

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*
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.4 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 3 g	
Fibre / 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	

INGREDIENTS: Turkey • Water • Salt.

TURKEY GRAVY

Nutrition Facts Valeur nutritive	
Per 1/4 cup (60 mL) Pour 1/4 tasse (60 mL)	
Calories 70	% Daily Value* % valeur quotidienne*
Fat / Lipides 5 g	6 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 5 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 20 mg	
Sodium 260 mg	11 %
Potassium 40 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: 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.

MAPLE GLAZED HAM

Nutrition Facts Valeur nutritive	
Per 100 g Pour 100 g	
Calories 120	% Daily Value* % valeur quotidienne*
Fat / Lipides 5 g	7 %
Saturated / saturés 1.5 g	7 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 4 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 3 g	3 %
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	

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.

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*
Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 9 g	
Fibre / Fibres 1 g	2 %
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	

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

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*
Fat / Lipides 4.5 g	6 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 4 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 10 mg	
Sodium 105 mg	5 %
Potassium 30 mg	1 %
Calcium 20 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: 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)	
Calories 130	% Daily Value* % valeur quotidienne*
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 34 g	
Fibre / Fibres 2 g	8 %
Sugars / Sucres 30 g	30 %
Protein / Protéines 0.2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 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.

CRANBERRY APPLE SAUSAGE STUFFING

Nutrition Facts Valeur nutritive	
Per 3/4 cup (100 g) Pour 3/4 tasse (100 g)	
Calories 180	% Daily Value* % valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 2.5 g	14 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 15 mg	
Sodium 400 mg	17 %
Potassium 150 mg	4 %
Calcium 30 mg	2 %
Iron / Fer 1.5 mg	8 %
* 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: 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.

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*
Fat / Lipides 7 g	10 %
Saturated / saturés 4.5 g	24 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 20 g	
Fibre / Fibres 2 g	6 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 20 mg	
Sodium 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)	
Calories 50	% Daily Value* % valeur quotidienne*
Fat / Lipides 2.5 g	4 %
Saturated / saturés 0.4 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 6 g	
Fibre / Fibres 2 g	9 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 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.

ROASTED BABY CARROTS

Nutrition Facts Valeur nutritive	
Per 1/2 cup (85 g) Pour 1/2 tasse (85 g)	
Calories 60	% Daily Value* % valeur quotidienne*
Fat / Lipides 2 g	3 %
Saturated / saturés 0.3 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 10 g	
Fibre / Fibres 4 g	13 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 320 mg	14 %
Potassium 300 mg	9 %
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: Carrots • Olive oil
• Salt • Parsley • Black pepper.

GARLIC FLOWER BUTTER

Nutrition Facts Valeur nutritive	
Per 2 tsp (10 g) Pour 2 c.à.c. (10 g)	
Calories 70	% Daily Value* % valeur quotidienne*
Fat / Lipides 8 g	10 %
Saturated / saturés 4.5 g	24 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.1 g	
Cholesterol / Cholestérol 20 mg	
Sodium 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)	
Calories 400	% Daily Value* % valeur quotidienne*
Fat / Lipides 26 g	34 %
Saturated / saturés 2 g	14 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 40 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 29 g	29 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 65 mg	
Sodium 115 mg	5 %
Potassium 40 mg	1 %
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: 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.

FARM BOY™ SALSA VERDE ROLLED TORTILLA CHIPS

Nutrition Facts Valeur nutritive	
Per about 25 chips (50 g) Pour environ 25 croustilles (50 g)	
Calories 280	% Daily Value* % valeur quotidienne*
Fat / Lipides 19 g	25 %
Saturated / saturés 2 g	11 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 25 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 370 mg	16 %
Potassium 125 mg	4 %
Calcium 50 mg	4 %
Iron / Fer 0.1 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: Corn flour • Salt • Vegetable oil (corn and/or sunflower oil) • Sugars (maltodextrin, sugar) • Water • Vinegar powder (maltodextrin, modified cornstarch, vinegar) • Tomato powder • Spice • Garlic powder • Onion powder • Natural flavour • Yeast extract • Green bell pepper powder • Citric acid • Canola oil • Silicon dioxide.

If there are any issues with your dinner, please visit 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.

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: Steamed Green Beans 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: Steamed Green Beans 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!