

Baked Ham with Scalloped Potatoes, Broccoli and Cauliflower

Ingredients: Applewood spiral ham · Potatoes · Milk · Water · Cauliflower · Broccoli · Whipping cream · Gruyère cheese (raw milk, salt, bacterial cultures, rennet M.G./M.F. 32%, moisture 36%) · Aged cheddar cheese (unpasteurized milk, bacterial culture, salt, annatto, microbial enzyme) · Bread crumbs (toasted bread crumbs (enriched wheat flour, corn syrup, soybean and/or malted barley flour, wheat gluten, whole wheat flour, rye flour, potato flour, skim milk powder, soy lecithin, calcium propionate, sesame seeds, caraway seeds), pecorino romano cheese (pasteurized sheep's milk, cheese culture, salt, rennet), salt, dehydrated parsley flakes, spices, onion powder, garlic powder) · Unsalted butter · Pork gravy (wheat starch, corn maltodextrin, wheat flour, hydrolyzed vegetable protein (corn, soy, wheat), salt, dextrose, potassium chloride, yeast extract, modified corn starch, milk ingredients, dehydrated onion, natural flavour, caramel colour, spices, silicon dioxide) · Raw garlic · Parmesan cheese (pasteurized milk, modified milk ingredients, salt, calcium chloride, bacterial culture, lipase, microbial enzyme, cellulose, natamycin) · Flour · Sugar · White vinegar (5 acetic acid) · Salt · Ground mustard · Black pepper · White pepper · Nutmeg.

Contains: Milk · Mustard · Wheat · Soy · Barley · Rye · Oats · Sesame.

Cabbage Rolls with Potatoes and Tomato Sauce

Ingredients: Cabbage · Potato · Beef · Pork · Rice · Onion · Carrots · Tomato fillets (tomatoes, tomato puree, salt, and citric acid) · Eggs · Bread (enriched wheat flour, water, canola and palm and palm kernel oil shortening, yeast, sugar, salt, modified milk ingredients, canola and or soya oil, amylase, ascorbic acid, lipase, xylanase) · Bacon (pork, water, salt, sodium phosphate, sugar, sodium erythorbate, sodium nitrite, spices, maple flavour, smoke) · Celery · Unsalted butter · Milk · Heavy cream · Demi-glace powder (maltodextrin, wheat flour, corn starch, salt, sugar, tomato powder, yeast extract, flavour, colour, soy sauce powder [soybeans, wheat, salt], onion powder, high oleic sunflower oil, gum Arabic, guar gum, potassium chloride, disodium guanylate, disodium inosinate, beef fat, citric acid, silicon dioxide, dextrose, beef extract, sulphites) · Salt · Parmesan cheese (pasteurized milk, modified milk ingredients, salt, calcium chloride, bacterial culture, lipase, microbial enzyme, cellulose, natamycin) · Garlic · Worcestershire sauce (malt vinegar, spirit vinegar, water, refiner's molasses, sugar, salt, anchovies, tamarind extract, onions, garlic, spice, flavours) · Olive oil · Black Pepper · Mustard powder · Oregano · Garlic Powder.

Contains: Wheat · Barley · Milk · Mustard seed · Fish · Eggs · Soy · Sulphites · Celery.

May Contain: Peanuts · Tree nuts.

Chicken Cannelloni

Ingredients: Chicken thighs · Tomato fillets (tomatoes, tomato puree, salt, and citric acid) · Pasta sheets (durum semolina, water and whole eggs) · Chicken breasts · Whole milk · Parmesan cheese · Spinach · Mushrooms · Mozzarella (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin) · Onions · Pancetta (Pork, salt, dextrose, spices, sodium erythorbate, dehydrated garlic, sodium nitrite) · Olive oil · Eggs · Celery · Bread crumbs (toasted breadcrumbs (enriched wheat flour, sugar, soybean oil, salt, yeast, baking soda), salt, garlic powder, oregano, onion powder, dried parsley, spice, natural flavour) · Carrot · Unsalted butter · Flour · Salt · Chicken gravy mix (modified corn starch, corn syrup solids, flavour (hydrolyzed corn protein, soy, wheat, barley), salt, modified milk ingredient, rendered chicken fat, creaming agent (coconut oil, corn syrup solids, modified milk ingredient, mono- and diglycerides, dipotassium phosphate, silicon dioxide, soy lecithin) autolyzed yeast extract, colour (caramel, red #40, titanium dioxide, turmeric, beta carotene) silicon dioxide, onion powder, disodium inosinate, disodium guanylate, parsley flakes, spices) · Garlic · Garlic powder · Italian seasoning (marjoram, thyme, rosemary, savory, sage, oregano, basil) · Black pepper · White pepper · Nutmeg.

Contains: Wheat · Soy · Milk · Eggs · Celery.

May Contain: Mustard · Sulphites.

Father's Day Apple Crisp

Ingredients: Apples · Sugar · Unsalted butter (pasteurized cream, salt, annatto) · Oatmeal · Vanilla · Whiskey · Flour · Cinnamon.

Contains: Wheat · Milk.

Baked Ham with Scalloped Potatoes, Broccoli and Cauliflower

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (246 g) pour 1/2 de plat (246 g)	
Calories 320	% Daily Value*
Fat / Lipides 15.5 g	21 %
Saturated / saturés 7.5 g	39 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 22.4 g	
Fibre / Fibres 3.7 g	13 %
Sugars / Sucres 4.1 g	4 %
Protein / Protéines 22.6 g	
Cholesterol / Cholestérol 74 mg	
Sodium 1400 mg	61 %
Potassium 669 mg	14 %
Calcium 198 mg	15 %
Iron / Fer 2 mg	11 %
*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Cabbage Rolls with Potatoes and Tomato Sauce

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (300 g) pour 1/2 de plat (300 g)	
Calories 454	% Daily Value*
Fat / Lipides 15.9 g	21 %
Saturated / saturés 20.2 g	36 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 49.3 g	
Fibre / Fibres 6.8 g	24 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 28.9 g	
Cholesterol / Cholestérol 113 mg	
Sodium 749 mg	33 %
Potassium 1012 mg	22 %
Calcium 115 mg	9 %
Iron / Fer 4 mg	22 %
*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Chicken Cannelloni

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (310 g) pour 1/2 de plat (310 g)	
Calories 904	% Daily Value*
Fat / Lipides 33.9g	45 %
Saturated / saturés 11.9 g	60 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 79.9 g	
Fibre / Fibres 4.6 g	16 %
Sugars / Sucres 8.3 g	8 %
Protein / Protéines 70.8 g	
Cholesterol / Cholestérol 204 mg	
Sodium 1576 mg	69 %
Potassium 1091 mg	23 %
Calcium 412 mg	32 %
Iron / Fer 5 mg	28 %
*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Father's Day Apple Crisp

Nutrition Facts	
Valeur nutritive	
Per 1/3 tray (110 g) pour 1/3 de plat (110 g)	
Calories 249	% Daily Value*
Fat / Lipides 7.2 g	11 %
Saturated / saturés 4.9 g	25 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 42.7 g	
Fibre / Fibres 3.5 g	13 %
Sugars / Sucres 29.3 g	29 %
Protein / Protéines 1.9 g	
Cholesterol / Cholestérol 18 mg	
Sodium 1 mg	0 %
Potassium 102 mg	2 %
Calcium 41 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	

Reheating Instructions



Conventional Oven

1. Cook from frozen. Preheat oven to 350° F (177° C).
2. With the lid still on the tray, place the tray on a baking sheet in center of the oven and bake for 40 minutes.*
3. Remove from oven. **Caution! Tray will be hot.**
4. Let stand for 10 minutes, remove lid, and serve.



Microwave

1. Defrost and transfer the contents of the tray to a microwave-safe container.
2. Microwave on High for 10 minutes.*
3. Remove from microwave. **Caution! Tray will be hot.**
4. Let stand 10 minutes and serve.

* Cook to an internal temperature of 165° F (74° C). Individual appliances vary—these are guidelines only.

Father's Day Arctic Charr

Ingredients: Arctic charr · Coconut milk (coconut milk, water, guar gum, polysorbate 60) · Basmati rice · Carrots · Split peas · Water · Tomato · Lemon grass · Unsalted butter (pasteurized cream, salt, annatto) · Salt · Thai curry paste (spices including red chili pepper, garlic, lemongrass, salt, shallot, coriander root, kaffir lime peel) · Dill · Honey · Vegetable paste (vegetables (carrots, celery, onion), salt, hydrolyzed corn protein, maltodextrin, cane sugar, canola oil, yeast extract, corn syrup solids, natural flavours, dried potato, turmeric) · Basil · Lime leaf · Garlic powder · Black pepper · Olive oil · Red curry paste (dried red chili 28%, lemon grass, garlic, shallot, salt, kaffir lime's skin, galangal, spices (coriander seed, cumin powder)).

Contains: Fish · Milk · Celery.

Father's Day Roast Beef

Ingredients: Potatoes · Beef roast · Carrots · Water · Unsalted butter (pasteurized cream, salt, annatto) · Tomato fillets (tomatoes, tomato puree, salt, and citric acid) · Yellow onions · Pearl onions · Red wine · Au jus (corn syrup solids, potato starch, salt, hydrolyzed soy protein, corn starch, colour (caramel), dextrose, flour, canola oil, citric acid, garlic powder, disodium guanylate, disodium inosinate, sugar, flavour (includes celery, onion), beef extract) · Whipping cream · Olive oil · Salt · Sugar · Garlic · Parsley · Pepper · Mustard (water, mustard seed, white vinegar, salt, white wine (white wine, sulphites), sugar, natural flavour, lactic acid) · Worcestershire sauce (malt vinegar, spirit vinegar, water, refiner's molasses, sugar, salt, anchovies, tamarind extract, onions, garlic, spice, flavours) · Bay leaf.

Contains: Milk · Wheat · Barley · Gluten · Mustard · Celery · Sulphites · Fish · Annatto.

Indian Butter Chicken

Ingredients: Chicken thighs · Tomato fillets (tomatoes, tomato puree, salt, and citric acid) · Whipping cream · Buttermilk · Onion · Basmati rice · Edamame · Olive oil · Garlic cloves · Celery · Ginger root · Carrots · Salt · Organic garam masala (cumin, cinnamon, coriander, black pepper, cardamom, clove, ginger, fennel seed, star anise) · Cumin · Chili powder (chili pepper, oregano, salt, garlic powder, silicon dioxide) · Paprika · Black pepper · Baking soda (Sodium Bicarbonate) · Cayenne pepper.

Contains: Milk · Celery.

Indian Curried Tofu and Vegetables

Ingredients: Tomato fillets (tomatoes, tomato puree, salt, and citric acid) · Basmati rice · Whipping cream · Rutabaga · Tofu (water, soybeans (non-GMO), calcium sulphate, glucono- δ -lactone) · Onion · Edamame · Carrots · Olive oil · Raw garlic · Celery · Salt · Raw ginger · Garam masala (cumin, cinnamon, coriander, black pepper, cardamom, clove, ginger, fennel seed, star anise) · Cumin · Black pepper · Chili powder (chili pepper, oregano, salt, garlic powder, silicon dioxide) · Cayenne pepper.

Contains: Milk · Soy · Sulphates.

Father's Day Arctic Charr

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (223 g) pour 1/2 de plat (223 g)	
Calories 659	% Daily Value*
Fat / Lipides 22.4 g	% valeur quotidienne*
Saturated / saturés 17.8 g	92 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 66.9 g	
Fibre / Fibres 12.7 g	45 %
Sugars / Sucres 8.4 g	8 %
Protein / Protéines 33.1 g	
Cholesterol / Cholestérol 17 mg	
Sodium 1425 mg	62 %
Potassium 750 mg	16 %
Calcium 83 mg	6 %
Iron / Fer 5 mg	28 %
*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Father's Day Roast Beef

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (275 g) pour 1/2 de plat (275 g)	
Calories 407	% Daily Value*
Fat / Lipides 14.5 g	% valeur quotidienne*
Saturated / saturés 7.8 g	44 %
+ Trans / trans 1.5 g	
Carbohydrate / Glucides 41.1 g	
Fibre / Fibres 3.7 g	13 %
Sugars / Sucres 7.1 g	7 %
Protein / Protéines 27.9 g	
Cholesterol / Cholestérol 91 mg	
Sodium 984 mg	43 %
Potassium 767 mg	16 %
Calcium 34 mg	3 %
Iron / Fer 15 mg	83 %
*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Indian Butter Chicken

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (215 g) pour 1/2 de plat (215 g)	
Calories 518	% Daily Value*
Fat / Lipides 31.7 g	% valeur quotidienne*
Saturated / saturés 14.9 g	42 %
+ Trans / trans 0.1 g	75 %
Carbohydrate / Glucides 30.7 g	
Fibre / Fibres 3.2 g	11 %
Sugars / Sucres 5.5 g	6 %
Protein / Protéines 28.4 g	
Cholesterol / Cholestérol 142 mg	
Sodium 692 mg	30 %
Potassium 534 mg	11 %
Calcium 153 mg	12 %
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	

Indian Curried Tofu and Vegetables

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (278 g) pour 1/2 de plat (278 g)	
Calories 448	% Daily Value*
Fat / Lipides 28.7 g	% valeur quotidienne*
Saturated / saturés 13.9 g	38 %
+ Trans / trans 0 g	70 %
Carbohydrate / Glucides 41.5 g	
Fibre / Fibres 5.1 g	18 %
Sugars / Sucres 7.6 g	8 %
Protein / Protéines 10.2 g	
Cholesterol / Cholestérol 75 mg	
Sodium 1019 mg	44 %
Potassium 649 mg	14 %
Calcium 207 mg	16 %
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	

Reheating Instructions



Conventional Oven

1. Cook from frozen. Preheat oven to 350° F (177° C).
2. With the lid still on the tray, place the tray on a baking sheet in center of the oven and bake for 40 minutes.*
3. Remove from oven. **Caution! Tray will be hot.**
4. Let stand for 10 minutes, remove lid, and serve.



Microwave

1. Defrost and transfer the contents of the tray to a microwave-safe container.
2. Microwave on High for 10 minutes.*
3. Remove from microwave. **Caution! Tray will be hot.**
4. Let stand 10 minutes and serve.

* Cook to an internal temperature of 165° F (74° C). Individual appliances vary—these are guidelines only.

Meat Lasagna

Ingredients: Tomato fillets (tomatoes, tomato puree, salt, and citric acid) · Pasta sheets (durum semolina, water and whole eggs) · Whole milk · Lean ground beef · Mozzarella cheese (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin) · Cottage cheese (milk ingredients, salt, locust bean gum, guar gum, mono and diglycerides, carrageenan, xanthan gum, polysorbate 80, bacterial culture, microbial enzyme, carbon dioxide (to maintain product freshness)) · Ricotta cheese (pasteurized milk, modified milk ingredients, salt, lactic acid, potassium sorbate, sodium carbonate, sodium hydroxide) · Spinach · Ground pork · Onion · Carrots · Celery · Egg · Parmesan cheese (pasteurized milk, modified milk ingredients, salt, calcium chloride, bacterial culture, lipase, microbial enzyme, cellulose, natamycin) · Unsalted butter · Flour · Salt · Olive oil · Focaccia seasoning (minced onion, garlic powder, basil, and oregano) · Garlic · Black pepper · Sugar · Garlic powder · Nutmeg · White pepper · Oregano · Basil.

Contains: Milk · Gluten · Wheat · Eggs.

May Contain: Peanuts · Tree nuts · Sesame seeds · Soy · Mustard · Celery.

Meatloaf with Gravy, Mashed Potatoes, and Buttered Carrots

Ingredients: Russet potatoes · Ground beef · Ground pork · Water · Onion · Carrots · Celery · Seasoned bread crumbs (toasted bread crumbs from enriched bread [enriched flour (containing wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), glucose-fructose, hydrogenated soybean and cottonseed oils, salt, yeast, whey, soy flour, malted barley flour, wheat gluten, whole wheat flour, rye flour, corn flour, oat bran, corn meal, rice flour, potato flour, nonfat dry milk, soy lecithin, calcium propionate, sesame seeds, caraway seeds], grated pecorino romano cheese [pasteurized sheep's milk, bacterial culture, salt, enzymes (rennet)], salt, dehydrated parsley flakes, spices, onion powder, garlic powder) · Eggs · Chicken and rib sauce (water, sugar / glucose-fructose, tomato paste, vinegar, salt, modified corn starch, mustard bran, phosphoric acid, spices, colour) · Unsalted butter · Demi-glace (maltodextrin, wheat flour, corn starch, salt, sugar, tomato powder, yeast extract, flavour, colour, soy sauce powder [soybeans, wheat, salt], onion powder, high oleic sunflower oil, gum Arabic, guar gum, potassium chloride, disodium guanylate, disodium inosinate, beef fat, citric acid, silicon dioxide, dextrose, beef extract, sulphites) · Worcestershire Sauce (malt vinegar, spirit vinegar, water, refiner's molasses, sugar, salt, anchovies, tamarind extract, onions, garlic, spice, flavours) · Whipping cream · Salt · Dijon mustard (vinegar, water, mustard seed, salt, chardonnay wine, citric acid, tartaric acid, spices and turmeric) · Parmesan cheese (milk, bacterial culture, salt, lipase, microbial enzymes, calcium chloride) · Garlic · Black pepper · Italian seasoning (marjoram, thyme, rosemary, savory, sage, oregano, basil) · Garlic powder.

Contains: Wheat · Milk · Eggs · Soy · Sesame Seeds · Mustard · Barley · Fish · Sulphites · Celery.

May Contain: Peanuts · Tree nuts.

Mother's Day Apple Cinnamon Crêpe

Ingredients: Milk · Apple · Sugar · Flour · Eggs · Apricot jam (apricots, sugar, golden sugar, concentrated lemon juice, fruit pectin) · Rum · Water · Cream · Butter · Vanilla extract (water, alcohol, caramel colour, artificial flavour) · Yolk · Salt.

Contains: Milk · Eggs · Wheat · Gluten.

Mother's Day Ham and Mushroom Crêpe

Ingredients: CRÊPE — Milk · Flour · Egg · Unsalted butter · Salt. MUSHROOM AND HAM FILLING — Ham · Mushrooms · Unsalted butter · Shallots · Parsley · Lemon · Gruyère cheese (raw milk, salt, bacterial cultures, rennet). TOPPING — Milk · Gruyère cheese (raw milk, salt, bacterial cultures, rennet) · Unsalted Butter · Flour · Salt · White pepper · Nutmeg.

Contains: Milk · Eggs · Wheat · Gluten.

Meat Lasagna

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (300 g) pour 1/2 de plat (300 g)	
Calories 591	% Daily Value*
Fat / Lipides 27 g	36 %
Saturated / saturés 13 g	70 %
+ Trans / trans 1 g	
Carbohydrate / Glucides 53 g	
Fibre / Fibres 8 g	29 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 37 g	
Cholesterol / Cholestérol 107 mg	
Sodium 1186 mg	52 %
Potassium 576 mg	12 %
Calcium 199 mg	15 %
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	

Mother's Day Apple Cinnamon Crêpe

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (173 g) pour 1/2 de plat (173 g)	
Calories 322	% Daily Value*
Fat / Lipides 8.8 g	12 %
Saturated / saturés 4.8 g	24 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 60 g	
Fibre / Fibres 0.9 g	3 %
Sugars / Sucres 44 g	44 %
Protein / Protéines 6.1 g	
Cholesterol / Cholestérol 113 mg	
Sodium 132 mg	6 %
Potassium 120 mg	3 %
Calcium 99 mg	8 %
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	

Meatloaf with Gravy, Mashed Potatoes, and Buttered Carrots

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (259 g) pour 1/2 de plat (259 g)	
Calories 378	% Daily Value*
Fat / Lipides 16.3 g	22 %
Saturated / saturés 6.9 g	37 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 31.8 g	
Fibre / Fibres 3.8 g	14 %
Sugars / Sucres 6.5 g	7 %
Protein / Protéines 24.6 g	
Cholesterol / Cholestérol 94 mg	
Sodium 1226 mg	53 %
Potassium 815 mg	17 %
Calcium 71 mg	5 %
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	

Mother's Day Ham and Mushroom Crêpe

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (300 g) pour 1/2 de plat (300 g)	
Calories 347	% Daily Value*
Fat / Lipides 20 g	27 %
Saturated / saturés 11.1 g	56 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 24.1 g	
Fibre / Fibres 1.4 g	5 %
Sugars / Sucres 5.8 g	6 %
Protein / Protéines 18.1 g	
Cholesterol / Cholestérol 106 mg	
Sodium 678 mg	29 %
Potassium 312 mg	7 %
Calcium 316 mg	24 %
Iron / Fer 2 mg	11 %
*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Reheating Instructions



Conventional Oven

1. Cook from frozen. Preheat oven to 350°F (177°C).
2. With the lid still on the tray, place the tray on a baking sheet in center of the oven and bake for 40 minutes.*
3. Remove from oven. **Caution! Tray will be hot.**
4. Let stand for 10 minutes, remove lid, and serve.



Microwave

1. Defrost and transfer the contents of the tray to a microwave-safe container.
2. Microwave on High for 10 minutes.*
3. Remove from microwave. **Caution! Tray will be hot.**
4. Let stand 10 minutes and serve.

* Cook to an internal temperature of 165°F (74°C). Individual appliances vary—these are guidelines only.

Pad Thai with Chicken and Tofu (Up to 1 June 2020)

Ingredients: SAUCE – Pad Thai sauce (sugar, water, soy sauce (water, wheat, soybeans, salt, sodium benzoate), white vinegar, tomato puree, red bell pepper puree, salt, dehydrated garlic, modified tapioca starch, spices, xanthan gum, potassium sorbate, sodium benzoate, mustard, onion powder, garlic powder) · Water · Brown sugar · Tamarind. **NOODLE MIX** – Tofu (water, soybeans (Non-GMO), calcium sulphate, glucono-delta-lactone) · Cabbage · Chicken thighs · Taglierini tartufo noodles (durum wheat semolina, truffle flavour, water) · Bean sprouts · Carrots · Eggs · Coconut milk (coconut milk, water, guar gum, polysorbate 60) · Onions · Oyster sauce (water, sugar, salt, oyster extractives (water, oyster extract (cooked oyster, maltodextrin, salt, sugar, soy sauce (fermented soybeans, wheat and salt))), modified corn starch, hydrolyzed (corn, soy and wheat) protein, caramel colour, citric acid, xanthan gum, sodium benzoate) · Minced garlic · Sea salt · Curry powder (coriander, fenugreek, turmeric, cumin, black pepper, celery seed, bay leaves, dehydrated onion, nutmeg, ginger (sulphites), red pepper, cloves) · Red curry paste (dried red chili 28%, lemon grass, garlic, shallot, salt, kaffir lime's skin, galangal, spices (coriander seed, cumin powder)) · Sesame oil · Chicken base (roasted chicken, salt, organic cane sugar, maltodextrin, yeast extract, onion powder, potato flour, turmeric, spice extracts) · Black pepper.

Contains: Wheat · Gluten · Eggs · Soy · Sulphites · Shellfish · Celery · Mustard.

Pad Thai with Chicken and Tofu (After 1 June 2020)

Ingredients: SAUCE – Pad Thai sauce (sugar, water, soy sauce (water, wheat, soybeans, salt, sodium benzoate), white vinegar, tomato puree, red bell pepper puree, salt, dehydrated garlic, modified tapioca starch, spices, xanthan gum, potassium sorbate, sodium benzoate, mustard, onion powder, garlic powder) · Water · Brown sugar · Tamarind. **NOODLE MIX** – Tofu (water, soybeans (Non-GMO), calcium sulphate, glucono-delta-lactone) · Chicken thighs · Carrots · Rice noodles (rice, water) · Eggs · Cabbage · Onions · Water · Minced garlic · Canola oil · Granulated garlic · Sea salt · Chicken base (roasted chicken, salt, organic cane sugar, maltodextrin, yeast extract, onion powder, potato flour, turmeric, spice extracts) · Sesame oil · Black pepper.

Contains: Wheat · Gluten · Eggs · Soy · Sulphites · Celery · Mustard · Sesame.

Pasta with Meatballs

Ingredients: MEATBALLS – Pork · Beef · Veal · Onions · Pecorino romano cheese (sheep's milk, salt, rennet) · Eggs · White bread (enriched wheat flour, water, yeast, sugar, soybean and/or canola oil, salt, natural flavour, soy lecithin, cultured wheat starch, enzymes, ground wheat, ascorbic acid) · Milk · White wine · Italian seasoning (marjoram, thyme, rosemary, savory, sage, oregano, basil) · Garlic · Worcestershire sauce (malt vinegar (from barley), spirit vinegar, water, refiner's molasses, sugar, salt, anchovies, tamarind extract, onions, garlic, spice, natural flavour) · Salt · Oregano · Black pepper. **PASTA AND SAUCE** – Tomato fillets (tomatoes, tomato puree, salt, and citric acid) · Casareccia pasta (pasta durum wheat semolina, water) · Parmesan cheese (milk, bacterial culture, salt, lipase, microbial enzymes, calcium chloride, modified milk ingredients) · Onions · Olive oil · Celery · Carrots · Garlic · Salt · Black pepper.

Contains: Milk · Fish · Eggs · Celery · Gluten · Wheat · Soy.

Pork and Vegetable Spring Rolls

Ingredients: Ground pork · Spring roll wrapper (wheat flour (48%), water, coconut oil, salt, sodium caseinate (milk), wheat starch, maltodextrin, ascorbic acid) · Vermicelli (green beans, peas, water) · Coleslaw (green cabbage, carrots, may contain red cabbage) · Egg · Carrots · Onion · Sesame oil · Salt · Cilantro · Granulated garlic · White sugar · Black pepper.

Contains: Wheat · Eggs · Milk.

Pad Thai with Chicken and Tofu (Up to 1 June 2020)

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (325 g) pour 1/2 de plat (325 g)	
Calories 290	% Daily Value*
Fat / Lipides 11.3 g	15 %
Saturated / saturés 4.2 g	21 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 25.7 g	
Fibre / Fibres 3.1 g	5 %
Sugars / Sucres 10.7 g	11 %
Protein / Protéines 23.9 g	
Cholesterol / Cholestérol 115 mg	
Sodium 580 mg	25 %
Potassium 486 mg	10 %
Calcium 237 mg	18 %
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	

Pad Thai with Chicken and Tofu (After 1 June 2020)

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (325 g) pour 1/2 de plat (325 g)	
Calories 341	% Daily Value*
Fat / Lipides 13.1 g	17 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 30.1 g	
Fibre / Fibres 3.6 g	13 %
Sugars / Sucres 14.1 g	14 %
Protein / Protéines 36.7 g	
Cholesterol / Cholestérol 134 mg	
Sodium 597 mg	26 %
Potassium 543 mg	12 %
Calcium 230 mg	18 %
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	

Pasta with Meatballs

Nutrition Facts	
Valeur nutritive	
Per 1/2 tray (350 g) pour 1/2 de plat (350 g)	
Calories 576	% Daily Value*
Fat / Lipides 24.5 g	33 %
Saturated / saturés 8.3 g	43 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 164 g	
Fibre / Fibres 2.4 g	9 %
Sugars / Sucres 5.4 g	5 %
Protein / Protéines 34.8 g	
Cholesterol / Cholestérol 164 mg	
Sodium 1185 mg	52 %
Potassium 586 mg	13 %
Calcium 313 mg	24 %
Iron / Fer 6 mg	33 %
*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Pork and Vegetable Spring Rolls

Nutrition Facts	
Valeur nutritive	
Per 1 piece (106 g) par 1 pièce (106 g)	
Calories 177	% Daily Value*
Fat / Lipides 6.9 g	9 %
Saturated / saturés 2.3 g	12 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 60.8 g	
Fibre / Fibres 10.3 g	37 %
Sugars / Sucres 21.1 g	21 %
Protein / Protéines 14.3 g	
Cholesterol / Cholestérol 34 mg	
Sodium 440 mg	19 %
Potassium 681 mg	14 %
Calcium 108 mg	8 %
Iron / Fer 2 mg	11 %
*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Reheating Instructions



Conventional Oven

1. Cook from frozen. Preheat oven to 350° F (177° C).
2. With the lid still on the tray, place the tray on a baking sheet in center of the oven and bake for 40 minutes.*
3. Remove from oven. **Caution! Tray will be hot.**
4. Let stand for 10 minutes, remove lid, and serve.



Microwave

1. Defrost and transfer the contents of the tray to a microwave-safe container.
2. Microwave on High for 10 minutes.*
3. Remove from microwave. **Caution! Tray will be hot.**
4. Let stand 10 minutes and serve.

* Cook to an internal temperature of 165° F (74° C).
Individual appliances vary—these are guidelines only.

Shepherd's Pie with Gravy

Ingredients: **TOPPING** – Yukon gold potatoes · Whipping cream · Butter (pasteurized cream) · Salt · Pepper. **FILLING** – Ground beef · Cream corn · Corn · Onions · Carrots · Peas · Au jus powder (corn syrup solids, potato starch, salt, hydrolyzed soy protein, corn starch, colour, dextrose, flour (wheat), canola oil, citric acid, garlic powder, disodium guanylate, disodium inosinate, sugar, flavour (includes celery, onion), beef extract) · Demi-glace powder (flour, sugar, modified corn starch, salt, canola oil, hydrolyzed soy protein, yeast extract (includes barley) corn syrup solids, dehydrated vegetables (tomatoes, onions, beets, garlic), flavour (includes sulphites), colour (caramel, sunset yellow FCF, tartrazine), modified cellulose, beef extract, disodium guanylate, disodium inosinate, citric acid, artificial flavour) · Worcestershire sauce (malt vinegar (barley), spirit vinegar, water, refiner's molasses, sugar, salt, anchovies (fish), tamarind extract, onions, garlic, spice, flavours) · Salt · Pepper.

Contains: Wheat · Soy · Milk · Barley · Fish · Celery.

May Contain: Annatto

Spinach and Ricotta Cannelloni

Ingredients: Tomato fillets (tomatoes, tomato puree, salt, and citric acid) · Pasta sheets (durum semolina, water and whole eggs) · Cottage cheese (milk ingredients, salt, locust bean gum, guar gum, mono and diglycerides, carrageenan, xanthan gum, polysorbate 80, bacterial culture, microbial enzyme, carbon dioxide (to maintain product freshness)) · Ricotta cheese (pasteurized milk, modified milk ingredients, salt, lactic acid, potassium sorbate, sodium carbonate, sodium hydroxide) · Parmesan cheese (pasteurized milk, modified milk ingredients, salt, calcium chloride, bacterial culture, lipase, microbial enzyme, cellulose, natamycin) · Whole milk · Spinach · Eggs · Onion · Olive oil · Celery · Carrot · Unsalted butter · Flour · Salt · Bread crumbs (Unbleached wheat flour, water, sugar, oat hull fiber, yeast, soybean and/or canola oil, wheat gluten, salt, natural sour flavour (bacterial culture), soy flour, cultured wheat starch solids, vinegar, soy lecithin) · Minced garlic · Garlic powder · Black pepper · Nutmeg · White pepper.

Contains: Milk · Eggs · Wheat · Gluten · Celery · Soy.

Sweet and Sour Pork (Made up to 8 April 2020)

Ingredients: Basmati rice · Pork · Ketchup (tomato paste, liquid sugar, white vinegar, water, salt, onion powder, spices (contains soybean oil, celery, stevia extract)) · Pineapple · Soy sauce (water, salt, soybeans, sugar, wheat flour, caramel colour, sodium benzoate, disodium 5'-inosinate and disodium 5' guanylate) · Red wine vinegar (red wine vinegar, sulphites) · Sugar · Yellow pepper · Red pepper · Green pepper · Onion · Honey · Canola oil · Pineapple juice (water, clarified pineapple juice from concentrate) · Flour · Cornstarch · Sesame oil · Garlic · Ginger.

Contains: Sesame · Soy · Wheat · Sulphites · Celery.

Sweet and Sour Pork (Made after 8 April 2020)

Ingredients: Basmati rice · Pork · Ketchup (tomato paste, liquid sugar, white vinegar, salt, onion powder, spices) · Pineapple · Soy sauce (water, salt, soybeans, sugar, wheat flour, caramel colour, sodium benzoate, disodium 5'-inosinate and disodium 5' guanylate) · Red wine · Vinegar (red wine vinegar, sulphites) · Sugar · Yellow pepper · Red pepper · Onion · Honey · Canola oil · Water · Green pepper · Pineapple juice (water, clarified pineapple juice from concentrate) · Flour · Cornstarch · Minced garlic · Minced ginger.

Contains: Soy · Wheat · Sulphites.

Shepherd's Pie with Gravy

Nutrition Facts		Valeur nutritive	
Per 1/2 tray (209 g)		pour 1/2 de plat (209 g)	
Calories 252	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 7.5 g	10 %		
Saturated / saturés 3.5 g	18 %		
+ Trans / trans 0.1 g			
Carbohydrate / Glucides 20.9 g			
Fibre / Fibres 3 g	11 %		
Sugars / Sucres 3.5 g	4 %		
Protein / Protéines 23.7 g			
Cholesterol / Cholestérol 67 mg			
Sodium 923 mg	40 %		
Potassium 728 mg	15 %		
Calcium 21 mg	2 %		
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			

Spinach and Ricotta Cannelloni

Nutrition Facts		Valeur nutritive	
Per 1/2 tray (297 g)		pour 1/2 de plat (297 g)	
Calories 654	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 23.9 g	32 %		
Saturated / saturés 12.4 g	64 %		
+ Trans / trans 0.4 g			
Carbohydrate / Glucides 78.4			
Fibre / Fibres 4.3 g	15 %		
Sugars / Sucres 6.7 g	7 %		
Protein / Protéines 34.4 g			
Cholesterol / Cholestérol 92 mg			
Sodium 1175 mg	51 %		
Potassium 560 mg	12 %		
Calcium 608 mg	47 %		
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			

Sweet and Sour Pork (Up to 8 April 2020)

Nutrition Facts		Valeur nutritive	
Per 1/2 tray (276 g)		pour 1/2 de plat (276 g)	
Calories 648	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 25.5 g	34 %		
Saturated / saturés 4.9 g	25 %		
+ Trans / trans 0 g			
Carbohydrate / Glucides 85.5 g			
Fibre / Fibres 2.8 g	10 %		
Sugars / Sucres 44.7 g	45 %		
Protein / Protéines 21.5 g			
Cholesterol / Cholestérol 56 mg			
Sodium 1882 mg	82 %		
Potassium 386 mg	8 %		
Calcium 30 mg	2 %		
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			

Sweet and Sour Pork (After 8 April 2020)

Nutrition Facts		Valeur nutritive	
Per 1/2 tray (276 g)		pour 1/2 de plat (276 g)	
Calories 580	% Daily Value*	% valeur quotidienne*	
Fat / Lipides 21.1 g	28 %		
Saturated / saturés 3.6 g	18 %		
+ Trans / trans 0 g			
Carbohydrate / Glucides 85.1 g			
Fibre / Fibres 2.7 g	10 %		
Sugars / Sucres 44.5 g	45 %		
Protein / Protéines 16.5 g			
Cholesterol / Cholestérol 36 mg			
Sodium 1878 mg	82 %		
Potassium 380 mg	8 %		
Calcium 41 mg	3 %		
Iron / Fer 2 mg	11 %		
*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup			

Reheating Instructions



Conventional Oven

1. Cook from frozen. Preheat oven to 350° F (177° C).
2. With the lid still on the tray, place the tray on a baking sheet in center of the oven and bake for 40 minutes.*
3. Remove from oven. **Caution! Tray will be hot.**
4. Let stand for 10 minutes, remove lid, and serve.



Microwave

1. Defrost and transfer the contents of the tray to a microwave-safe container.
2. Microwave on High for 10 minutes.*
3. Remove from microwave. **Caution! Tray will be hot.**
4. Let stand 10 minutes and serve.

* Cook to an internal temperature of 165° F (74° C). Individual appliances vary—these are guidelines only.

Thai Chicken Curry with Rice

Ingredients: RICE – Basmati rice · Edamame beans · Lemongrass · Sea salt · Lime leaves · Black pepper.
CURRY – Coconut milk (coconut milk, water, guar gum, polysorbate 60) · Chicken thighs · Daikon · Potatoes · Rutabaga · Sweet potatoes · Carrots · Onions · Celery · Red pepper · Lemongrass · Red curry paste (dried red chili 28%, lemon grass, garlic, shallot, salt, kaffir lime's skin, galangal, spices (coriander seed, cumin powder)) · Sea salt · Granulated garlic · Curry powder (coriander, fenugreek, turmeric, cumin, black pepper, celery seed, bay leaves, dehydrated onion, nutmeg, ginger (sulphites), red pepper, cloves) · Roasted chicken base (roasted chicken, salt, organic cane sugar, maltodextrin, yeast extract, onion powder, potato flour, turmeric, spice extracts) · Garlic powder · Lime leaves · Sesame oil · Black pepper.

Contains: Sesame · Sunflower oil · Sulphites · Celery.

Thai Green Curry

Ingredients: Coconut milk (coconut milk, water, guar gum, and polysorbate 60) · Quinoa · Onions · Cauliflower · Canned lentils (lentils, water, salt, calcium chloride, disodium EDTA) · Black bean medley (corn, black turtle beans, edamame) · Tofu (water, soybeans (non-GMO), calcium sulphate, glucono-delta-lactone) · Rutabaga · Chickpeas (chickpeas, water, salt, disodium edta (may contain calcium chloride)) · Kale · Water · Lemon grass · Cilantro · Basil · Soy sauce (water, soybeans, salt, alcohol, aspergillus oryzae, bacterial culture) · Grape tomatoes · Red bell peppers · Lime juice · Garlic cloves · Edamame · Organic vegetable stock (vegetables (carrots, celery, onion) salt, hydrolyzed corn protein, maltodextrin, cane sugar, canola oil, yeast extract, corn syrup solids, natural flavors, dried potato, turmeric) · Honey · Canola oil (canola oil, dimethylpolysiloxane) · Raw ginger · Curry powder (coriander, fenugreek, turmeric, cumin, black pepper, celery seed, bay leaves, dehydrated onion, nutmeg, ginger (contains sulphites), red pepper, cloves) · Cumin · Cayenne pepper · Salt · Black pepper.

Contains: Soy · Sulphites · Celery.

Thai Vegetable Curry with Rice

Ingredients: RICE – Basmati rice · Edamame beans · Lemongrass · Sea salt · Lime leaves · Black pepper.
CURRY – Coconut milk (coconut milk, water, guar gum, polysorbate 60) · Rutabaga · Sweet potatoes · Daikon · Celery · Potatoes · Carrots · Onions · Red pepper · Lemon grass · Red curry paste (dried red chili 28%, lemon grass, garlic, shallot, salt, kaffir lime's skin, galangal, spices (coriander seed, cumin powder)) · Sea salt · Garlic powder · Lime leaves · Curry powder (coriander, fenugreek, turmeric, cumin, black pepper, celery seed, bay leaves, dehydrated onion, nutmeg, ginger (sulphites), red pepper, cloves) · Black pepper.

Contains: Sulphites · Celery.

Thai Chicken Curry with Rice

Nutrition Facts		Valeur nutritive	
Per 1/2 tray (313 g) pour 1/2 de plat (313 g)			
Calories 589		% Daily Value*	
Fat / Lipides 37.2 g 50 %			
Saturated / saturés 29.5 g 148 %			
+ Trans / trans 0 g			
Carbohydrate / Glucides 47.6 g			
Fibre / Fibres 8 g 29 %			
Sugars / Sucres 9.2 g 9 %			
Protein / Protéines 22.9 g			
Cholesterol / Cholestérol 44 mg			
Sodium 1566 mg 68 %			
Potassium 754 mg 16 %			
Calcium 55 mg 4 %			
Iron / Fer 2 mg 11 %			
*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup			

Thai Green Curry

Nutrition Facts		Valeur nutritive	
Per 1/2 tray (334 g) pour 1/2 de plat (334 g)			
Calories 517		% Daily Value*	
Fat / Lipides 32.2 g 43 %			
Saturated / saturés 24.4 g 122 %			
+ Trans / trans 0 g			
Carbohydrate / Glucides 48.2 g			
Fibre / Fibres 10.8 g 39 %			
Sugars / Sucres 10.6 g 11 %			
Protein / Protéines 15.5 g			
Cholesterol / Cholestérol 0 mg			
Sodium 1018 mg 44 %			
Potassium 974 mg 21 %			
Calcium 189 mg 15 %			
Iron / Fer 8 mg 44 %			
*5% or less is a little , 15% or more is a lot / *5% ou moins c'est peu , 15% ou plus c'est beaucoup			

Thai Vegetable Curry with Rice

Nutrition Facts		Valeur nutritive	
Per 1/2 tray (290 g) pour 1/2 de plat (290 g)			
Calories 406		% Daily Value*	
Fat / Lipides 20.9 g 28 %			
Saturated / saturés 17.3 g 87 %			
+ Trans / trans 0 g			
Carbohydrate / Glucides 51.3 g			
Fibre / Fibres 6.9 g 23 %			
Sugars / Sucres 7.8 g 8 %			
Protein / Protéines 7.1 g			
Cholesterol / Cholestérol 0 mg			
Sodium 918 mg 40 %			
Potassium 844 mg 18 %			
Calcium 58 mg 5 %			
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			

Reheating Instructions



Conventional Oven

1. Cook from frozen. Preheat oven to 350° F (177° C).
2. With the lid still on the tray, place the tray on a baking sheet in center of the oven and bake for 40 minutes.*
3. Remove from oven. **Caution! Tray will be hot.**
4. Let stand for 10 minutes, remove lid, and serve.



Microwave

1. Defrost and transfer the contents of the tray to a microwave-safe container.
2. Microwave on High for 10 minutes.*
3. Remove from microwave. **Caution! Tray will be hot.**
4. Let stand 10 minutes and serve.

* Cook to an internal temperature of 165° F (74° C). Individual appliances vary—these are guidelines only.