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. Reheating 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 reheating?
It does not require basting during reheating.

Should I cover the turkey with foil while reheating?
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 glaze and the honey mustard sauce that come with the ham dinner package?
The maple glaze should be poured over the ham before it goes in the oven, and the honey mustard 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 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, sulphites, mustard.

WHOLE COOKED TURKEY

Nutrition Facts / Valeur nutritive
Per 100 g / pour 100 g

Calories 110	% Daily Value* / % valeur quotidienne*
Total Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.4 g + Trans / trans 0 g	2 %
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	4 %
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*
Total Fat / Lipides 5 g	7 %
Saturated / saturés 3 g + Trans / trans 0.2 g	15 %
Carbohydrate / Glucides 4 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, turkey necks, carrots, onions, celery, garlic, thyme) • Enriched wheat flour • Butter • 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*
Total Fat / Lipides 5 g	7 %
Saturated / saturés 1.5 g + Trans / trans 0 g	7 %
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, 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, natural dill flavour, 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*
Total Fat / Lipides 1 g	1 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
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*
Total Fat / Lipides 4.5 g	6 %
Saturated / saturés 3 g + Trans / trans 0.1 g	15 %
Carbohydrate / Glucides 5 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 0.3 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: Chicken stock (water, chicken bones, carrots, celery, onions, parsley, thyme) • Cream 35% M.F. (cream, milk, carrageenan, mono and diglycerides, cellulose gum, dextrose) • Sugars (pasteurized white honey) • White cooking wine • Whole grain Dijon mustard (water, mustard seeds, vinegar, salt, natural dill flavour, turmeric) • Cornstarch • Salt • Black pepper • Tarragon.
Contains: Milk • Sulphites • Mustard.

NUTRITIONAL INFORMATION
cont.

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.

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*
Total Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
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.

ROASTED BRUSSELS SPROUTS

Nutrition Facts / Valeur nutritive
Per 2/3 cup (85 g) / pour 2/3 tasse (85 g)

Calories 70	% Daily Value* / % valeur quotidienne*
Total Fat / Lipides 3 g	4 %
Saturated / saturés 0.5 g + Trans / trans 0 g	2 %
Carbohydrate / Glucides 9 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 200 mg	9 %
Potassium 400 mg	12 %
Calcium 40 mg	3 %
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: Brussels sprouts • Olive oil • 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*
Total Fat / Lipides 2 g	3 %
Saturated / saturés 0.3 g + Trans / trans 0 g	2 %
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 • Black pepper.

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*
Total Fat / Lipides 7 g	10 %
Saturated / saturés 4.5 g + Trans / trans 0.3 g	24 %
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: Potatoes • Cream (milk, cream, sodium citrate, sodium phosphate, carrageenan) • Milk • Butter • Chives • Salt • Spice.
Contains: Milk.

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*
Total Fat / Lipides 6 g	8 %
Saturated / saturés 2.5 g + Trans / trans 0.1 g	13 %
Carbohydrate / Glucides 25 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 15 mg	
Sodium 410 mg	18 %
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: Bread (enriched wheat flour, water, canola oil, sugar, salt, fresh yeast) • Chicken stock (water, chicken bones, celery, onions, carrots, parsley, thyme) • Celery • Onions • Apples (apples, salt, ascorbic acid, citric acid) • Farm Boy™ Sweet Italian Sausage (ground pork, Italian sausage seasoning, water, red wine vinegar) • Dried cranberries (cranberries, sugar, sunflower oil) • Butter • Poultry seasoning (thyme, sage, marjoram, rosemary, black pepper, nutmeg) • Sage • Salt.
Contains: Milk • Wheat • Sulphites.

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*
Total Fat / Lipides 8 g	10 %
Saturated / saturés 4.5 g + Trans / trans 0.3 g	23 %
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.
Contains: Milk.

FARM BOY™ GINGERBREAD LOAF CAKE

Nutrition Facts / Valeur nutritive
Per 1/8 loaf (60 g) / pour 1/8 pain (60 g)

Calories 190	% Daily Value* / % valeur quotidienne*
Total Fat / Lipides 5 g	7 %
Saturated / saturés 3 g + Trans / trans 0 g	15 %
Carbohydrate / Glucides 33 g	
Fibre / Fibres 1 g	2 %
Sugars / Sucres 19 g	19 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 20 mg	
Sodium 150 mg	7 %
Potassium 150 mg	4 %
Calcium 50 mg	4 %
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: Sugars (fancy molasses, brown sugar, decorating sugar) • Water • Enriched wheat flour • Butter • Liquid whole egg • Baking powder • Baking soda • Ground ginger • Cinnamon • Salt.
Contains: Eggs • Milk • Wheat.

CHOCOLATE MINT GANACHE CAKE

Nutrition Facts / Valeur nutritive
Per 1/14 cake (86 g) / pour 1/14 gâteau (86 g)

Calories 290	% Daily Value* / % valeur quotidienne*
Total Fat / Lipides 22 g	30%
Saturated / saturés 9 g + Trans / trans 1.5 g	49 %
Carbohydrate / Glucides 24 g	
Fibre / Fibres 1 g	3 %
Sugars / Sucres 16 g	16 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 40 mg	
Sodium 180 mg	8 %
Potassium 100 mg	3 %
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: Chocolate sponge (chocolate cake mix, water, soybean oil, liquid whole eggs) • Vanilla buttercream (unsalted butter, icing sugar, palm and modified palm oil shortening, liquid egg whites, sugar, artificial vanilla extract) • Chocolate ganache (cream 35% M.F., dark chocolate 55%, dark chocolaty coating) • White chocolate (sugar, cocoa butter, whole milk powder, soy and/or sunflower and/or canola lecithin, natural vanilla flavour, milk) • Natural peppermint oil • Cocoa butter • Allura red lake • Tartrazine lake • Brilliant blue FCF • Indigotine.
Contains: Eggs • Milk • Soy • Wheat.

If there are any issues with your dinner, please visit **farmboy.ca**/contact-us/ to enter your contact information including 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 (190°C). 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 an uncovered roasting pan, and reheat for 2 hours, or until internal temperature reaches 165°F (74°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 Brussels Sprouts** 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: **Roasted Baby Carrots** 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.	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 (190°C). Place these items on a baking sheet in the oven.	Approximate Heating Time
START!	Preheat oven to 350°F (175°C). Place the **Ham** in an uncovered roasting pan lined with aluminum foil, pour **Maple 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 Brussels Sprouts** 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: **Roasted Baby Carrots** 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 Sauce** to a gentle simmer in a saucepan on the stovetop, stirring regularly, about 10 minutes.	10 minutes
FINISHED!	Remove everything from oven, serve and enjoy! No need to rest before carving.	**Enjoy!**