

# 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*
<b>Fat / Lipides</b> 1.5 g	2 %
Saturated / saturés 0.4 g	2 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 3 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines</b> 22 g	
<b>Cholesterol / Cholestérol</b> 65 mg	
<b>Sodium</b> 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*
<b>Fat / Lipides</b> 5 g	6 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0.1 g	
<b>Carbohydrate / Glucides</b> 5 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> 260 mg	11 %
Potassium 40 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.5 mg	3 %

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#### MAPLE GLAZED HAM

Nutrition Facts Valeur nutritive	
Per 100 g Pour 100 g	
Calories 120	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides</b> 5 g	7 %
Saturated / saturés 1.5 g	7 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 4 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 3 g	3 %
<b>Protein / Protéines</b> 15 g	
<b>Cholesterol / Cholestérol</b> 40 mg	
<b>Sodium</b> 990 mg	43 %
Potassium 250 mg	7 %
Calcium 10 mg	1 %
Iron / Fer 0.5 mg	3 %

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#### MAPLE MUSTARD GLAZE

Nutrition Facts Valeur nutritive	
Per 1 tbsp (15 mL) Pour 1 c.à.s. (15 mL)	
Calories 50	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides</b> 1 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 9 g	
Fibre / Fibres 1 g	2 %
Sugars / Sucres 9 g	9 %
<b>Protein / Protéines</b> 1 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 170 mg	7 %
Potassium 30 mg	1 %
Calcium 20 mg	2 %
Iron / Fer 0.2 mg	1 %

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#### 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*
<b>Fat / Lipides</b> 4.5 g	6 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0.1 g	
<b>Carbohydrate / Glucides</b> 4 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 3 g	3 %
<b>Protein / Protéines</b> 1 g	
<b>Cholesterol / Cholestérol</b> 10 mg	
<b>Sodium</b> 105 mg	5 %
Potassium 30 mg	1 %
Calcium 20 mg	2 %
Iron / Fer 1 mg	6 %

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**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) • Poultry seasoning (thyme, sage, marjoram, rosemary, black pepper, nutmeg) • Black pepper.  
**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 Dijon mustard (water, mustard seeds, vinegar, salt, dill seasoning, turmeric) • Apple cider vinegar.  
**Contains:** Soy • Mustard.

**INGREDIENTS:** Sugars (maple syrup, brown sugar) • Whole grain Dijon mustard (water, mustard seeds, vinegar, salt, natural dill flavour, turmeric) • Apple cider vinegar.  
**Contains:** Mustard.

**INGREDIENTS:** Cream 35% M.F. (cream, milk, carrageenan, mono and diglycerides, cellulose gum, dextrose) • Chicken stock (water, chicken bones, carrots, celery, onions, parsley, thyme) • Sugars (pasteurized white honey) • White cooking wine • Dijon whole grain mustard (water, mustard seeds, vinegar, salt, natural dill flavour, turmeric) • Cornstarch • Tarragon • Black pepper • Salt.  
**Contains:** Milk • Mustard • Sulphites.

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### CRANBERRY GINGER SAUCE

Nutrition Facts Valeur nutritive	
Per 4 tbsp (60 mL) Pour 4 c.à.s. (60 mL)	
<b>Calories 130</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides</b> 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 34 g	
Fibre / Fibres 2 g	8 %
Sugars / Sucres 30 g	30 %
<b>Protein / Protéines</b> 0.2 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 360 mg	16 %
Potassium 50 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 (85 g) Pour 1/2 tasse (85 g)	
<b>Calories 60</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides</b> 2 g	3 %
Saturated / saturés 0.3 g	2 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 10 g	
Fibre / Fibres 4 g	13 %
Sugars / Sucres 6 g	6 %
<b>Protein / Protéines</b> 1 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 320 mg	14 %
Potassium 300 mg	9 %
Calcium 40 mg	3 %
Iron / Fer 1.25 mg	7 %
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**INGREDIENTS:** Carrots • Olive oil • Salt • Parsley • Black pepper.

### CHIVE MASHED POTATOES

Nutrition Facts Valeur nutritive	
Per 2/3 cup (140 g) Pour 2/3 tasse (140 g)	
<b>Calories 150</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides</b> 7 g	10 %
Saturated / saturés 4.5 g	24 %
+ Trans / trans 0.3 g	
<b>Carbohydrate / Glucides</b> 20 g	
Fibre / Fibres 2 g	6 %
Sugars / Sucres 2 g	2 %
<b>Protein / Protéines</b> 3 g	
<b>Cholesterol / Cholestérol</b> 20 mg	
<b>Sodium</b> 300 mg	13 %
Potassium 450 mg	13 %
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:** Mashed potato (potatoes, cream, milk, butter, chives, salt, spice).  
**Contains:** Milk.

### STEAMED GREEN BEANS

Nutrition Facts Valeur nutritive	
Per 3/4 cup (85 g) Pour 3/4 tasse (85 g)	
<b>Calories 50</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides</b> 2.5 g	4 %
Saturated / saturés 0.4 g	2 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 6 g	
Fibre / Fibres 2 g	9 %
Sugars / Sucres 3 g	3 %
<b>Protein / Protéines</b> 2 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium</b> 240 mg	10 %
Potassium 200 mg	6 %
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:** Green beans • Olive oil • Parsley • Salt • Black pepper.

### CRANBERRY APPLE SAUSAGE STUFFING

Nutrition Facts Valeur nutritive	
Per 3/4 cup (100 g) Pour 3/4 tasse (100 g)	
<b>Calories 180</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides</b> 7 g	9 %
Saturated / saturés 2.5 g	14 %
+ Trans / trans 0.1 g	
<b>Carbohydrate / Glucides</b> 26 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 7 g	7 %
<b>Protein / Protéines</b> 6 g	
<b>Cholesterol / Cholestérol</b> 15 mg	
<b>Sodium</b> 400 mg	17 %
Potassium 150 mg	4 %
Calcium 30 mg	2 %
Iron / Fer 1.5 mg	8 %
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**INGREDIENTS:** Rideau Stuffing Bread (enriched wheat flour, water, canola oil, sugar, yeast) • Chicken stock (water, chicken bones, carrots, celery, onions, parsley, thyme) • Apples (apples, salt, ascorbic acid, citric acid) • Onions • Celery • Farm Boy™ Sweet Italian Sausage (ground pork, Italian sausage seasoning, water, red wine vinegar) • Dried cranberries (cranberries, sugar, sunflower oil) • Butter • Parsley • Poultry seasoning (thyme, sage, marjoram, rosemary, black pepper, nutmeg) • Salt • Sage.  
**Contains:** Milk • Wheat • Sulphites.

### GARLIC FLOWER BUTTER

Nutrition Facts Valeur nutritive	
Per 2 tsp (10 g) Pour 2 c.à.c. (10 g)	
<b>Calories 70</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides</b> 8 g	10 %
Saturated / saturés 4.5 g	24 %
+ Trans / trans 0.2 g	
<b>Carbohydrate / Glucides</b> 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines</b> 0.1 g	
<b>Cholesterol / Cholestérol</b> 20 mg	
<b>Sodium</b> 45 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 or sunflower oil, lactic starter, acetic acid, lactic acid) • Salt • Black pepper • Dried parsley.

### FARM BOY™ LEMON THYME LOAF CAKE

Nutrition Facts Valeur nutritive	
Per 1/6 loaf (81 g) Pour 1/6 pain (81 g)	
<b>Calories 400</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides</b> 26 g	34 %
Saturated / saturés 2 g	14 %
+ Trans / trans 0.5 g	
<b>Carbohydrate / Glucides</b> 40 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 29 g	29 %
<b>Protein / Protéines</b> 4 g	
<b>Cholesterol / Cholestérol</b> 65 mg	
<b>Sodium</b> 115 mg	5 %
Potassium 40 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 0 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:** Sugar • Canola oil • Liquid Whole Egg • Wheat flour • Lemon juice • Artificial and natural vanilla flavour • Baking powder • Lemon zest • Salt • Cooking spray (canola oil, sunflower lecithin) • Thyme  
**Contains:** Eggs • Wheat.

### SPRINKLE SURPRISE COOKIE

Nutrition Facts Valeur nutritive	
Per 1 cookie (105 g) Pour 1 biscuit (105 g)	
<b>Calories 520</b>	% Daily Value* % valeur quotidienne*
<b>Fat / Lipides</b> 24 g	31 %
Saturated / saturés 14 g	72 %
+ Trans / trans 0.5 g	
<b>Carbohydrate / Glucides</b> 73 g	
Fibre / Fibres 1 g	3 %
Sugars / Sucres 44 g	44 %
<b>Protein / Protéines</b> 6 g	
<b>Cholesterol / Cholestérol</b> 100 mg	
<b>Sodium</b> 390 mg	17 %
Potassium 50 mg	1 %
Calcium 50 mg	4 %
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:** Sugars (brown sugar, icing sugar, sugar) • Enriched wheat flour • Butter • Rainbow sprinkles (sugars [icing sugar, glucose], fractionated palm kernel oil, cornstarch, soy lecithin, allura red, tartrazine, sunset yellow FCF, erythrosine, brilliant blue FCF, gum arabic, carnauba wax) • Liquid whole egg • Liquid egg yolk (egg yolks, salt) • Shortening (palm oil, soybean oil, modified palm oil) • Water • Artificial and natural vanilla flavour • Baking powder • Baking soda • Salt • Madagascar vanilla bean paste (invert sugar, vanilla extract, processed vanilla bean seeds, xanthan gum, acacia gum).  
**Contains:** Milk • Eggs • Soy • Wheat

If there are any issues with your dinner, please visit [farmboy.ca/contact-us/](http://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. Thank you.

# NUTRITIONAL INFORMATION

## LEMON BUTTERCREAM LAYER CAKE

### Nutrition Facts Valeur nutritive

Per 1/12 cake (80 g)

Pour 1/12 gâteau (80 g)

**Calories 300** % Daily Value\*  
% valeur quotidienne\*

**Fat / Lipides** 19 g 25 %  
Saturated / saturés 7 g 38 %  
+ Trans / trans 0.5 g

**Carbohydrate / Glucides** 32 g  
Fibre / Fibres 0 g 0 %  
Sugars / Sucres 20 g 20 %

**Protein / Protéines** 3 g

**Cholesterol / Cholestérol** 45 mg

**Sodium** 220 mg 10 %

Potassium 30 mg 1 %

Calcium 75 mg 6 %

Iron / Fer 0.8 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:** Vanilla sponge (sugar, enriched wheat flour, modified milk ingredients, baking powder, modified cornstarch, soya oil, salt, natural flavour, carboxymethyl cellulose), Water, Liquid whole eggs, Vegetable oil (soybean oil, dimethylpolysiloxane), Sugars (sugar, icing sugar), Unsalted butter, Shortening (palm oil, modified palm oil), Liquid egg whites, Lemon juice, Lemon Flavour, Colflo (modified cornstarch), Tartrazine, Candy mini eggs (sugar, milk ingredients, modified palm and modified vegetable oil, unsweetened chocolate, cocoa butter, soy lecithin, gum arabic, natural and artificial flavours, titanium dioxide, tartrazine, brilliant blue fcf, allura red).

**MAY CONTAIN:** Milk • Eggs • Soy • Wheat.

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# Roast Turkey

SCHEDULE	<b>Turkey Dinner</b> (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
<b>START!</b>	Preheat oven to 325°F (163°C) Place the <b>Turkey</b> 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: <b>Cranberry Apple Sausage Stuffing</b> and <b>Chive Mashed Potatoes</b> 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: <b>Roasted Baby Carrots</b> 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 <b>Garlic Flower Butter</b> before baking/microwaving.	30-35 minutes
90 mins after turkey goes in	Place in the oven with Turkey: <b>Steamed Green Beans</b> 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 <b>Garlic Flower Butter</b> before baking/microwaving.	25-30 minutes
110 mins after turkey goes in	Bring the <b>Turkey Gravy</b> 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
<b>FINISHED!</b>	Remove everything from the oven, serve and enjoy! No need to rest before carving, and don't forget to get the <b>Cranberry Ginger Sauce</b> from the fridge!	Enjoy!

# Glazed Ham

SCHEDULE	<b>Ham Dinner</b> (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
<b>START!</b>	Preheat oven to 350°F (177°C). Place the <b>Ham</b> in an uncovered roasting pan lined with aluminum foil, pour <b>Maple Mustard Glaze</b> 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: <b>Cranberry Apple Sausage Stuffing</b> and <b>Chive Mashed Potatoes</b> 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: <b>Roasted Baby Carrots</b> 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 <b>Garlic Flower Butter</b> before baking/microwaving.	30-35 minutes
90 mins after ham goes in	Place in the oven with Ham: <b>Steamed Green Beans</b> 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 <b>Garlic Flower Butter</b> before baking/microwaving.	25-30 minutes
110 mins after ham goes in	Bring the <b>Honey Mustard Cream Sauce</b> 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
<b>FINISHED!</b>	Remove everything from oven, serve and enjoy! No need to rest before carving!	Enjoy!