meijer

6
INDIVIDUALLY WRAPPED CHICKEN BREASTS

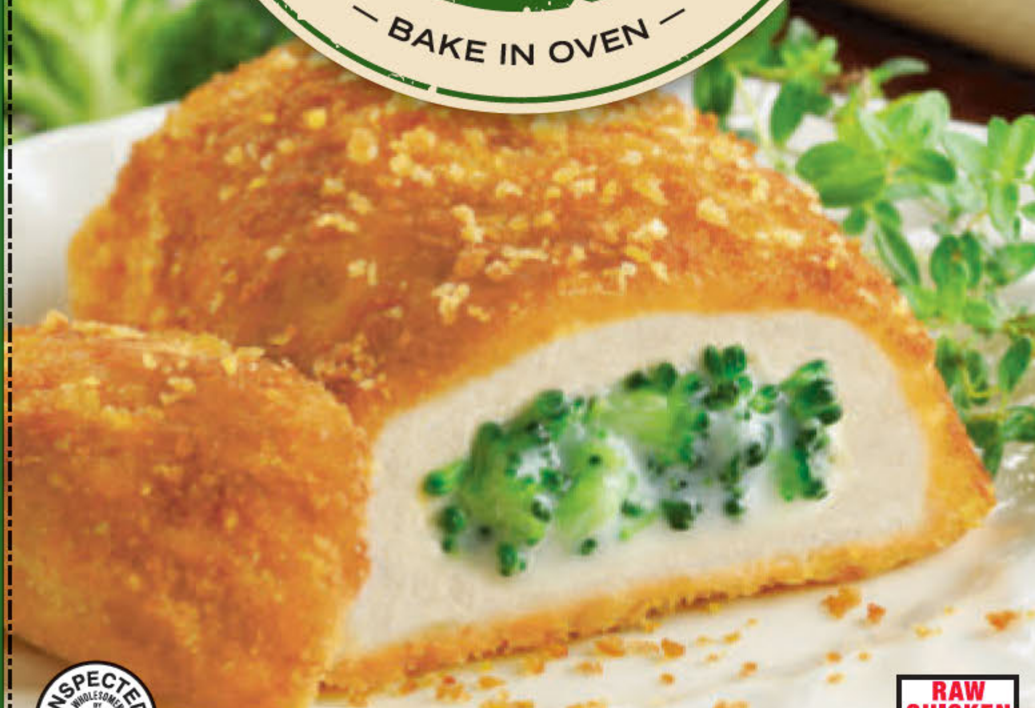
BREADED & BONELESS

RAW STUFFED CHICKEN BREASTS
— WITH RIB MEAT —

BROCCOLI & CHEESE

FILLED WITH BROCCOLI & CHEESE

— BAKE IN OVEN —



SERVING SUGGESTION

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-276

RAW CHICKEN
DO NOT MICROWAVE
OVEN BAKE ONLY

NET WT 30 OZ (1 LB 14 OZ) 851g

RAW — FOR FOOD SAFETY, COOK TO A MINIMUM INTERNAL TEMPERATURE OF 165°F MEASURED BY A MEAT THERMOMETER

KEEP FROZEN

meijer

BREADED & BONELESS
RAW STUFFED CHICKEN BREASTS
— WITH RIB MEAT —
BROCCOLI & CHEESE
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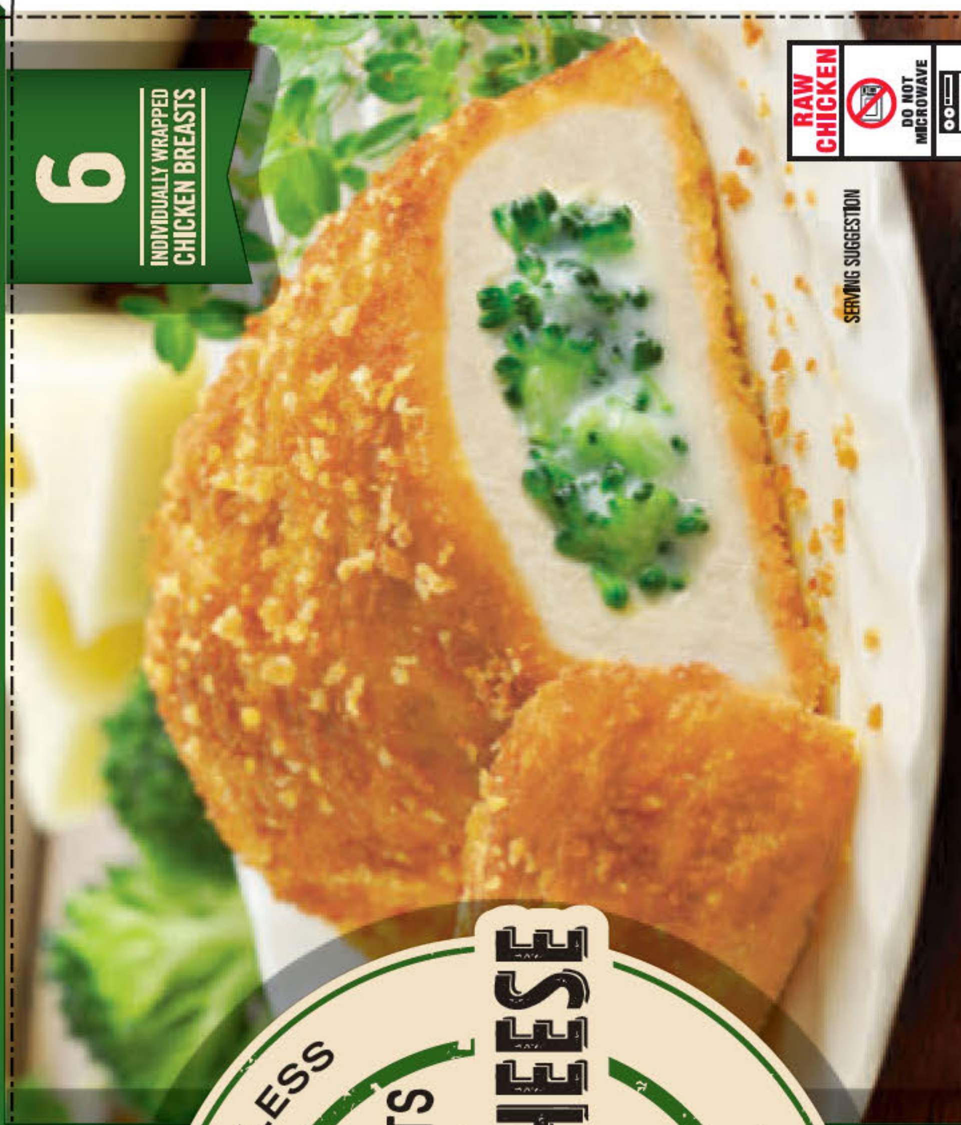

6
INDIVIDUALLY WRAPPED CHICKEN BREASTS

RAW CHICKEN
DO NOT MICROWAVE
OVEN BAKE ONLY

SERVING SUGGESTION

KEEP FROZEN

RAW — FOR FOOD SAFETY, COOK TO A MINIMUM INTERNAL TEMPERATURE OF 165°F MEASURED BY A MEAT THERMOMETER

meijer

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— WITH RIB MEAT —
BROCCOLI & CHEESE
FILLED WITH BROCCOLI & CHEESE
— BAKE IN OVEN —

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-276

NET WT 30 OZ (1 LB 14 OZ) 851g

Nutrition Facts

Serving Size 1 Piece (140g/5 oz)
Servings Per Container 6

Amount Per Serving	
Calories 310	Calories from Fat 190
	% Daily Value*
Total Fat 21g	**33%**
Saturated Fat 6g	**28%**
Trans Fat 0g	
Cholesterol 50mg	**16%**
Sodium 750mg	**31%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 19g	

Vitamin A 8% • Vitamin C 20%
Calcium 15% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: CHICKEN BREAST WITH RIB MEAT (CONTAINING UP TO 11% OF A SOLUTION OF WATER, SODIUM PHOSPHATE, ROAST CHICKEN, SALT, SUGAR, ONION POWDER, NATURAL FLAVORING), BROCCOLI, PASTEURIZED PROCESS SWISS AND AMERICAN CHEESE (SWISS CHEESE [CULTURED MILK, SKIM MILK AND WATER, SALT, ENZYMES], AMERICAN CHEESE [CULTURED MILK, SALT, ENZYMES], CREAM, SODIUM PHOSPHATE, SALT, MAY CONTAIN SODIUM CITRATE, LACTIC ACID, SORBIC ACID [PRESERVATIVE]), ENRICHED BLEACHED WHEAT FLOUR (WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER. CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, WHEY, YELLOW CORN FLOUR, BUTTERMILK POWDER, ROAST CHICKEN, DEXTROSE, SPICE, SUGAR, SOYBEAN OIL, ROMANO AND PARMESAN CHEESE (PASTEURIZED COWS' MILK, CHEESE CULTURES, SALT, SODIUM SILICOALUMINATE [ANTI-CAKING], SORBIC ACID [PRESERVATIVE], ENZYMES), YEAST, LEAVENING (MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE), OLEORESIN PAPRIKA (COLOR), NATURAL FLAVORINGS, ANNATTO EXTRACT, OLEORESIN TURMERIC (COLOR). PREBROWNED IN VEGETABLE OIL.

CONTAINS: MILK, WHEAT.

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RAW-DO NOT MICROWAVE

TO HELP PREVENT FOODBORNE ILLNESS CAUSED BY EATING RAW POULTRY.

COOKING INSTRUCTIONS:*

CONVENTIONAL OVEN:*

1. Preheat oven to 400°F.
2. Remove frozen raw breast(s) from box and place on baking sheet.
3. Bake in preheated oven for a minimum of 30 minutes for 1 piece (32 minutes for 6 pieces).

For food safety, cook to a minimum internal temperature of 165°F measured by a meat thermometer.

*Due to variations in ovens, cooking times may vary.

OVEN BAKE ONLY

Meat Thermometer Instructions:
Insert meat thermometer 2 inches into the stuffing in the center of the entrée. See Diagram.
CAUTION: Filling will be hot and may splatter; let stand approximately 2 minutes to cool before serving.

SAFE HANDLING INSTRUCTIONS

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.

Keep refrigerated or frozen. Thaw in refrigerator or microwave.

Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.

Cook thoroughly.

Keep hot foods hot. Refrigerate leftovers immediately or discard.

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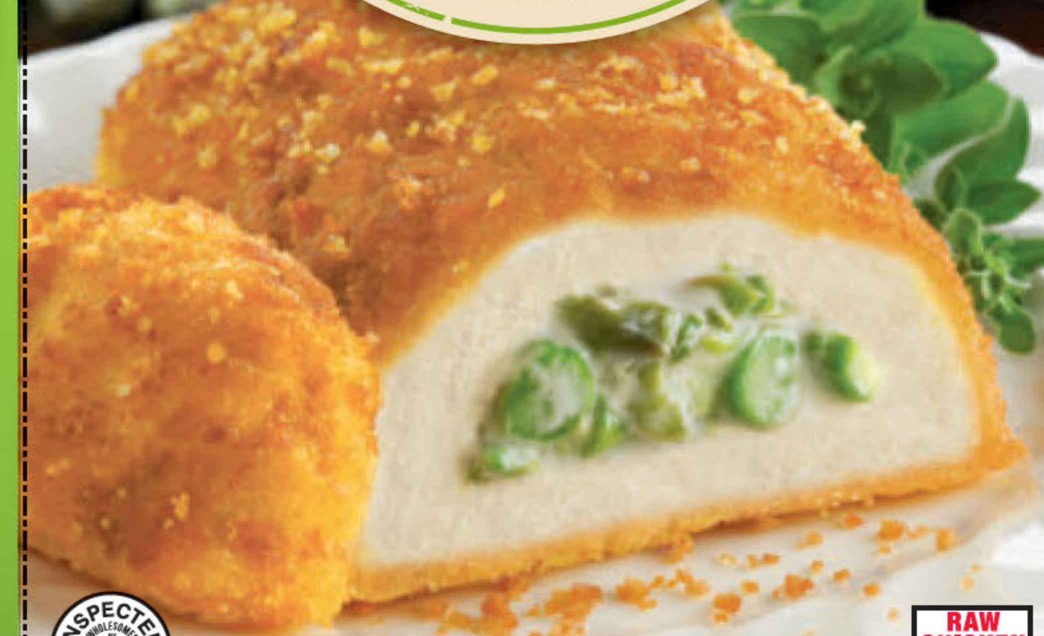
6 INDIVIDUALLY WRAPPED CHICKEN BREASTS

BREADED & BONELESS RAW STUFFED CHICKEN BREASTS — WITH RIB MEAT —

ASPARAGUS & CHEESE

FILLED WITH ASPARAGUS & CHEESE

— BAKE IN OVEN —



SERVING SUGGESTION

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-276

RAW CHICKEN

DO NOT MICROWAVE

OVEN BAKE ONLY

NET WT 30 OZ (1 LB 14 OZ) 851g

RAW – FOR FOOD SAFETY, COOK TO A MINIMUM INTERNAL TEMPERATURE OF 165°F MEASURED BY A MEAT THERMOMETER

KEEP FROZEN

meijer

BREADED & BONELESS RAW STUFFED CHICKEN BREASTS — WITH RIB MEAT — ASPARAGUS & CHEESE FILLED WITH ASPARAGUS & CHEESE — BAKE IN OVEN —

Nutrition Facts

Serving Size 1 Piece (140g/5 oz)
Servings Per Container 6

Amount Per Serving	% Daily Value*
Calories 350 Calories from Fat 220	
Total Fat 25g	38%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 500mg	21%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 19g	

Vitamin A 8% • Vitamin C 15%
Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: CHICKEN BREAST WITH RIB MEAT (CONTAINING UP TO 11% OF A SOLUTION OF WATER, SODIUM PHOSPHATE, ROAST CHICKEN, SALT, SUGAR, ONION POWDER, NATURAL FLAVORING), ASPARAGUS, WHITE CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES), ENRICHED BLEACHED WHEAT FLOUR (WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER. CONTAINS LESS THAN 2% OF THE FOLLOWING: SALT, WHEY, YELLOW CORN FLOUR, BUTTERMILK POWDER, ROAST CHICKEN, DEXTROSE, SPICE, SUGAR, SOYBEAN OIL, ROMANO AND PARMESAN CHEESE (PASTEURIZED COWS' MILK, CHEESE CULTURES, SALT, SODIUM SILICOALUMINATE [ANTI-CAKING], SORBIC ACID [PRESERVATIVE], ENZYMES), YEAST, LEAVENING (MONOCALCIUM PHOSPHATE, SODIUM BICARBONATE), OLEORESIN PAPRIKA (COLOR), NATURAL FLAVORINGS, ANNATTO EXTRACT, OLEORESIN TURMERIC (COLOR). PREBROWNED IN VEGETABLE OIL.

CONTAINS: MILK, WHEAT.

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RAW–DO NOT MICROWAVE

TO HELP PREVENT FOODBORNE ILLNESS CAUSED BY EATING RAW POULTRY.

COOKING INSTRUCTIONS:*

CONVENTIONAL OVEN:*

1. Preheat oven to 400°F.
2. Remove frozen raw breast(s) from box and place on baking sheet.
3. Bake in preheated oven for a minimum of 30 minutes for 1 piece (32 minutes for 6 pieces).

For food safety, cook to a minimum internal temperature of 165°F measured by a meat thermometer.

*Due to variations in ovens, cooking times may vary.

OVEN BAKE ONLY

Meat Thermometer Instructions:
Insert meat thermometer 2 inches into the stuffing in the center of the entrée. See Diagram.
CAUTION: Filling will be hot and may splatter; let stand approximately 2 minutes to cool before serving.

SAFE HANDLING INSTRUCTIONS

This product was prepared from inspected and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.

Keep refrigerated or frozen. Thaw in refrigerator or microwave.

Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.

Cook thoroughly.

Keep hot foods hot. Refrigerate leftovers immediately or discard.

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BLEED

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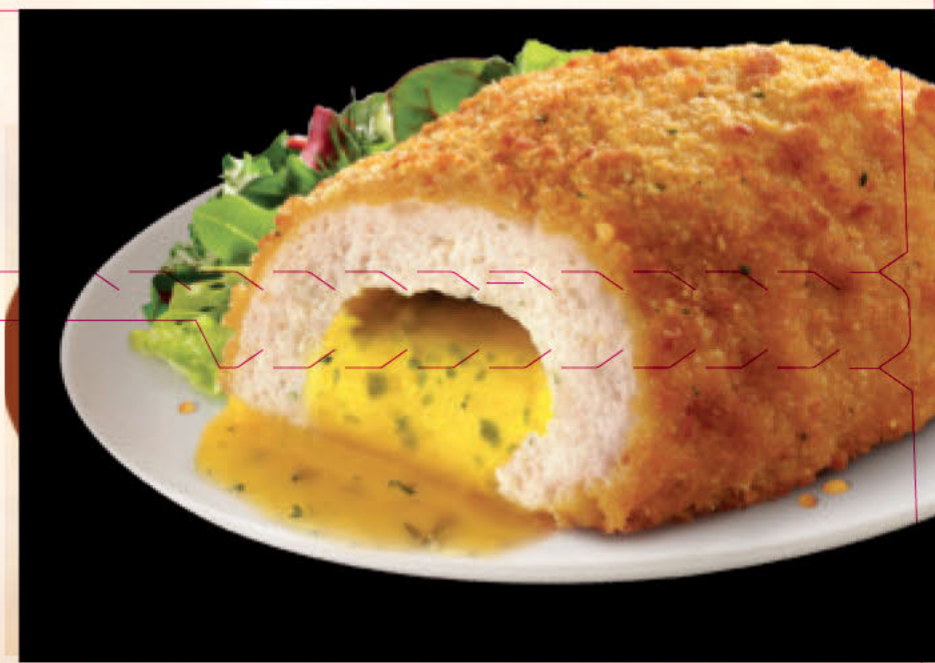
SAFE AREA

BARBER FOODS®

BREADED
RAW STUFFED CHICKEN BREASTS
WITH RIB MEAT

KIEV
Filled with Garlic Butter & Parsley



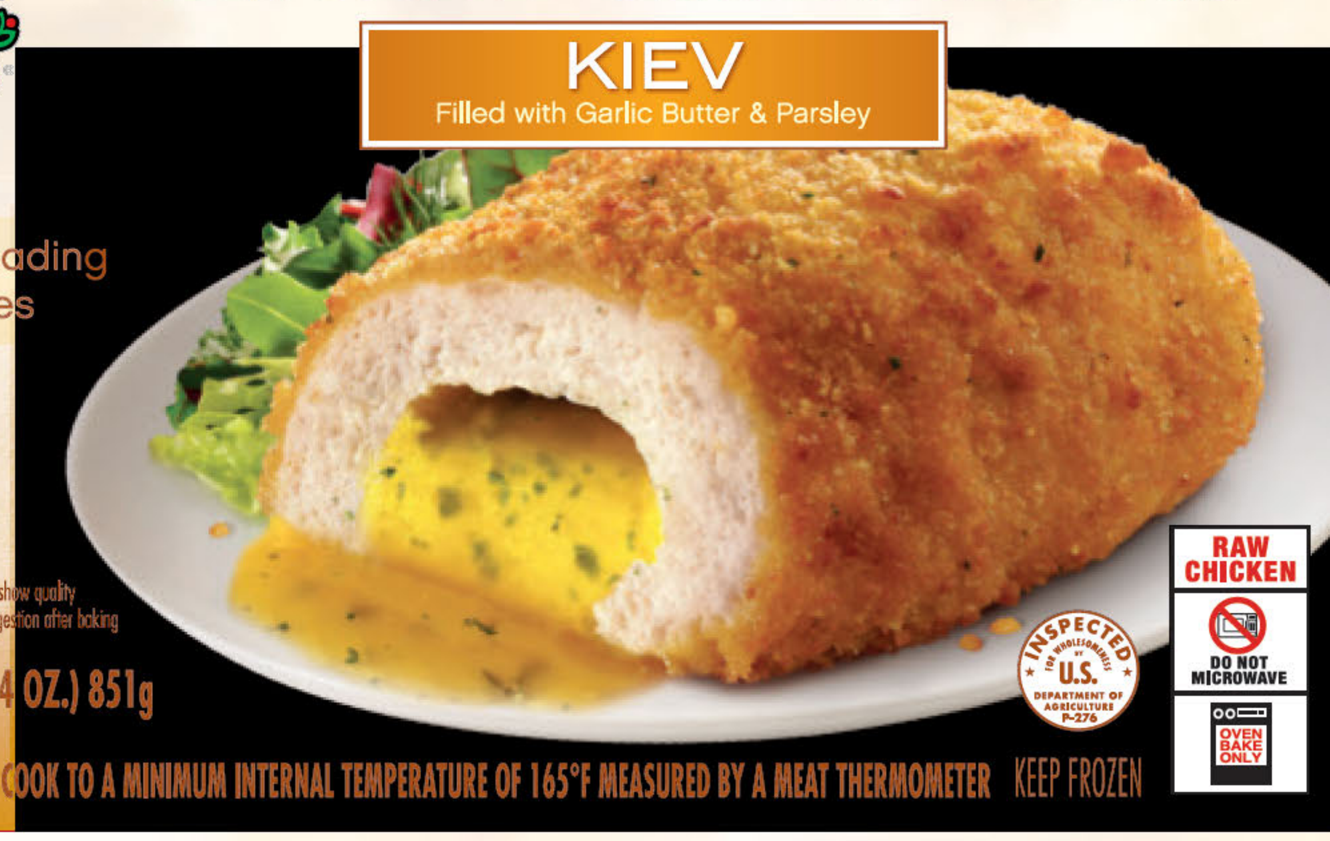
RAW

BARBER FOODS®

BREADED
RAW STUFFED CHICKEN BREASTS WITH RIB MEAT

KIEV
Filled with Garlic Butter & Parsley

Multi-Grain Breading
No Preservatives



6 individually wrapped entrées

Enlarged to show quality
Serving suggestion after baking

RAW CHICKEN

DO NOT MICROWAVE

OVEN BAKE ONLY

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-276

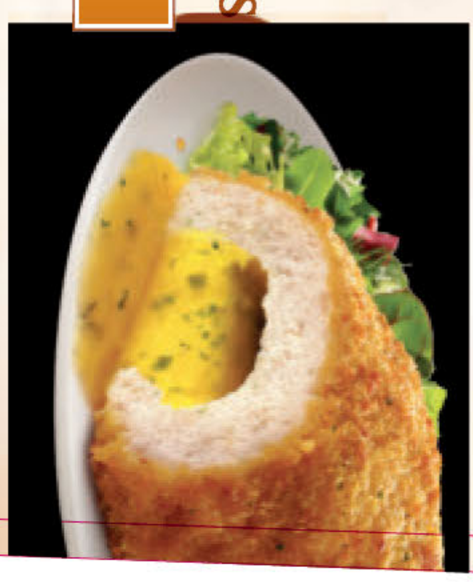
NET WT. 30 OZ. (1 LB. 14 OZ.) 851g

RAW - FOR FOOD SAFETY, COOK TO A MINIMUM INTERNAL TEMPERATURE OF 165°F MEASURED BY A MEAT THERMOMETER KEEP FROZEN

BARBER FOODS®

BREADED
RAW STUFFED CHICKEN BREASTS
WITH RIB MEAT

KIEV
Filled with Garlic Butter & Parsley



Nutrition Facts
Serving Size 1 Piece (140g)
Servings Per Container 6

Amount Per Serving	
Calories 370 Calories from Fat 240	
	% Daily Value*
Total Fat 27g	42%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 500mg	21%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 19g	
Vitamin A 10% • Vitamin C 4%	
Calcium 2% • Iron 8%	

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	Calories:	2,000	2,500
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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Prepared with care by:
AdvancePierre Foods, Inc.
Cincinnati, OH 45246
1-877-447-3279

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SAFE HANDLING INSTRUCTIONS
THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.

KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.

COOK THOROUGHLY.

KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.

KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

RAW-DO NOT MICROWAVE
TO HELP PREVENT FOODBORNE ILLNESS CAUSED BY EATING RAW POULTRY.

DO NOT MICROWAVE

Cooking Instructions:*
Conventional Oven

1. Preheat oven to **400°F**.
2. Remove frozen raw breast(s) from pouch and place on foil lined baking sheet to capture escaping butter.
3. Bake in preheated oven for a minimum of **28 minutes** for up to 6 pieces.

For Food Safety, cook to a minimum internal temperature of 165°F measured by a meat thermometer.

Meat Thermometer Instructions: Insert meat thermometer 2 inches into the stuffing in the center of the entrée. See Diagram.

400°F
OVEN BAKE ONLY
28 min.

Meat Thermometer INSTRUCTIONS

STUFFING
165°F
Cross Section of Breast

CAUTION: Filling will be hot and may splatter; let stand approximately 2 minutes to cool before serving.

Due to variations in ovens, cooking times may vary.

Visit us on the web at
www.barberfoods.com
Share your comments.
Take our product survey at
www.barberfoods.com/feedback.htm

Proof of Purchase

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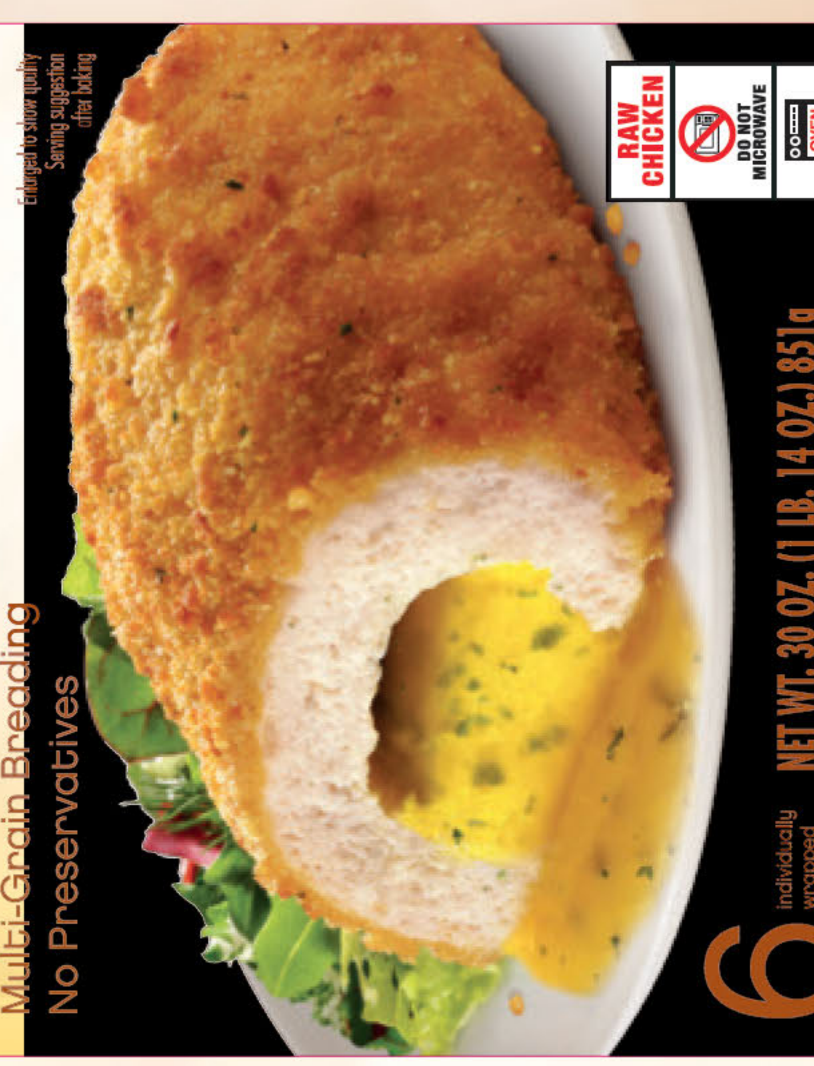
RAW

BARBER FOODS®

BREADED
RAW STUFFED CHICKEN BREASTS
WITH RIB MEAT

KIEV
Filled with Garlic Butter & Parsley

Multi-Grain Breading
No Preservatives



Enlarged to show quality
Serving suggestion after baking

RAW CHICKEN

DO NOT MICROWAVE

OVEN BAKE ONLY

KEEP FROZEN

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-276

NET WT. 30 OZ. (1 LB. 14 OZ.) 851g

6 individually wrapped entrées

RAW - FOR FOOD SAFETY, COOK TO A MINIMUM INTERNAL TEMPERATURE OF 165°F MEASURED BY A MEAT THERMOMETER

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BARBER FOODS

BREADED
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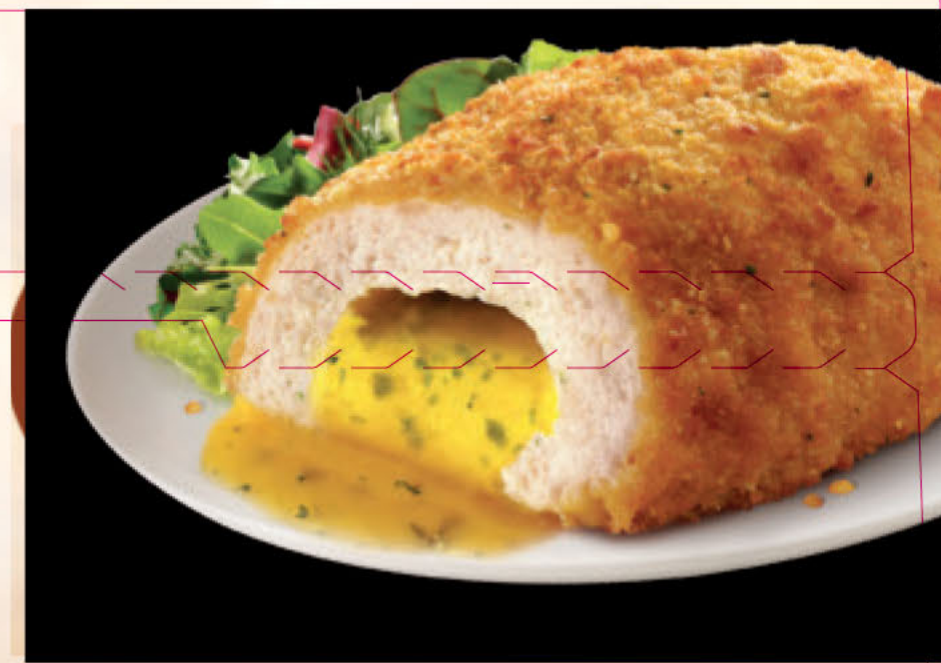
WITH RIB MEAT

KIEV
Filled with Garlic Butter & Parsley



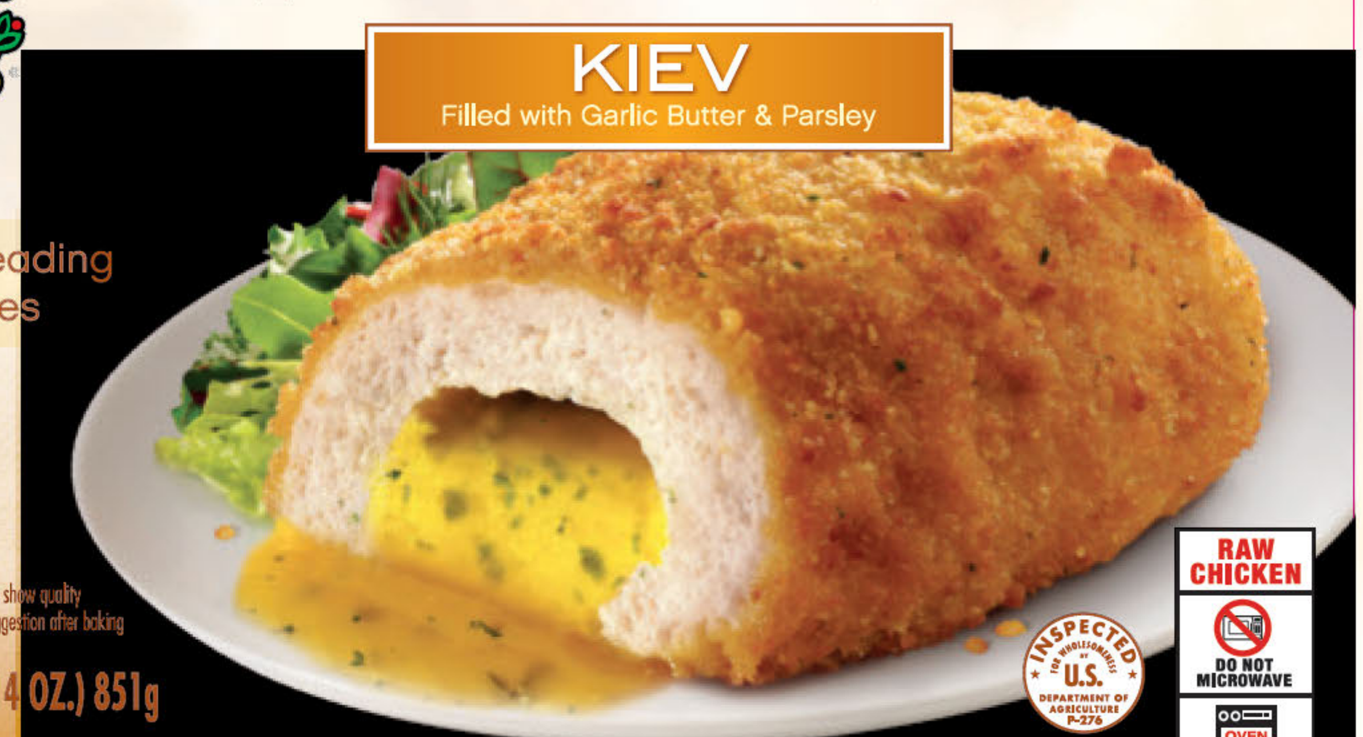
RAW

BARBER FOODS

BREADED
RAW STUFFED CHICKEN BREASTS WITH RIB MEAT

KIEV
Filled with Garlic Butter & Parsley

Multi-Grain Breading
No Preservatives



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Enlarged to show quality
Serving suggestion after baking

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KEEP FROZEN

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-276

RAW CHICKEN

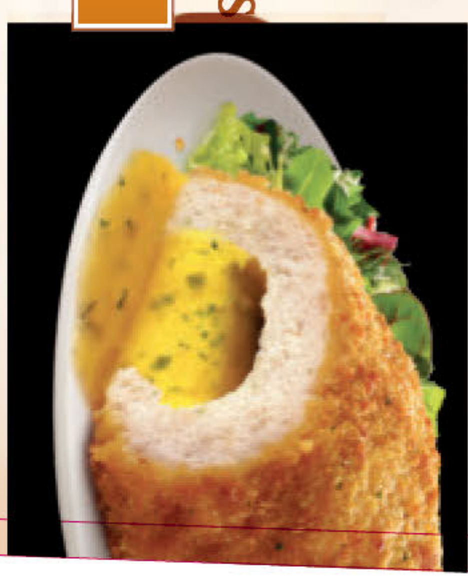
DO NOT MICROWAVE

OVEN BAKE ONLY

BARBER FOODS

BREADED
RAW STUFFED CHICKEN BREASTS
WITH RIB MEAT

KIEV
Filled with Garlic Butter & Parsley



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Prepared with care by:
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Cincinnati, OH 45246
1-877-447-3279

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SAFE HANDLING INSTRUCTIONS
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- KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.
- COOK THOROUGHLY.
- KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.
- KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

RAW-DO NOT MICROWAVE
TO HELP PREVENT FOODBORNE ILLNESS CAUSED BY EATING RAW POULTRY.

DO NOT MICROWAVE

Cooking Instructions:*
Conventional Oven

1. Preheat oven to **400°F.**
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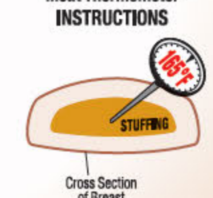
Meat Thermometer Instructions: Insert meat thermometer 2 inches into the stuffing in the center of the entrée. See Diagram.

400°F
OVEN BAKE ONLY
28 min.

Meat Thermometer INSTRUCTIONS



CAUTION: Filling will be hot and may splatter; let stand approximately 2 minutes to cool before serving.

*Due to variations in ovens, cooking times may vary.

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www.barberfoods.com
Share your comments.
Take our product survey at
www.barberfoods.com/feedback.htm

Proof of Purchase

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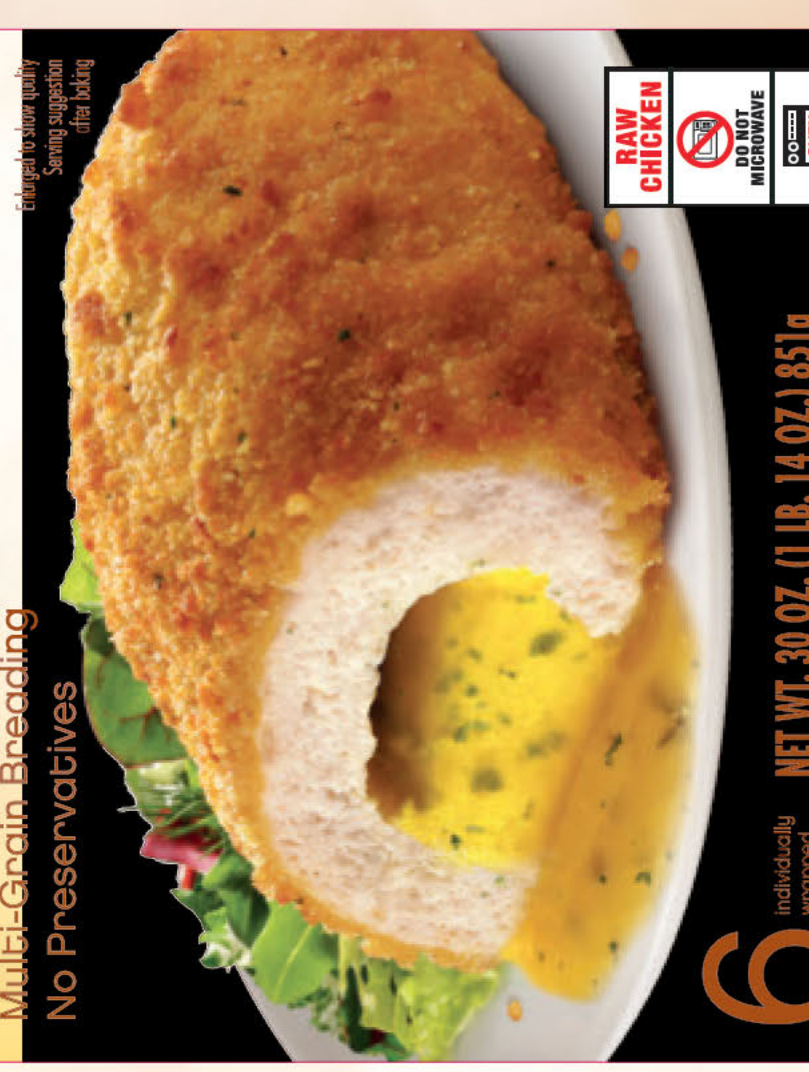
RAW

BARBER FOODS

BREADED
RAW STUFFED CHICKEN BREASTS
WITH RIB MEAT

KIEV
Filled with Garlic Butter & Parsley

Multi-Grain Breading
No Preservatives



Enlarged to show quality
Serving suggestion after baking

RAW CHICKEN
DO NOT MICROWAVE
OVEN BAKE ONLY

KEEP FROZEN

NET WT. 30 OZ. (1 LB. 14 OZ.) 851g

6 individually wrapped entrées

RAW - FOR FOOD SAFETY, COOK TO A MINIMUM INTERNAL TEMPERATURE OF 165°F MEASURED BY A MEAT THERMOMETER

7056047

KEEP FROZEN

CODE 037553

LA037553-03

BREADED BONELESS

Raw Stuffed Chicken Breasts WITH RIB MEAT with Broccoli & Cheese Stuffing

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-276

00073461375536

NET WT. 7.5 LBS

Prepared By: AdvancePierre Foods, Inc. 9990 Princeton Glendale Rd.
Cincinnati, Ohio 45246 877-447-3279

BARBER FOODS®

DISTINCTIONS

Breaded Boneless

Breast of Chicken

with Rib Meat

Kiev

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-276

Ingredients: Chicken Breast with Rib Meat (Containing up to 12% of a Solution of Water, Roasted Chicken, Salt, Sodium Phosphate, Sugar, Natural Flavorings), Butter (Cream, Salt), Enriched Bleached Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Water, Contains 2% or less of: Chives, Citric Acid, Dextrose, Gum Arabic, Leavening (Sodium Bicarbonate, Sodium Aluminum Phosphate), Maltodextrin, Modified Corn Starch, Natural Flavoring, Oleoresin Paprika and Annatto Extract, Romano and Parmesan Cheeses (made from Pasteurized Cow's Milk, Cheese Cultures, Salt, Sodium Silicoaluminate, Sorbic Acid, Enzymes), Sodium Silicoaluminate, Soybean Oil, Spices, Sugar, Whey, Yeast, Yellow Corn Flour, Yellow 5 lake. Prebrowned in Vegetable Oil.

Contains: Milk, Wheat

COOKING INSTRUCTIONS*:

Cook from frozen in preheated oven.

Convection Oven: Bake **30** Mins. at **350° F.**

Conventional Oven: Bake **40** Mins. at **400° F.**

*Due to variations in ovens, cooking times may vary.

10073461408071

AdvancePierre Foods, Inc. Cincinnati, OH 45246

Nutrition Facts

Serving Size One Piece (224 g/ 8oz.)

Servings Per Container 24

Amount Per Serving	
Calories 480 Calories from Fat 260	
	% Daily Value*
Total Fat 29g	**45%**
Saturated Fat 13g	**65%**
Trans Fat 1g	
Cholesterol 140mg	**47%**
Sodium 900 mg	**38%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 36 g	

Vitamin A 15% • Vitamin C 4%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat		65 g	80 g
Saturated Fat		20 g	25 g
Cholesterol		300 mg	300 mg
Sodium		2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

LA0408071

FOR FOOD SAFETY, COOK TO A MINIMUM INTERNAL TEMPERATURE OF 165°F MEASURED BY A MEAT THERMOMETER

RAW • KEEP FROZEN

CODE 040807

NET WT. 12 LBS

SIZE 8 PCS. 24

Chicken Parmesan
Uncooked, Stuffed Breaded Chicken Breasts
Poulet au parmesan
Poitrines de poulet non cuites farcies et panées

COOKING INSTRUCTIONS:

KEEP FROZEN UNTIL READY TO USE.
REMOVE POUCH BEFORE COOKING. THIS PRODUCT IS UNCOOKED.

CONVENTIONAL OVEN
30-35 MINUTES

Bake in a preheated oven at 400°F (200°C) for approximately 30-35 minutes. Cook to a minimum internal temperature of 165°F (74°C).

NOTE: Cooking times are based on cooking 2 portions and may vary.

DO NOT COOK IN MICROWAVE OVEN.

STORAGE / HANDLING INSTRUCTIONS:
KEEP FROZEN (MAX -18°C). DO NOT REFREEZE. For your protection, keep raw meats separated from other foods. Wash work surfaces, utensils and hands with soap and water after handling raw meats. Cook thoroughly. Refrigerate leftovers immediately or discard.

INGREDIENTS: CHICKEN BREAST WITH RIB MEAT, MARINARA SAUCE (TOMATOES, TOMATO PASTE, WATER, CANOLA OIL, MUSHROOMS, ROMANO CHEESE, MODIFIED CORN STARCH, SALT, ONION, SPICES, CITRIC ACID), SMOKED PROVOLONE CHEESE, WATER, BLEACHED WHEAT FLOUR, RICE STARCH, WHEY POWDER, WHITE WHOLE WHEAT FLOUR, SALT, BARLEY FLOUR, YELLOW CORN FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ROAST CHICKEN FLAVOUR, DEXTROSE, ROMANO AND PARMESAN CHEESE, SPICE, DRIED YEAST, BUTTERMILK POWDER, DRIED PARSLEY, COLOURS, SUGAR, ONION POWDER, GARLIC POWDER, FLAVOURING. BROWNED IN CANOLA AND/OR SOYBEAN OIL.

CONTAINS: MILK, SOY AND WHEAT.

MODE DE CUISSON :

GARDER CONGELÉ JUSQU'AU MOMENT DE S'EN SERVIR.
RETIRER DU SAC AVANT DE CUIRE. CE PRODUIT N'EST PAS CUIT.

FOUR CONVENTIONNEL
30 à 35 MINUTES

Dans un four préchauffé à 400 °F (200 °C) pendant 30-35 minutes environ. Cuire jusqu'à ce que la température interne ait atteint au minimum de 165 °F (74 °C).

NOTE : Le temps de cuisson est en fonction de 2 portions et peut varier.

NE PAS CUIRE DANS UN FOUR À MICRO-ONDES.

DIRECTIVES DE CONSERVATION ET DE MANIPULATION :
GARDER CONGELÉ (MAX -18 °C). NE PAS RECONGELER. Pour la protection, conserver les viandes crues à l'écart des autres aliments. Laver les surfaces de travail, les ustensiles et les mains avec du savon et de l'eau après avoir manipulé les viandes crues. Bien faire cuire. Réfrigérer les restes immédiatement ou les jeter.

INGRÉDIENTS : POITRINE DE POULET AVEC VIANDE DE CÔTE, SAUCE MARINARA (TOMATES, PURÉE DE TOMATE, EAU, HUILE DE CANOLA, CHAMPIGNONS, ROMANO, AMIDON DE MAÏS MODIFIÉE, SEL, OIGNON, ÉPICES, ACIDE CITRIQUE), PROVOLONE FUMÉ, EAU, FARINE DE BLÉ BLANCHIE, AMIDON DE RIZ, LACTOSÉRUM EN POUDRE, FARINE BLANCHIE DE BLÉ ENTIER, SEL, FARINE D'ORGE, FARINE DE MAÏS JAUNE, HUILE DE SOYA, PARMESAN, ARÔME DE POULET RÔTI, DEXTROSE, FROMAGE ROMANO ET PARMESAN, ÉPICE, LEVURE SÉCHÉE, BABEURRE EN POUDRE, PERSIL SÉCHE, COLORANTS, SUCRE, OIGNON EN POUDRE, AIL EN POUDRE, ARÔMES. RISSOLÉE DANS L'HUILE CANOLA ET/OU SOYA.

CONTIENT : LAIT, SOYA ET BLÉ.

Nutrition Facts / Valeur nutritive
Per 1 piece (142 g) / par 1 morceau (142 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 250	
Fat / Lipides 12 g	18 %
Saturated / saturés 3 g + Trans / trans 0 g	15 %
Cholesterol / Cholestérol 45 mg	
Sodium / Sodium 440 mg	18 %
Carbohydrate / Glucides 17 g	6 %
Fibre / Fibres 1 g	3 %
Sugars / Sucres 2 g	
Protein / Protéines 19 g	
Vitamin A / Vitamine A	30 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	10 %
Iron / Fer	8 %

Prepared for/Préparé pour
OVERWAITEA FOOD GROUP LP., BOX 7200, VANCOUVER, B.C., V6B 4E4
FULL MONEY BACK GUARANTEE ON WESTERN FAMILY™ PRODUCTS

WHERE FACILITIES EXIST
LÀ OÙ LES INSTALLATIONS NÉCESSAIRES EXISTENT

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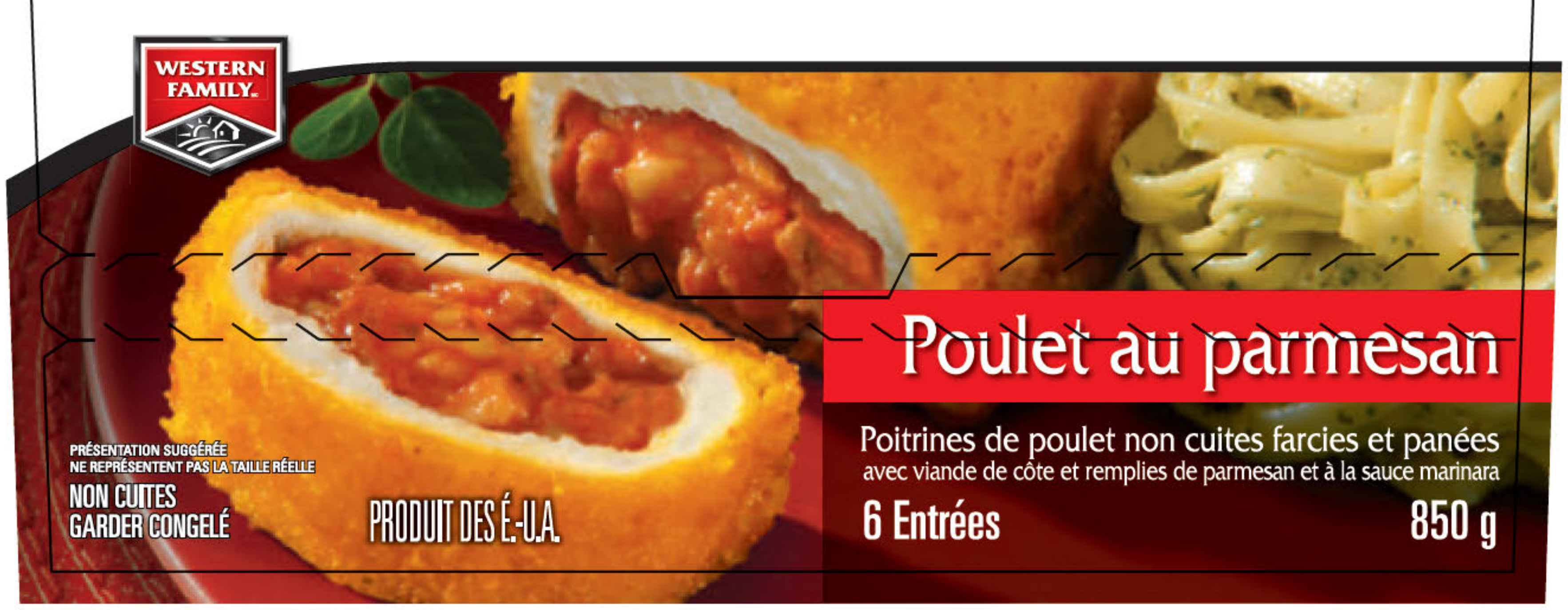


Chicken Parmesan
Uncooked, Stuffed Breaded Chicken Breasts
with rib meat filled with Parmesan and marinara sauce
Poulet au Parmesan
Poitrines de poulet non cuites farcies et panées
avec viande de côte et remplies de parmesan et à la sauce marinara
• Multi-Grain Breading
Chapelure multi-grains
• 250 Calories/Calories
PER SERVING / PAR PORTION
UNCOOKED
KEEP FROZEN
NON CUITES
GARDER CONGELÉ
PRODUCT OF USA/PRODUIT DES É.-U.A.
6 Entrées
850 g

Chicken Parmesan
Uncooked Stuffed Breaded Chicken Breasts
with rib meat filled with Parmesan and marinara sauce
SUGGESTED SERVING
NOT ACTUAL SIZE
UNCOOKED
KEEP FROZEN
PRODUCT OF USA
6 Entrées
850 g

Chicken Parmesan
Uncooked, Stuffed Seasoned Chicken Breasts
with rib meat filled with Parmesan and marinara sauce
6 Entrées
850 g

Poulet au parmesan
Poitrines de poulet non cuites farcies et panées
avec viande de côte et remplies de parmesan et à la sauce marinara
6 Entrées
850 g

BARBER FOODS®

Signature Supreme

BREADED BONELESS

Raw Stuffed Chicken Breasts

WITH RIB MEAT · FILLED WITH

Broccoli & Cheese

Delicately Coated with Crisp, Seasoned Breading

INSPECTED U.S. DEPARTMENT OF AGRICULTURE

Ingredients: Chicken Breast with Rib Meat (Containing up to 13% of a Solution of Water, Rice Starch, Lemon Juice Concentrate, Vinegar, Salt, Roast Chicken, Sugar, Onion Powder, Natural Flavoring), Broccoli, Pasteurized Process Swiss and American Cheese (Swiss Cheese [Cultured Milk and Skim Milk, Salt, Enzymes], American Cheese [Cultured Milk, Salt, Enzymes], Cream, Sodium Phosphate, Salt, May Contain Sodium Citrate, Lactic Acid, Sorbic Acid [Preservative]), Enriched Bleached Wheat Flour (Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water. Contains less than 2% of the following: Dehydrated Potato (Potatoes, Mono & Diglycerides), Bleached Wheat Flour, Modified Food Starch, Spice, Yellow Corn Flour, Canola Oil, Sugar, Yeast, Dextrose, Salt, Colored with Yellow #5 and Yellow #6, Soybean Oil. Prebrowned in Vegetable Oil. **Contains: Milk, Wheat, FD&C Colors**

COOKING INSTRUCTIONS*:
Cook from frozen in preheated oven. Cook times are for 6 pieces.
Conventional Oven: Bake **35** Mins. at **400° F.**
Convection Oven: Bake **25** Mins. at **350° F.**
*Due to variations in ovens, cooking times may vary.

10073461456539

Product of USA. Prepared By: Barber Foods, Portland, Maine 04112 800-341-0451 • 207-482-5500

Nutrition Facts

Serving Size One Piece (168g/6oz)
Servings Per Container 20

Amount Per Serving	
Calories 300	Calories from Fat 150
	% Daily Value*
Total Fat 16g	**25%**
Saturated Fat 4.5g	**22%**
Trans Fat 0g	
Cholesterol 60mg	**20%**
Sodium 400mg	**17%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 1g	**6%**
Sugars 1g	
Protein 24g	
Vitamin A 6% • Vitamin C 25%	
Calcium 10% • Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat		65 g	80 g
Saturated Fat		20 g	25 g
Cholesterol		300 mg	300 mg
Sodium		2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

LA045653.B

FOR FOOD SAFETY, COOK TO A MINIMUM INTERNAL TEMPERATURE OF 165°F MEASURED BY A MEAT THERMOMETER

RAW • KEEP FROZEN

CODE 045653

NET WT. 7.5 LBS

SIZE 6 PCS. 20

BARBER FOODS

PREMIUM ENTREES

BREADED · BONELESS

RAW STUFFED CHICKEN BREASTS WITH RIB MEAT

BROCCOLI & CHEESE

Delicately Coated with Crisp, Seasoned Breading

Nutrition Facts	
Serving Size 1 Piece (168g/6oz)	
Servings Per Container 6	
Amount Per Serving	
Calories 290 Calories from Fat 150	
	% Daily Value*
Total Fat 16g	**25%**
Saturated Fat 4g	**19%**
Trans Fat 0g	
Cholesterol 65mg	**21%**
Sodium 390mg	**16%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 1g	**5%**
Sugars 1g	
Protein 26g	
Vitamin A 6% • Vitamin C 20%	
Calcium 15% • Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: CHICKEN BREAST WITH RIB MEAT (CONTAINING UP TO 13% OF A SOLUTION OF WATER, RICE STARCH, LEMON JUICE CONCENTRATE, VINEGAR, SALT, ROAST CHICKEN, SUGAR, ONION POWDER, NATURAL FLAVORING), BROCCOLI, PASTEURIZED PROCESS SWISS AND AMERICAN CHEESE (SWISS CHEESE [CULTURED MILK, SKIM MILK AND WATER, SALT, ENZYMES], AMERICAN CHEESE [CULTURED MILK, SALT, ENZYMES], CREAM, SODIUM PHOSPHATE, SALT, MAY CONTAIN SODIUM CITRATE, LACTIC ACID, SORBIC ACID [PRESERVATIVE]), ENRICHED BLEACHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER. CONTAINS LESS THAN 2% OF THE FOLLOWING: DEHYDRATED POTATO (POTATOES, MONO & DIGLYCERIDES), MODIFIED FOOD STARCH, SPICE, YELLOW CORN FLOUR, CANOLA OIL, SUGAR, YEAST, DEXTROSE, SALT, YELLOW 5 AND YELLOW 6 (COLOR), SOYBEAN OIL. PREBROWNED IN VEGETABLE OIL.
CONTAINS: MILK, WHEAT, YELLOW 5 AND 6

Prepared with care by:
AdvancePierre Foods | Barber Foods
Portland, ME 04112 U.S.A.
1-800-577-2595

PLEASE RECYCLE — 100% Recycled Paperboard

RAW-DO NOT MICROWAVE

TO HELP PREVENT FOODBORNE ILLNESS CAUSED BY EATING RAW POULTRY

*Cooking Instructions:**

Conventional Oven

1. Preheat oven to 400°F.
2. Remove frozen raw breast(s) from pouch and place on baking sheet.
3. Bake in preheated oven for a minimum of 32 minutes for 1 piece (35 minutes for 6 pieces).

For Food Safety, cook to a minimum internal temperature of 165°F measured by a meat thermometer.

Meat Thermometer Instructions:
Insert meat thermometer 2 inches into the stuffing in the center of the entrée. See Diagram.

CAUTION: Filling will be hot and may splatter; let stand approximately 2 minutes to cool before serving.

*Due to variations in ovens, cooking times may vary.

DO NOT MICROWAVE

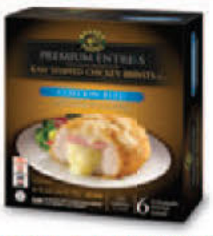
400°F — OVEN BAKE ONLY — 32 minutes

Meat Thermometer INSTRUCTIONS — STUFFING — Cross Section of Breast

Our fresh frozen entrees taste best baked in an oven, never in a microwave.
You get crisp breading and tender moist stuffed chicken breast taste because we have done everything, but cook them.
Our pledge for quality, freshness and value is the same today as it was in 1955 when we started our business.

Visit us on the web at www.barberfoods.com
Share your comments.
Take our product survey at
www.barberfoods.com/feedback.htm

Try Barber Foods Cordon Bleu Premium Entrees filled with a delicious blend of creamy cheeses and cooked ham.



Proof of Purchase

F.P.O.
0 73461 90509 2

SAFE HANDLING INSTRUCTIONS
THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.

KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.

KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS. WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.

COOK THOROUGHLY.

KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

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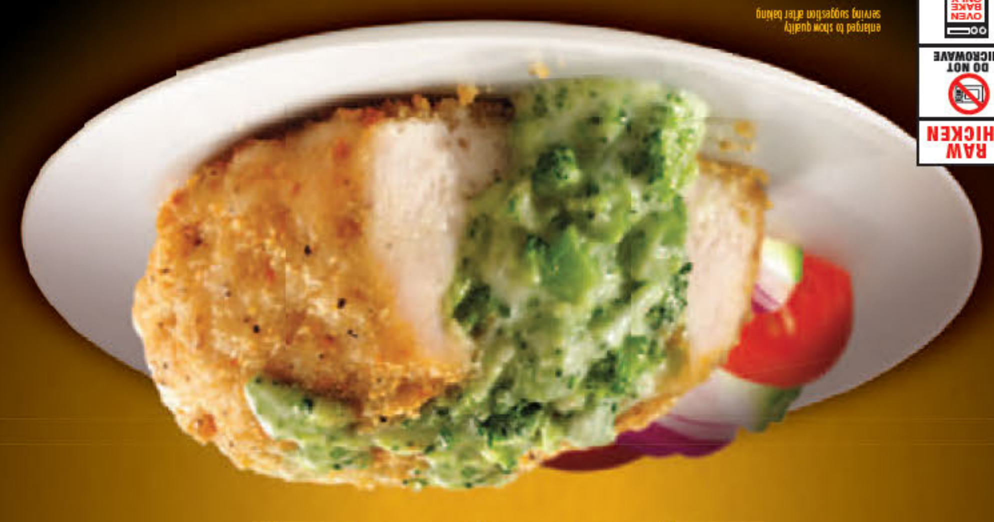
BARBER FOODS — PREMIUM ENTREES — BREADED · BONELESS — RAW STUFFED CHICKEN BREASTS WITH RIB MEAT

BROCCOLI & CHEESE — *Delicately Coated with Crisp, Seasoned Breading*



RAW CHICKEN — DO NOT MICROWAVE — OVEN BAKE ONLY

enlarged to show quality
serving suggestion after baking

NET WT. 36 OZ. (2 LB. 4 OZ.) 1021g KEEP FROZEN

RAW FOR FOOD SAFETY, COOK TO A MINIMUM INTERNAL TEMPERATURE OF 165°F MEASURED BY A MEAT THERMOMETER

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-276

290 Calories per serving

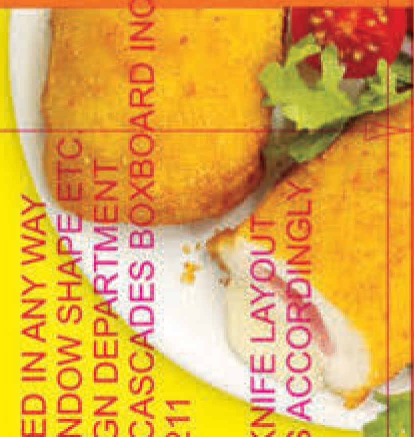
6 Individually Pouched Entrees

Top Panel (Text To Read This Way)

2 jambon et fromage

escalopettes de poitrines de poulet farcies et panées · non cuites

sans nom®



2 ham & cheese

stuffed breaded chicken breast cutlettes · uncooked

filled with processed Swiss and cheddar cheeses and cooked ham

PRODUCT OF U.S.A.

jambon et fromage

escalopettes de poitrines de poulet farcies et panées · non cuites

farcies de fromages suisse et cheddar fondus et de jambon cuit

PRODUIT DES É.-U.A.

Front Panel (Text To Read This Way)

no name® sans nom®

SUGGESTED SERVING/PRÉSENTATION SUGGÉRÉE

INSPECTED U.S. DEPARTMENT OF AGRICULTURE P-276

284 g

KEEP FROZEN
GARDER CONGELÉ

IF THIS DIE IS ALTERED IN ANY WAY I.E. BEST BEFORE AREA, WINDOW SHAPE ETC. PLEASE NOTIFY THE DESIGN DEPARTMENT AND/OR GRAPHIC CO-ORDINATOR AT CASCADES BOXBOARD INC. 905 678 8211

THIS WILL BE A SINGLE KNIFE LAYOUT PLEASE APPLY GRAPHICS ACCORDINGLY

Left Side Panel (Text To Read This Way)

2 jambon et fromage
escalopettes de poitrines de poulet farcies et panées · non cuites
sans nom®

Date Code Area no text

BEST BEFORE
MEILLEUR AVANT

Right Side Panel (Text To Read This Way)

2 ham & cheese
stuffed breaded chicken breast cutlettes · uncooked
no name®

Bottom Panel (Text To Read This Way)

2 ham & cheese
stuffed breaded chicken breast cutlettes · uncooked
no name®

UB056503TL8

Back Panel (Text To Read This Way)

PREPARATION INSTRUCTIONS

CONVENTIONAL OVEN: COOK FROM FROZEN.

1. Preheat oven to **400°F** (200°C).
2. Place chicken cutlettes in a single layer on a baking sheet lined with aluminum foil and bake on **middle** oven rack for **30 – 35** minutes.

400°F 30 – 35 MINUTES

CAUTION: Filling will be hot. Let stand 2 minutes before serving.

MODE DE PRÉPARATION

FOUR CONVENTIONNEL : NE PAS DÉGELER AVANT LA CUISSON.

1. Préchauffer le four à **400 °F** (200 °C).
2. Étaler les escalopettes de poulet sur une plaque à biscuits tapissée de papier d'aluminium. Faire cuire sur la grille au **centre** du four de **30 à 35** minutes.

ATTENTION : La garniture sera très chaude. Laisser reposer 2 minutes avant de servir.

DO NOT COOK IN MICROWAVE OVEN.

INDIVIDUAL APPLIANCES VARY; THESE ARE GUIDELINES ONLY. COOK THOROUGHLY TO AN INTERNAL TEMPERATURE OF 165°F (74°C).

HANDLING INSTRUCTIONS: FOR YOUR PROTECTION, ENSURE THAT RAW MEAT AND POULTRY PRODUCTS ARE HANDLED PROPERLY. KEEP THIS PRODUCT FROZEN UNTIL READY TO PREPARE. KEEP RAW FOODS SEPARATE FROM OTHER FOODS. WASH WORK SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER AFTER TOUCHING RAW MEAT AND POULTRY. COOK THOROUGHLY. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

NE PAS CUIRE AU MICRO-ONDES.

LE TEMPS DE CUISSON PEUT VARIER SELON L'APPAREIL; À TITRE INDICATIF SEULEMENT. BIEN CUIRE JUSQU'À UNE TEMPÉRATURE INTERNE DE 165 °F (74 °C).

INSTRUCTIONS DE MANIPULATION : PAR PRÉCAUTION, S'ASSURER QUE LES PRODUITS DE VIANDE ET DE VOLAILLE CRUES SONT MANIPULÉS AVEC PRUDENCE. GARDER CE PRODUIT CONGELÉ JUSQU'AU MOMENT DE LA PRÉPARATION. GARDER LES ALIMENTS CRUS ÉLOIGNÉS DES AUTRES ALIMENTS. NETTOYER LES SURFACES DE PRÉPARATION ET LES USTENSILES, ET SE LAVER LES MAINS À L'EAU ET AU SAVON DÈS QU'IL Y A EU CONTACT AVEC DE LA VIANDE ET DE LA VOLAILLE CRUES. BIEN CUIRE. METTRE LES RESTES IMMÉDIATEMENT AU RÉFRIGÉRATEUR OU LES JETER.

INGREDIENTS: CHICKEN BREAST WITH RIB MEAT, WATER, WHEAT FLOUR, PROCESSED SWISS AND CHEDDAR CHEESES, COOKED HAM, SALT, MODIFIED MILK INGREDIENTS, SODIUM PHOSPHATE, ROAST CHICKEN FLAVOUR, YELLOW CORN FLOUR, BUTTERMILK POWDER, SUGAR, DEXTROSE, SPICE, ROMANO AND PARMESAN CHEESES, YEAST, SOYBEAN OIL, BAKING POWDER, COLOUR, ONION POWDER, FLAVOUR, GARLIC POWDER. BROWNED IN CANOLA AND/OR SOYBEAN OIL.

INGRÉDIENTS : POITRINE DE POULET AVEC VIANDE DE CÔTES, EAU, FARINE DE BLÉ, FROMAGES SUISSE ET CHEDDAR FONDUS, JAMBON CUIT, SEL, SUBSTANCES LAITIÈRES MODIFIÉES, PHOSPHATE DE SODIUM, SAVEUR DE POULET RÔTI, FARINE DE MAÏS JAUNE, POUDRE DE BABEURRE, SUCRE, DEXTROSE, ÉPICE, FROMAGES ROMANO ET PARMESAN, LEVURE, HUILE DE FÈVES DE SOYA, POUDRE À PÂTE, COLORANT, POUDRE D'OIGNON, SAVEUR, POUDRE D'AIL. RISSOLÉES DANS DE L'HUILE DE CANOLA ET/OU DE FÈVES DE SOYA.

Nutrition Facts
Valeur nutritive
Per 1 piece (142 g)
pour 1 morceau (142 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 290	
Fat / Lipides 18 g	28 %
Saturates / saturés 5 g + Trans / trans 0.5 g	28 %
Cholesterol / Cholestérol 95 mg	
Sodium / Sodium 810 mg	34 %
Carbohydrate / Glucides 10 g	3 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 2 g	
Protein / Protéines 23 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	10 %
Iron / Fer	8 %

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inside glue panel

inside glue panel

inside glue panel

5/32 Crease at each end

5/32 Crease at each end

PREPARATION INSTRUCTIONS

CONVENTIONAL OVEN: COOK FROM FROZEN.

1. Preheat oven to **400°F** (200°C).
2. Place chicken cutlettes in a single layer on a baking sheet lined with aluminum foil and bake on **middle** oven rack for **30 – 35** minutes.

400°F
30 – 35 MINUTES

CAUTION: Filling will be hot. Let stand 2 minutes before serving.

DO NOT COOK IN MICROWAVE OVEN.

INDIVIDUAL APPLIANCES VARY; THESE ARE GUIDELINES ONLY. COOK THOROUGHLY TO AN INTERNAL TEMPERATURE OF 165°F (74°C).

HANDLING INSTRUCTIONS: FOR YOUR PROTECTION, ENSURE THAT RAW MEAT AND POULTRY PRODUCTS ARE HANDLED PROPERLY. KEEP THIS PRODUCT FROZEN UNTIL READY TO PREPARE. KEEP RAW FOODS SEPARATE FROM OTHER FOODS. WASH WORK SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER AFTER TOUCHING RAW MEAT AND POULTRY. COOK THOROUGHLY. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

MODE DE PRÉPARATION

FOUR CONVENTIONNEL : NE PAS DÉGELER AVANT LA CUISSON.

1. Préchauffer le four à **400 °F** (200 °C).
2. Étaler les escalopettes de poulet sur une plaque à biscuits tapissée de papier d'aluminium. Faire cuire sur la grille au **centre** du four de **30 à 35** minutes.

ATTENTION : La garniture sera très chaude. Laisser reposer 2 minutes avant de servir.

NE PAS CUIRE AU MICRO-ONDES.

LE TEMPS DE CUISSON PEUT VARIER SELON L'APPAREIL; À TITRE INDICATIF SEULEMENT. BIEN CUIRE JUSQU'À UNE TEMPÉRATURE INTERNE DE 165 °F (74 °C).

INSTRUCTIONS DE MANIPULATION : PAR PRÉCAUTION, S'ASSURER QUE LES PRODUITS DE VIANDE ET DE VOLAILLE CRUES SONT MANIPULÉS AVEC PRUDENCE. GARDER CE PRODUIT CONGELÉ JUSQU'AU MOMENT DE LA PRÉPARATION. GARDER LES ALIMENTS CRUS ÉLOIGNÉS DES AUTRES ALIMENTS. NETTOYER LES SURFACES DE PRÉPARATION ET LES USTENSILES, ET SE LAVER LES MAINS À L'EAU ET AU SAVON DÈS QU'IL Y A EU CONTACT AVEC DE LA VIANDE ET DE LA VOLAILLE CRUES. BIEN CUIRE. METTRE LES RESTES IMMÉDIATEMENT AU RÉFRIGÉRATEUR OU LES JETER.

INGREDIENTS: CHICKEN BREAST WITH RIB MEAT, BUTTER, WHEAT FLOUR, WATER, MODIFIED MILK INGREDIENTS, SALT, SODIUM PHOSPHATE, ROAST CHICKEN FLAVOUR, YELLOW CORN FLOUR, BUTTERMILK POWDER, GARLIC POWDER, SUGAR, DEXTROSE, PARSLEY, SPICE, ROMANO AND PARMESAN CHEESES, YEAST, SOYBEAN OIL, BAKING POWDER, COLOUR, ONION POWDER, FLAVOUR. BROWNED IN CANOLA AND/OR SOYBEAN OIL.

INGRÉDIENTS : POITRINE DE POULET AVEC VIANDE DE CÔTES, BEURRE, FARINE DE BLÉ, EAU, SUBSTANCES LAITIÈRES MODIFIÉES, SEL, PHOSPHATE DE SODIUM, SAVEUR DE POULET RÔTI, FARINE DE MAÏS JAUNE, POUDRE DE BABEURRE, POUDRE D'AIL, SUCRE, DEXTROSE, PERSIL, ÉPICE, FROMAGES ROMANO ET PARMESAN, LEVURE, HUILE DE FÈVES DE SOYA, POUDRE À PÂTE, COLORANT, POUDRE D'OIGNON, SAVEUR. RISSOLÉES DANS DE L'HUILE DE CANOLA ET/OU DE FÈVES DE SOYA.

Nutrition Facts / Valeur nutritive

Per 1 piece (142 g) / pour 1 morceau (142 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 360	
Fat / Lipides 26 g	40 %
Saturates / saturés 11 g + Trans / trans 1 g	60 %
Cholesterol / Cholestérol 105 mg	
Sodium / Sodium 510 mg	21 %
Carbohydrate / Glucides 11 g	4 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	
Protein / Protéines 20 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	10 %

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LOBLAWS INC.
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1-888-495-5111

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0 60383 68109 8

010941

Back Panel (Text To Read This Way)

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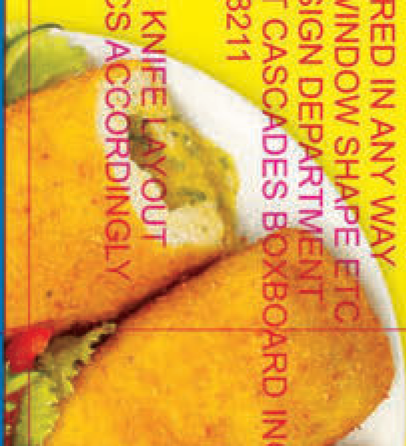
2 garlic butter
stuffed breaded chicken breast cutlettes · uncooked
no name®

Bottom Panel (Text To Read This Way)

UB056507TL.9



2

garlic butter

stuffed breaded chicken breast cutlettes · uncooked

filled with garlic butter and parsley
PRODUCT OF U.S.A.

beurre à l'ail

escalopettes de poitrines de poulet farcies et panées · non cuites

farcies de beurre à l'ail et de persil
PRODUIT DES É.-U.A.

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-276

SUGGESTED SERVING/PRÉSENTATION SUGGÉRÉE

no name® sans nom®

Front Panel (Text To Read This Way)

284 g

KEEP FROZEN
GARDER CONGELÉ

IF THIS DIE-LINE IS ALTERED IN ANY WAY I.E. BEST BEFORE AREA, WINDOW SHAPE ETC. PLEASE NOTIFY THE DESIGN DEPARTMENT AND/OR GRAPHIC CO-ORDINATOR AT CASCADES BOXBOARD INC. 905 678 8211

THIS WILL BE A SINGLE KNIFE LAYOUT PLEASE APPLY GRAPHICS ACCORDINGLY

Print Side Shown

---

2 garlic butter
stuffed breaded chicken breast cutlettes · uncooked
no name®

Right Side Panel (Text To Read This Way)

2 beurre à l'ail
escalopettes de poitrines de poulet farcies et panées · non cuites
sans nom®

Left Side Panel (Text To Read This Way)

BEST BEFORE
MEILLEUR AVANT

Date Code Area no text

---

2 beurre à l'ail
escalopettes de poitrines de poulet farcies et panées · non cuites
sans nom®

Top Panel (Text To Read This Way)

inside glue panel

2 poulet parmesan

escalopettes de poitrines de poulet farcies et panées · non cuites

sans nom®

Top Panel (Text To Read This Way)

2 chicken parmesan

stuffed breaded chicken breast cutlettes · uncooked

filled with marinara sauce and cheeses

PRODUCT OF U.S.A.

poulet parmesan

escalopettes de poitrines de poulet farcies et panées · non cuites

farcies de sauce marinara et de fromage

PRODUIT DES É.-U.A.

SUGGESTED SERVING/PRÉSENTATION SUGGÉRÉE

INSPECTED U.S. DEPARTMENT OF AGRICULTURE P-276

Front Panel (Text To Read This Way)

no name® sans nom®

284 g

KEEP FROZEN
GARDER CONGELÉ

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THIS WILL BE A SINGLE KNIFE LAYOUT. PLEASE APPLY GRAPHICS ACCORDINGLY

2 poulet parmesan
escalopettes de poitrines de poulet farcies et panées · non cuites
sans nom® (Text To Read This Way)

Date Code Area
no text

BEST BEFORE
MEILLEUR AVANT

2 chicken parmesan
stuffed breaded chicken breast cutlettes · uncooked
no name® (Text To Read This Way)

2 chicken parmesan
stuffed breaded chicken breast cutlettes · uncooked
no name®

Bottom Panel (Text To Read This Way)

UB056512TL_3

PREPARATION INSTRUCTIONS

CONVENTIONAL OVEN: COOK FROM FROZEN.

1. Preheat oven to **400°F** (200°C).
2. Place chicken cutlettes in a single layer on a baking sheet lined with aluminum foil and bake on **middle** oven rack for **30 – 35** minutes.

400°F 30 – 35 MINUTES

CAUTION: Filling will be hot. Let stand 2 minutes before serving.

MODE DE PRÉPARATION

FOUR CONVENTIONNEL : NE PAS DÉGELER AVANT LA CUISSON.

1. Préchauffer le four à **400 °F** (200 °C).
2. Étaler les escalopettes de poulet sur une plaque à biscuits tapissée de papier d'aluminium. Faire cuire sur la grille au **centre** du four de **30 à 35** minutes.

ATTENTION : La garniture sera très chaude. Laisser reposer 2 minutes avant de servir.

DO NOT COOK IN MICROWAVE OVEN.

INDIVIDUAL APPLIANCES VARY; THESE ARE GUIDELINES ONLY. COOK THOROUGHLY TO AN INTERNAL TEMPERATURE OF 165°F (74°C).

HANDLING INSTRUCTIONS: FOR YOUR PROTECTION, ENSURE THAT RAW MEAT AND POULTRY PRODUCTS ARE HANDLED PROPERLY. KEEP THIS PRODUCT FROZEN UNTIL READY TO PREPARE. KEEP RAW FOODS SEPARATE FROM OTHER FOODS. WASH WORK SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER AFTER TOUCHING RAW MEAT AND POULTRY. COOK THOROUGHLY. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

NE PAS CUIRE AU MICRO-ONDES.

LE TEMPS DE CUISSON PEUT VARIER SELON L'APPAREIL; À TITRE INDICATIF SEULEMENT. BIEN CUIRE JUSQU'À UNE TEMPÉRATURE INTERNE DE 165 °F (74 °C).

INSTRUCTIONS DE MANIPULATION : PAR PRÉCAUTION, S'ASSURER QUE LES PRODUITS DE VIANDE ET DE VOLAILLE CRUES SONT MANIPULÉS AVEC PRUDENCE. GARDER CE PRODUIT CONGELÉ JUSQU'AU MOMENT DE LA PRÉPARATION. GARDER LES ALIMENTS CRUS ÉLOIGNÉS DES AUTRES ALIMENTS. NETTOYER LES SURFACES DE PRÉPARATION ET LES USTENSILES, ET SE LAVER LES MAINS À L'EAU ET AU SAVON DÈS QU'IL Y A EU CONTACT AVEC DE LA VIANDE ET DE LA VOLAILLE CRUES. BIEN CUIRE. METTRE LES RESTES IMMÉDIATEMENT AU RÉFRIGÉRATEUR OU LES JETER.

INGREDIENTS: CHICKEN BREAST WITH RIB MEAT, MARINARA SAUCE (TOMATOES AND TOMATO PASTE, WATER, CANOLA OIL, MUSHROOMS, SHEEP'S MILK ROMANO CHEESE, MODIFIED CORN STARCH, SALT, ONION FLAKES, SPICES, CITRIC ACID), SMOKED PROVOLONE CHEESE, WATER, WHEAT FLOUR, RICE STARCH, MODIFIED MILK INGREDIENTS, WHITE WHOLE WHEAT FLOUR, SALT, BARLEY FLOUR, YELLOW CORN FLOUR, SOYBEAN OIL, PARMESAN CHEESE, ROAST CHICKEN FLAVOUR, DEXTROSE, ROMANO AND PARMESAN CHEESES, SPICES, YEAST, BUTTERMILK POWDER, DEHYDRATED PARSLEY, COLOUR, SUGAR, ONION POWDER, GARLIC POWDER, FLAVOUR. BROWNED IN CANOLA AND/OR SOYBEAN OIL.

INGRÉDIENTS : POITRINE DE POULET AVEC VIANDE DE CÔTE, SAUCE MARINARA (TOMATES ET PÂTE DE TOMATE, EAU, HUILE DE CANOLA, CHAMPIGNONS, FROMAGE DE LAIT DE BREBIS ROMANO, AMIDON DE MAÏS MODIFIÉ, SEL, FLOCONS D'OIGNON, ÉPICES, ACIDE CITRIQUE), FROMAGE PROVOLONE FUMÉ, EAU, FARINE DE BLÉ, AMIDON DE RIZ, SUBSTANCES LAITIÈRES MODIFIÉES, FARINE BLANCHE DE BLÉ ENTIER, SEL, FARINE D'ORGE, FARINE DE MAÏS JAUNE, HUILE DE FÈVES DE SOYA, FROMAGE PARMESAN, SAVEUR DE POULET RÔTI, DEXTROSE, FROMAGES ROMANO ET PARMESAN, ÉPICES, LEVURE, POUDRE DE BABEURRE, PERSIL DÉSHYDRATÉ, COLORANT, SUCRE, POUDRE D'OIGNON, POUDRE D'AIL, SAVEUR. RISSOLÉES DANS DE L'HUILE DE CANOLA ET/OU DE FÈVES DE SOYA.

Back Panel (Text To Read This Way)

Nutrition Facts
Valeur nutritive
Per 1 piece (142 g)
pour 1 morceau (142 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 250	
Fat / Lipides 11 g	17 %
Saturates / saturés 3 g + Trans / trans 0.3 g	17 %
Cholesterol / Cholestérol 45 mg	
Sodium / Sodium 430 mg	18 %
Carbohydrate / Glucides 18 g	6 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 2 g	
Protein / Protéines 19 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	10 %
Iron / Fer	4 %

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0 60383 80483 1

012545

inside glue panel

inside glue panel

inside glue panel

5/32 Crease at each end

5/32 Crease at each end

2 broccoli & cheese

stuffed breaded chicken breast cutlettes · uncooked

filled with broccoli and processed Swiss and cheddar cheeses

PRODUCT OF U.S.A.

brocoli et fromage

escalopettes de poitrines de poulet farcies et panées · non cuites

farcies de brocoli et de fromages suisse et cheddar fondus

PRODUIT DES É.-U.A.

SUGGESTED SERVING/PRÉSENTATION SUGGÉRÉE

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-276

no name® sans nom®

284 g

KEEP FROZEN
GARDER CONGELÉ

Front Panel (Text To Read This Way)

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THIS WILL BE A SINGLE KNIFE LAYOUT PLEASE APPLY GRAPHICS ACCORDINGLY

GLUE ASSIST PERF AT 1/16 STD AND PENETRATE 55%

GRAIN DIRECTION

Print Side Shown

.0625 NICKS

CUT SCORE CUT THROUGH 25% DEPTH

Top Panel (Text To Read This Way)

2 brocoli et fromage
escalopettes de poitrines de poulet farcies et panées · non cuites
sans nom®

Left Side Panel (Text To Read This Way)

2 brocoli et fromage
escalopettes de poitrines de poulet farcies et panées · non cuites
sans nom®

Date Code Area no text

BEST BEFORE
MEILLEUR AVANT

Right Side Panel (Text To Read This Way)

2 broccoli & cheese
stuffed breaded chicken breast cutlettes · uncooked
no name®

Bottom Panel (Text To Read This Way)

2 broccoli & cheese
stuffed breaded chicken breast cutlettes · uncooked
no name®

UB056553TL.8

Back Panel (Text To Read This Way)

PREPARATION INSTRUCTIONS

CONVENTIONAL OVEN: COOK FROM FROZEN.

1. Preheat oven to **400°F** (200°C).
2. Place chicken cutlettes in a single layer on a baking sheet lined with aluminum foil and bake on **middle** oven rack for **30 – 35** minutes.

CAUTION: Filling will be hot. Let stand 2 minutes before serving.

400°F
30 – 35 MINUTES

MODE DE PRÉPARATION

FOUR CONVENTIONNEL : NE PAS DÉGELER AVANT LA CUISSON.

1. Préchauffer le four à **400 °F** (200 °C).
2. Étaler les escalopettes de poulet sur une plaque à biscuits tapissée de papier d'aluminium. Faire cuire sur la grille au **centre** du four de **30 à 35** minutes.

ATTENTION : La garniture sera très chaude. Laisser reposer 2 minutes avant de servir.

DO NOT COOK IN MICROWAVE OVEN.

INDIVIDUAL APPLIANCES VARY; THESE ARE GUIDELINES ONLY. COOK THOROUGHLY TO AN INTERNAL TEMPERATURE OF 165°F (74°C).

HANDLING INSTRUCTIONS: FOR YOUR PROTECTION, ENSURE THAT RAW MEAT AND POULTRY PRODUCTS ARE HANDLED PROPERLY. KEEP THIS PRODUCT FROZEN UNTIL READY TO PREPARE. KEEP RAW FOODS SEPARATE FROM OTHER FOODS. WASH WORK SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER AFTER TOUCHING RAW MEAT AND POULTRY. COOK THOROUGHLY. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

NE PAS CUIRE AU MICRO-ONDES.

LE TEMPS DE CUISSON PEUT VARIER SELON L'APPAREIL; À TITRE INDICATIF SEULEMENT. BIEN CUIRE JUSQU'À UNE TEMPÉRATURE INTERNE DE 165 °F (74 °C).

INSTRUCTIONS DE MANIPULATION : PAR PRÉCAUTION, S'ASSURER QUE LES PRODUITS DE VIANDE ET DE VOLAILLE CRUES SONT MANIPULÉS AVEC PRUDENCE. GARDER CE PRODUIT CONGELÉ JUSQU'AU MOMENT DE LA PRÉPARATION. GARDER LES ALIMENTS CRUS ÉLOIGNÉS DES AUTRES ALIMENTS. NETTOYER LES SURFACES DE PRÉPARATION ET LES USTENSILES, ET SE LAVER LES MAINS À L'EAU ET AU SAVON DÈS QU'IL Y A EU CONTACT AVEC DE LA VIANDE ET DE LA VOLAILLE CRUES. BIEN CUIRE. METTRE LES RESTES IMMÉDIATEMENT AU RÉFRIGÉRATEUR OU LES JETER.

INGREDIENTS: CHICKEN BREAST WITH RIB MEAT, BROCCOLI, WHEAT FLOUR, PROCESSED SWISS AND CHEDDAR CHEESES [SWISS AND CHEDDAR CHEESES (MILK INGREDIENTS, SALT, BACTERIAL CULTURE, MICROBIAL ENZYME), CREAM, SODIUM PHOSPHATE, SALT], WATER, WHEY POWDER, SALT, YELLOW CORN FLOUR, SODIUM PHOSPHATE, ROAST CHICKEN FLAVOUR, BUTTERMILK POWDER, DEXTROSE, SUGAR, ROMANO AND PARMESAN CHEESES (MILK, BACTERIAL CULTURE, SALT, SORBIC ACID, MICROBIAL ENZYME), SPICE, YEAST, SOYBEAN OIL, BAKING POWDER, COLOUR, ONION POWDER, FLAVOUR, GARLIC POWDER. BROWNED IN CANOLA AND/OR SOYBEAN OIL.

INGRÉDIENTS : POITRINE DE POULET AVEC VIANDE DE CÔTES, BROCOLI, FARINE DE BLÉ, FROMAGES SUISSE ET CHEDDAR FONDUS [FROMAGES SUISSE ET CHEDDAR (SUBSTANCES LAITIÈRES, SEL, CULTURE BACTÉRIENNE, ENZYME MICROBIENNE), CRÈME, PHOSPHATE DE SODIUM, SEL], EAU, LACTOSÉRUM EN POUDRE, SEL, FARINE DE MAÏS JAUNE, PHOSPHATE DE SODIUM, SAVEUR DE POULET RÔTI, POUDRE DE BABEURRE, DEXTROSE, SUCRE, FROMAGES ROMANO ET PARMESAN (LAIT, CULTURE BACTÉRIENNE, SEL, ACIDE SORBIQUE, ENZYME MICROBIENNE), ÉPICE, LEVURE, HUILE DE FÈVES DE SOYA, POUDRE À PÂTE, COLORANT, POUDRE D'OIGNON, SAVEUR, POUDRE D'AIL. RISSOLÉES DANS DE L'HUILE DE CANOLA ET/OU DE FÈVES DE SOYA.

Nutrition Facts
Valeur nutritive
Per 1 piece (142 g)
pour 1 morceau (142 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 260	
Fat / Lipides 16 g	23 %
Saturates / saturés 4.5 g + Trans / trans 1 g	26 %
Cholesterol / Cholestérol 80 mg	
Sodium / Sodium 610 mg	25 %
Carbohydrate / Glucides 12 g	4 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	
Protein / Protéines 20 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	15 %
Iron / Fer	6 %

No type within 1/8 of folds

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0 60383 68107 4

010947

inside glue panel

inside glue panel

inside glue panel

5/32 Crease at each end

5/32 Crease at each end

Tear str

Cordon Swiss

Uncooked Stuffed Breaded Chicken Breasts

Cordon suisse

Poitrines de poulet non cuites farcies et panées

COOKING INSTRUCTIONS:

KEEP FROZEN UNTIL READY TO USE.
REMOVE POUCH BEFORE COOKING.
THIS PRODUCT IS UNCOOKED.

CONVENTIONAL OVEN
30-35 MINUTES

Bake in a preheated oven at 400°F (200°C) for approximately 30-35 minutes. Cook to a minimum internal temperature of 165°F (74°C).

NOTE: Cooking times are based on cooking 2 portions and may vary.

DO NOT COOK IN MICROWAVE OVEN.

STORAGE / HANDLING INSTRUCTIONS:
KEEP FROZEN (MAX -18°C). DO NOT REFREEZE.
For your protection, keep raw meats separated from other foods. Wash work surfaces, utensils and hands with soap and water after handling raw meats. Cook thoroughly. Refrigerate leftovers immediately or discard.

INGREDIENTS: CHICKEN BREAST WITH RIB MEAT, WATER, BLEACHED WHEAT FLOUR, PROCESSED SWISS AND CHEDDAR CHEESES, COOKED HAM, SALT, WHEY POWDER, SODIUM PHOSPHATE, ROAST CHICKEN FLAVOUR, YELLOW CORN FLOUR, BUTTERMILK POWDER, SUGAR, DEXTROSE, SPICE, ROMANO AND PARMESAN CHEESES, YEAST, SOYBEAN OIL, BAKING POWDER, COLOURS, ONION POWDER, FLAVOURS, GARLIC POWDER. BROWNED IN CANOLA AND/OR SOYBEAN OIL.

CONTAINS: MILK, SOY AND WHEAT.

MODE DE CUISSON :

GARDER CONGELÉ JUSQU'AU MOMENT DE S'EN SERVIR.
RETIRER DU SAC AVANT DE CUIRE.
CE PRODUIT N'EST PAS CUIT.

FOUR CONVENTIONNEL
30 à 35 MINUTES

Dans un four préchauffé à 400 °F (200 °C) pendant 30-35 minutes environ. Cuire jusqu'à ce que la température interne ait atteint au minimum de 165 °F (74 °C).

NOTE : Le temps de cuisson est en fonction de 2 portions et peut varier.

NE PAS CUIRE DANS UN FOUR À MICRO-ONDES.

DIRECTIVES DE CONSERVATION ET DE MANIPULATION :
GARDER CONGELÉ (MAX -18 °C). NE PAS RECONGELER.
Pour la protection, conserver les viandes crues à l'écart des autres aliments. Laver les surfaces de travail, les ustensiles et les mains avec du savon et de l'eau après avoir manipulé les viandes crues. Bien faire cuire. Réfrigérer les restes immédiatement ou les jeter.

INGRÉDIENTS : POITRINE DE POULET AVEC VIANDE DE CÔTE, EAU, FARINE DE BLÉ BLANCHIE, FROMAGE SUISSE ET CHEDDAR FONDUS, JAMBON CUIT, SEL, LACTOSÉRUM EN POUDRE, PHOSPHATE DE SODIUM, ARÔME DE POULET RÔTI, FARINE DE MAÏS JAUNE, BABEURRE EN POUDRE, SUCRE, DEXTROSE, ÉPICE, FROMAGE ROMANO ET PARMESAN, LEVURE, HUILE DE SOYA, POUDRE À PÂTE, COLORANTS, OIGNON EN POUDRE, ARÔMES, AIL EN POUDRE. RISSOLÉE DANS DE L'HUILE DE CANOLA ET/OU DE SOYA.

CONTIENT : LAIT, SOYA ET BLÉ.

Nutrition Facts
Valeur nutritive
Per 1 piece (142 g) / par 1 morceau (142 g)

Amount / Teneur	% Daily Value / % valeur quotidienne
Calories / Calories 290	
Fat / Lipides 18 g	28 %
Saturated / saturés 5 g + Trans / trans 0.5 g	28 %
Cholesterol / Cholestérol 95 mg	
Sodium / Sodium 810 mg	34 %
Carbohydrate / Glucides 10 g	3 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 2 g	
Protein / Protéines 23 g	
Vitamin A / Vitamine A	4 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	10 %
Iron / Fer	8 %

0 62639 29935 4

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OVERWAITEA FOOD GROUP LP.,
BOX 7200, VANCOUVER, B.C. V6B 4E4
FULL MONEY BACK GUARANTEE
ON WESTERN FAMILY™ PRODUCTS

WHERE FACILITIES EXIST
LÀ OÙ LES INSTALLATIONS NÉCESSAIRES EXISTENT

UB070503TL.6

0559-00-0015-00-GCR
2015-02
Cad#7679 Die#440100
206326

RKT
2710

WESTERN FAMILY

• Multi-Grain Breading
Chapelure multi-grains
• 290 Calories/Calories
PER SERVING / PAR PORTION

SUGGESTED SERVING/PRÉSENTATION SUGGÉRÉE
NOT ACTUAL SIZE/NE REPRÉSENTENT PAS LA TAILLE RÉELLE

Cordon Swiss

Uncooked Stuffed Breaded Chicken Breasts
with rib meat filled with blended cheeses and cooked ham

Cordon suisse
Poitrines de poulet non cuites farcies et panées
Avec viande de côte remplie d'un mélange de fromages et de jambon cuit

2 Entrées 284 g

UNCOOKED/NON CUITES
KEEP FROZEN/GARDER CONGELÉ

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE P-276

PRODUCT OF USA
PRODUIT DES É.-U.A.

Cordon Swiss
Uncooked Stuffed Breaded Chicken Breasts
with rib meat filled with blended cheeses and cooked ham
2 Entrées 284 g
SUGGESTED SERVING NOT ACTUAL SIZE
UNCOOKED KEEP FROZEN

Cordon suisse
Poitrines de poulet non cuites farcies et panées
Avec viande de côte remplie d'un mélange de fromages et de jambon cuit
2 Entrées 284 g
PRÉSENTATION SUGGÉRÉE NE REPRÉSENTENT PAS LA TAILLE RÉELLE
NON CUITES GARDER CONGELÉ

Cordon Swiss
Uncooked Stuffed Breaded Chicken Breasts
with rib meat filled with blended cheeses and cooked ham
2 Entrées 284 g

Cordon suisse
Poitrines de poulet non cuites farcies et panées
Avec viande de côte remplie d'un mélange de fromages et de jambon cuit