

# GOURMET & GO

## Mastering the art of great taste!



### GRAIN BOWLS & ENTRÉES



NATURAL FOOD

Generous  
Protein

0% ARTIFICIAL

100% QUALITY  
GUARANTEE

DELICIOUS NUTRITION



## Entrées

	UNITS/ CASE	CALORIES	FATS (G)	SATURATED (G)	+TRANS (G)	CARBOHYDRATES (G)	FIBRE (G)	SUGARS (G)	PROTEIN (G)	CHOLESTEROL (MG)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (MG)	IRON (MG)	PER 1
Rotini Meatballs	8	430	15	6	0.5	57	4	7	19	30	700	400	125	2.25	298 g
Chicken Parmesan	8	390	10	2.5	0	58	4	3	19	40	530	500	125	18.5	300 g
Mac & Cheese	8	500	22	7	0	58	2	6	17	25	1670	200	300	1.25	320 g
Butter Chicken	8	370	10	3.5	0	54	3	4	16	45	1040	175	30	1.5	305 g

## Grain Bowls

Vegan	8	340	13	1.5	0	50	5	3	8	0	790	150	50	1.5	298 g
Chicken Shawarma	8	430	16	2	0	52	5	7	18	15	930	400	75	5.5	298 g
Teriyaki Chicken	8	730	4.5	0	0	141	4	16	23	30	580	30	20	7	334 g
Chicken Biryani	8	670	14	1	0	108	4	4	22	35	290	225	50	3	330 g
Chicken Harvest	8	360	12	2	0	46	3	2	13	20	820	200	30	1	298 g
Southwest Chicken	8	170	13	2	0	7	1	3	10	15	1060	400	50	1.25	298 g

SHELF LIFE:  
MINIMUM 14 DAYS

SHIPPING DAYS:  
MONDAY & FRIDAY

LEAD TIME:  
7 BUSINESS DAYS

\*PACKAGING SUBJECT  
TO CHANGE

GOURMET  
&Go



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