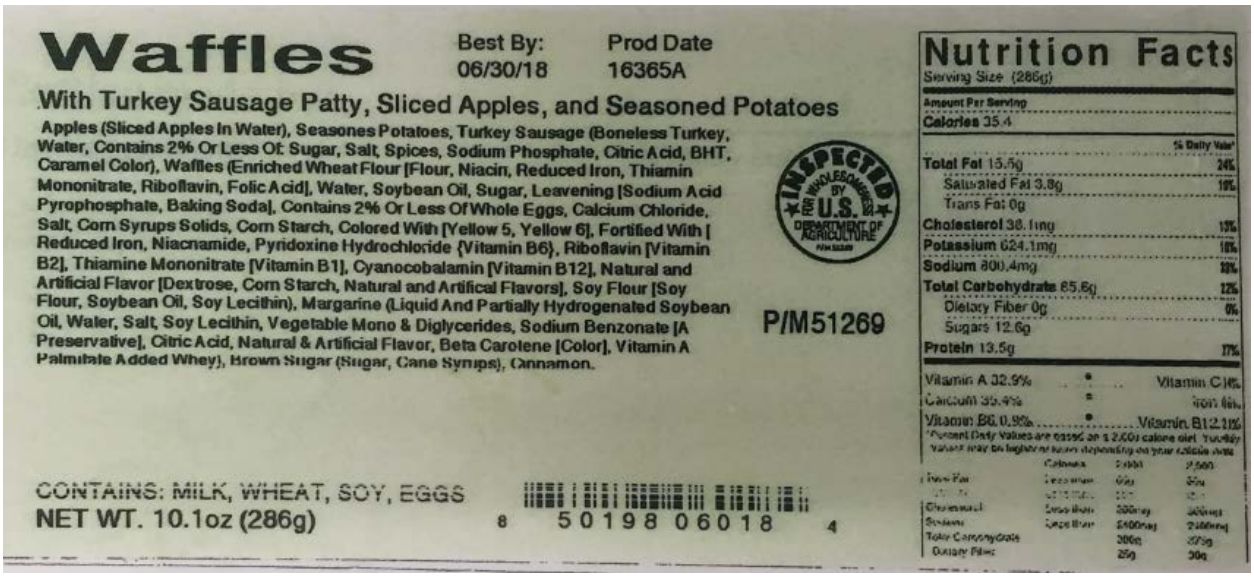

GOLDEN Gourmet
Dist. By: Golden Gourmet LLC
107 Industrial Blvd
Americus, GA 31719
Product of U.S.A.
www.goldengourmetmeals.com
KEEP FROZEN, COOK THOROUGHLY
FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING DIRECTIONS:
It is recommended that you check the temperature of your meal with a food thermometer and ensure that it is reheated to 165°F or greater.
Ovens and Microwaves vary. Cooking time may need to be modified.
Conventional oven temperatures greater than 350°F and/or failure to use a COOKIE SHEET may cause damage to your tray and/or food.
Processed in a facility that also processes wheat, soy, milk, eggs, fish and shellfish
CONVENTIONAL OVEN: (DO NOT PREPARE IN A TOASTER OVEN)
1. Preheat oven to 350°F.
2. Lift one corner of the film over the entrée compartment.
3. Bake on a COOKIE SHEET in center of oven 16 to 18 minutes.
4. Check your tray to ensure it is thoroughly heated – if not, cook an additional 5 to 8 minutes or until food is steaming hot.
5. Remove COOKIE SHEET with tray from oven and let stand 2 minutes.
6. Carefully remove film as PRODUCT WILL BE HOT.
For questions about meal delivery, contact your local provider.
MICROWAVE OVEN: (DIRECTIONS DEVELOPED USING 1100 WATT MICROWAVE OVEN WITH CAROUSEL)
1. Lift one corner of the film over the entrée compartment.
2. Microwave on HIGH setting for 3 to 4 minutes.
3. Carefully pull back the film (Use caution, may be HOT) and check your meal, stirring contents if necessary.
4. Microwave on HIGH for an additional 2 to 3½ minutes (if needed) or until the food is steaming hot.
5. Let stand for 2 minutes in microwave oven.
6. Carefully remove tray and film as PRODUCT WILL BE HOT.
Waffles
Best By: 06/29/18
Prod. Date 2016363
INSPECTED BY U.S. DEPARTMENT OF AGRICULTURE
Nutrition Facts
Turkey Sausage Patty with Sliced Apple Seasoned w/ Brown Sugar and Cinnamon
Ingredients: Apples (Sliced Apples In Water),Turkey Sausage (Boneless Turkey, Water, Contains 2% Or Less Of: Sugar, Salt, Spices, Sodium Phosphate, Citric Acid, BHT, Caramel Color), Waffles (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Soybean Oil, Sugar, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Contains 2% Or Less Of Whole Eggs, Calcium Chloride, Salt, Corn Syrups Solids, Corn Starch, Colored With [Yellow 5, Yellow 6], Fortified With [Reduced Iron, Niacnamide, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin [Vitamin B2], Thiamine Mononitrate [Vitamin B1], Cyanocobalamin [Vitamin B12], Natural and Artificial Flavor [Dextrose, Corn Starch, Natural and Artifical Flavors], Soy Flour [Soy Flour, Soybean Oil, Soy Lecithin], Margarine (Liquid And Partially Hydrogenated Soybean Oil, Water, Salt, Soy Lecithin, Vegetable Mono & Diglycerides, Sodium Benzonate [A Preservative], Citric Acid, Natural & Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added Whey), Brown Sugar (Sugar, Cane Syrups), Cinnamon.
ALLERGENS: SOY, WHEAT, EGGS, MILK
NET WT. 7.1 OZ (201g)
50198 06018


Waffles
Best By: 06/30/18
Prod Date 16365A
With Turkey Sausage Patty, Sliced Apples, and Seasoned Potatoes
Apples (Sliced Apples In Water), Seasones Potatoes, Turkey Sausage (Boneless Turkey, Water, Contains 2% Or Less Of: Sugar, Salt, Spices, Sodium Phosphate, Citric Acid, BHT, Caramel Color), Waffles (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Soybean Oil, Sugar, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Contains 2% Or Less Of Whole Eggs, Calcium Chloride, Salt, Corn Syrups Solids, Corn Starch, Colored With [Yellow 5, Yellow 6], Fortified With [Reduced Iron, Niacnamide, Pyridoxine Hydrochloride {Vitamin B6}, Riboflavin [Vitamin B2], Thiamine Mononitrate [Vitamin B1], Cyanocobalamin [Vitamin B12], Natural and Artificial Flavor [Dextrose, Corn Starch, Natural and Artifical Flavors], Soy Flour [Soy Flour, Soybean Oil, Soy Lecithin], Margarine (Liquid And Partially Hydrogenated Soybean Oil, Water, Salt, Soy Lecithin, Vegetable Mono & Diglycerides, Sodium Benzonate [A Preservative], Citric Acid, Natural & Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added Whey), Brown Sugar (Sugar, Cane Syrups), Cinnamon.
INSPECTED BY U.S. DEPARTMENT OF AGRICULTURE
P/M51269
Nutrition Facts
Serving Size (286g)
Amount Per Serving
Calories 35.4
% Daily Value*
Total Fat 15.5g 24%
Saturated Fat 3.8g 19%
Trans Fat 0g
Cholesterol 38.1mg 13%
Potassium 624.1mg 18%
Sodium 800.4mg 33%
Total Carbohydrate 65.6g 22%
Dietary Fiber 0g 0%
Sugars 12.6g
Protein 13.5g 27%
Vitamin A 32.9%
Vitamin C 14%
Calcium 35.4%
Iron 6%
Vitamin B6 0.9%
Vitamin B12 2%
CONTAINS: MILK, WHEAT, SOY, EGGS
NET WT. 10.1oz (286g)
8 50198 06018 4



Waffles

Best By: 06/30/18

Prod Date 16365A

With Turkey Sausage Patty, Sliced Apples, and Seasoned Potatoes

Apples (Sliced Apples In Water), Seasones Potatoes, Turkey Sausage (Boneless Turkey, Water, Contains 2% Or Less Of: Sugar, Salt, Spices, Sodium Phosphate, Citric Acid, BHT, Caramel Color), Waffles (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Soybean Oil, Sugar, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Contains 2% Or Less Of Whole Eggs, Calcium Chloride, Salt, Corn Syrups Solids, Corn Starch, Colored With [Yellow 5, Yellow 6], Fortified With [Reduced Iron, Niacnamide, Pyridoxine Hydrochloride {Vitamin B6}, Riboflavin [Vitamin B2], Thiamine Mononitrate [Vitamin B1], Cyanocobalamin [Vitamin B12], Natural and Artificial Flavor [Dextrose, Corn Starch, Natural and Artifical Flavors], Soy Flour [Soy Flour, Soybean Oil, Soy Lecithin), Margarine (Liquid And Partially Hydrogenated Soybean Oil, Water, Salt, Soy Lecithin, Vegetable Mono & Diglycerides, Sodium Benzonate [A Preservative], Citric Acid, Natural & Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added Whey), Brown Sugar (Sugar, Cane Syrups), Cinnamon.

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE

P/M51269

CONTAINS: MILK, WHEAT, SOY, EGGS

NET WT. 10.1oz (286g)

8 50198 06018 4

Nutrition Facts

Serving Size (286g)

Amount Per Serving

Calories 35.4

	% Daily Value*
Total Fat 15.5g	24%
Saturated Fat 3.8g	19%
Trans Fat 0g	
Cholesterol 38.1mg	13%
Potassium 624.1mg	18%
Sodium 800.4mg	33%
Total Carbohydrate 65.6g	22%
Dietary Fiber 0g	0%
Sugars 12.6g	
Protein 13.5g	27%

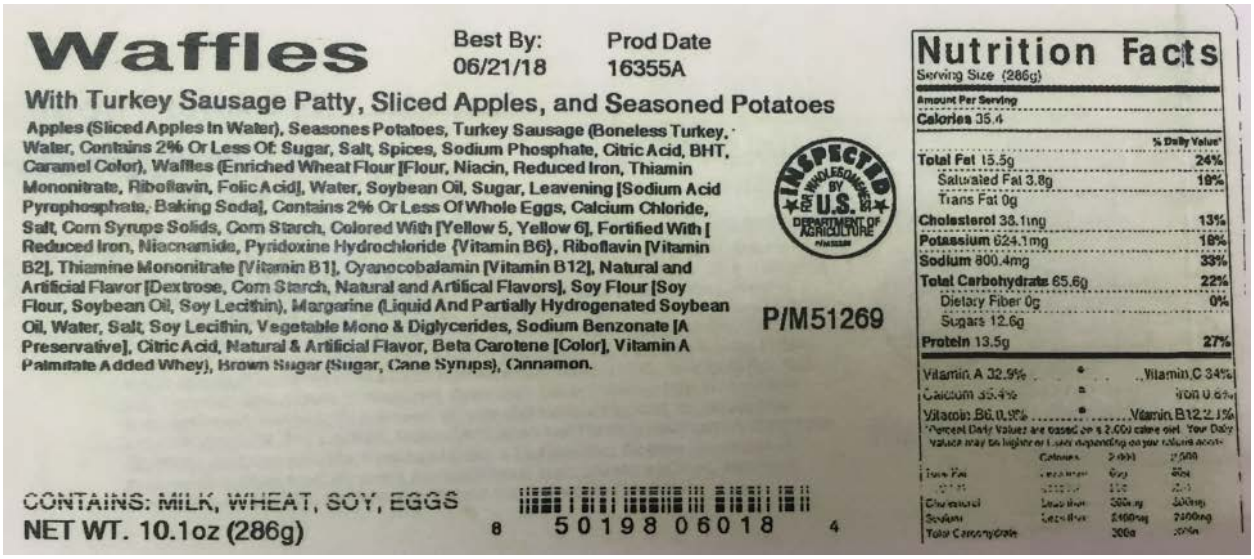
Vitamin A 32.9% • Vitamin C 34%

Calcium 35.4% • Iron 6%

Vitamin B6 0.9% • Vitamin B12 2.1%

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Waffles

Best By: 06/21/18

Prod Date 16355A

With Turkey Sausage Patty, Sliced Apples, and Seasoned Potatoes

Apples (Sliced Apples In Water), Seasones Potatoes, Turkey Sausage (Boneless Turkey, Water, Contains 2% Or Less Of: Sugar, Salt, Spices, Sodium Phosphate, Citric Acid, BHT, Caramel Color), Waffles (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Soybean Oil, Sugar, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Contains 2% Or Less Of Whole Eggs, Calcium Chloride, Salt, Corn Syrups Solids, Corn Starch, Colored With [Yellow 5, Yellow 6], Fortified With [Reduced Iron, Niacnamide, Pyridoxine Hydrochloride {Vitamin B6}, Riboflavin [Vitamin B2], Thiamine Mononitrate [Vitamin B1], Cyanocobalamin [Vitamin B12], Natural and Artificial Flavor [Dextrose, Corn Starch, Natural and Artifical Flavors], Soy Flour [Soy Flour, Soybean Oil, Soy Lecithin), Margarine (Liquid And Partially Hydrogenated Soybean Oil, Water, Salt, Soy Lecithin, Vegetable Mono & Diglycerides, Sodium Benzonate [A Preservative], Citric Acid, Natural & Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added Whey), Brown Sugar (Sugar, Cane Syrups), Cinnamon.

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE

P/M51269

CONTAINS: MILK, WHEAT, SOY, EGGS

NET WT. 10.1oz (286g)

8 50198 06018 4

Nutrition Facts

Serving Size (286g)

Amount Per Serving

Calories 35.4

	% Daily Value*
Total Fat 15.5g	24%
Saturated Fat 3.8g	19%
Trans Fat 0g	
Cholesterol 38.1mg	13%
Potassium 624.1mg	18%
Sodium 800.4mg	33%
Total Carbohydrate 65.6g	22%
Dietary Fiber 0g	0%
Sugars 12.6g	
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Vitamin A 32.9% • Vitamin C 34%

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Vitamin B6 0.9% • Vitamin B12 2.1%

*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	2400mg	2400mg
Total Carbohydrate		300g	375g

Waffles

Best By: 06/27/18

Prod Date 16362A

With Turkey Sausage Patty, Sliced Apples, and Seasoned Potatoes

Apples (Sliced Apples In Water), Seasones Potatoes, Turkey Sausage (Boneless Turkey, Water, Contains 2% Or Less Of: Sugar, Salt, Spices, Sodium Phosphate, Citric Acid, BHT, Caramel Color), Waffles (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Soybean Oil, Sugar, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Contains 2% Or Less Of: Whole Eggs, Calcium Chloride, Salt, Corn Syrups Solids, Corn Starch, Colored With [Yellow 5, Yellow 6], Fortified With [Reduced Iron, Niacnamide, Pyridoxine Hydrochloride {Vitamin B6}, Riboflavin [Vitamin B2], Thiamine Mononitrate [Vitamin B1], Cyanocobalamin [Vitamin B12], Natural and Artificial Flavor [Dextrose, Corn Starch, Natural and Artifical Flavors], Soy Flour [Soy Flour, Soybean Oil, Soy Lecithin), Margarine (Liquid And Partially Hydrogenated Soybean Oil, Water, Salt, Soy Lecithin, Vegetable Mono & Diglycerides, Sodium Benzonate [A Preservative], Citric Acid, Natural & Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added Whey), Brown Sugar (Sugar, Cane Syrups), Cinnamon.

INSPECTED FOR WHOLESOMENESS BY U.S. DEPARTMENT OF AGRICULTURE

P/M51269

CONTAINS: MILK, WHEAT, SOY, EGGS

NET WT. 10.1oz (286g)

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Nutrition Facts

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Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Waffles

Best By: 06/28/18

Prod Date 16363A

With Turkey Sausage Patty, Sliced Apples, and Seasoned Potatoes

Apples (Sliced Apples In Water), Seasones Potatoes, Turkey Sausage (Boneless Turkey, Water, Contains 2% Or Less Of: Sugar, Salt, Spices, Sodium Phosphate, Citric Acid, BHT, Caramel Color), Waffles (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Soybean Oil, Sugar, Leavening [Sodium Acid Pyrophosphate, Baking Soda], Contains 2% Or Less Of: Whole Eggs, Calcium Chloride, Salt, Corn Syrups Solids, Corn Starch, Colored With [Yellow 5, Yellow 6], Fortified With [Reduced Iron, Niacnamide, Pyridoxine Hydrochloride {Vitamin B6}, Riboflavin [Vitamin B2], Thiamine Mononitrate [Vitamin B1], Cyanocobalamin [Vitamin B12], Natural and Artificial Flavor [Dextrose, Corn Starch, Natural and Artifical Flavors], Soy Flour [Soy Flour, Soybean Oil, Soy Lecithin), Margarine (Liquid And Partially Hydrogenated Soybean Oil, Water, Salt, Soy Lecithin, Vegetable Mono & Diglycerides, Sodium Benzonate [A Preservative], Citric Acid, Natural & Artificial Flavor, Beta Carotene [Color], Vitamin A Palmitate Added Whey), Brown Sugar (Sugar, Cane Syrups), Cinnamon.

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Dietary Fiber		25g	30g