

ROAST TURKEY

SCHEDULE	Turkey Dinner (Heat all items until an internal temperature of 165°F (74°C) is reached.) REMOVE CLEAR LIDS BEFORE REHEATING. The containers are ovenproof to 375°F. Place these items on a baking sheet in the oven.	Approximate Heating Time
START!	Preheat oven to 325°F (163°C). Place the Turkey in an uncovered roasting pan, and cook for 2 hours, or until internal temperature reaches 165°F (74°C).	2 hours
75 mins after turkey goes in	Place in the oven with Turkey: Cranberry Apple Sausage Stuffing and Chive Mashed Potatoes for the last 40-45 minutes, or until internal temperature reaches 165°F (74°C). Or microwave for 3-4 minutes.	40-45 minutes
85 mins after turkey goes in	For a flavour boost, top with Garlic Flower Butter before baking/microwaving. Place in the oven with Turkey: Roasted Sliced Brussels Sprouts for the last 30-35 minutes, or until internal temperature reaches 165°F (74°C). Or microwave for 2-3 minutes.	30-35 minutes
90 mins after turkey goes in	For a flavour boost, top with Garlic Flower Butter before baking/microwaving. Place in the oven with Turkey: Baby Carrots for the last 30-35 minutes, or until internal temperature reaches 165°F (74°C). Or microwave for 2-3 minutes.	25-30 minutes
110 mins after turkey goes in	Bring the Turkey Gravy to a gentle simmer in a saucepan on the stovetop, stirring regularly, about 10 minutes or until internal temperature reaches 165°F (74°C).	10 minutes
FINISHED!	Remove everything from the oven, serve and enjoy! No need to rest before carving, and don't forget to get the Cranberry Ginger Sauce from the fridge and serve chilled!	Enjoy!

GLAZED HAM

SCHEDULE	Ham Dinner (Heat all items until an internal temperature of 165°F (74°C) is reached.) REMOVE CLEAR LIDS BEFORE REHEATING. The containers are ovenproof to 375°F. Place these items on a baking sheet in the oven.	Approximate Heating Time
START!	Preheat oven to 350°F (177°C). Place the Ham in an uncovered roasting pan lined with aluminum foil, pour Maple Glaze over it and reheat for 2 hours, or until internal temperature reaches 165°F (74°C).	2 hours
75 mins after ham goes in	Place in the oven with Ham: Cranberry Apple Sausage Stuffing and Chive Mashed Potatoes for the last 40-45 minutes, or until internal temperature reaches 165°F (74°C). Or microwave for 3-4 minutes.	40-45 minutes
85 mins after ham goes in	For a flavour boost, top with Garlic Flower Butter before baking/microwaving. Place in the oven with Ham: Roasted Sliced Brussels Sprouts for the last 30-35 minutes, or until internal temperature reaches 165°F (74°C). Or microwave for 2-3 minutes.	30-35 minutes
90 mins after ham goes in	For a flavour boost, top with Garlic Flower Butter before baking/microwaving. Place in the oven with Ham: Baby Carrots for the last 30-35 minutes, or until internal temperature reaches 165°F (74°C). Or microwave for 2-3 minutes.	25-30 minutes
110 mins after ham goes in	Bring the Honey Mustard Cream Sauce to a gentle simmer in a saucepan on the stovetop, stirring regularly, about 10 minutes or until internal temperature reaches 165°F (74°C).	10 minutes
FINISHED!	Remove everything from oven, serve and enjoy!	Enjoy!

QUESTION & ANSWERS:

- How many people does the dinner feed?**
The meal will serve 6 to 8 people.
- Do I remove the meat from the plastic bag before cooking?**
Yes.
- Do I remove the clear plastic lids from the sides before reheating?**
Yes.
- When I remove the plastic covers on the sides, do I need to cover with tin foil when reheating?**
No need to cover when reheating.
- Is the ham / turkey already cooked?**
The ham is, but you will still need to reheat it for approximately two hours. The turkey requires a 2-hour cook time.
- Can the turkey be pre-carved?**
No. Reheating a carved turkey will dry it out.
- Is the turkey stuffed?**
The turkey isn't stuffed.
- Does the turkey need to be basted periodically during reheating?**
It does not require basting during reheating.
- Should I cover the turkey with foil while reheating?**
No, otherwise the skin won't get crispy.
- Which side of the ham should be down when reheating?**
Place the ham, cut side down, in a lined roasting pan.
- How do I prepare the maple glaze and the honey mustard sauce that come with the ham dinner package?**
The maple glaze should be poured over the ham before it goes in the oven, and the honey mustard cream sauce can be used like gravy, just warm, and serve at the table!
- Can I reheat the sides in the black plastic containers?**
Yes, the containers are ovenproof to 375°F. Place containers on a baking sheet before placing in the oven.
- Can the meal be reheated in the microwave?**
The sides can be reheated in the microwave, but the turkey and ham should be reheated in the oven.
- Can I freeze the items if I don't use them right away?**
All the items can be frozen when transferred to freezer recommended containers.

NUTRITIONAL INFORMATION

KEEP REFRIGERATED

PLEASE NOTE: All produced in a facility where these common allergens are present. May contain: peanuts, tree nuts, sesame, milk, eggs, fish/seafood, soy, wheat/gluten, sulphites, mustard.

ROASTED TURKEY

Nutrition Facts	
Valeur nutritive	
Per 100 g	
pour 100 g	
Calories 110	
Total Fat / Lipides 1.5 g	2 %
Saturated / saturés 0.4 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 3 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 22 g	
Cholesterol / Cholestérol 65 mg	
Sodium 230 mg	10 %
Potassium 125 mg	3 %
Calcium 0 mg	0 %
Iron / Fer 0.5 mg	3 %
* 0% or less is a little, 10% or more is a lot. * 0% ou moins c'est peu, 10% ou plus c'est beaucoup.	

INGREDIENTS: Turkey • Water • Salt.

TURKEY GRAVY

Nutrition Facts	
Valeur nutritive	
Per 1/4 cup (60 mL)	
pour 1/4 tasse (60 mL)	
Calories 90	
Total Fat / Lipides 7 g	9 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 3 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 30 mg	
Sodium 90 mg	4 %
Potassium 75 mg	2 %
Calcium 10 mg	1 %
Iron / Fer 0.5 mg	3 %
* 0% or less is a little, 10% or more is a lot. * 0% ou moins c'est peu, 10% ou plus c'est beaucoup.	

INGREDIENTS: Turkey stock (water, roasted turkey necks, carrots, onions, celery, garlic, thyme) • Butter • Enriched wheat flour • Soy sauce (water, soybeans, wheat, salt, sodium benzoate, brewing starter) • Black pepper • Poultry seasoning.
Contains: Milk • Soy • Wheat

GLAZED HAM

Nutrition Facts	
Valeur nutritive	
Per 100 g	
pour 100 g	
Calories 120	
Total Fat / Lipides 4 g	5 %
Saturated / saturés 1.5 g	7 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 4 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 40 mg	
Sodium 990 mg	43 %
Potassium 250 mg	7 %
Calcium 0 mg	0 %
Iron / Fer 0.5 mg	3 %
* 0% or less is a little, 10% or more is a lot. * 0% ou moins c'est peu, 10% ou plus c'est beaucoup.	

INGREDIENTS: Farm Boy™ Smoked Ham (pork, water, salt, natural flavour, sugars [dextrose, corn syrup solids], sodium phosphate, carrageenan, sodium erythorbate, sodium nitrite, natural smoke, wrapped in collagen) • Whole grain Dijon mustard (water, mustard seeds, vinegar, salt) • Sugars (pure maple syrup, brown sugar) • Apple cider vinegar.
Contains: Soy • Sulphites • Mustard

MAPLE GLAZE

Nutrition Facts	
Valeur nutritive	
Per 1 tbsp (15 mL)	
pour 1 c.à.s. (15 mL)	
Calories 50	
Total Fat / Lipides 1 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 10 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 160 mg	7 %
Potassium 20 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0.1 mg	1 %
* 0% or less is a little, 10% or more is a lot. * 0% ou moins c'est peu, 10% ou plus c'est beaucoup.	

INGREDIENTS: Whole grain Dijon mustard (water, mustard seeds, vinegar, salt) • Sugar (pure maple syrup, brown sugar) • Apple cider vinegar.
Contains: Mustard

HONEY MUSTARD CREAM SAUCE

Nutrition Facts	
Valeur nutritive	
Per 2 tbsp (30 mL)	
pour 2 c.à.s. (30 mL)	
Calories 90	
Total Fat / Lipides 5 g	8 %
Saturated / saturés 4 g	22 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 7 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 10 mg	
Sodium 160 mg	7 %
Potassium 30 mg	1 %
Calcium 20 mg	2 %
Iron / Fer 0.3 mg	2 %
* 0% or less is a little, 10% or more is a lot. * 0% ou moins c'est peu, 10% ou plus c'est beaucoup.	

INGREDIENTS: Cream 35% M.F. (milk, cream, guar gum, carrageenan, locust bean gum, glucose solids) • Water • Sugar (pasteurized honey) • Chicken stock (water, chicken bones, carrots, celery, onions, parsley, thyme) • White cooking wine • Whole grain Dijon mustard (water, mustard seeds, vinegar, salt) • Cornstarch • Tarragon • Black pepper • Salt.
Contains: Milk • Mustard • Sulphites

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CRANBERRY GINGER SAUCE

Nutrition Facts Valeur nutritive	
Per 4 tbsp (60 mL) pour 4 c.à.s. (60 mL)	
Calories 130	
Total Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 33 g	
Fiber / Fibres 2 g	6 %
Sugars / Sucres 29 g	29 %
Protein / Protéines 0.2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 350 mg	15 %
Potassium 40 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %

* 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: Cranberries • Sugar • Water • Ginger • Salt • Cinnamon.

CRANBERRY APPLE SAUSAGE STUFFING

Nutrition Facts Valeur nutritive	
Per 3/4 cup (105 g) pour 3/4 tasse (105 g)	
Calories 170	
Total Fat / Lipides 6 g	9 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 22 g	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 20 mg	
Sodium 300 mg	17 %
Potassium 175 mg	5 %
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

INGREDIENTS: Stuffing bread (enriched wheat flour, water, sugar, salt, yeast) • Chicken stock (water, chicken bones, carrots, celery, onions, parsley, thyme) • Apples • Onions • Celery • Sweet italian sausage mix (ground pork, italian sausage seasoning [salt, spices and herb, sugar, paprika, dehydrated garlic], water, red wine vinegar) • Dried cranberries (cranberries, sugar, sunflower oil) • Butter • Parsley • Poultry seasoning • Salt.
Contains: Milk • Wheat • Sulphites

CHIVE MASHED POTATOES

Nutrition Facts Valeur nutritive	
Per 1/2 cup (118 g) pour 1/2 cup (118 g)	
Calories 130	
Total Fat / Lipides 4.5 g	6 %
Saturated / saturés 3 g	16 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 20 g	
Fiber / Fibres 1 g	4 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 10 mg	
Sodium 210 mg	9 %
Potassium 350 mg	10 %
Calcium 20 mg	2 %
Iron / Fer 0.4 mg	2 %

* 5% or less is a little, 15% or more is a lot.
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INGREDIENTS: Mashed potato (potatoes, cream [milk, cream, sodium citrate, sodium phosphate, carrageenan], milk, butter, chives, salt, spice).
Contains: Milk

ROASTED SLICED BRUSSELS SPROUTS

Nutrition Facts Valeur nutritive	
Per 1/2 cup (70 g) pour 1/2 cup (70 g)	
Calories 60	
Total Fat / Lipides 2.5 g	4 %
Saturated / saturés 0.4 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 7 g	
Fiber / Fibres 3 g	11 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 100 mg	7 %
Potassium 300 mg	9 %
Calcium 30 mg	2 %
Iron / Fer 1.25 mg	7 %

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INGREDIENTS: Brussels sprouts • Olive oil • Salt • Black pepper.

ROASTED BABY CARROTS

Nutrition Facts Valeur nutritive	
Per 1/2 cup (85 g) pour 1/2 tasse (85 g)	
Calories 60	
Total Fat / Lipides 2 g	3 %
Saturated / saturés 0.3 g	2 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 10 g	
Fiber / Fibres 4 g	13 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 310 mg	13 %
Potassium 300 mg	9 %
Calcium 40 mg	3 %
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

INGREDIENTS: Carrots • Olive oil • Parsley • Salt • Black pepper.

GARLIC FLOWER BUTTER

Nutrition Facts Valeur nutritive	
Per 2 tsp (9 g) pour 2 c.à.c. (9 g)	
Calories 60	
Total Fat / Lipides 7 g	9 %
Saturated / saturés 4 g	21 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 0 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.1 g	
Cholesterol / Cholestérol 15 mg	
Sodium 40 mg	2 %
Potassium 0 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %

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* 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

INGREDIENTS: Butter • Farm Boy™ Garlic Flowers (garlic flowers, canola or sunflower oil, lactic starter, acetic acid, lactic acid) • Salt • Black pepper • Dried parsley.
Contains: Milk

FARM BOY™ GINGERBREAD LOAF CAKE

Nutrition Facts Valeur nutritive	
Per 1/9 loaf (53 g) pour 1/9 pain (53 g)	
Calories 160	
Total Fat / Lipides 4.5 g	6 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 30 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 18 g	18 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 20 mg	
Sodium 130 mg	6 %
Potassium 150 mg	4 %
Calcium 50 mg	4 %
Iron / Fer 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

INGREDIENTS: Sugars (fancy molasses, brown sugar, icing sugar [sugars, glucose syrup, pea starch, palm and palm kernel oil]) • Water • Enriched wheat flour • Butter • Liquid whole egg • Baking powder • Baking soda • Ginger powder • Cinnamon • Salt • Cooking spray (canola oil).
Contains: Milk • Eggs • Wheat

CRUNCHY GINGER COOKIES

Nutrition Facts Valeur nutritive	
Per 3 cookies (30 g) pour 3 biscuits (30 g)	
Calories 140	
Fat / Lipides 7 g	9 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 18 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 10 mg	
Sodium 95 mg	4 %
Potassium 10 mg	0 %
Calcium 30 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

INGREDIENTS: Sugar • Enriched wheat flour • Coconut oil • Non-GMO canola oil • Liquid whole eggs • Baking soda • Cultured dextrose • Cinnamon • Ginger • Nutmeg.
Contains: Egg • Wheat



Christmas Family Dinner Box

We are honoured that you have invited us to your table to help make your celebration a little less hectic and a lot more delicious! We're happy to tackle the prep work for you so everyone has time for the more important things - creating new and lasting memories.

We put the same care and love into preparing your holiday meal as we do when making dinner for our own families. Everything is cooked from scratch using only the freshest ingredients. Just follow the easy reheating instructions, serve and enjoy!

As a little thank-you, we've included a couple of treats – one to share and one to enjoy for yourself.

For dessert, our made-from-scratch Gingerbread Loaf Cake and as a treat for the Chef, Farm Boy™ Crunchy Ginger Cookies to enjoy while you prepare Christmas dinner for your family and friends.

From all of us at Farm Boy, thank you for choosing us to be part of your Christmas and for selecting us as your fresh market.

Happy Holidays!
The Farm Boy Chefs

If there are any issues with your dinner, please visit <https://www.farmboy.ca/contact-us/> to enter your contact information including phone number, so that a member of our team can reach out to you.
Thank you.