



676 Lorne Scots Royal Canadian Army Cadets

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Georgetown, Ontario  
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877-676-ARMY



# north country

## meat & seafood

## 676 Lorne Scots Army Cadets

### Fundraising

We are working again with North Country Meat and Seafood for a fundraising campaign. With the holiday season coming what better way to prepare! North Country is a fully Canadian company with high-quality frozen products.

*North Country Meat & Seafood Ltd. is a Canadian family-owned company that is committed to responsible growth through our customer focus, our people-oriented culture, and our continued reinvestment in our business, our people, and our community.*

The North Country fundraising program is a simple program, with returns to our Corps between 20% and 30% depending on the product purchased. Products include burgers, seafood, steaks, and chicken.

The pickup instructions will be communicated.

How the program works:

1. Product lists, sales sheets and information are distributed on Facebook and our Website.
2. You sell product to your friends and family. They pay you.
3. Orders are closed on **April 26th at 9pm**. All order summary forms (only the summary form please) must e-mailed to [support@georgetownarmycadets.ca](mailto:support@georgetownarmycadets.ca). Funds must be sent to [treasurer@georgetownarmycadets.ca](mailto:treasurer@georgetownarmycadets.ca) in **ONE** Interac e-mail transfer for the full amount.
4. Our order is submitted to North Country the following morning.
5. Products are delivered to us **on Wednesday May 3rd. Time and location to be announced. Remember these are frozen products and need to be in a freezer as soon as possible. Plan on distributing to your friends and family right away.**
6. **Eat your wonderful tasty food!**

If you have any questions please contact the Leah James at [leah@jamesfamily.ca](mailto:leah@jamesfamily.ca) (416) 629-5344


Please submit ONE form and ONE payment per Cadet

Email completed form to support@georgetownarmycadets.ca

NAME: \_\_\_\_\_

Send Interac E-Transfer for full amount to  
treasurer@georgetownarmycadets.ca

PHONE #: \_\_\_\_\_

PRODUCT DESCRIPTION	CODE	PORTION	lb/ Wt	PRICE	QTY	TOTALS
<b>FEATURE ITEMS</b>						
Certified Angus Beef® Chuck Burger 	46102	20 x 7 oz	8.81 lbs	\$ 65.00		\$ -
Bacon Wrapped Tenderloin Steak 2pc/pkg	14962	20 x 4 oz	5.07lbs	\$ 88.00		\$ -
Butterfly Garlic Shrimp 16-20 per lb	81272	36 pcs	2.00 lbs	\$ 28.00		\$ -
Smoked Pork Back Ribs BBQ sauce	92862	6 x 21oz	7.87lbs	\$ 60.00		\$ -
<b>BEEF</b>						
Certified Angus Beef® Top Sirloin Steak 2pc/pkg 	14262	12 x 6oz	4.50lbs	\$ 69.00		\$ -
Certified Angus Beef® Striploin Steak 2pc/pkg 	14442	6 x 10oz	3.77lbs	\$ 83.00		\$ -
Certified Angus Beef® Top Sirloin <u>Roast</u> 2/case 	14222	2 x 907gr	3.99lbs	\$ 64.00		\$ -
Sirloin Bavette Steak <u>4 per pack</u>	18842	16 x 115 gr	4.06 lbs	\$ 52.00		\$ -
Certified Angus Beef® Ground Chuck Beef 	46142	6 x 500gr	6.61lb	\$ 54.00		\$ -
Slow Cooked Beef Pot Roast	92572	8 x 20.28 oz	10.15lbs	\$ 99.00		\$ -
Steakhouse Burger 6 oz	40002	24 x 6 oz	9.00lbs	\$ 49.00		\$ -
Steakhouse Burger 4 oz	46342	40 x 4 oz	9.96 lbs	\$ 53.00		\$ -
All Beef Hot Dogs	64222	30 x 3.5 oz	6.61lbs	\$ 45.00		\$ -
Italian Style Cooked Meatballs	90052	450 x .35oz	9.92lbs	\$ 45.00		\$ -
<b>CHICKEN</b>						
Fully Cooked Chicken Wings	92872	random	6.00lbs	\$ 48.00		\$ -
IVP Just Chicken Breast (B/S) 2/per vac	77162	6-8oz	8.81lbs	\$ 80.00		\$ -
Breaded Chicken Fingers <u>*Par-Fried*</u>	71025	random	8.81lbs	\$ 68.00		\$ -
Chicken Souvlaki	65632	15 x 2.3oz	2.15 lbs	\$ 28.00		\$ -
<b>SEAFOOD</b>						
Rainbow Trout Fillets Bnls/Skin On	87212	8-9pcs x 6-7oz	3.33lbs	\$ 50.00		\$ -
Smokey Maple Bacon Wrapped Salmon 	88602	10 x 5 oz	3.13lbs	\$ 67.00		\$ -
Atlantic Salmon Portion(Bnls/Sknls) <u>*New Pack Size*</u> 	88772	14 x 5 oz	4.34 lbs	\$ 99.00		\$ -
<b>PORK</b>						
Debreizeni Sausage	96002	24 pcs	7.80lbs	\$ 44.00		\$ -
Niman Ranch Pork Rib Chop 	61962	10x8oz	4.96lbs	\$ 64.00		\$ -
Thick Cut Peameal Bacon	60062	6x500gr	6.61lbs	\$ 49.00		\$ -
Thick Cut Canadian Sliced Bacon	60022	6x500gr	6.61lbs	\$ 58.00		\$ -
<b>SPRING/SUMMER 2023</b>				<b>TOTAL</b>	0	\$ -



# SPRING/SUMMER 2023



## CERTIFIED ANGUS BEEF® CHUCK BURGER

What craft burgers are made of. Literally!!

Certified Angus Beef® set the standards that have become the true mark of quality of the Angus Breed.



PRODUCT CODE: **46102**                      PRICE: **\$65.00**  
 PACKAGED: **20 PATTIES x 7OZ**



## BACON WRAPPED TENDERLOIN STEAK

The most tender beef cut. Lean yet succulent and elegant and wrapped in bacon! Say no more.

PRODUCT CODE: **14962**                      PRICE: **\$88.00**  
 PACKAGED: **2 STEAKS PER PACK | 20 STEAKS x 4 OZ EA**



## BUTTERFLY GARLIC SHRIMP

Butterflied, Shell-On and dressed to impress with a garlic & herb marinade - ready for the grill!

PRODUCT CODE: **81272**                      PRICE: **\$28.00**  
 PACKAGED: **APPROX. 36 SHRIMP | 2 LB BAG**



## SMOKED & SLOW COOKED PORK BACK RIBS IN BBQ SAUCE

We don't care if you are the person who tells the best jokes or are the best dancer. The most popular person at a party will always be the one who brought the ribs.

PRODUCT CODE: **92862**                      PRICE: **\$60.00**  
 PACKAGED: **6 FULL RIBS X 21 OZ EACH**

**BEEF  
ITEMS**



**CERTIFIED ANGUS BEEF® TOP SIRLOIN STEAK**

A versatile steak that is cut from the top sirloin. Lean, juicy and tender, it boasts great flavour.

Can you hear the sizzle... perfect summer steak!

**PRODUCT CODE: 14262      PRICE: \$69.00**  
**PACKAGED: 2 STEAKS PER PACK | 12 STEAKS X 6 OZ**



**CERTIFIED ANGUS BEEF® STRIPLOIN STEAK**

This premium steak is a steakhouse classic, known for its robust marbling, tenderness and flavour.

**PRODUCT CODE: 14442      PRICE: \$83.00**  
**PACKAGED: 2 STEAKS PER PACK | 6 STEAKS X 10 OZ**



**CERTIFIED ANGUS BEEF® TOP SIRLOIN ROAST**

Tender and oh soooo flavourful! Roast ready, restaurant quality and perfect for your favourite recipes. Cut from the top sirloin.

Can you say...delicious!! Just add your own seasoning of choice and enjoy!

**PRODUCT CODE: 14222    PRICE: \$64.00**  
**PACKAGED: 2 ROASTS PER CASE-907GR (2LBS) EACH**



**AAA/CHOICE SIRLOIN BAVETTE STEAK**

The Bavette Steak is one of those cut's of Beef that does not get the glory it deserves! Tremendous Marbling and a tender texture. Serve on it's own with your choice of side. Great steak on a bun, steak fajita, steak salad or stir fry.

**PRODUCT CODE: 18842    PRICE: \$52.00**  
**PACKAGED: 16 X 115 GR (4OZ) | 4 STEAKS PER VAC | 4.06 LB CASE**



## BEEF ITEMS



### CERTIFIED ANGUS BEEF® GROUND CHUCK BEEF

Versatile, flavorful and economical. Ideal for burgers, meat-loaf and meatballs. No matter the meal, this CAB Ground Chuck Beef works wonders with it's mouth-watering flavour.

PRODUCT CODE: **46142**                      PRICE: **\$54.00**  
PACKAGED: **6 X 500GRS | 6.61 LB CASE**



### SLOW COOKED BEEF POT ROAST

You can't take shortcuts when making this tender, delicious pot roast. We perfectly season the Roast and then cook for a long, long, long time for the perfect comfort meal.

PRODUCT CODE: **92572**                      PRICE: **\$99.00**  
PACKAGED: **8 ROASTS X 575 GR**



### STEAKHOUSE BURGER

Our Steakhouse Burger has been a mainstay in restaurants for years or one reason - it's an old school great burger!

PRODUCT CODE: **40002**                      PRICE: **\$49.00**  
PACKAGED: **24 BURGERS X 6OZ**

PRODUCT CODE: **46342**                      PRICE: **\$53.00**  
PACKAGED: **40 BURGERS X 4OZ**



### ALL BEEF HOT DOGS

Classic Ball-Park style jumbo hot dogs. Whether you are just the ketchup & mustard kind, or guacamole, tomatoes and jalapenos is your thing, this is the dog that can do it all.

PRODUCT CODE: **64222**                      PRICE: **\$45.00**  
PACKAGED: **30 HOT DOGS X 3.5 OZ**

## BEEF ITEMS



### ITALIAN STYLE COOKED MEATBALLS

The perfect meatball!

Whether for a cocktail party, or with pasta, we bet you can't just eat one!

PRODUCT CODE: **90052**      PRICE: **\$45.00**  
PACKAGED: **2 X 4.96 LB BAG**

## CHICKEN ITEMS



### FULLY COOKED CHICKEN WINGS

Move over breaded grocery store chicken wings! Our fully cooked chicken wings cook up nice and crispy, without the breading.

Just add your favourite wing sauce for a pub worthy wing experience from home, either out of the oven or hot off the grill.

PRODUCT CODE: **92872**      PRICE: **\$48.00**  
PACKAGED: **2 X 3 LB BAGS**



### "JUST CHICKEN" BNLS/SKNLS CHICKEN BREAST 2 BREASTS PER VAC

Chicken Dinner! With just one ingredient...."Chicken Breast" you can let your inner culinary adventurer journey to parts unknown.

100% additive free-no added water or salt.

PRODUCT CODE: **77162**      PRICE: **\$80.00**  
PACKAGED: **6-8 OZ PORTIONS | 8.81 LB BOX**

# CHICKEN ITEMS



## **BREADED CHICKEN FINGERS \*\*PAR-COOKED**

Dare we say these fingers are famous?  
These are the same fingers found in some great restaurants  
and pubs.

Hugely popular for a reason!!

**PRODUCT CODE: 71025**      **PRICE: \$68.00**

**PACKAGED: 2 X 4.4 LB BAGS**

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## **CHICKEN SOUVLAKI- \*RAW\***

Like Kabobs the word “Souvlaki” simply means “meat on  
skewers”. These tender chicken skewers are made with breast  
meat and marinated in a mediterranean seasoning.

Top them with Tzatziki sauce, over a bed of rice, in a warm pita  
or on your favourite salad. Ready for the grill.

**PRODUCT CODE: 65632**      **PRICE: \$28.00**

**PACKAGED: 15 SKEWERS X 65 GR (2.3 OZ)**

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**SEAFOOD  
ITEMS**



**RAINBOW TROUT FILLETS - SKIN ON/BNLS**

Trout is native to North America, found in its abundant cold-water rivers and lakes. Although many species of trout exist, rainbow trout appears most often on restaurant menus and in fish markets.

Trout offers a variety of health benefits and is low in mercury, making it a safe addition to your diet.

**PRODUCT CODE: 87212 PRICE: \$50.00**  
**PACKAGED: 8-9 PCS | 6-7 OZ EA | 3.33 LBS**



**SMOKEY MAPLE & PEPPER BACON WRAPPED  
JAIL ISLAND® ATLANTIC SALMON**

We season Jail Island® Salmon with a great smokey maple pepper rub, then wrap it in bacon!

You will surely be a dinner hero!



**PRODUCT CODE: 88602 PRICE: \$67.00**  
**PACKAGED: 10 PORTIONS X 5 OZ**



**JAIL ISLAND® ATLANTIC SALMON PORTIONS**

Canadian through and through.



Raised in the Bay of Fundy, Jail Island® Atlantic Salmon always delivers exceptional flavour and buttery texture for a taste that's close to home.

**PRODUCT CODE: 88772 PRICE: \$99.00**  
**PACKAGED: 14 PORTIONS X 5 OZ**

**NEW  
PACK  
SIZE**



# PORK ITEMS



## DEBREIZENI SAUSAGE - FULLY COOKED PORK SAUSAGE

Just in time for BBQ Season!  
Who needs a hotdog/sausage cart when you can cook up your own in the comfort of your home.

Fully Cooked and ready to put on the grill!

PRODUCT CODE: **96002**                      PRICE: **\$44.00**  
PACKAGED: **6 PACKS - 4 SAUSAGES EACH | 24 PCS**



## NIMAN RANCH® PORK RIB CHOP

Niman Ranch® all natural pork comes from humanely raised hogs on small independent family farms committed to sustainable farming.

Never given hormones or antibiotics-EVER!

PRODUCT CODE: **61962**                      PRICE: **\$64.00**  
PACKAGED: **INDIVIDUALLY PACKED | 10 PORK CHOPS X 8 OZ**



## THICK CUT PEAMEAL BACON

Studies show making a peameal on a bun with our thick-cut peameal bacon will make you significantly happier. You can't argue with science.

PRODUCT CODE: **60062**                      PRICE: **\$49.00**  
PACKAGED: **6 PACKS X 500 GR**



## THICK CUT CANADIAN SLICED BACON

Take your home-cooked breakfasts to the next level of deliciousness with our thick cut sliced bacon.

PRODUCT CODE: **60022**                      PRICE: **\$58.00**  
PACKAGED: **6 PACKS X 500 GR**

# NUTRITIONALS - SPRING/SUMMER 2023

## CERTIFIED ANGUS BEEF® CHUCK BURGER | Product Code #46102

Beef, Water, Salt.

Nutrition Facts		Amount / Teneur	% DV / % VQ	Nutrition Facts		Amount / Teneur	% DV / % VQ
<b>Valeur nutritive</b>		<b>Fat / Lipides</b> 33 g	<b>51 %</b>	<b>Carbohydrate / Glucides</b> 0 g			<b>0 %</b>
Serving Size 1 burger (200 g) Portion 1 burger (200 g)		Saturated / saturés 14 g + Trans / trans 0.5 g	<b>73 %</b>	Fibre / Fibres 0 g			<b>0 %</b>
<b>Calories / Calories</b> 450		<b>Cholesterol / Cholestérol</b> 130 mg		Sugars / Sucres 0 g			
* DV = Daily Value / VQ = valeur quotidienne		<b>Sodium / Sodium</b> 330 mg	<b>14 %</b>	<b>Protein / Protéines</b> 35 g			
		Vitamin A / Vitamine A	0 %	Vitamin C / Vitamine C			0 %
		Calcium / Calcium	2 %	Iron / Fer			25 %

## BACON WRAPPED TENDERLOIN STEAK | PRODUCT CODE #14962

Beef, Bacon: Pork, Water, Salt, Sugar, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite, Sodium Bicarbonate, Spices, Smoke.

Nutrition Facts		Amount / Teneur	% DV / % VQ*	Nutrition Facts		Amount / Teneur	% DV / % VQ*
<b>Valeur nutritive</b>		<b>Fat / Lipides</b> 1.5 g	<b>2 %</b>	<b>Protein / Protéines</b> 18 g			
Per portion (100 g) par portion (100 g)		Saturated / saturés 0.4 g + Trans / trans 0 g	<b>2 %</b>	<b>Cholesterol / Cholestérol</b> 5 mg			
<b>Calories</b> 100		<b>Carbohydrate / Glucides</b> 4 g		<b>Sodium</b> 650 mg			<b>28 %</b>
* DV = Daily Value		Fibre / Fibres 0 g	0 %	Potassium 400 mg			9 %
* VQ = valeur quotidienne		Sugars / Sucres 2 g	2 %	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					

## BUTTERFLY GARLIC SHRIMP | PRODUCT CODE #81272

Shrimp, Water, Garlic, Maltodextrin, Modified Corn Starch, Natural Lemon Flavor, Salt, Sugar, Spices, Xanthan Gum, Corn Syrup, Yeast Extract, Silicon Dioxide, Citric Acid, Sodium Tripolyphosphate (for moisture retention).

Nutrition Facts		Amount / Teneur	% DV / % VQ*	Nutrition Facts		Amount / Teneur	% DV / % VQ*
<b>Valeur nutritive</b>		<b>Fat / Lipides</b> 0.5 g	<b>1 %</b>	<b>Protein / Protéines</b> 18 g			
Per 4 shrimp (125 g) pour 4 crevette (125 g)		Saturated / saturés 0.2 g + Trans / trans 0 g	<b>1 %</b>	<b>Cholesterol / Cholestérol</b> 145 mg			
<b>Calories</b> 80		<b>Carbohydrate / Glucides</b> 2 g		<b>Sodium</b> 490 mg			<b>21 %</b>
* DV = Daily Value		Fibre / Fibres 1 g	4 %	Potassium 125 mg			3 %
* VQ = valeur quotidienne		Sugars / Sucres 0 g	0 %	Calcium 200 mg			15 %
				Iron / Fer 0 mg			0 %
		* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup					

## SMOKED & COOKED PORK BACK RIBS IN BBQ SAUCE | PRODUCT CODE #92862

Pork, Sugar/Glucose-Fructose, Tomato Paste, Cayenne Pepper Sauce (cayenne red peppers, vinegar, water, salt, garlic powder), Vinegar, Modified Corn Starch, Water, Concentrated Pineapple Juice, Spice Extracts (contains mustard), Salt, Refiners' Molasses, Natural Smoke Flavour, Caramel Colour, Tamarind, Sodium Benzoate, Garlic Powder, Onion Powder, Smoke. CONTAINS: SOY, MUSTARD

Nutrition Facts		Amount / Teneur	% DV / % VQ*	Nutrition Facts		Amount / Teneur	% DV / % VQ*
<b>Valeur nutritive</b>		<b>Fat / Lipides</b> 18 g	<b>24 %</b>	<b>Protein / Protéines</b> 21 g			
Per 1/3 rack (140g edible portion) pour 1/3 carré (partie comestible de 140 g)		Saturated / saturés 7 g + Trans / trans 0.1 g	<b>35 %</b>	<b>Cholesterol / Cholestérol</b> 70 mg			<b>23 %</b>
<b>Calories</b> 320		<b>Carbohydrate / Glucides</b> 18 g		<b>Sodium</b> 340 mg			<b>15 %</b>
* DV = Daily Value		Fibre / Fibres 0 g	0 %	Potassium 350 mg			7 %
* VQ = valeur quotidienne		Sugars / Sucres 17 g	17 %	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					

# NUTRITIONALS - SPRING/SUMMER 2023

## AAA/CH SIRLOIN BAVETTE STEAK | PRODUCT CODE #18842

Beef, Water, Salt, Sugars (glucose solids), Hydrolyzed soy protein, Spices, papain.

CONTAINS: SOY

	% DV* / % VQ*		% DV* / % VQ*
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>Fat / Lipides</b> 9 g	12 %	<b>Protein / Protéines</b> 20 g
	Saturated / saturés 3.5 g + Trans / trans 0.3 g	19 %	<b>Cholesterol / Cholestérol</b> 60 mg
Per 1 steak (115 g) pour 1 bifteck (115 g)	<b>Carbohydrate / Glucides</b> 0 g		<b>Sodium</b> 430 mg 19 %
<b>Calories 160</b>	Fibre / Fibres 0 g	0 %	Potassium 300 mg 6 %
* DV = Daily Value	Sugars / Sucres 0 g	0 %	Calcium 10 mg 1 %
* VQ = valeur quotidienne	* 5% or less is a <b>little</b> , 15% or more is a <b>lot</b> / * 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>		

## SLOW COOKED BEEF POT ROAST | PRODUCT CODE #92572

Boneless Beef Blade Roast, Water, Beef Juices, Dextrose, Salt, Modified Corn Starch, Hyrdolyzed Corn, Soy and Wheat Proteins, Spices and Spice Extracts, Caramel Colour, Beef Flavour, (hydrolyzed whey and wheat protein), Hydrogenated Soybean and Canola Oils, Onion, Garlic, Sugar, Parsley, Modified Milk Ingredients, Xanthan Gum, Silicon Dioxide. CONTAINS: MILK, SOY, WHEAT

	% DV / % VQ*		% DV / % VQ*
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>Fat / Lipides</b> 16 g	21 %	<b>Protein / Protéines</b> 26 g
	Saturated / saturés 7 g + Trans / trans 0.5 g	40 %	<b>Cholesterol / Cholestérol</b> 70 mg
Per 1/6 roast (150 g) pour 1/6 de rôti (150 g)	<b>Carbohydrate / Glucides</b> 1 g		<b>Sodium</b> 530 mg 23 %
<b>Calories 260</b>	Fibre / Fibres 0 g	0 %	Potassium 350 mg 7 %
* DV = Daily Value	Sugars / Sucres 1 g	1 %	Calcium 10 mg 1 %
* VQ = valeur quotidienne	* 5% or less is a <b>little</b> , 15% or more is a <b>lot</b> / 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>		

## STEAKHOUSE BURGER | PRODUCT CODE #40002/46342

Beef, Water, Toasted Wheat Crumbs, Salt, Soy Protein, Spices & Spice Extracts, Onion, Sugar, Garlic, Flavour, Canola Oil. CONTAINS: SOY, WHEAT, MUSTARD

	% DV / % VQ*		% DV / % VQ*
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	<b>Fat / Lipides</b> 33 g	44 %	<b>Protein / Protéines</b> 26 g
	Saturated / saturés 14 g + Trans / trans 0.4 g	70 %	<b>Cholesterol / Cholestérol</b> 120 mg
Per 1 burger (170 g) pour 1 burger (170 g)	<b>Carbohydrate / Glucides</b> 5 g		<b>Sodium</b> 540 mg 23 %
<b>Calories 430</b>	Fibre / Fibres 0 g	0 %	Potassium 400 mg 9 %
* DV = Daily Value	Sugars / Sucres 1 g	1 %	Calcium 30 mg 2 %
* VQ = valeur quotidienne	* 5% or less is a <b>little</b> , 15% or more is a <b>lot</b> / 5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>		



# NUTRITIONALS - SPRING/SUMMER 2023

## ALL BEEF JUMBO HOT DOGS | PRODUCT CODE #64222

Beef, water, wheat flour, salt, ground spices, corn flour, sodium erythorbate, toasted wheat crumbs, sodium nitrate, smoke

<b>Nutrition Facts</b>		% DV / % VQ*	<b>Nutrition Facts</b>		% DV / % VQ*
<b>Valeur nutritive</b>			<b>Valeur nutritive</b>		
Per 1 frankfurter (100 g) pour 1 saucisse fumée (100 g)	<b>Fat / Lipides</b> 11 g	15 %	<b>Protein / Protéines</b> 10 g		
	Saturated / saturés 3 g		<b>Cholesterol / Cholestérol</b> 30 mg		
	+ Trans / trans 0.1 g	15 %	<b>Sodium</b> 760 mg		33 %
	<b>Carbohydrate / Glucides</b> 2 g		Potassium 175 mg		4 %
	Fibre / Fibres 1 g	4 %	Calcium 40 mg		3 %
	Sugars / Sucres 1 g	1 %	Iron / Fer 1.5 mg		8 %
<b>Calories 150</b>					
* DV = Daily Value			* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup		
* VQ = valeur quotidienne					

## ITALIAN STYLE COOKED MEATBALLS | PRODUCT CODE #90052

Beef, Water, Toasted Wheat Crumbs, Soy Protein, Salt, Sugar, Spices, Onion Powder, Garlic Powder.  
CONTAINS: WHEAT, SOY

<b>Nutrition Facts</b>		% DV / % VQ*	<b>Nutrition Facts</b>		% DV / % VQ*
<b>Valeur nutritive</b>			<b>Valeur nutritive</b>		
Per 7 meatballs (100 g) par 7 boulettes de viande (100 g)	<b>Fat / Lipides</b> 19 g	25 %	<b>Protein / Protéines</b> 16 g		
	Saturated / saturés 9 g		<b>Cholesterol / Cholestérol</b> 45 mg		15 %
	+ Trans / trans 1 g	50 %	<b>Sodium</b> 450 mg		20 %
	<b>Carbohydrate / Glucides</b> 3 g		Potassium 250 mg		5 %
	Fibre / Fibres 2 g	7 %	Calcium 30 mg		2 %
	Sugars / Sucres 0 g	0 %	Iron / Fer 2.25 mg		13 %
<b>Calories 250</b>					
* DV = Daily Value			* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup		
* VQ = valeur quotidienne					

## FULLY COOKED CHICKEN WINGS | PRODUCT CODE #92872

Chicken, Water, Salt, Spices, Onion Powder, Chicken Broth, Garlic Powder, Flavour, Canola Oil.

<b>Nutrition Facts</b>		% DV* / % VQ*	<b>Nutrition Facts</b>		% DV* / % VQ*
<b>Valeur nutritive</b>			<b>Valeur nutritive</b>		
Per about 4 wings (100 g edible portion) pour environ 4 ailes (100 g de portion comestible)	<b>Fat / Lipides</b> 21 g	28 %	<b>Protein / Protéines</b> 28 g		
	Saturated / saturés 6 g		<b>Cholesterol / Cholestérol</b> 180 mg		
	+ Trans / trans 0.1 g	31 %	<b>Sodium</b> 510 mg		22 %
	<b>Carbohydrate / Glucides</b> 1 g		Potassium 300 mg		6 %
	Fibre / Fibres 0 g	0 %	Calcium 20 mg		2 %
	Sugars / Sucres 0 g	0 %	Iron / Fer 0.75 mg		4 %
<b>Calories 310</b>					
* DV = Daily Value			* 5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup		
* VQ = valeur quotidienne					

# NUTRITIONALS - SPRING/SUMMER 2023

## BREADED CHICKEN FINGERS | PRODUCT CODE #71025 \*PAR-COOKED

Chicken Breast Fillets, Water, Salt, Sodium Phosphate, Seasoning (Salt, Spice Extract, Polysorbate, Tricalcium Phosphate), in the breading (Toasted Wheat Crumbs with Spices, Wheat Flour, Spices, Dextrose, Garlic Powder, Modified Corn Starch, Yellow Corn Flour, Baking Powder, Vegetable Oil, Shortening (Soy and Cotton Seed) Defatted Soy Flour, Milk Ingredients, Dried Egg, White Powder, Guar Gum, Browned in Soybean and Canola Oil).

CONTAINS: WHEAT, SOY, MILK AND EGG

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 3 pieces (100 g) pour 3 morceaux (100 g)	<b>Fat / Lipides</b> 9 g	12 %	<b>Protein / Protéines</b> 11 g		
	Saturated / saturés 1.5 g		<b>Cholesterol / Cholestérol</b> 20 mg		
	+ Trans / trans 0 g	8 %	<b>Sodium</b> 540 mg		23 %
<b>Calories</b> 200	<b>Carbohydrate / Glucides</b> 21 g		<b>Potassium</b> 350 mg		7 %
	Fibre / Fibres 1 g	4 %	<b>Calcium</b> 30 mg		2 %
	Sugars / Sucres 2 g	2 %	<b>Iron / Fer</b> 1.5 mg		8 %
* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup					

## CHICKEN SOUVLAKI | Product Code #65632

Chicken Breast, Water, Canola Oil, Flavour (corn starch, dehydrated turkey broth, dextrose, spice extracts), corn syrup solids, sodium phosphates, cooking wine (salt, contains sulphites). Onion Powder, sea salt, lemon juice from concentrate, oranges, sweet paprika powder, garlic powder, spice.

CONTAINS: SULPHITES

Nutrition Facts		% DV* / % VQ*	Nutrition Facts		% DV* / % VQ*
Valeur nutritive			Valeur nutritive		
Serving Size (65 g) Portion (65 g)	<b>Fat / Lipides</b> 5 g	7 %	<b>Protein / Protéines</b> 10 g		
	Saturated / saturés 0.5 g		<b>Cholesterol / Cholestérol</b> 25 mg		
	+ Trans / trans 0 g	3 %	<b>Sodium</b> 270 mg		12 %
<b>Calories</b> 100	<b>Carbohydrate / Glucides</b> 2 g		<b>Potassium</b> 125 mg		3 %
	Fibre / Fibres 0 g	0 %	<b>Calcium</b> 10 mg		1 %
	Sugars / Sucres 0 g	0 %	<b>Iron / Fer</b> 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					

## RAINBOW TROUT FILLETS SKIN ON-BNLS | Product Code #87212

CONTAINS: FISH

Nutrition Facts		% DV* / % VQ*	Nutrition Facts		% DV* / % VQ*
Valeur nutritive			Valeur nutritive		
Per (100 g) pour (100 g)	<b>Fat / Lipides</b> 6 g	8 %	<b>Protein / Protéines</b> 20 g		
	Saturated / saturés 1.5 g		<b>Cholesterol / Cholestérol</b> 60 mg		
	+ Trans / trans 0 g	8 %	<b>Sodium</b> 50 mg		2 %
<b>Calories</b> 140	<b>Carbohydrate / Glucides</b> 0 g		<b>Potassium</b> 400 mg		9 %
	Fibre / Fibres 0 g	0 %	<b>Calcium</b> 30 mg		2 %
	Sugars / Sucres 0 g	0 %	<b>Iron / Fer</b> 0.3 mg		2 %
* 5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup					

# NUTRITIONALS - SPRING/SUMMER 2023

## SMOKEY MAPLE BACON WRAPPED SALMON | Product Code #88602

Ingredients: Salmon, Bacon (pork, water, salt, sugar, sodium erythorbate, sodium phosphate, spices, sodium nitrite, smoke), Sugars (maple sugar, brown sugar), salt, dehydrated red bell pepper, smoke flavour, spice, caramel, flavour. CONTAINS: FISH (SALMON)

Nutrition Facts		Amount / Teneur	% DV / % VQ	Nutrition Facts		Amount / Teneur	% DV / % VQ
<b>Valeur nutritive</b>		<b>Fat / Lipides</b> 27 g	<b>42 %</b>	<b>Potassium / Potassium</b> 420 mg		<b>12 %</b>	
Serving Size 1 fillet (142 g) Portion 1 fillet (142 g)		Saturated / saturés 8 g + Trans / trans 0 g	<b>40 %</b>	<b>Carbohydrate / Glucides</b> 2 g		<b>1 %</b>	
<b>Calories / Calories</b> 360		<b>Cholesterol / Cholestérol</b> 80 mg		Fibre / Fibres 0 g		<b>0 %</b>	
* DV = Daily Value / VQ = valeur quotidienne		<b>Sodium / Sodium</b> 630 mg	<b>26 %</b>	Sugars / Sucres 2 g			
		Vitamin A / Vitamine A	2 %	<b>Protein / Protéines</b> 26 g			
		Calcium / Calcium	2 %	Vitamin C / Vitamine C		0 %	
				Iron / Fer		4 %	

## DEBREIZENI SAUSAGE (FULLY COOKED) | Product Code #96002

Pork, Water, Salt, Spices and Spice Extracts, Modified Corn Starch, Wheat Flour, Soy Protein, Dextrose, Mustard, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite. CONTAINS: SOY, WHEAT GLUTEN, MUSTARD

Nutrition Facts		% DV* / % VQ*	Nutrition Facts		% DV* / % VQ*
<b>Valeur nutritive</b>		<b>Fat / Lipides</b> 21 g	<b>28 %</b>	<b>Protein / Protéines</b> 8 g	
Per (70 g) pour (70 g)		Saturated / saturés 8 g + Trans / trans 0 g	<b>40 %</b>	<b>Cholesterol / Cholestérol</b> 45 mg	
<b>Calories</b> 240		<b>Carbohydrate / Glucides</b> 0 g		<b>Sodium</b> 680 mg	
* DV = Daily Value		Fibre / Fibres 0 g	0 %	Potassium -- mg	
* VQ = valeur quotidienne		Sugars / Sucres -- g	-- %	Calcium -- mg	
				Iron / Fer -- mg	
		* 5 % or less is a little, 15 % or more is a lot / * 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup			

## THICK CUT PEAMEAL BACON | PRODUCT CODE #60062

Pork, Water, Cornmeal, Salt, Sugar, Sodium Phosphate, Sodium Ascorbate, Sodium Bicarbonate, Sodium Nitrite, Polysorbate 80, Spice. CONTAINS: CORNMEAL

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
<b>Valeur nutritive</b>		<b>Fat / Lipides</b> 1.5 g	<b>2 %</b>	<b>Protein / Protéines</b> 18 g	
Per portion (100 g) par portion (100 g)		Saturated / saturés 0.4 g + Trans / trans 0 g	<b>2 %</b>	<b>Cholesterol / Cholestérol</b> 5 mg	
<b>Calories</b> 100		<b>Carbohydrate / Glucides</b> 4 g		<b>Sodium</b> 650 mg	
* DV = Daily Value		Fibre / Fibres 0 g	0 %	Potassium 400 mg	
* VQ = valeur quotidienne		Sugars / Sucres 2 g	2 %	Calcium 20 mg	
				Iron / Fer 0.75 mg	
		* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup			

## THICK CUT CANADIAN SLICED BACON | Product Code #60022

Pork, water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrite, sodium bicarbonate, spices, smoke.

Nutrition Facts		Amount / Teneur	% DV / % VQ	Nutrition Facts		Amount / Teneur	% DV / % VQ
<b>Valeur nutritive</b>		<b>Fat / Lipides</b> 8 g	<b>12 %</b>	<b>Carbohydrate / Glucides</b> 0 g		<b>0 %</b>	
Per 2 slices (56 g) par 2 tranches (56 g)		Saturated / saturés 7 g + Trans / trans 0.1 g	<b>36 %</b>	Fibre / Fibres 0 g		<b>0 %</b>	
<b>Calories / Calories</b> 190		<b>Cholesterol / Cholestérol</b> 30 mg		Sugars / Sucres 0 g			
* DV = Daily Value / VQ = valeur quotidienne		<b>Sodium / Sodium</b> 470 mg	<b>20 %</b>	<b>Protein / Protéines</b> 8 g			
		Vitamin A / Vitamine A	0 %	Vitamin C / Vitamine C		0 %	
		Calcium / Calcium	0 %	Iron / Fer		4 %	



# SINGLE SOURCE ITEMS - NUTRITIONALS

## SPRING/SUMMER 2023

CERTIFIED ANGUS BEEF® TOP SIRLOIN STEAK | Product Code #14262

	% DV* / % VQ*	% DV* / % VQ*
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Per 1 steak (170 g) pour 1 bifteck (170 g)		
<b>Calories 290</b>		
* DV = Daily Value * VQ = valeur quotidienne		
<b>Fat / Lipides</b> 14 g	19 %	<b>Protein / Protéines</b> 36 g
Saturated / saturés 6 g	33 %	<b>Cholesterol / Cholestérol</b> 95 mg
+ Trans / trans 0.5 g		<b>Sodium</b> 100 mg
<b>Carbohydrate / Glucides</b> 0 g		<b>Potassium</b> 550 mg
Fibre / Fibres 0 g	0 %	<b>Calcium</b> 10 mg
Sugars / Sucres 0 g	0 %	<b>Iron / Fer</b> 4 mg
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup		

CERTIFIED ANGUS BEEF® STRIPLOIN STEAK | Product Code #14442

	% DV* / % VQ*	% DV* / % VQ*
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Per 1/2 steak (143 g) pour 1/2 bifteck (143 g)		
<b>Calories 300</b>		
* DV = Daily Value * VQ = valeur quotidienne		
<b>Fat / Lipides</b> 19 g	25 %	<b>Protein / Protéines</b> 29 g
Saturated / saturés 8 g	43 %	<b>Cholesterol / Cholestérol</b> 75 mg
+ Trans / trans 0.5 g		<b>Sodium</b> 80 mg
<b>Carbohydrate / Glucides</b> 0 g		<b>Potassium</b> 450 mg
Fibre / Fibres 0 g	0 %	<b>Calcium</b> 10 mg
Sugars / Sucres 0 g	0 %	<b>Iron / Fer</b> 3 mg
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup		

CERTIFIED ANGUS BEEF® TOP SIRLOIN ROAST | Product Code #14222

	% DV* / % VQ*	% DV* / % VQ*
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Serving Size (100 g) Portion (100 g)		
<b>Calories 170</b>		
* DV = Daily Value * VQ = valeur quotidienne		
<b>Fat / Lipides</b> 9 g	12 %	<b>Protein / Protéines</b> 21 g
Saturated / saturés 3.5 g	19 %	<b>Cholesterol / Cholestérol</b> 55 mg
+ Trans / trans 0.3 g		<b>Sodium</b> 60 mg
<b>Carbohydrate / Glucides</b> 0 g		<b>Potassium</b> 300 mg
Fibre / Fibres 0 g	0 %	<b>Calcium</b> 10 mg
Sugars / Sucres 0 g	0 %	<b>Iron / Fer</b> 2.5 mg
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup		

JUST CHICKEN BREAST (BNLS/SKNLS) | Product Code #77162

	% DV* / % VQ*	% DV* / % VQ*
<b>Nutrition Facts</b>		
<b>Valeur nutritive</b>		
Per portion (100 g) pour portion (100 g)		
<b>Calories 110</b>		
* DV = Daily Value * VQ = valeur quotidienne		
<b>Fat / Lipides</b> 1 g	1 %	<b>Protein / Protéines</b> 24 g
Saturated / saturés 0.4 g	2 %	<b>Cholesterol / Cholestérol</b> 65 mg
+ Trans / trans 0 g		<b>Sodium</b> 40 mg
<b>Carbohydrate / Glucides</b> 0 g		<b>Potassium</b> 450 mg
Fibre / Fibres 0 g	0 %	<b>Calcium</b> 0 mg
Sugars / Sucres 0 g	0 %	<b>Iron / Fer</b> 0.4 mg
*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup		