

Ingredient Listing for Frozen Meals

BEEF

Beef Stew

Potatoes, Beef, Water, Broccoli, Carrots, Onions, Tomatoes, Celery, Peas, Red Pepper, Turnip, Red Wine, Flour, Vegetable Oil, Corn Starch, Butter, Garlic, Salt, Corn Syrup solids, Yeast Extract, Gelatin, Carrot Powder, Caramel, Spice, Pepper, Sulphite

Beef Stroganoff

Beef, Egg Noodles, (Durum flour, Dried Egg Yolk, Sodium Aluminum Silicate), Beets, Green Beans, Water, Mushrooms, Onions, Tomatoes, Powdered Sour Cream, Vegetable Oil, Flour, Corn Starch, Salt, Corn Syrup Solids, Yeast Extract, Gelatin, Carrot Powder, Spice, Caramel, Garlic, Pepper

Breaded Veal Cutlet

Veal Cutlet (Veal, Parmesan Cheese, Tomato Sauce, Bread Crumbs, Red and Green Pepper, Corn Starch, Mushrooms, Salt, Spices, Dextrose, Garlic Powder, Onion Powder, Sugar, Sodium Erythrobate, Monosodium Glutamate, Vegetable Oil, Baking Powder, Mild Ingredients, Sodium Aluminum Phosphate, Egg White, Guar Gum), Egg Noodles, Tomatoes, Zucchini, Corn Lima Beans, Onions, Butter, Vegetable Oil, Corn Starch, Spice, Pepper

Chopped Swiss Steak

Potatoes, Beef, Squash, Water, Tomatoes, Onions, Carrots, Celery, Vegetable Oil, Corn Starch, Garlic, Spice, Salt, Pepper

Macaroni Meat & Cheese Casserole

Macaroni, Tomatoes, Broccoli, Beef, Milk (2%), Cheddar Cheese, Onions, Carrots, Peas, Green Beans, Corn, Red Pepper, Flour, Butter, Vegetable Oil, Corn Starch, Garlic, Spice, Pepper

BEEF

Meat Loaf in Mushroom Gravy

Potatoes, Meat Loaf (Beef, Water, Bread Crumbs, Salt, Dextrose, Spices, Caramel Colour, Garlic, Onion), Water, Beans (Green, Yellow), Red Wine, Milk, Mushrooms, Onions, Butter, Balsamic Vinegar, Corn Starch, Soya Sauce (Wheat Yeast), Vegetable Oil, Sugar, Garlic, Salt, Sulphite

Shepherd's Pie

Potatoes, Beef, Green Beans, Tomatoes, Carrots, Peas, Onions, Celery, Water, Vegetable Oil, Gelatin, Garlic, Corn Starch, Salt, Spice, Corn Syrup Solids, Yeast Extract, Carrot Powder, Caramel, Pepper

Traditional Pot Roast

Beef, Potatoes, Green Beans, Water, Carrots, Yellow Beans, Tomatoes, Onion, Celery, Flour, Vegetable Oil, Butter, Corn Starch, Garlic, Corn Syrup Solids, Yeast Extract, Gelatin, Carrot Powder, Caramel, Salt, Spice, Pepper, Sulphite

PORK

Hawaiian Pork

Water, Pork, Broccoli, Rice, Pineapple, Ketchup, Sugar, Zucchini, Water Chestnuts, Snow Peas, Red Pepper, Modified Corn Starch, Vegetable Oil, Soya Sauce, Seasoning (Dextrose, Natural Flavour, Autolyzed Yeast Extract, Salt, Spices, Yeast Extract)

Pork With Stuffing

Pork, Carrots, Potatoes, Water, Onion, Bread, Celery, Butter, Flour, Orange Juice Concentrate, Apricots, Prunes or Raisins, Prune Juice, Vegetable Oil, Corn Starch, Corn Syrup Solids, Yeast Extract, Salt, Spice, Gelatin, Carrot Powder, Caramel, Pepper, Sulphite

Apple Braised Pork

Sweet Potato, Pork, Apple Juice, Potatoes, Green Beans, Water, Carrot, Potato, Cornstarch, Butter, Vegetable Oil, Corn Syrup Solids, Yeast Extract, Gelatin, Carrot Powder, Caramel, Spice, Salt

PORK

Ham In Maple Flavoured Sauce

Ham (Pork, Water, Salt, Sodium Phosphate, Spice, Sodium Nitrite, Smoke), Potatoes, Carrots, Parsnips, Syrup, Onion, Sour Cream, Cheddar Cheese, Butter, Water Vegetable Oil, Corn Starch, Maple Extract, Spice, Pepper

FISH

Fish and Chips

Fish (Haddock, Wheat Flour, Corn Flour, Toasted Wheat Crumbs, Salt, Water, Sugar, Defatted Soya Flour, Baking Powder, Whey, Dextrose, Spice, Polysorbate 60, Soybean Oil), Mixed Vegetables (Carrots, Peas, Green Beans, Corn), French Fries

Fish Florentine

Potatoes, Fish, Carrots, Spinach, Milk (2%), Cheddar Cheese, Onions, Butter, Flour, Garlic, Spice, Sulphite

Salmon In Lemon Sauce

Salmon, Water, Rice, Green Beans, Cauliflower, Zucchini, Cream, Butter, Flour Eggs, Lemon Juice, Lemon Rind, Salt, Dextrose, Yeast Extract, Corn Starch, Gelatin, Spices

CHEESE

Vegetable Lasagna

Lasagna Noodles, Tomato, Peas, Corn, Mozzarella Cheese, Ricotta Cheese, Onions, Milk (2%), Zucchini, Green Pepper, Red Pepper, Butter, Romano Cheese, Celery, Spinach, Carrot, Vegetable Oil, Starch Cream (35%), Bread Crumbs, Flour, Garlic, Salt, Spice, Pepper

POULTRY

Breaded Chicken Breasts

Chicken (Contains Water, Salt, Sodium Phosphate, Cream, Butter, Mushrooms, Flour (Wheat, Corn, Soy), Bacon, Gelatin, Garlic, Vinegar, Sugar, Corn Starch, Eggs, Spices, Xanthan Gum, Toasted Wheat Crumb, Soy Protein Isolate Baking Powder, Vegetable Oil Shortening, Milk, Ingredients, Dried Egg White, Guar Gum, Vegetable Oil, Rice, Green Beans, Carrots, Red Peppers

POULTRY

Breaded Chicken Nuggets

Breaded Chicken Breast (Chicken, Wheat Crumbs, Corn Starch, Flour Salt, Hydrogenated Vegetable Oil, Baking Powder, Soya Flour, Milk Ingredients, Egg White, Guar Gum, Spices), French Fries, Peas, Carrots

Chicken A La King

Potatoes, Chicken, Carrots, Water, Cream (10%), Milk (2%), Mushrooms, Peas, Celery, Green Peppers, Flour, Red Peppers, Butter, Vegetable Oil, Salt, Corn Starch, Garlic, Dextrose, Yeast Extract, Gelatin, Spice

Sweet'n Sour Chicken

Rice, Chicken, Pineapple, Broccoli, Carrots, Cauliflower, Mushroom, Water, Green Peppers, Onions, Pineapple Juice, Red Peppers, Vegetable oil, Sugar, Corn Starch, Vinegar, Spice, Garlic, Dextrose, Yeast Extract, Salt, Gelatin

Turkey Casserole

Milk, Carrots, Peas, Turkey, Corn Bread Crumbs (Enriched Wheat Flour, Corn Meal, Sugar, Partially Hydrogenated Soy Bean and/or Cottonseed Oil, Yeast, (Calcium Propionate, BHT), Nonfat Milk, Colour, (Turmeric, Annato Extract, Spice Extractive), Sour Cream, Water, Butter, Pasta, Onions, Flour, Beans, Modified Corn Starch, Vegetable Oil, Salt, Worcestershire Sauce, Garlic, Sugar, Spices

Chicken Cacciatore

Tomatoes, Potatoes, Chicken Breast (Chicken, Water, Modified Corn Starch, Soya Protein Isolate, Salt, Sodium Phosphate, Carrageenan), Carrots, Water, Zucchini, Celery, Milk, Onions, Green Peppers, Modified Corn Starch, Vegetable Oil, Butter, Garlic, Salt, Spices, Sugar, Xanthan Gum

Turkey With Stuffing

Turkey, Potatoes, Water, Peas, Bread, Apples, Celery, Onions, Carrot, Corn Starch, Vegetable Oil, Flour, Butter, Spice, Dextrose, Yeast Extract, Salt, Gelatin, Pepper, Sulphites