

## Meat and Appy Ingredients

**Beef Sausage Rolls:** Pastry: Wheat Flour, vegetable oil shortening, (Palm and Modified Palm Oil, Canola, Modified Palm Kernel Oil), Water, Salt, Cream of Tatar, and Sodium Propionate. Filling: Ground Beef, Water, Textured Vegetable Protein, Bread Crumbs (Enriched Flour, Durum Flour, Leavening [sodium Bicarbonate, Sodium Acid Pyrophosphate], Protein Isolate, Corn starch, Onions, Seasoning [Water, Hydrolyzed Soy Protein, Salt, Yeast Extract], Spices. Glaze: Liquid Whole Eggs, Water.

Allergens: Contains Wheat, Egg & Soy and sulphites.

**Chicken Cordon Swiss:** Chicken Breast, Water, Wheat Flour, Processed Swiss and Cheddar Cheeses. Cooked Ham, Salt, Whey Powder, Sodium Phosphate, Roast Chicken Flavor, Yellow Corn Flour, Butter Milk Powder, Sugar, Dextrose, Spice, Romano & Parmesan Cheeses, Yeast, Soybean and/or Canola Oil, Baking Powder, Color, spices,

Allergens: Milk, Wheat and Soy.

**Chicken Strips:** Chicken, water, soy protein isolate (with soy lecithin), hydrolyzed corn protein, sodium phosphate, sugar, onion powder, salt, spices. In a batter and breading of wheat flour, toasted wheat crumbs, canola oil, water, yellow corn flour, salt, corn starch, spices, sodium aluminum phosphate, sodium bicarbonate, dextrose, guar gum. Browned in canola oil.

Allergens: Soy, Wheat. May contain traces of milk, egg, mustard and sulphites.

**Butter Chicken with Rice:** Rice: water, basmati rice, salt, vegetable oil (canola and/or sunflower), cumin. **Butter Chicken:** cream (milk, carrageenan), chicken (chicken breast filets, water, modified corn starch, salt), tomatoes, sour cream (milk ingredients, modified corn starch, guar gum, sodium citrate, carrageenan, disodium phosphate, bacterial cultures), yogurt (milk, milk ingredients, bacterial culture, pectin), onions, butter, canola and/or sunflower oil, ginger, garlic, spices, salt, sugar, lime juice, vinegar, herbs.

Allergens: Nuts, Dairy, Eggs, Wheat. Sesame, mustard and sulphites.

## Meat and Appy Cooking Directions

### Beef Sausage Rolls:

Remove from packaging and thaw for best results, reheat in oven at 350°F for 18-20 minutes. Microwave on high for 1 to 1 ¼ minutes. Heating Temperature & Time may vary with ovens.

If frozen reheat in oven at 350°F for 30-32 minutes

### Chicken Cordon Swiss:

Preheat Oven to 400F / Remove Frozen Cordon from packaging and place on baking sheet / Bake in Oven for 30 minutes. Cook until internal temperature reaches 165F / 74C. These are RAW and must be baked

### **Chicken Strips:**

**Oven:** Preheat to 200°C (400°F). Place frozen chicken fillets on a non-stick baking sheet and bake for approx. 15 - 20 minutes or until heated through. Remove from oven and let stand for 3 min before serving.

**Deep fryer:** Preheat to 190°C (375°F). Heat for 4 - 5 min or until heated through. Let stand for 3 min before serving.

Individual ovens and deep fryer vary, these are guidelines only.

**Butter Chicken with Rice: Microwave** Lift corners of film, place in microwave, and cook on high for 4 minutes. Peel back film **Tray will be hot, use caution**, Stir then place film back on, microwave another 1-2 Minutes. Stir and serve hot. **Convection Oven:** Preheat 190°C (375°F), Lift Corners, place on baking sheet, and bake 25 minutes. Tray will be hot, peel back film stir, recover and heat another 5-10 min.

### **Meat and Appy Nutritional**

**Chicken Cordon Swiss:** Nutrition Per 142g: Calories 280, Fat 18g, Saturated 5g, Trans 0.5g, Cholesterol 95mg, Sodium 810mg, Carbohydrate 10g, Fiber 0g, Sugar 2.0g, Protein 23g, Vitamin A 4%, Vitamin C 0%, Calcium 10%, Iron 8%

**Chicken Strips:** Nutrition Per 100g: Calories 180, Fat 7g, Saturated 1.5g, Trans 0g, Cholesterol 35mg, Sodium 470mg, Carbohydrate 16g, Fiber 1g, Sugar 1g, Protein 13g, Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 8%

**Beef Sausage Rolls:** Nutrition Per 110g (1 Roll): Calories 420, Fat 24g, Saturated 10g, Trans 0.2g, Cholesterol 20mg, Sodium 560mg, Carbohydrate 38g, Fiber 2g, Sugar 1g, Protein 11g, Iron 20%

**Butter Chicken with Rice:** Nutrition per tray 350g: Calories 490 Fat 17g, Saturated 9g. Trans 0.4g. Cholesterol 90g, Sodium 840mg , Carbohydrate 60g , Fibre 1g , Sugar 2g , Protein 23g , Vitamin A 20%, Vitamin C 6%, Calcium 6%, Iron 20%

**AAA Steak: Frozen steak non marinated**