato bisque (water, carrots, tomatoes, red onions, cream 35% M.F., olive oil, tomato paste, salt, garlic, black pepper, paprika), herb oil (canola oil, chives, basil), panko sundried tomato crumb (breadcrumbs, sundried tomatoes, parmigiano reggiano cheese, olive oil, salt, black pepper).

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

## EASTER FOR 2 SIDES

### Nutrition Facts Valeur nutritive

Per 1/4 package (201 g)  
Pour 1/4 emballage (201 g)

Calories 170	% Daily Value*
% valeur quotidienne*	
<b>Fat / Lipides</b> 7 g	9 %
Saturated / saturés 2.5 g	14 %
+ Trans / trans 0.2 g	
<b>Carbohydate / Glucides</b> 26 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 7 g	5 %
<b>Protein / Protéines</b> 3 g	
<b>Cholesterol / Cholestérol</b> 10 mg	
<b>Sodium</b> 540 mg	23 %
Potassium 600 mg	18 %
Calcium 75 mg	6 %
Iron / Fer 1.75 mg	10 %

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\* 5% ou moins c'est peu, 15% ou plus c'est beaucoup

**Ingredients:** Mashed potato (potatoes, cream [milk, cream, sodium citrate, sodium phosphate, carrageenan], milk, butter, chives, salt, spice), carrots, green beans, olive oil, parsley, salt, black pepper.

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

## GARLIC BUNS

### Nutrition Facts Valeur nutritive

Per 1 bun (65 g)  
Pour 1 petit pain (65 g)

Calories 240	% Daily Value*
% valeur quotidienne*	
<b>Fat / Lipides</b> 12 g	16 %
Saturated / saturés 1.5 g	9 %
+ Trans / trans 0.1 g	
<b>Carbohydate / Glucides</b> 27 g	
Fibre / Fibres 1 g	5 %
Sugars / Sucres 2 g	2 %
<b>Protein / Protéines</b> 5 g	
<b>Cholesterol / Cholestérol</b> 25 mg	
<b>Sodium</b> 420 mg	18 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 1.75 mg	10 %

\* 5% or less is a little, 15% or more is a lot.  
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**Ingredients:** Enriched wheat flour, water, garlic spread (canola oil, water, modified palm and palm kernel oils, salt, garlic, vegetable monoglycerides, onion, soy lecithin, parsley, potassium sorbate, garlic oil, citric acid, natural and artificial flavour), liquid whole egg, sugar, canola oil, salt, yeast.

**Contains:** Eggs • Soy • Wheat.  
**May contain:** Peanuts • Tree nuts • Sesame • Sulphites.

## ROAST TURKEY WITH STUFFING, GRAVY, AND CRANBERRY

### Nutrition Facts Valeur nutritive

Per 1/3 package (300 g)  
Pour 1/3 emballage (300 g)

Calories 590	% Daily Value*
% valeur quotidienne*	
<b>Fat / Lipides</b> 31 g	41 %
Saturated / saturés 14 g	73 %
+ Trans / trans 0.5 g	
<b>Carbohydate / Glucides</b> 42 g	
Fibre / Fibres 2 g	9 %
Sugars / Sucres 20 g	20 %
<b>Protein / Protéines</b> 35 g	
<b>Cholesterol / Cholestérol</b> 140 mg	
<b>Sodium</b> 860 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 (Rideau stuffing bread, chicken stock, celery, onions, apples, Farm Boy™ Sweet Italian Sausage, dried cranberries, butter, parsley, poultry seasoning, salt, sage), turkey gravy (turkey stock, butter, enriched wheat flour, soy sauce, poultry seasoning, black pepper), garlic flower butter (butter, Farm Boy™ Garlic Flowers, salt, black pepper, parsley flakes), parsley.

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

## TURKEY GRAVY

### Nutrition Facts Valeur nutritive

Per 1/4 cup (60 mL)  
Pour 1/4 tasse (60 mL)

Calories 70	% Daily Value*
% valeur quotidienne*	
<b>Fat / Lipides</b> 4.5 g	6 %
Saturated / saturés 2.5 g	14 %
+ Trans / trans 0.1 g	
<b>Carbohydate / Glucides</b> 4 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines</b> 2 g	
<b>Cholesterol / Cholestérol</b> 20 mg	
<b>Sodium</b> 240 mg	10 %
Potassium 40 mg	1 %
Calcium 10 mg	1 %
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:** 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), poultry seasoning (thyme, sage, marjoram, rosemary, pepper, nutmeg), black pepper.

**Contains:** Milk • Soy • Wheat.  
**May contain:** Peanuts • Tree nuts • Sesame • Eggs • Seafood/fish • 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*	
<b>Fat / Lipides</b> 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
<b>Carbohydate / Glucides</b> 27 g	
Fibre / Fibres 1 g	5 %
Sugars / Sucres 23 g	23 %
<b>Protein / Protéines</b> 0.2 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 280 mg	12 %
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.

**Contains:** 0  
**May contain:** Peanuts • Tree nuts • Sesame • Milk • Eggs • Seafood/fish • Soy • Wheat • Sulphites • Mustard.

## CARROT CAKE BLONDIE WITH CREAM CHEESE WHIP

### Nutrition Facts Valeur nutritive

Per 1/4 cake (72 g)  
Pour 1/4 gâteau (72 g)

Calories 280	% Daily Value*
% valeur quotidienne*	
<b>Fat / Lipides</b> 15 g	20 %
Saturated / saturés 10 g	50 %
+ Trans / trans 0.4 g	
<b>Carbohydate / Glucides</b> 34 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 25 g	25 %
<b>Protein / Protéines</b> 3 g	
<b>Cholesterol / Cholestérol</b> 50 mg	
<b>Sodium</b> 135 mg	6 %
Potassium 75 mg	2 %
Calcium 40 mg	3 %
Iron / Fer 0.75 mg	4 %

\* 5% or less is a little, 15% or more is a lot.  
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**Ingredients:** Sugars (brown sugar, icing sugar, decorating sugar), cream cheese (milk ingredients, salt, bacterial culture, carob bean gum, sorbic acid), enriched wheat flour, cream 35% M.F. (milk, cream, guar gum, carrageenan, locust bean gum, glucose solids), butter, carrots, liquid whole egg, artificial and natural vanilla flavour, baking powder, salt, cinnamon, ginger powder, nutmeg, ground cloves.

**Contains:** Milk • Eggs • Wheat • Sulphites.  
**May contain:** Peanuts • Tree nuts • Sesame • Soy.



If there are any issues with your dinner, please reach out to the store directly.  
Store phone numbers can be found on [farmboy.ca](http://farmboy.ca).