



THANKSGIVING

DINNER FOR TWO



MENU

Sweet Parsnip Soup
with Spiced Pumpkin Seeds

Mandarin Goat Cheese Salad
with Balsamic Dressing

Roast Turkey Breast with Stuffing,
Mashed Potatoes, Whole Roasted
Baby Carrots & Sliced Brussels Sprouts

Cranberry Sauce & Turkey Gravy

Pumpkin Spice Sticky Toffee Pudding
with a No Churn Cinnamon Ice Cream

50 MINUTES
REHEATING



REHEATING & SERVING INSTRUCTIONS

PREHEAT THE OVEN TO 350°F (175°C)

Sweet Parsnip Soup with Spiced Pumpkin Seeds

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 Spiced Pumpkin Seeds.

Mandarin Goat Cheese Salad with Balsamic Vinaigrette

Place ingredients into a bowl. Toss with vinaigrette. Serve Cold.

Roast Turkey Breast, Cranberry Apple Sausage Stuffing

Place turkey and stuffing container on tray and bake, uncovered at **350°F (175°C)** for **40-50 minutes**, or until internal temperature reaches **165°F (74°C)**

Thanksgiving Sides

Place vegetable and mashed potato containers on tray and bake, uncovered, at **350°F (175°C)** for **15-20 minutes**, or until internal temperature reaches **165°F (74°C)**.

Turkey Gravy

Place gravy in small saucepan and simmer over medium low heat, for **5 minutes**, until internal temperature reaches **165°F (74°C)**.

Cranberry Sauce

Serve chilled.

Pumpkin Spice Sticky Toffee Pudding

Simmer sauce in small sauce pan over medium low until internal temperature reaches **165°F (74°C)**. Bring cake to room temperature. Spoon warm sauce onto plates and place cake over sauce.

Cinnamon No-Churn Ice Cream

90 minutes before serving, place no-churn ice cream in freezer.

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

SWEET PARSNIP SOUP WITH PUMPKIN SEEDS

Nutrition Facts		
Valeur nutritive		
Per 1 cup (250 mL)		
Pour 1 tasse (250 mL)		
Calories 450	% Daily Value *	
	% valeur quotidienne *	
Total Fat / Lipides 31 g		42%
Saturated / saturés 8 g		
+ Trans / trans 0.2 g		43%
Carbohydrate / Glucides 33 g		
Fibre / Fibres 7 g		24%
Sugars / Sucres 17 g		17%
Protein / Protéines 17 g		
Cholesterol / Cholestérol 20 mg		
Sodium 620 mg		27%
Potassium 700 mg		21%
Calcium 75 mg		6%
Iron / Fer 4.5 mg		25%
* 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: Chicken stock (water, chicken bones, carrots, celery, onions, parsley, thyme), Parsnips • Apples (apples, ascorbic acid, salt, citric acid) • Cream 35% M.F. (cream, milk, carrageenan, mono and diglycerides, cellulose gum, dextrose) • Sugars (pasteurized white honey) • Spiced pumpkin seeds (pumpkin seeds, sugars [pasturized honey], olive oil, garlic powder, cinnamon, paprika, salt, cayenne pepper) • Salt • Black pepper.

Contains: Milk.

May contain: Peanuts • Tree nuts
• Sesame • Eggs • Fish • Shellfish • Soy
• Wheat • Sulphites • Mustard.

MANDARIN GOAT CHEESE SALAD WITH BALSAMIC VINAIGRETTE

Nutrition Facts		
Valeur nutritive		
Per 1/3 package (100 g)		
Pour 1/3 emballage (100 g)		
Calories 190	% Daily Value *	
	% valeur quotidienne *	
Total Fat / Lipides 15 g		20%
Saturated / saturés 2.5 g		
+ Trans / trans 0.2 g		14%
Carbohydrate / Glucides 10 g		
Fibre / Fibres 1 g		5%
Sugars / Sucres 7 g		7%
Protein / Protéines 4 g		
Cholesterol / Cholestérol 10 mg		
Sodium 70 mg		3%
Potassium 200 mg		6%
Calcium 30 mg		2%
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: Mandarins (mandarin orange segments, water, sugar) • Spring salad mix (lollo rosa, red leaf, red romaine, radicchio, bulls blood, red chard, green romaine, tango, mizuna, green oak, tatsoi, green and gold chard, baby spinach, frisée) • Farm Boy™ Balsamic Vinaigrette (balsamic vinegar, Canadian sunflower oil, sugars [honey], extra virgin olive oil, dehydrated garlic, red bell pepper) • Goat cheese (pasteurized goat's milk, cellulose, sea salt, bacterial culture, microbial enzyme, natamycin), Beets • Zucchini • Pecan pieces.

Contains: Pecans • Milk • Sulphites.

May contain: Peanuts • Other tree nuts
• Sesame • Eggs • Fish • Shellfish • Soy
• Wheat • Mustard.

MASHED POTATOES, CARROTS, AND BRUSSELS SPROUTS

Nutrition Facts		
Valeur nutritive		
Per 1/3 package (268 g)		
Pour 1/3 emballage (268 g)		
Calories 250	% Daily Value *	
	% valeur quotidienne *	
Total Fat / Lipides 10 g		14%
Saturated / saturés 4.5 g		
+ Trans / trans 0.3 g		23%
Carbohydrate / Glucides 34 g		
Fibre / Fibres 8 g		29%
Sugars / Sucres 9 g		9%
Protein / Protéines 6 g		
Cholesterol / Cholestérol 20 mg		
Sodium 730 mg		32%
Potassium 1000 mg		29%
Calcium 100 mg		8%
Iron / Fer 3 mg		17%
* 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: Roasted carrots (carrots, olive oil, salt, black pepper) • Roasted brussels sprouts (brussels sprouts, olive oil, salt, black pepper) • Mashed potato with chives (potatoes, cream, milk, butter, chives, salt, spice) • Parsley.

Contains: Milk.

May contain: Peanuts • Tree nuts
• Sesame • Eggs • Fish • Shellfish • Soy
• Wheat • Sulphites • Mustard.

ROAST TURKEY BREAST WITH STUFFING

Nutrition Facts		
Valeur nutritive		
Per 1/3 package (301 g)		
Pour 1/3 emballage (301 g)		
Calories 610	% Daily Value *	
	% valeur quotidienne *	
Total Fat / Lipides 31 g		42%
Saturated / saturés 14 g		
+ Trans / trans 0.5 g		72%
Carbohydrate / Glucides 32 g		
Fibre / Fibres 2 g		8%
Sugars / Sucres 8 g		8%
Protein / Protéines 49 g		
Cholesterol / Cholestérol 165 mg		
Sodium 750 mg		33%
Potassium 850 mg		25%
Calcium 40 mg		3%
Iron / Fer 2.25 mg		13%
* 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, water, salt, brown sugar) • Cranberry apple sausage stuffing (Rideau stuffing bread, chicken stock, celery, onions, apples, Farm Boy™ Sweet Italian Pork 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, dried parsley) • Parsley.

Contains: Milk • Soy • Wheat • Sulphites.

May contain: Peanuts • Tree nuts • Sesame
• Eggs • Fish • Shellfish • 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 *	
Total Fat / Lipides 4.5 g		6%
Saturated / saturés 2.5 g		
+ Trans / trans 0.2		14%
Carbohydrate / Glucides 4 g		
Fibre / Fibres 0 g		0%
Sugars / Sucres 0 g		0%
Protein / Protéines 2 g		
Cholesterol / Cholestérol 20 mg		
Sodium 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, 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.

May contain: Peanuts • Tree nuts
• Sesame • Eggs • Fish • Shellfish
• 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 *	
Total Fat / Lipides 0 g		0%
Saturated / saturés 0 g		
+ Trans / trans 0 g		0%
Carbohydrate / Glucides 28 g		
Fibre / Fibres 2 g		6%
Sugars / Sucres 24 g		24%
Protein / Protéines 0.2 g		
Cholesterol / Cholestérol 0 mg		
Sodium 300 mg		13%
Potassium 40 mg		1%
Calcium 10 mg		1%
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: Cranberries • Sugar • Water
• Ginger • Salt • Cinnamon.

Contains: Ø

May contain: Peanuts • Tree nuts
• Sesame • Eggs • Milk • Fish • Shellfish
• Soy • Wheat • Sulphites • Mustard.

PUMPKIN SPICE STICKY TOFFEE PUDDING & NO CHURN ICE CREAM

Nutrition Facts		
Valeur nutritive		
Per 1/4 package (140 g)		
Pour 1/4 emballage (140 g)		
Calories 490	% Daily Value *	
	% valeur quotidienne *	
Total Fat / Lipides 26 g		35%
Saturated / saturés 17 g		
+ Trans / trans 0.5 g		90%
Carbohydrate / Glucides 63 g		
Fibre / Fibres 2 g		7%
Sugars / Sucres 41 g		41%
Protein / Protéines 5 mg		
Cholesterol / Cholestérol 80 mg		
Sodium 300 mg		13%
Potassium 175 mg		5%
Calcium 125 mg		10%
Iron / Fer 2.25 mg		13%
* 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: Sticky toffee pudding (sugars [brown sugar, agave syrup, sugar, decorating sugar], cream 35% M.F., water, enriched wheat flour, butter, pumpkin puree, dates, liquid whole egg, white chocolate, dried cranberries, artificial and natural vanilla flavour, cinnamon, baking soda, baking powder, salt, ground ginger, nutmeg, xanthan gum) • Ice cream (cream 35% M.F., sugars [agave syrup], artificial and natural vanilla flavour, cinnamon, salt, xanthan gum)
• Toffee sauce (brown sugar, cream 35% M.F., pumpkin puree, butter, artificial and natural vanilla flavour, cinnamon).

Contains: Eggs • Milk • Soy • Wheat.

May contain: Peanuts • Tree nuts • Sesame
• Fish • Shellfish • Sulphites • Mustard.

Caution: May contain pits or pit fragments.

If there are any issues with your dinner, please reach out to the store directly.

Store phone numbers can be found on farmboy.ca.