

INGREDIENTS

FESTIVE CRANBERRY BRIE LOAF

Nutrition Facts Valeur nutritive	
Per 1/4 loaf (165 g) pour 1/4 pain (165 g)	
Calories 430	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 12 g	16 %
Saturated / saturés 6 g	32 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 66 g	
Fiber / Fibres 4 g	13 %
Sugars / Sucres 20 g	20 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 35 mg	
Sodium 620 mg	27 %
Potassium 150 mg	4 %
Calcium 100 mg	8 %
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	
Contains: gluten	

Ingredients:

Cranberry walnut loaf (unbleached wheat flour, water, fermented dough, dried cranberries, walnuts, orange zest, yeast, extra virgin olive oil, sea salt, sugar, malt, natural dough improver), brie (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, p.candidum, colour), cranberry sauce (cranberries, organic sugar, orange juice concentrate, cinnamon, cloves), rosemary.

Contains: Wheat, walnuts, milk.

Bake at 350°C for 15 minutes or until cheese is melted to your desire.

STUFFED TURKEY BREAST

Nutrition Facts Valeur nutritive	
Per 100 g pour 100 g	
Calories 140	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 4 g	5 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 11 g	
Fiber / Fibres 1 g	4 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 40 mg	
Sodium 1050 mg	46 %
Potassium 300 mg	9 %
Calcium 20 mg	2 %
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:

Rwa turkey breast, stuffing (bread, turkey stock, water, turkey, onion, carrot, celery, parsley, peppercorn, bay leaf), onion, carrot, celery, butter, dried cranberries (cranberries, cane sugar, sunflower oil), parsley, sea salt, sage, rosemary, black pepper.

Contains: Milk, wheat.

Keep refrigerated.

Heat to a minimum temperature of 75°C (165°F).

CRANBERRY STUFFING

Nutrition Facts Valeur nutritive	
Per 100 g pour 100 g	
Calories 270	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 11 g	14 %
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 39 g	
Fiber / Fibres 4 g	13 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 15 mg	
Sodium 660 mg	29 %
Potassium 250 mg	7 %
Calcium 50 mg	4 %
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:

Bread, turkey stock (water, turkey, onion, carrot, celery, parsley, peppercorn, bay leaf), onion, carrot, celery, butter, dried cranberries (cranberries, cane sugar, sunflower oil), parsley, sea salt, sage, rosemary, black pepper.

Contains: Milk, wheat.

Keep refrigerated.

TURKEY GRAVY

Nutrition Facts Valeur nutritive	
Per 100 ml (127 g) pour 100 ml (127 g)	
Calories 90	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 4.5 g	6 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 6 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 10 mg	
Sodium 85 mg	4 %
Potassium 200 mg	6 %
Calcium 10 mg	1 %
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:

Turkey stock (water, turkey, onion, carrot, celery, parsley, peppercorn, bay leaf), wheat flour, butter, parsley, rosemary, sage, sea salt, black pepper, extra virgin olive oil.

Contains: Milk, wheat.

Keep refrigerated.

INGREDIENTS

ROASTED BABY POTATOES

Nutrition Facts Valeur nutritive	
Per 85 g pour 85 g	
Calories 100	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 4.5 g	6 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 14 g	
Fiber / Fibres 3 g	10 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 75 mg	3 %
Potassium 450 mg	13 %
Calcium 30 mg	2 %
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:
Baby potatoes, extra virgin olive oil, sea salt.

Keep refrigerated.

CARLIC BRUSSELS SPROUTS

Nutrition Facts Valeur nutritive	
Per 100 g pour 100 g	
Calories 110	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 8 g	10 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 9 g	
Fiber / Fibres 3 g	12 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 10 mg	
Sodium 50 mg	2 %
Potassium 350 mg	10 %
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:
Brussels sprouts, garlic, extra virgin olive oil, garlic salt, butter, apple cider vinegar, black pepper.

Contains: Milk.

Keep refrigerated.

CARLIC MASHED POTATOES

Nutrition Facts Valeur nutritive	
Per 1/2 cup (100 g) pour 1/2 tasse (100 g)	
Calories 150	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 9 g	12 %
Saturated / saturés 5 g	28 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 17 g	
Fiber / Fibres 2 g	6 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 25 mg	
Sodium 150 mg	7 %
Potassium 300 mg	9 %
Calcium 20 mg	2 %
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	

Contains: milk
Contient: lait

Ingredients:
Potato, butter, whipping cream (cream, milk, cellulose gel, carrageenan, cellulose gum), roasted garlic (garlic, extra virgin olive oil), parsley, sea salt, black pepper.

Contains: Milk.

Heat to a minimum temperature of 75°C (165°F).

ROASTED CARROTS

Nutrition Facts Valeur nutritive	
Per 1/2 cup (100 g) pour 1/2 tasse (100 g)	
Calories 140	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 8 g	10 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 17 g	
Fiber / Fibres 4 g	14 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 150 mg	7 %
Potassium 450 mg	13 %
Calcium 50 mg	4 %
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:
Carrot, extra virgin olive oil, sugar, white balsamic vinegar, expeller pressed non-GMO canola oil, sea salt, cumin, cinnamon, clove.

Contains: Sulphites.

Keep refrigerated.

INGREDIENTS

ROASTED COLOURED VEGETABLES

Nutrition Facts Valeur nutritive	
Per 100 g pour 100 g	
Calories 100	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 6 g	8 %
Saturated / saturés 1 g	4 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 11 g	
Fiber / Fibres 2 g	9 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 370 mg	16 %
Potassium 250 mg	7 %
Calcium 40 mg	3 %
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:

Butternut squash, carrot, sweet potato, yellow onion, yellow beets, thyme, salt, cinnamon, garlic, sugar, extra virgin olive oil, sage, orange juice, Italian parsley.

Keep refrigerated.

CRANBERRY SAUCE

Nutrition Facts Valeur nutritive	
Per 1/4 cup (50 g) pour 1/4 tasse (50 g)	
Calories 90	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 23 g	
Fiber / Fibres 2 g	6 %
Sugars / Sucres 20 g	20 %
Protein / Protéines 0.2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 40 mg	1 %
Calcium 20 mg	2 %
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:

Frozen cranberries, organic sugar, orange juice concentrate, cinnamon, cloves.

Keep refrigerated.

BUTTERNUT SQUASH SOUP

Nutrition Facts Valeur nutritive	
Per 250 ml (250 g) pour 250 ml (250 g)	
Calories 110	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 6 g	8 %
Saturated / saturés 3 g	16 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 11 g	
Fiber / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 85 mg	4 %
Potassium 150 mg	4 %
Calcium 20 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:

Water, onion, coconut milk (coconut milk, water, guar gum, sodium metabisulfite), butternut squash, carrot, rice, lemongrass, expeller pressed non-GMO canola oil, ginger, coriander, sea salt, chili flakes, white pepper.

Contains: Sulphites.

Keep refrigerated.

Heat to a minimum temperature of 75°C (165°F).

DINNER BUNS

Nutrition Facts Valeur nutritive	
Per 1 bun (35 g) pour 1 petit pain (35 g)	
Calories 110	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 3.5 g	5 %
Saturated / saturés 1 g	4 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 17 g	
Fiber / Fibres 1 g	3 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 160 mg	7 %
Potassium 30 mg	1 %
Calcium 0 mg	0 %
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:

Unbleached wheat flour, water, extra virgin olive oil, organic palm oil, sugar, yeast, natural dough improver (wheat, ascorbic acid, natural enzyme [plant based]).

INGREDIENTS

ROASTED YAM & SWEET POTATOES WITH FENNEL

Nutrition Facts Valeur nutritive	
Per 1/2 cup (100 g) pour 1/2 tasse (100 g)	
Calories 140	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 4 g	5 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 24 g	
Fiber / Fibres 4 g	14 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 200 mg	9 %
Potassium 600 mg	18 %
Calcium 40 mg	3 %
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:
Yam, sweet potato, fennel, onion, extra virgin olive oil, orange juice, sea salt, black pepper.

Keep refrigerated.

APPLE PIE

Nutrition Facts Valeur nutritive	
Per 1/6 of pie (96 g) pour 1/6 (96 g)	
Calories 250	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 13 g	17 %
Saturated / saturés 6 g	29 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 33 g	
Fiber / Fibres 1 g	5 %
Sugars / Sucres 15 g	15 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 160 mg	7 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
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:
Pie crust (unbleached wheat flour, sustainable premium organic palm oil, water, sea salt), **filling** (apples, salt, absorbic acid, sugar, tapioca starch, organic lemon juice, cinnamon, organic molasses, apple pectin).

PUMPKIN PIE

Nutrition Facts Valeur nutritive	
Per 1/8 of pie (57 g) pour 1/8 (57 g)	
Calories 170	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 9 g	12 %
Saturated / saturés 5 g	25 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 21 g	
Fiber / Fibres 1 g	3 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 40 mg	
Sodium 150 mg	7 %
Potassium 75 mg	2 %
Calcium 30 mg	2 %
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	

Contains: egg, milk
Contient: lait, oeuf

Ingredients:
Pie crust (unbleached wheat flour, sustainable premium organic palm oil, water, sea salt), **filling** (pumpkin, organic sugar, whipping cream [cream, milk, cellulose gel, carrageenan, cellulose gum], eggs, tapioca starch, organic molasses, sea salt, ginger, cinnamon, nutmeg, cloves).

PECAN WALNUT PIE

Nutrition Facts Valeur nutritive	
Per 1/4 of pie (100 g) pour 1/4 (100 g)	
Calories 400	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 25 g	34 %
Saturated / saturés 11 g	55 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 40 g	
Fiber / Fibres 1 g	4 %
Sugars / Sucres 29 g	29 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 120 mg	
Sodium 200 mg	9 %
Potassium 75 mg	2 %
Calcium 30 mg	2 %
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	

Contains: egg, pecans
Contient: noix de pécan, oeuf

Ingredients:
Pie dough (wheat flour, water, sustainable premium organic palm oil, sea salt), **filling** (brown sugar, pecans, walnuts, eggs, butter[milk], organic lemon juice, sea salt, bourbon, vanilla [water, sugar, vanilla bean extract, gum tragacanth]).

May contain shell fragments.