



north  country
meat & seafood

ONTARIO'S
premier
**FUNDRAISING
PROGRAM**

Spring/Summer 2018
Culinary Guide & Participant Package

WITH A NEW YEAR COMES A NEW LOOK

For more than 10 years, our goal at North Country Meat & Seafood has been to help you raise funds for your team or organization by providing exclusive restaurant quality products at great value. We are thrilled with how beloved some of our products have become in households across Southern Ontario and we are excited to continue sharing how delicious, versatile and inspiring great meat & seafood can be. We pride ourselves on putting our products through the most rigorous quality control processes in the business, so that when you open a box of North Country Meat & Seafood products you can rest assured in our quality.

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Butterfly Garlic Shrimp
see Page 12

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With a new year comes a new look! All your favourites are still here, and we have added some great new products as well like Bacon Wrapped Salmon, and Fully Cooked Grilled Chicken Strips. We have organized your Culinary Guide the following way:
.....

RAW

Premium raw steaks, chops and fish for the home Chef who prefers to control their culinary destiny and create their own masterpiece. Nothing added, nothing taken away.

NEW

Looking for inspiration from something new. You will find some exciting additions here.

PREPPED

Life is busy, we get it. We have some great products to simplify mealtime or entertaining. Whether it is breaded, marinated, seasoned or bacon wrapped. A collection of great products that are all about flavour and simplicity.

FULLY COOKED

Some things just take time to be awesome, like slow cooked Pot Roast or Pork Back Ribs. We have taken our time, so you don't have to.

INGREDIENTS & NUTRITIONALS

In this section you will find information for items with multiple ingredients.



Certified Angus Beef®

Angus beef is good. But the *Certified Angus Beef®* brand? It's on an entirely different level. It defines the standard by which all beef is measured. No shortcuts and with a virtual obsession with flavour and juiciness, every cut of our beef is judged on 10 exacting quality standards to qualify as *Certified Angus Beef®* and this is why no other brand is as juicy, as tender or as full of flavor.

Marbling Matters

The amount of marbling, the little white “flavor flecks” within beef, plays a huge role in the tenderness, juiciness and flavour of a steak. Those little flecks of fat melt during cooking, and in the process, ensure consistent flavor and juiciness in every bite. No matter which cut you choose, look for the white flecks.

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Certified Angus Beef®
Striploin Steak

Jail Island® Atlantic
Salmon Portion



Boneless - Skinless
Chicken Breast

Certified Angus Beef®
Top Sirloin Steak

Center Cut 3/4" Thick Cut
Pork Chop



RAW

It doesn't take much to enhance the naturally delicious flavor of premium steaks, chops & fish so we have left these alone. Think of these as a blank canvas for your next culinary adventure.

AA Ribeye Steak

This boneless steak is rich, tender, juicy and full-flavoured, with generous marbling throughout.

Product #12272 - 8 steaks x 12 oz (340 gr)



Certified Angus Beef® Striploin Steak

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

Product #14412 - 12 steaks x 10 oz (285 gr)

Certified Angus Beef® Top Sirloin Steak

This versatile steak is cut from the top sirloin. Lean, juicy and tender, it boasts great flavor. We cut these "thick"!

Product #14662 - 16 steaks x 6 oz (170 gr)

Canadian AA Striploin Steak

This premium steak is a leaner version, but still delivers that big NY Style Striploin experience.

Product #13792 - 12 steaks x 10 oz (285 gr)

Centre Cut 3/4" Thick Pork Chops

Try something different on the grill - tender, juicy, versatile Chophouse style pork chops.

Product #61992 - approx. 23 x 7 oz - Box Wt. 10-10.5lbs



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 #88661 - 20 steaks x 5 oz (142 gr)

"Just Chicken"

No added water, no added salt. Just simple, raw, premium chicken breasts and thighs, conveniently vacuum packaged so they won't dry out in the freezer.

Boneless-Skinless Chicken Breast 5-7 oz breast/pack

Product #77162 - Box Wt. 4kg

Boneless-Skinless Chicken Thigh

Product #77132 - Box Wt. 4kg

OUT WITH THE BREADED AND IN WITH THE GRILLED!

YOU WILL ONLY MISS OUR OLD WINGS UNTIL THE MOMENT YOU BITE INTO ONE OF THESE.

AMAZING ON THEIR OWN, OR TOSSED IN YOUR FAVOURITE WING SAUCE - AND HEY, WE'VE INCLUDED A GREAT BBQ SAUCE OF OUR OWN TO TRY!

FULLY COOKED GRILLED CHICKEN WINGS

FULLY COOKED GRILLED CHICKEN STRIPS

THESE ARE SURE TO BECOME YOUR NEW "GO-TO", FROM EASY SKILLET MEALS, PASTA'S, TACO-NIGHTS...

YOU WILL LOVE HOW SIMPLE AND DELICIOUS THESE ARE, AND WE'VE EVEN INCLUDED A GREAT SRIRACHA SAUCE IF YOU WANT TO KICK IT UP!

FULLY COOKED GRILLED CHICKEN SKEWERS

BACKYARD GRILLING JUST GOT A WHOLE LOT EASIER AND TASTIER! MARINATED, THEN GRILLED AND FULLY COOKED, THESE SKEWERS ARE THE REAL DEAL AND A SUMMER ESSENTIAL!

TRY THEM WITH THE BBQ DIP WE'VE INCLUDED!

EVERYTHING IS BETTER WITH BACON!
WE'VE TAKEN OUR JAIL ISLAND® SALMON TO THE NEXT LEVEL WITH THIS DELICIOUS COMBINATION.

DON'T SAY WE DIDN'T WARN YOU!!

BACON WRAPPED JAIL ISLAND® SALMON

NEW

Find some inspiration with these new featured additions.

Fully Cooked Grilled Chicken Wings

Product # 77142
Box Wt. 6 lbs (2x3 lb)

Fully Cooked Grilled Chicken Breast Strips

Product # 77152
Box Wt. 6.61 lbs (4 x750gr)

Fully Cooked Grilled-Chicken Skewers

Product # 77122
30 Skewers per case
Box Wt. 6.00 lbs

Bacon Wrapped Jail Island® Salmon

Product #88602
10 x 5 oz Portions
Box Wt. 3.13 lbs

PREPPED

Whether it is breaded, seasoned, marinated or bacon wrapped, we've got it right with this ready-to-cook collection of favourites.

Honey Garlic Marinated Top Sirloin Steak

We've taken our legendary Top Sirloin steak and added a bold Honey Garlic marinade. The combination of thick sweet honey, confident garlic and grilled Top Sirloin should almost be illegal.

Product # 14242
Box Wt. 4.54 lbs (8x9 oz)

Fully Cooked Grilled Chicken Breast Strips

These are sure to become your new "go-to". From easy skillet meals, pasta's, taco-nights...you will love how simple and delicious these are-and we've even included a great Sriracha sauce if you want to kick it up!

Product # 77152
Box Wt. 6.61 lbs (4x750gr)

Breaded Wild Pacific Cod Fillet

Sustainably sourced wild Pacific Cod Fillet in our classic chicken finger breading makes for an easy and delicious fish & chip night. Or have some fun with crispy fish tacos!

Product #89982
Box Wt. 8.82lbs (50-60pcs)



HONEY GARLIC MARINATED TOP SIRLOIN STEAK

FULLY COOKED GRILLED CHICKEN BREAST STRIPS

BREADED WILD PACIFIC COD FILLET

Taco Time!

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THE CLASSICS

Steakhouse Burger

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

Product # 40002
Box Wt. 8.99 lbs (24x6 oz)

Product #46342
Box Wt. 10 lbs (40x4oz)

Thick Cut Peameal Bacon

A Canadian - in fact - Toronto classic. Ours is thick-cut and not full of water. Of course it'll pull together any brunch, but why not try the St. Lawrence Market mainstay peameal bacon bun with maple mustard.

Product # 60062
Box Wt. 6.61 lbs (6x500 gr)

Bacon Wrapped Tenderloin Steak

Take the most tender, the most melt-in-your mouth of all steaks, the "filet mignon". Wrap it in sweet and smoky bacon and you've got yourself a true classic.

Product #14962
Box Wt. 4.98 lbs (20 x 4oz)

Butterfly Garlic Shrimp

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

Product #81272
Box Wt. 2 lbs (approx. 36 pcs)



COOKED

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Slow Cooked Beef Pot Roast

You can't take shortcuts when making this tender, delicious pot roast. We perfectly season *Certified Angus Beef*® Chuck Roast and then cook for a long, long, long time. It's not just for Sunday dinner - try it on a bun as a pot roast beef dip!

Product #92042
Box Wt. 9.92 lbs (5 roasts x 900 gr)



*Think Inside
the Bun*

Italian Style Cooked Meatballs

We've all had these at a party with great dipping sauce, or used them to make our kids favourite spaghetti and meatballs. Don't stop there - try an Italian Style meatball sandwich the next time you entertain!

Product #90072
Box Wt. 9.92 lbs (450 x .35 oz)

Vendor Sausage

Ever wonder what it is about those street vendor sausages that just taste so good? Wonder no more. Our fully cooked debreizini sausages were born on the streets! Natural hardwood smoke, garlic, spices...

Product #95812
28 x 5 oz
Box Wt. 8.75 lbs

Up Your Game!

All Beef Jumbo Hot Dogs

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

Product #64222
30 x 90 gr
Box Wt. 6.1 lbs



Famous for a Reason

Breaded Chicken Fingers *par-cooked

Dare we say these fingers are famous? These are the same fingers found in some great restaurants & pubs. Hugely popular for a reason.

Product #71025
Box Wt. 8.82 lbs

Smoked & Cooked Pork Back Ribs in BBQ Sauce

Real hardwood smoke and cooked slow & low for amazing fall-off the bone BBQ anytime the mood strikes you.

Product #92862
Box Wt. 7.87 lbs (6 x 21oz full racks)

Fully Cooked Grilled Chicken Wings
Product Code #77142

Chicken Wings, Water, Modified Potato Starch, Modified Corn Starch, Sea Salt, Sodium Phosphate, Dried Citrus Pulp, Glucose Solids, Spices, Flavour, Yeast Extract, Garlic Powder, Onion Powder, Smoke Flavour.

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides	13 g	17 %	Protein / Protéines 18 g
Per 4 wings (100 g) par 4 ailes (100 g)	Saturated / saturés	3.5 g	18 %	Cholesterol / Cholestérol 65 mg
	+ Trans / trans	0 g		Sodium 540 mg
Calories 200	Carbohydrate / Glucides	4 g		Potassium 10 mg
* DV = Daily Value	Fibre / Fibres	0 g	0 %	Calcium 0 mg
* VQ = valeur quotidienne	Sugars / Sucres	0 g	0 %	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				

Ingredients BBQ Dipping Sauce: Sugar, Water, Tomato Paste, Vinegar, Mustard, Blackstrap Molasses, Salt, Modified Corn Starch, Honey, Spices, Disodium Inosinates & Guanylate, Caramel Colour, Sodium Benzoate. ***Contains: Mustard***

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides	0.1 g	1 %	Protein / Protéines 0.2 g
Per 1 tbsp Dip (15 g) pour 1 c. à soupe Trempelette (15 g)	Saturated / saturés	0 g	0 %	Cholesterol / Cholestérol 0 mg
	+ Trans / trans	0 g		Sodium 95 mg
Calories 25	Carbohydrate / Glucides	6 g		Potassium 0 mg
* DV = Daily Value	Fibre / Fibres	0 g	0 %	Calcium 0 mg
* VQ = valeur quotidienne	Sugars / Sucres	5 g	5 %	Iron / Fer 0 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				

Fully Cooked Grilled Chicken Breast Strips
Product Code #77152

Chicken Breast, Water, Flavour (Soy, Protein Isolate, Modified Corn Starch), Canola Oil, Flavour, Salt, Sodium Posphate, Glucose Solids, Carrageenan, Potassium Chloride, Onion Powder, Yeast Extract, Spices.

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides	1.5 g	2 %	Protein / Protéines 20 g
Per 12 strips (100 g) par 12 lanières (100 g)	Saturated / saturés	0.4 g	2 %	Cholesterol / Cholestérol 50 mg
	+ Trans / trans	0 g		Sodium 430 mg
Calories 110	Carbohydrate / Glucides	2 g		Potassium 300 mg
* DV = Daily Value	Fibre / Fibres	0 g	0 %	Calcium 0 mg
* VQ = valeur quotidienne	Sugars / Sucres	0 g	0 %	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				

Ingredients: Sweet & Spicy Sriracha Dip: Glucose/Fructose, Water, Chili Peppers, Vinegar, Tomato Paste, Garlic, Modified Corn Starch, Mustard, Salt, Canola Oil, Citric Acid, Xanthan Gum, Spices, Natural and Artificial Flavour, Sodium Benzonate. ***Contains: Mustard.***

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides	0.2 g	1 %	Protein / Protéines 0.1 g
Per 1 tbsp Dip (15 g) pour 1 c. à soupe Trempelette (15 g)	Saturated / saturés	0 g	0 %	Cholesterol / Cholestérol 0 mg
	+ Trans / trans	0 g		Sodium 75 mg
Calories 35	Carbohydrate / Glucides	8 g		Potassium 0 mg
* DV = Daily Value	Fibre / Fibres	0 g	0 %	Calcium 0 mg
* VQ = valeur quotidienne	Sugars / Sucres	7 g	7 %	Iron / Fer 0 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				

Fully Cooked Grilled Chicken Skewers
Product Code #77122

Chicken Breast, Water, Modified Corn Starch, Potato Starch, Salt, Sugar, Canola Oil, Flavour, Dried Citrus Pulp, Onion Powder, Spice, Garlic Powder, Smoke Flavour.

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides	1.5 g	2 %	Protein / Protéines 15 g
Per 1 skewer (76 g) par 1 brochette (76 g)	Saturated / saturés	0.3 g	2 %	Cholesterol / Cholestérol 40 mg
	+ Trans / trans	0 g		Sodium 280 mg
Calories 90	Carbohydrate / Glucides	2 g		Potassium 250 mg
* DV = Daily Value	Fibre / Fibres	0 g	0 %	Calcium 0 mg
* VQ = valeur quotidienne	Sugars / Sucres	0 g	0 %	Iron / Fer 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				

Ingredients BBQ Dipping Sauce: Sugar, Water, Tomato Paste, Vinegar, Blackstrap Molasses, Mustard, Salt, Modified Corn Starch, Honey, Spices, Disodium Inosinates & Guanylate, Caramel Colour, Sodium Benzoate. ***Contains: Mustard***

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides	0.1 g	1 %	Protein / Protéines 0.2 g
Per 1 tbsp Dip (15 g) pour 1 c. à soupe Trempelette (15 g)	Saturated / saturés	0 g	0 %	Cholesterol / Cholestérol 0 mg
	+ Trans / trans	0 g		Sodium 95 mg
Calories 25	Carbohydrate / Glucides	6 g		Potassium 0 mg
* DV = Daily Value	Fibre / Fibres	0 g	0 %	Calcium 0 mg
* VQ = valeur quotidienne	Sugars / Sucres	5 g	5 %	Iron / Fer 0 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				

Bacon Wrapped Jail Island® Salmon
Product Code #88602

Atlantic Salmon, Bacon: Pork, Water, Salt, Sugar, Sodium Phopshate, Sodium Erythorbate, Sodium Nitrite, Sodium Bicarbonate, Spices, Smoke.

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides	20 g	27 %	Protein / Protéines 29 g
Per 1 fillet (142 g) par 1 filet (142 g)	Saturated / saturés	6 g	30 %	Cholesterol / Cholestérol 80 mg
	+ Trans / trans	0.1 g		Sodium 170 mg
Calories 300	Carbohydrate / Glucides	0 g		Potassium 500 mg
* DV = Daily Value	Fibre / Fibres	0 g	0 %	Calcium 10 mg
* VQ = valeur quotidienne	Sugars / Sucres	0 g	0 %	Iron / Fer 0.5 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				

Honey Garlic Sirloin Steak
Product Code# 14242

Beef, Water, Fructose, Honey Powder (maltodextrin), Brown Sugar, Modified Corn Starch, Salt, Sodium Phosphate, Garlic Powder, Caramel, Spices, Onion Powder, Silicon Dioxide, Polysobate, 80, Sunflower Oil.

Nutrition Facts Valeur nutritive	% DV / % VQ*		% DV / % VQ*	
	Fat / Lipides	20 g	27 %	Protein / Protéines 29 g
Per 1 fillet (142 g) par 1 filet (142 g)	Saturated / saturés	6 g	30 %	Cholesterol / Cholestérol 80 mg
	+ Trans / trans	0.1 g		Sodium 170 mg
Calories 300	Carbohydrate / Glucides	0 g		Potassium 500 mg
* DV = Daily Value	Fibre / Fibres	0 g	0 %	Calcium 10 mg
* VQ = valeur quotidienne	Sugars / Sucres	0 g	0 %	Iron / Fer 0.5 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				

Breaded Wild Pacific Cod Fillet
Product Code #89982

Cod Fillets, Water, Toasted Wheat Crumbs with Spices, Wheat Flour, Modified Corn Starch, Yellow Corn Flour, Baking Powder, Modified Palm Oil, Deffated Soy Flour, Salt, Garlic Powder, Onion Powder, Spices, Dextrose & Guar Gum. Browned in Canola oil.

Contains: Wheat, Soy, Fish

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1 piece (100 g)			Per 1 piece (100 g)		
pour 1 morceau (100 g)			pour 1 morceau (100 g)		
Calories 210			Calories 210		
* DV = Daily Value			* DV = Daily Value		
* VQ = valeur quotidienne			* VQ = valeur quotidienne		
Fat / Lipides 4 g Saturated / saturés 0.5 g + Trans / trans 0 g		5 % 3 %	Protein / Protéines 12 g Cholesterol / Cholestérol 20 mg Sodium 400 mg		17 %
Carbohydrate / Glucides 31 g Fibre / Fibres 1 g Sugars / Sucres 1 g		4 % 1 %	Potassium 200 mg Calcium 50 mg Iron / Fer 1.75 mg		4 % 4 % 10 %
* 5% or less is a little. 15% or more is a lot / 5% ou moins c'est peu. 15% ou plus c'est beaucoup					

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

Nutrition Facts		% DV / % VQ*	Nutrition Facts		% DV / % VQ*
Valeur nutritive			Valeur nutritive		
Per 1 burger (170 g)			Per 1 burger (170 g)		
pour 1 burger (170 g)			pour 1 burger (170 g)		
Calories 430			Calories 430		
* DV = Daily Value			* DV = Daily Value		
* VQ = valeur quotidienne			* VQ = valeur quotidienne		
Fat / Lipides 33 g	44 %		Protein / Protéines 26 g		
Saturated / saturés 14 g	70 %		Cholesterol / Cholestérol 120 mg		
+ Trans / trans 0.4 g			Sodium 540 mg	23 %	
Carbohydrate / Glucides 5 g			Potassium 400 mg	9 %	
Fibre / Fibres 0 g	0 %		Calcium 30 mg	2 %	
Sugars / Sucres 1 g	1 %		Iron / Fer 3.5 mg	19 %	
* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup			* 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*
Valeur nutritive			Valeur nutritive		
Per portion (100 g)			Protein / Protéines	18 g	
par portion (100 g)			Cholesterol / Cholestérol	5 mg	
Calories	100		Sodium	650 mg	28 %
			Potassium	400 mg	9 %
			Calcium	20 mg	2 %
			Iron / Fer	0.75 mg	4 %

* DV = Daily Value
 * VQ = valeur quotidienne

* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup

Bacon Wrapped Tenderloin Steak

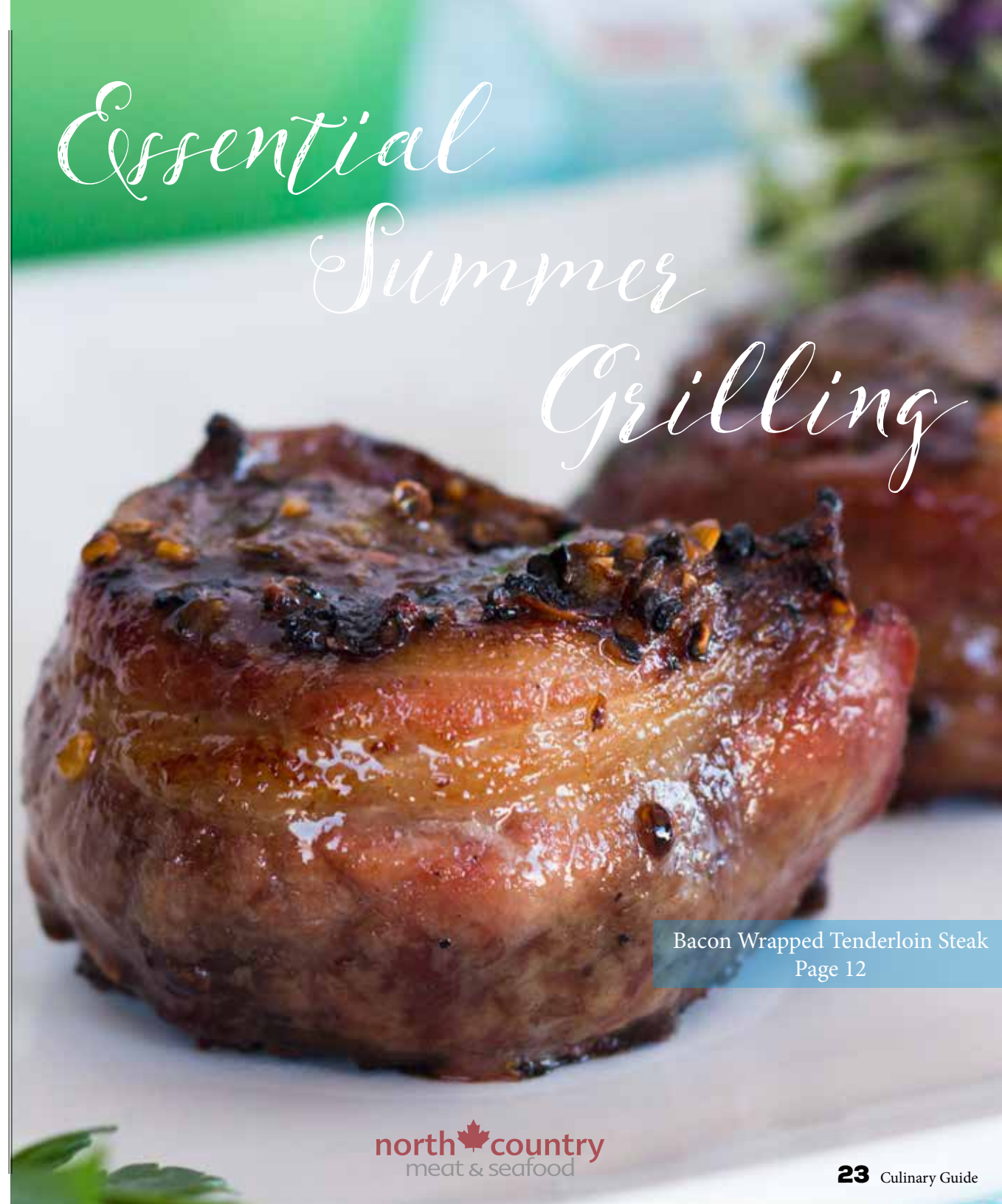
Product Code #14962

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

Nutrition Facts		% DV / % VQ*			% DV / % VQ*
Valeur nutritive					
Per portion (100 g)	Fat / Lipides 1.5 g	2 %	Protein / Protéines 18 g		
par portion (100 g)	Saturated / saturés 0.4 g	2 %	Cholesterol / Cholestérol 5 mg		
	+ Trans / trans 0 g		Sodium 650 mg		28 %
	Carbohydrate / Glucides 4 g		Potassium 400 mg		9 %
	Fibre / Fibres 0 g	0 %	Calcium 20 mg		2 %
	Sugars / Sucres 2 g	2 %	Iron / Fer 0.75 mg		4 %

* DV = Daily Value
* VQ = valeur quotidienne

* 5% or less is a **little**, 15% or more is a **lot** / 5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



Bacon Wrapped Tenderloin Steak
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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		% DV / % VQ*	% DV / % VQ*	
Valeur nutritive				
Per 1/3 rack (140g edible portion) pour 1/3 carré (partie comestible de 140 g)	Fat / Lipides 18 g	24 %	Protein / Protéines 21 g	
	Saturated / saturés 7 g	35 %	Cholesterol / Cholestérol 70 mg	23 %
	+ Trans / trans 0.1 g		Sodium 340 mg	15 %
	Carbohydrate / Glucides 18 g		Potassium 350 mg	7 %
Calories 320	Fibre / Fibres 0 g	0 %	Calcium 30 mg	2 %
	Sugars / Sucres 17 g	17 %	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		
* DV = Daily Value				
* VQ = valeur quotidienne				

Slow Cooked Beef Pot Roast
Product Code #92042

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**

Nutrition Facts		% DV / % VQ*	% DV / % VQ*	
Valeur nutritive				
Per 1/6 roast (150 g) pour 1/6 de rôti (150 g)	Fat / Lipides 16 g	21 %	Protein / Protéines 26 g	
	Saturated / saturés 7 g	40 %	Cholesterol / Cholestérol 70 mg	
	+ Trans / trans 0.5 g		Sodium 530 mg	23 %
Calories 260	Carbohydrate / Glucides 1 g		Potassium 350 mg	7 %
	Fibre / Fibres 0 g	0 %	Calcium 10 mg	1 %
	Sugars / Sucres 1 g	1 %	Iron / Fer 2.5 mg	14 %
	* 5% or less is a little, 15% or more is a lot / 5% ou moins c'est peu, 15% ou plus c'est beaucoup			
* DV = Daily Value				
* VQ = valeur quotidienne				

Italian Style Cooked Meatballs
Product Code #90052

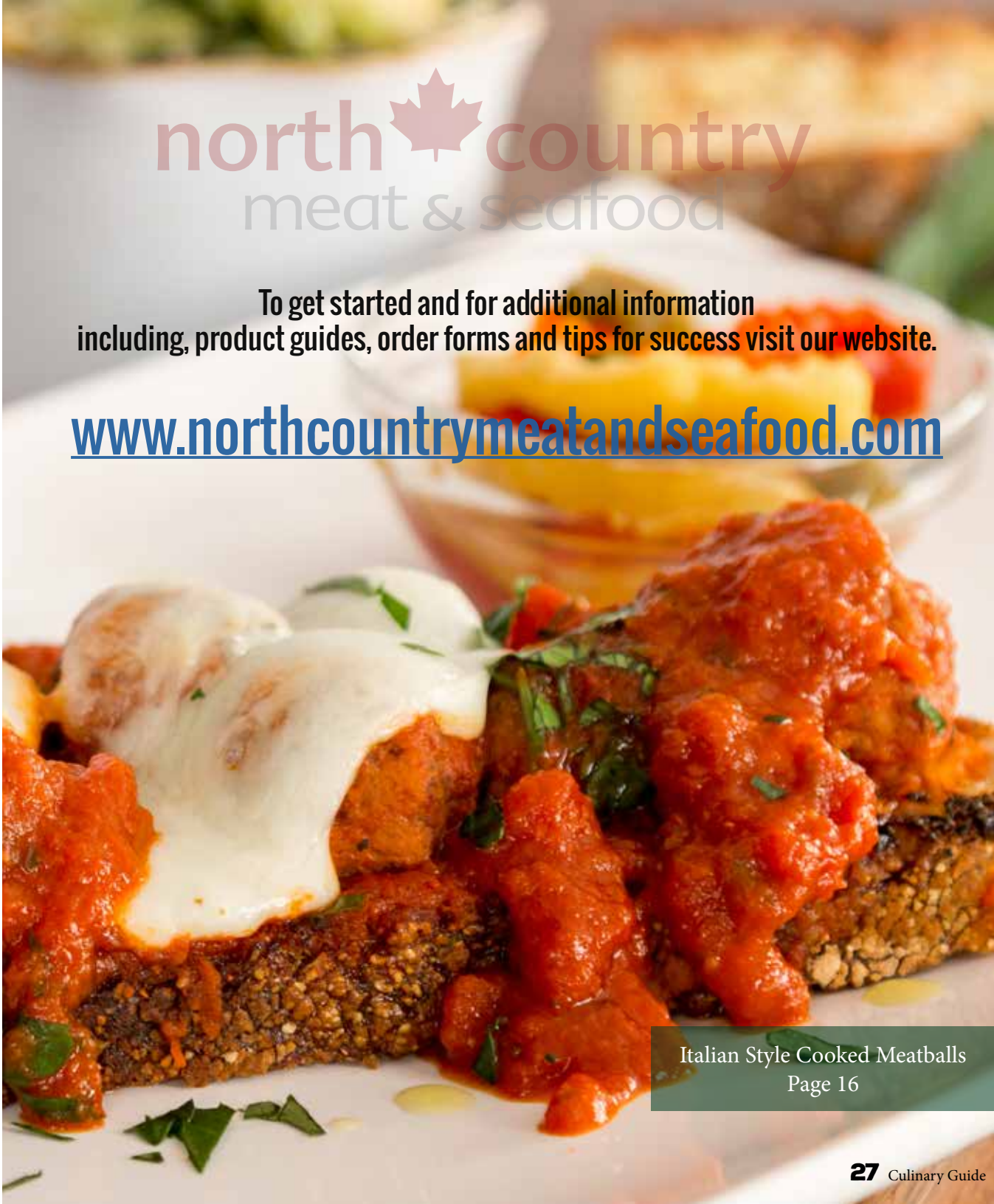
Beef, Water, Toasted Wheat Crumbs, Soy Protein, Salt, Sugar, Spices, Onion Powder, Garlic Powder, **Contains: Wheat, Soy**

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

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To get started and for additional information including, product guides, order forms and tips for success visit our website.

www.northcountrymeatandseafood.com



Italian Style Cooked Meatballs
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meat & seafood



Thick Cut Peameal Bacon
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