



FROZEN MEAL INFORMATION & NUTRITION GUIDE 2022



THE LIGHTHOUSE RESTAURANT

199 High Street Southampton, ON

All frozen meals prepared and packaged locally by
The Lighthouse Restaurant in Southampton.



NEW TO HCSS?

Please call Central Intake to register as a client before scheduling any of our services.

Central Intake: 1-833-659-5491

ARE YOU AN EXISTING CLIENT?

Use the information on the bottom of this page to contact our Meals On Wheels team.

FROZEN MEAL SERVICE AREAS

Saugeen Central—Ayton, Paisley, Chesley, Hanover, Walkerton, Mildmay, Teeswater, Lucknow, Neustadt & Formosa

Owen Sound—Jackson, Balmy Beach, Chatsworth, East Linton, Annan, Kilsyth, Leith, Massie, Rockford, Springmount, Woodford & Bognor

Peninsula—Wiarton, Sauble Beach, Lion's Head & Tobermory

North Grey—Meaford & Thornbury

East Grey—Markdale, Durham, Flesherton & Dundalk

Shoreline—Port Elgin, Tara, Southampton, Tiverton, Ripley, Point Clark, & Kincardine



FROZEN MEAL ORDERING

Once registered as a client with Home & Community Support Services Grey-Bruce frozen meals orders can be placed via phone, fax or email. To obtain the correct order form for your service area visit [HCSSGREYBRUCE.COM/MEALS-ON-WHEELS](https://hcssgreybruce.com/meals-on-wheels) or contact us using the information below. Order due dates and delivery dates are different for each service area so please be careful to use the correct form.

PHONE, FAX OR EMAIL ORDERS TO:

PHONE: 519-372-2091 Ext. 3

FAX: 519-372-2748

mow@hcssgreybruce.com



FROZEN MEAL DELIVERY

Our Frozen Meal deliveries are completed by our team of committed Home & Community Support Services Grey-Bruce volunteers.

Please ensure your order is placed in the freezer immediately upon delivery.

If you are not going to be home on the day of your frozen meal delivery, please remember to call our office to make pick up arrangements.

GIFT CERTIFICATES

We have gift certificates available for eligible friends or family who may be in need of frozen meals or for those interested in trying them. Call our offices to purchase gift certificates.

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DIETARY CODES	D—Suitable for Diabetic	LS—Low Sodium	LF—Low Fat	GF—Gluten Free
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100—CHEESE OMELET WITH SAUSAGES AND POTATO PUFFS

INGREDIENTS

EGG, CHEDDAR CHEESE, VEGETABLE OIL, PORK SAUSAGE (TOASTED
WHEAT CRUMBS, DEXTROSE, SUGAR, SPICES), POTATO

Nutrition Facts

1 servings per container

Serving size 1 portion (230g)

Amount Per Serving

Calories 430

% Daily Value*

Total Fat 29g 37%

Saturated Fat 7.6g 38%

Trans Fat 0g

Cholesterol 360mg 120%

Sodium 720mg 31%

Total Carbohydrate 25g 9%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 18g 36%

Vitamin D 88mcg 440%

Calcium 13mg 0%

Iron 2.7mg 15%

Potassium 470mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



200—BEEF STEW

WITH GREEN BEANS AND MASHED POTATOES

INGREDIENTS

WATER, BEEF, CARROT, CELERY, ONION, SALT, PEPPER, BEEF STOCK, GREEN BEANS,
MASHED POTATOES, MARGARINE, MILK, SOUR CREAM

Nutrition Facts

1 servings per container

Serving size 1 portion

Amount Per Serving

Calories 350

% Daily Value*

Total Fat 16g 21%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 1210mg 53%

Total Carbohydrate 38g 14%

Dietary Fiber 9g 32%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 15g 30%

Vitamin D 4.8mcg 25%

Calcium 104mg 8%

Iron 2.7mg 15%

Potassium 893mg 20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



201—LIVER & ONIONS

WITH MASHED POTATOES AND MIXED VEGETABLES

INGREDIENTS

BEEF LIVER, FLOUR, CUMIN, POTATO, CREAM, SALT, MARGARINE,
PEAS, CARROTS, BEANS, CORN

Nutrition Facts	
1 servings per container	
Serving size	1 portion
Amount Per Serving	
Calories	530
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 3.6g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 860mg	37%
Total Carbohydrate 55g	20%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 53g	106%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 12.24mg	70%
Potassium 1363mg	30%
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202—SALISBURY STEAK

SERVED WITH HALF BAKED POTATO, BROCCOLI, WITH ONION MUSHROOM GRAVY

INGREDIENTS

BEEF, POTATO, BROCCOLI, ONION, MUSHROOM, BEEF GRAVY (CORNSTARCH, RICE FLOUR, CITRIC ACID), PANKO BREADCRUMBS, SPICES, EGG

Nutrition Facts	
1 servings per container	
Serving size	1 portion
Amount Per Serving	
Calories	390
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 5.2g	26%
<i>Trans</i> Fat 0g	
Cholesterol 75mg	25%
Sodium 460mg	20%
Total Carbohydrate 42g	15%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 28g	56%
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 4.14mg	25%
Potassium 1081mg	25%
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203—CABBAGE ROLL

WITH TOMATO SAUCE, SWEET POTATOES, AND PEAS

INGREDIENTS

CABBAGE, GROUND PORK, TOMATO SAUCE, RICE, SWEET POTATO,
MARGARINE, SPICES, GREEN PEAS

Nutrition Facts

1 servings per container

Serving size

1 portion

Amount Per Serving

Calories

370

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 790mg **34%**

Total Carbohydrate 64g **23%**

Dietary Fiber 9g **32%**

Total Sugars 27g

Includes 0g Added Sugars **0%**

Protein 13g **26%**

Vitamin D 0mcg **0%**

Calcium 156mg **10%**

Iron 3.78mg **20%**

Potassium 470mg **10%**

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204—MEATLOAF

WITH CHEDDAR MASHED POTATOES, MIXED VEGETABLES, AND GRAVY

INGREDIENTS

GROUND BEEF, PANKO BREADCRUMBS, EGG, BBQ SAUCE (SUGAR, VINEGAR, TOMATO PASTE, CORN SYRUP, HONEY, MOLASSES, MUSTARD BRAN, ONION POWDER, CELERY SEED, SPICES), CHEDDAR CHEESE, MASHED POTATOES, BEEF GRAVY (MODIFIED CORN STARCH, RICE FLOUR, CITRIC ACID, SPICES), PEAS, CARROTS, BEANS AND CORN

Nutrition Facts

1 servings per container

Serving size 1 portion

Amount Per Serving

Calories 560

% Daily Value*

Total Fat 26g 33%

Saturated Fat 10.1g 51%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 1390mg 60%

Total Carbohydrate 62g 23%

Dietary Fiber 8g 29%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 20g 40%

Vitamin D 15.4mcg 80%

Calcium 260mg 20%

Iron 2.16mg 10%

Potassium 846mg 20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



205—POT ROAST

WITH GLAZED CARROTS, PARSNIPS, MASHED POTATOES, AND GRAVY

INGREDIENTS

BEEF, SPICES, ONION, CARROTS, HONEY, BROWN SUGAR, MARGARINE, PARSNIPS, MASHED POTATO, GRAVY (MODIFIED CORN STARCH, RICE FLOUR, CITRIC ACID, SPICES)

Nutrition Facts

1 servings per container

Serving size 1 portion

Amount Per Serving

Calories 520

% Daily Value*

Total Fat 18g 23%

Saturated Fat 5.2g 26%

Trans Fat 0g

Cholesterol 90mg 30%

Sodium 950mg 41%

Total Carbohydrate 57g 21%

Dietary Fiber 8g 29%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 34g 68%

Vitamin D 12.6mcg 60%

Calcium 104mg 8%

Iron 4.5mg 25%

Potassium 1410mg 30%

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206—BEEF POT PIE

CONTAINING POTATOES, VEGETABLES, BEEF AND RICH GRAVY

INGREDIENTS

POTATO, FLOUR, SPICES, WATER, BEEF STOCK, CORN, PEAS,
CARROTS, BEEF, SALT, PEPPER

Nutrition Facts	
1 servings per container	
Serving size	1 portion
Amount Per Serving	
Calories	620
% Daily Value*	
Total Fat 35g	45%
Saturated Fat 9g	45%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 1170mg	51%
Total Carbohydrate 58g	21%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 17g	34%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2.7mg	15%
Potassium 0mg	0%
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300—SOY MARINATED ROAST PORK LOIN WITH STUFFING, PEAS, CARROTS, MASHED POTATOES AND GRAVY

INGREDIENTS

PORK LOIN, BREAD, CARROTS, CELERY, CHICKEN STOCK, MASHED POTATOES, PEAS, CARROTS, GRAVY (CITRIC ACID, MODIFIED CORN STARCH, RICE FOUR), SALT , PEPPER, HONEY, LEMON JUICE, SOYA SAUCE

Nutrition Facts	
1 servings per container	
Serving size	1 portion
Amount Per Serving	
Calories	390
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 80mg	27%
Sodium 810mg	35%
Total Carbohydrate 38g	14%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 33g	66%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 2.88mg	15%
Potassium 705mg	15%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



301—HAM

WITH SCALLOPED POTATOES AND MIXED VEGETABLES.

INGREDIENTS

HAM, POTATO, CREAM, GARLIC, FLOUR, SALT, PEPPER, CORN,
BEANS, PEAS, CARROTS

Nutrition Facts

1 servings per container

Serving size

1 portion

Amount Per Serving

Calories

510

% Daily Value*

Total Fat 17g **22%**

Saturated Fat 8.1g **41%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 2020mg **88%**

Total Carbohydrate 62g **23%**

Dietary Fiber 17g **61%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 28g **56%**

Vitamin D 0mcg **0%**

Calcium 221mg **15%**

Iron 4.32mg **25%**

Potassium 1598mg **35%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



302—BONELESS HONEY GARLIC RIBS WITH VEGETABLE FRIED RICE AND MIXED VEGETABLES

INGREDIENTS

PORK RIBS, HONEY GARLIC SAUCE (SUGARS, HONEY, MODIFIED CORN STARCH, SOY, GARLIC, CITRIC ACID),
CARROTS, ONION, PARBOILED RICE, PEAS, CORN, BEANS, VEGETABLE OIL, MARGARINE

Nutrition Facts	
1 servings per container	
Serving size	1 portion
Amount Per Serving	
Calories	450
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 570mg	25%
Total Carbohydrate 63g	23%
Dietary Fiber 5g	18%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1.62mg	8%
Potassium 141mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



303—BONELESS PORK CHOP

WITH GARLIC MASHED POTATOES, GRAVY, BROCCOLI AND CARROTS

INGREDIENTS

PORK, POTATOES, MILK, MARGARINE, SALT, PEPPER, GARLIC, MODIFIED CORN STARCH, RICE FLOUR, CITRIC ACID, ARTIFICIAL AND NATURAL FLAVOURS, BROCCOLI FLORETS, CARROTS

Nutrition Facts

1 servings per container

Serving size

1 portion

Amount Per Serving

Calories

600

% Daily Value*

Total Fat 34g **44%**

Saturated Fat 15.5g **78%**

Trans Fat 0g

Cholesterol 120mg **40%**

Sodium 1630mg **71%**

Total Carbohydrate 44g **16%**

Dietary Fiber 9g **32%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 33g **66%**

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 1.26mg 8%

Potassium 282mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



304—ENGLISH BANGERS

WITH MASHED POTATOES, CREAMED CORN, PEAS AND GRAVY

INGREDIENTS

PORK SAUSAGE (PORK, WATER, TOASTED WHEAT CRUMBS, SPICE, FLAVOUR), POTATOES, CORN, PEAS, GRAVY (MODIFIED CORN STARCH, RICE, FLOUR, CITRIC ACID), CREAM, SALT, PEPPER, MARGARINE

Nutrition Facts

1 servings per container

Serving size

1 portion

Amount Per Serving

Calories

480

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 5.3g **27%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 1630mg **71%**

Total Carbohydrate 62g **23%**

Dietary Fiber 8g **29%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

Protein 22g **44%**

Vitamin D 6.4mcg 30%

Calcium 52mg 4%

Iron 3.06mg 15%

Potassium 611mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



305—SHEPHERDS PIE

WITH PEAS AND BUTTERNUT SQUASH

INGREDIENTS

GROUND PORK, PEAS, CARROTS, CORN, BEANS, BEEF GRAVY (CITRIC ACID, MODIFIED CORN STARCH, RICE FLOUR), BUTTERNUT SQUASH, MASHED POTATOES

Nutrition Facts	
1 servings per container	
Serving size	1 portion (360g)
Amount Per Serving	
Calories	410
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 5.6g	28%
<i>Trans</i> Fat 0g	
Cholesterol 85mg	28%
Sodium 340mg	15%
Total Carbohydrate 36g	13%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 31g	62%
Vitamin D 3.6mcg	20%
Calcium 78mg	6%
Iron 4.68mg	25%
Potassium 705mg	15%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



306—BBQ PULLED PORK

WITH STEAMED BEANS AND GARLIC MASHED POTATOES

INGREDIENTS

PORK, GREEN BEAN, POTATO, GARLIC, SOUR CREAM, MARGARINE, CREAM, BBQ SAUCE (SUGAR, VINEGAR, TOMATO PASTE, CORN SYRUP, HONEY, MOLASSES, MUSTARD BRAN, ONION POWDER, CELERY SEED, SPICES.)

Nutrition Facts	
1 servings per container	
Serving size	(425g)
Amount Per Serving	
Calories	580
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 9.1g	46%
<i>Trans</i> Fat 0g	
Cholesterol 80mg	27%
Sodium 1340mg	58%
Total Carbohydrate 51g	19%
Dietary Fiber 5g	18%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 23g	46%
Vitamin D 12.6mcg	60%
Calcium 91mg	8%
Iron 2.52mg	15%
Potassium 799mg	15%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



400—CHICKEN FINGERS

WITH FRIES, PEAS, AND PLUM SAUCE

INGREDIENTS

SUGAR, WATER, WHITE VINEGAR, CORN STARCH, SALT, LEMON JUICE, GARLIC,
CITRIC ACID, CHICKEN, EGG, FLOUR, BREAD CRUMB, SPICES, POTATO, PEAS

Nutrition Facts	
1 servings per container	
Serving size	1 portion
Amount Per Serving	
Calories	590
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 6.5g	33%
<i>Trans</i> Fat 0g	
Cholesterol 70mg	23%
Sodium 1050mg	46%
Total Carbohydrate 66g	24%
Dietary Fiber 8g	29%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 23g	46%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 3.42mg	20%
Potassium 564mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



401—CHICKEN CACCIATORE

WITH GARLIC MASHED POTATOES AND BUTTERNUT SQUASH

INGREDIENTS

CHICKEN, ONION, GARLIC, PEPPERS, CARROT, BELL PEPPERS, MUSHROOM, BLACK OLIVES, SPICES, TOMATO, POTATOES, CREAM, MARGARINE, SQUASH

Nutrition Facts	
1 servings per container	
Serving size	1 portion
Amount Per Serving	
Calories	420
% Daily Value*	
Total Fat 18g	23%
Saturated Fat 7.7g	39%
<i>Trans</i> Fat 0g	
Cholesterol 105mg	35%
Sodium 980mg	43%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 36g	72%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2.16mg	10%
Potassium 141mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



402—CHICKEN DIVAN

IN A CHEESE AND BROCCOLI SAUCE, WITH RICE AND GREEN BEANS

INGREDIENTS

CHICKEN, PEAS, CREAM, FLOUR, BROCCOLI, CHEDDAR CHEESE, SPICES, PARBOILED
RICE, GREEN BEANS, GARLIC

Nutrition Facts

1 servings per container

Serving size

1 portion

Amount Per Serving

Calories

460

% Daily Value*

Total Fat 20g **26%**

Saturated Fat 6.4g **32%**

Trans Fat 0g

Cholesterol 70mg **23%**

Sodium 550mg **24%**

Total Carbohydrate 69g **25%**

Dietary Fiber 8g **29%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 29g **58%**

Vitamin D 0mcg **0%**

Calcium 130mg **10%**

Iron 3.42mg **20%**

Potassium 282mg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



403—BBQ CHICKEN BREAST WITH HOME FRIES AND BRUSSEL SPROUTS

INGREDIENTS

CHICKEN, BBQ SAUCE (SUGAR, VINEGAR, TOMATO PASTE, CORN SYRUP, HONEY, MOLASSES, MUSTARD
BRAN, ONION POWDER, CELERY SEED, SPICES), POTATOES, SPICES, BRUSSEL SPROUTS

Nutrition Facts	
1 servings per container	
Serving size	1 portion
Amount Per Serving	
Calories	310
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2.6g	13%
<i>Trans</i> Fat 0g	
Cholesterol 80mg	27%
Sodium 310mg	13%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 31g	62%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.26mg	8%
Potassium 329mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



404—ROAST TURKEY

WITH STUFFING, MASHED POTATOES, CAULIFLOWER AND GRAVY

INGREDIENTS

TURKEY, POTATO, BREAD, CELERY, CARROT, ONION, CHICKEN STOCK, FLOUR,
CAULIFLOWER, MARGARINE, MILK, SOUR CREAM, SPICES

Nutrition Facts

1 servings per container

Serving size

1 portion

Amount Per Serving

Calories

510

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 4.4g **22%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 1240mg **54%**

Total Carbohydrate 54g **20%**

Dietary Fiber 5g **18%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 32g **64%**

Vitamin D 12.6mcg 60%

Calcium 65mg 4%

Iron 9.9mg 60%

Potassium 1034mg 20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



500—MEATBALLS & PENNE

WITH CAULIFLOWER AND CARROTS

INGREDIENTS

WHEAT PASTA, MARINARA SAUCE, PORK, BEEF, SPICES, BREADCRUMBS,
CAULIFLOWER, CARROTS

Nutrition Facts

1 servings per container

Serving size

1 portion

Amount Per Serving

Calories

380

% Daily Value*

Total Fat 13g **17%**

Saturated Fat 0.1g **1%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 920mg **40%**

Total Carbohydrate 57g **21%**

Dietary Fiber 8g **29%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 11g **22%**

Vitamin D 0mcg **0%**

Calcium 39mg **4%**

Iron 0.54mg **4%**

Potassium 282mg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



501—MEAT LASAGNA

WITH BROCCOLI AND DILLED CARROTS

INGREDIENTS

WHEAT PASTA, MARINARA SAUCE, PORK, BEEF, RICOTTA CHEESE, MOZZARELLA
CHEESE, BROCCOLI, CARROTS, MARGARINE, DILL, SPICES

Nutrition Facts	
1 servings per container	
Serving size	1 portion
Amount Per Serving	
Calories	380
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 7g	35%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 710mg	31%
Total Carbohydrate 51g	19%
Dietary Fiber 7g	25%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 19g	38%
Vitamin D 0mcg	0%
Calcium 247mg	20%
Iron 1.98mg	10%
Potassium 329mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



503—CHICKEN PARMESAN

WITH PENNE IN TOMATO SAUCE AND MIXED VEGETABLES.

INGREDIENTS

SUGAR, WATER, WHITE VINEGAR, CORN STARCH, SALT, LEMON JUICE, GARLIC, CITRIC ACID, CHICKEN, EGG, FLOUR, BREAD CRUMB, SPICES, MARINARA SAUCE, MOZZARELLA CHEESE, WHEAT PASTA, PEAS, CARROTS, BEANS, CORN

Nutrition Facts	
1 servings per container	
Serving size	1 portion
Amount Per Serving	
Calories	590
% Daily Value*	
Total Fat 26g	33%
Saturated Fat 6.5g	33%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 1050mg	46%
Total Carbohydrate 66g	24%
Dietary Fiber 8g	29%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 23g	46%
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 3.42mg	20%
Potassium 564mg	10%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



600—FILLET OF SALMON

WITH LEMON DILL CREAM SAUCE, ON RICE WITH BROCCOLI AND CARROTS

INGREDIENTS

SALMON, LEMON, FLOUR, CREAM, DILL, PARBOILED RICE, SPICES,
BROCCOLI, CARROTS

Nutrition Facts

1 servings per container

Serving size

1 portion

Amount Per Serving

Calories

460

% Daily Value*

Total Fat 11g **14%**

Saturated Fat 1.4g **7%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 310mg **13%**

Total Carbohydrate 61g **22%**

Dietary Fiber 6g **21%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

Protein 29g **58%**

Vitamin D 0mcg **0%**

Calcium 78mg **6%**

Iron 1.98mg **10%**

Potassium 611mg **15%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



601—FISH & CHIPS

WITH MIXED VEGETABLES

INGREDIENTS

FISH, POTATOES, CORN, BEANS, PEAS, CARROTS, BATTER (RICE FLOUR, WATER, LEMON, SPICES)

Nutrition Facts

1 servings per container

Serving size 1 portion

Amount Per Serving

Calories 360

% Daily Value*

Total Fat 16g 21%

Saturated Fat 3.4g 17%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 540mg 23%

Total Carbohydrate 41g 15%

Dietary Fiber 7g 25%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 13g 26%

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 0.72mg 4%

Potassium 141mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



602—BREADED FILLET OF SOLE

WITH POTATO PUFFS AND BRUSSEL SPROUTS

INGREDIENTS

SOLE, BREADCRUMBS, SPICES, POTATO, BRUSSEL SPROUTS

Nutrition Facts

1 servings per container

Serving size

1 portion

Amount Per Serving

Calories

400

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 2.2g **11%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 710mg **31%**

Total Carbohydrate 45g **16%**

Dietary Fiber 5g **18%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 16g **32%**

Vitamin D 0mcg **0%**

Calcium 78mg **6%**

Iron 3.42mg **20%**

Potassium 470mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



701—MACARONI & CHEESE

WITH GLAZED CARROTS AND GREEN BEANS

INGREDIENTS

WHEAT PASTA, CREAM, CHEESE, SPICES, HONEY, BROWN SUGAR, CARROTS,
MARGARINE, GREEN BEANS

Nutrition Facts

1 servings per container

Serving size

1 portion

Amount Per Serving

Calories

480

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 3.1g **16%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 840mg **37%**

Total Carbohydrate 87g **32%**

Dietary Fiber 9g **32%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

Protein 18g **36%**

Vitamin D 0mcg **0%**

Calcium 234mg **20%**

Iron 2.16mg **10%**

Potassium 376mg **8%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



702—VEGETARIAN LASAGNA

WITH BEETS AND MASHED TURNIPS

INGREDIENTS

WHEAT PASTA, MARINARA SAUCE, CHEESE, MIXED
VEGETABLES, BEETS, TURNIPS, SPICES

Nutrition Facts

1 servings per container

Serving size

1 portion

Amount Per Serving

Calories

350

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 5.3g **27%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 570mg **25%**

Total Carbohydrate 49g **18%**

Dietary Fiber 9g **32%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

Protein 21g **42%**

Vitamin D 0mcg **0%**

Calcium 429mg **35%**

Iron 4.32mg **25%**

Potassium 517mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



703—PORTOBELLO MUSHROOM PARMESAN

WITH MASHED SWEET POTATOES AND CAULIFLOWER

INGREDIENTS

PORTOBELLO MUSHROOM, MARINARA, MOZZARELLA CHEESE, SWEET POTATO,
CAULIFLOWER, SPICES

Nutrition Facts	
1 servings per container	
Serving size	(350g)
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3.6g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 290mg	13%
Total Carbohydrate 45g	16%
Dietary Fiber 8g	29%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 234mg	20%
Iron 1.26mg	8%
Potassium 1316mg	30%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



SD 1—WIENERS & BEANS

INGREDIENTS

SCHNEIDERS' ORIGINAL SAUSAGE (PORK, WATER, CORN SYRUP SOLIDS, POTASSIUM LACTATE, SALT, BROWN SUGAR, SODIUM PHOSPHATE/ERYTHORBATE/DIACETATE, SPICE EXTRACT, SPICE, GARLIC POWDER, SODIUM NITRATE, SMOKE), HEINZ ORIGINAL BEANS IN TOMATO SAUCE (WHITE BEANS, TOMATO PUREE, SUGAR, SALT, CALCIUM CHLORIDE, SPICE, MUSTARD, ONION POWDER, GARLIC POWDER, MAY CONTAIN SOY)

Nutrition Facts	
1 servings per container	
Serving size	(200g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2.6g	13%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 420mg	18%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 7.8mcg	40%
Calcium 52mg	4%
Iron 1.62mg	8%
Potassium 329mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



SD 2—BEEF CHILLI

INGREDIENTS

BEEF, TOMATOES, KIDNEY BEANS, BLACK BEANS, WHITE BEANS, CHILI POWDER,
SALT, ONION/GARLIC POWDER, CALCIUM CHLORIDE

Nutrition Facts

1 servings per container

Serving size (200g)

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 3.4g **17%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 690mg **30%**

Total Carbohydrate 18g **7%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 15g **30%**

Vitamin D 0mcg **0%**

Calcium 117mg **8%**

Iron 3.6mg **20%**

Potassium 0mg **0%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



SD 3—VEGETARIAN CHILLI

INGREDIENTS

TOMATOES, KIDNEY BEANS, BLACK BEANS, WHITE BEANS, CHILI POWDER, SALT,
ONION/GARLIC POWDER, CALCIUM CHLORIDE

Nutrition Facts

1 servings per container

Serving size (30.3g)

Amount Per Serving

Calories **200**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1160mg **50%**

Total Carbohydrate 32g **12%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 16g **32%**

Vitamin D 0mcg **0%**

Calcium 104mg **8%**

Iron 4.5mg **25%**

Potassium 0mg **0%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



S1—FRENCH ONION SOUP

INGREDIENTS

SPANISH ONION, PORK RIND, WATER, SPICES, BEEF STOCK,
MARGARINE, CANOLA OIL

Nutrition Facts

1 servings per container

Serving size (170g)

Amount Per Serving

Calories **70**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0.9g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 890mg **39%**

Total Carbohydrate 7g **3%**

Dietary Fiber < 1g **3%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 5g **10%**

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 0.72mg 4%

Potassium 282mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



S2—CHICKEN NOODLE SOUP

INGREDIENTS

ONION, CARROT, CELERY, CHICKEN, WHEAT PASTA NOODLE, CHICKEN STOCK,
WATER, CANOLA OIL, MARGARINE

Nutrition Facts

Serving size (170g)

Amount Per Serving

Calories **70**

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.4g	2%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 490mg	21%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	16%
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.72mg	4%
Potassium 235mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



S3—BEEF BARLEY SOUP

INGREDIENTS

ONION, CARROT, CELERY, BEEF, BARLEY, CANOLA OIL, FLOUR, BEEF STOCK, SPICES

Nutrition Facts

1 servings per container

Serving size (170g)

Amount Per Serving

Calories **90**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.7g **4%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 500mg **22%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 7g **14%**

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 1.26mg **8%**

Potassium 282mg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



S4—CABBAGE ROLL SOUP

INGREDIENTS

ONION, TOMATO SAUCE, CABBAGE, BEEF, BEEF STOCK, RICE, SPICES,
WATER, CANOLA OIL

Nutrition Facts

1 servings per container

Serving size (170g)

Amount Per Serving

Calories **90**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 550mg **24%**

Total Carbohydrate 15g **5%**

Dietary Fiber < 1g **3%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 5g **10%**

Vitamin D 0mcg 0%

Calcium 13mg 0%

Iron 1.08mg 6%

Potassium 141mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



S5—CREAM OF MUSHROOM SOUP

INGREDIENTS

MUSHROOM, CHICKEN STOCK, CREAM, FLOUR, WATER, SPICES, GARLIC, WATER

Nutrition Facts	
1 servings per container	
Serving size	(170g)
Amount Per Serving	
Calories	70
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 620mg	27%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	10%
Vitamin D 13.2mcg	70%
Calcium 39mg	4%
Iron 1.44mg	8%
Potassium 376mg	8%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



S6—CREAM OF POTATO LEEK SOUP

INGREDIENTS

POTATO, LEEK, SPICES, CHICKEN STOCK, WATER, MARGARINE, CANOLA OIL

Nutrition Facts	
1 servings per container	
Serving size	(170g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 470mg	20%
Total Carbohydrate 8g	3%
Dietary Fiber < 1g	2%
Total Sugars < 1g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0.54mg	4%
Potassium 282mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



S7—CARROT GINGER SOUP

INGREDIENTS

CARROT, GINGER, SPICES, WATER, VEGETABLE STOCK, CREAM

Nutrition Facts

1 servings per container

Serving size (170g)

Amount Per Serving

Calories **60**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 115mg **5%**

Total Carbohydrate 16g **6%**

Dietary Fiber 4g **14%**

Total Sugars 8g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 52mg **4%**

Iron 0.54mg **4%**

Potassium 517mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



S8—CHICKEN CORN CHOWDER

INGREDIENTS

ONION, CARROT, CELERY, CORN, CREAM, CHICKEN, CHICKEN STOCK, FLOUR,
SPICES, MARGARINE, CANOLA OIL

Nutrition Facts

1 servings per container

Serving size (170g)

Amount Per Serving

Calories **90**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 1.8g **9%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 450mg **20%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **4%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 7g **14%**

Vitamin D 0mcg **0%**

Calcium 39mg **4%**

Iron 0.54mg **4%**

Potassium 282mg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



S9—ITALIAN MINESTRONE SOUP

INGREDIENTS

OLIVE OIL, ONION, CARROT, CELERY, BEANS, WHEAT PASTA, GREEN BEANS,
VEGETABLE BROTH, TOMATO SAUCE

Nutrition Facts

1 servings per container

Serving size (170g)

Amount Per Serving

Calories **80**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0.6g **3%**

Trans Fat 0g

Cholesterol < 5mg **1%**

Sodium 910mg **40%**

Total Carbohydrate 11g **4%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 4g **8%**

Vitamin D 0mcg 0%

Calcium 39mg 4%

Iron 0.9mg 4%

Potassium 329mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



S10—BROCCOLI CHEDDAR SOUP

INGREDIENTS

BROCCOLI, CHICKEN BROTH, SPICES, CREAM, CHEESE, POTATO

Nutrition Facts

1 servings per container

Serving size (170g)

Amount Per Serving

Calories **90**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 1.7g **9%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 550mg **24%**

Total Carbohydrate 10g **4%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Vitamin D 0mcg 0%

Calcium 39mg 4%

Iron 0.72mg 4%

Potassium 376mg 8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



D1—BROWNIE

INGREDIENTS

WHEAT FLOUR, SUGAR, COCOA, BUTTER/MARGARINE, EGGS, VANILLA
EXTRACT, CHOCOLATE CHIPS

Nutrition Facts

1 servings per container

Serving size (24g)

Amount Per Serving

Calories **110**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1.8g **9%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 80mg **3%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **0%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg 0%

Calcium 13mg 0%

Iron 0.36mg 2%

Potassium 47mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



D2—CARAMEL APPLE CRUMBLE

INGREDIENTS

APPLE, MARGARINE, BROWN SUGAR, OATS, WHEAT FLOUR, CARAMEL SAUCE

Nutrition Facts

1 servings per container

Serving size (24g)

Amount Per Serving

Calories **50**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.8g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 9g **3%**

Dietary Fiber < 1g **2%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein < 1g **1%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 0mg **0%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



D3—DATE SQUARE

INGREDIENTS

PITTED DATES, WATER, LEMON JUICE, BROWN SUGAR, BAKING SODA, OATS, WHEAT FLOUR, BAKING POWDER, BUTTER

Nutrition Facts

1 servings per container

Serving size (50g)

Amount Per Serving

Calories **160**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 115mg **5%**

Total Carbohydrate 30g **11%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 1.8mg **10%**

Potassium 0mg **0%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



D4—CARROT CAKE

INGREDIENTS

CAKE: WHEAT FLOUR, CARROTS, BAKING SODA, VEGETABLE OIL, EGGS, WHITE SUGAR, BROWN SUGAR, VANILLA EXTRACT, CINNAMON, NUTMEG. ICING: CREAM CHEESE, BUTTER, VANILLA EXTRACT, ICING SUGAR

Nutrition Facts

Serving size (28g)

Amount Per Serving

Calories **120**

% Daily Value*

Total Fat 5g	6%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol < 5mg	1%
Sodium 180mg	8%
Total Carbohydrate 18g	7%
Dietary Fiber < 1g	2%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 13mg	0%
Iron 0.72mg	4%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



D5—ORANGE CITRUS CAKE

INGREDIENTS

CAKE: WHEAT FLOUR, WHITE SUGAR, BAKING SODA, SALT, MILK, VEGETABLE OIL, EGGS, VANILLA EXTRACT, WATER. ICING: BUTTER, PURE MAPLE SYRUP, ICING SUGAR

Nutrition Facts

1 servings per container

Serving size (22g)

Amount Per Serving

Calories **90**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 18g **7%**

Dietary Fiber 0g **0%**

Total Sugars 10g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg 0%

Calcium 39mg 4%

Iron 0.54mg 4%

Potassium 0mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



D6—MAPLE CHOCOLATE MANIA

INGREDIENTS

CAKE: WHEAT FLOUR, WHITE SUGAR, COCOA POWDER, BAKING POWDER, BAKING SODA, SALT, MILK, VEGETABLE OIL, EGGS, VANILLA EXTRACT, WATER. ICING: BUTTER, PURE MAPLE SYRUP, ICING SUGAR.

Nutrition Facts

1 servings per container

Serving size (28g)

Amount Per Serving

Calories **100**

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 1.4g **7%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 95mg **4%**

Total Carbohydrate 16g **6%**

Dietary Fiber < 1g **3%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg 0%

Calcium 13mg 0%

Iron 0.54mg 4%

Potassium 47mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



D7—BUTTER TART

INGREDIENTS

SUGAR, CORN SYRUP, WHEAT FLOUR, PALM/CANOLA/SOYBEAN OIL, EGGS, RAISINS, BUTTER, VINEGAR, SALT, BETA CAROTENE, XYLANASE, MAY CONTAIN NUTS AND SESAME

Nutrition Facts

1 servings per container

Serving size (30g)

Amount Per Serving

Calories **140**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 1.7g **9%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 105mg **5%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg 0%

Calcium 13mg 0%

Iron 0.9mg 4%

Potassium 0mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



D8—CHERRY CRISP

INGREDIENTS

CHERRIES, MARGARINE, BROWN SUGAR, OATS, WHEAT FLOUR

Nutrition Facts

1 servings per container

Serving size (27g)

Amount Per Serving

Calories **50**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.8g **4%**

Trans Fat 0g

Cholesterol < 5mg **1%**

Sodium 15mg **1%**

Total Carbohydrate 10g **4%**

Dietary Fiber < 1g **3%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein < 1g **1%**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 47mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



D9—CHEESECAKE

INGREDIENTS

CRUST: GRAHAM CRACKER CRUMBS, BUTTER, SUGAR. FILLING: CREAM CHEESE, SUGAR, WHEAT FLOUR, VANILLA EXTRACT, EGGS, SOUR CREAM

Nutrition Facts

1 servings per container

Serving size (40g)

Amount Per Serving

Calories **140**

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 110mg **5%**

Total Carbohydrate 10g **4%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 2g **4%**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



D10—STICKY TOFFEE PUDDING CAKE

INGREDIENTS

WHEAT FLOUR, BUTTER, DATES, BROWN SUGAR, EGGS, VANILLA,
BAKING POWDER, CINNAMON

Nutrition Facts

1 servings per container

Serving size (35g)

Amount Per Serving

Calories **110**

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 2.2g **11%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 105mg **5%**

Total Carbohydrate 15g **5%**

Dietary Fiber < 1g **2%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 47mg **0%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



D11—APPLE STREUSEL CAKE

INGREDIENTS

WHEAT FLOUR, BUTTER, WHITE/BROWN SUGAR, EGGS, MILK, VANILLA, APPLES,
BAKING POWDER, CINNAMON

Nutrition Facts

1 servings per container

Serving size (40g)

Amount Per Serving

Calories **80**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 11g **4%**

Dietary Fiber 0g **0%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein < 1g **2%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0.36mg **2%**

Potassium 0mg **0%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



D12—BLACK FOREST CAKE

INGREDIENTS

CHERRY FILLING: CITRIC ACID, WHIPPING CREAM, SUGAR, EGG, CANOLA OIL, COCOA, MODIFIED CORN STARCH, CHOCOLATE, BAKING SODA, BAKING POWDER, SKIM MILK POWDER, NATURAL FLAVOUR, MAY CONTAIN NUTS

Nutrition Facts	
1 servings per container	
Serving size	(32g)
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 85mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein < 1g	2%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



D13—TRIPLE BERRY CRUMBLE

INGREDIENTS

RASPBERRIES, STRAWBERRIES, BLACKBERRIES, MARGARINE, BROWN
SUGAR, OATS, WHEAT FLOUR

Nutrition Facts

1 servings per container

Serving size (25g)

Amount Per Serving

Calories **100**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 17g **6%**

Dietary Fiber 0g **0%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 0mg **0%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



D14—RASPBERRY TART

INGREDIENTS

SHELL: WHEAT FLOUR, LARD, WHEY POWDER, MILK, SUGAR, SALT, SUNFLOWER
LECITHIN, FILLING: RASPBERRIES, SUGAR, CORNSTARCH