

Serving Up food 5 ways



One Product | Multiple Menu Applications

Sysco Codes Included

Serving Up
food 5 ways

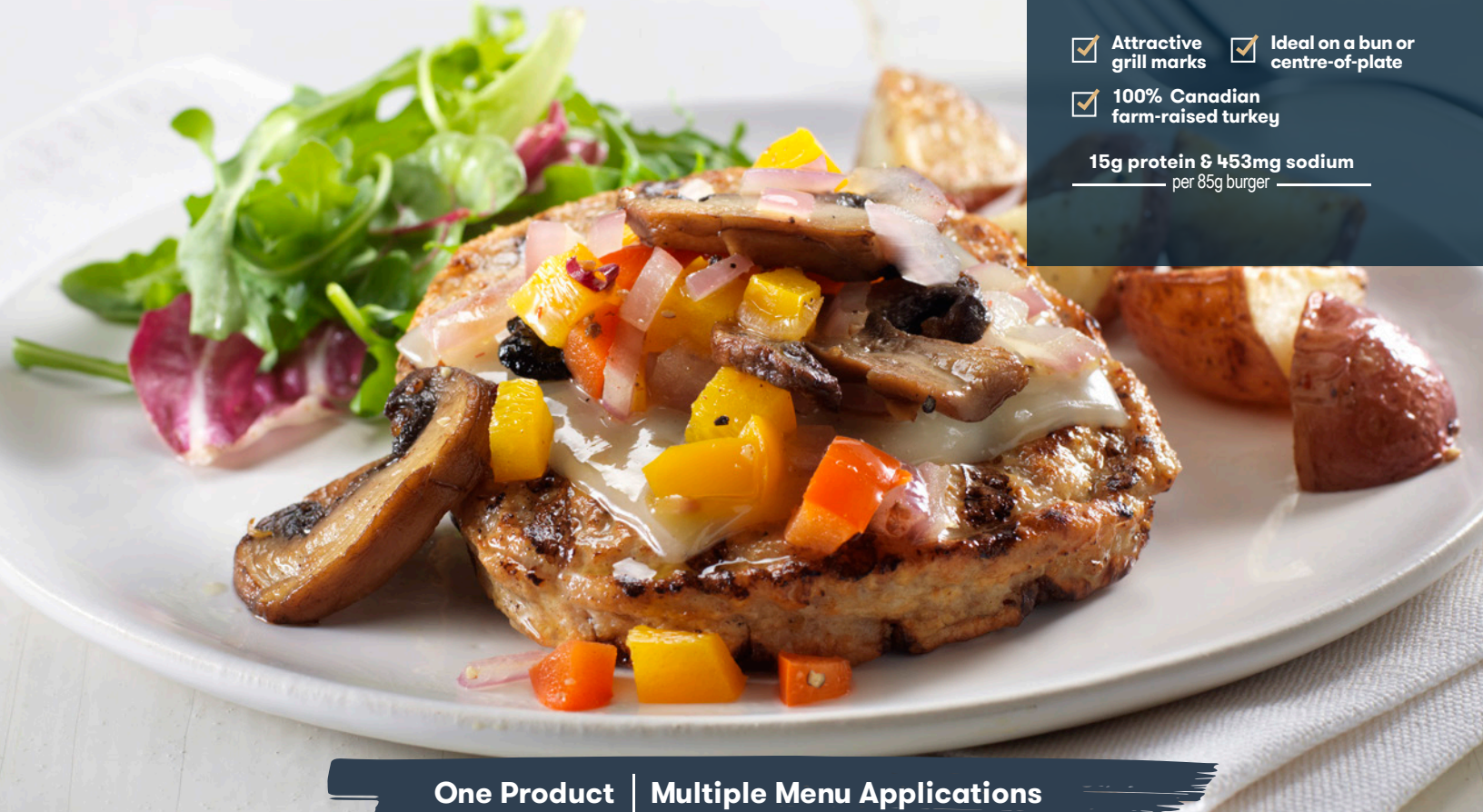
Turkey Burger

Sysco Code (SUPC): 4038333

Fully cooked 85g burger
made with ground turkey

- ✓ Attractive grill marks
- ✓ Ideal on a bun or centre-of-plate
- ✓ 100% Canadian farm-raised turkey

15g protein & 453mg sodium
per 85g burger



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1

**French Onion Turkey
Salisbury Steak**



2

**Turkey Broccoli
& Cheddar**



3

**Pepper & Mushroom
Turkey Steakette**



4

**Open-Faced
Turkey Patty Melt**



5

**Southwest Turkey
Burger**



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Pulled Beef

Sysco Code (SUPC): 4875031

Fully cooked, slow roasted
beef in a pulled format

- ✓ 100% Canadian farm-raised beef
- ✓ No sauce added = versatile
- ✓ All natural - no artificial ingredients

17g protein & 196mg sodium
per 60g serving

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1

**Crispy Beef
& Green Beans**



2

**Pulled Beef
Stroganoff**



3

**Beef Dip
Au Jus**



4

**Mexican
Shepherd's Pie**



5

**Philly Cheese
Beef on Bun**



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Lightlife Grounds

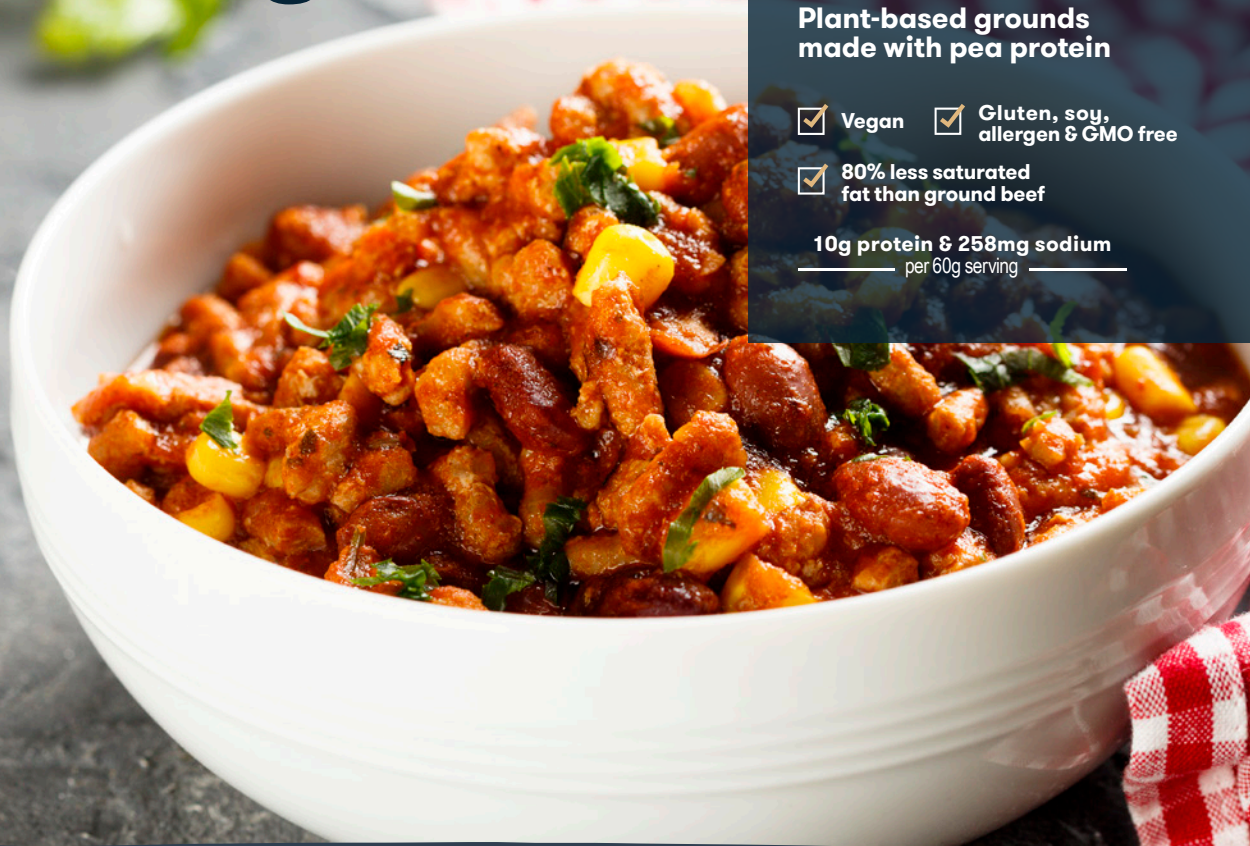
Sysco Code (SUPC): 5411691

Plant-based grounds
made with pea protein

Vegan Gluten, soy,
allergen & GMO free

80% less saturated
fat than ground beef

10g protein & 258mg sodium
per 60g serving



One Product | Multiple Menu Applications



1

Vegetarian
Chili



2

Vegetarian
Wellington



3

Vegetarian
Shepherd's Pie



4

Vegetarian
Meatloaf



5

Vegetarian Sloppy
Joe on Bun



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Ready Links Breakfast Sausages

Sysco Code (SUPC): 6223487
Skinless, fully cooked
pork breakfast sausages

- ✓ Delicious flavour
- ✓ Fork-tender texture
- ✓ No casing = easy to cut and chew

7g protein & 315mg sodium
per 45g serving (2 sausages)



One Product | Multiple Menu Applications



1

Sausage Mini
Quiche Cups



2

Southwest
Sausage Strata



3

Pigs in a Puff
Pastry Blanket



4

Cheesy Sausage
Pasta Bake



5

Sausage
Toscana Soup



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Sliced Turkey Breast (Deli)

Sysco Code (SUPC): 2672855

Canadian farm-raised sliced turkey breast

✓ Gluten-free ✓ 26% reduced in sodium

✓ Improved texture and 'peel-ability'

10g protein & 244mg sodium
per 58g serving (3 slices)



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1

California Dreamin' Sandwich



2

Waffle Monte Cristo



3

Italian Turkey Salad



4

Open-Faced Hot Turkey Sandwich



5

Turkey Club Pasta Salad



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Naturals Wiener

Sysco Code (SUPC): 3561345
"Better For You" hot dog

- Gluten-free
- Beef & chicken blend
- All natural - no artificial ingredients

11g protein & 788mg sodium
per 90g wiener

One Product | Multiple Menu Applications



1

Hot Dog Hash



2

Beans n' Franks



3

Baked Chili Dog



4

BLT Hot Dog



5

Mac & Cheese
Dog Casserole



Serving Up
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Fully Cooked Chicken Tenders

Sysco Code (SUPC): 5054624

Whole muscle, lightly
breaded chicken tenders

✓ Consistent sizing ✓ Fork-tender texture

✓ 100% Canadian farm-raised chicken

14g protein & 345mg sodium
per 80g serving (2 tenders)

One Product | Multiple Menu Applications



1

**Chicken &
Mushroom Risotto**



2

**Crunchy Chicken
Spring Salad**



3

**Creamy Chicken &
Bacon Carbonara
Pasta**



4

**Crispy Chicken
Caesar Salad**



5

**Chicken
Parmesan Sub**



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Pork Chop 3.5oz

Sysco Code (SUPC): 7887807

Boneless pork chops made from premium centre-cut loins (raw)

- ✓ Juicy and tender
- ✓ Consistent sizing - cooks to 90g
- ✓ 100% Canadian farm-raised (Prairies)

19g protein & 350mg sodium
per 100g pork chop

One Product | Multiple Menu Applications



1
Mustard Pretzel
Crusted Pork Chop



2
Mushroom & Pepper
Stewed Pork Chop



3
Baked Apple
Pork Chop



4
Bacon & Mushroom
Smothered Pork
Chop



5
Pork Chop
in Fire Roasted
Tomato Sauce



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Tempura Battered Chicken Balls

Sysco Code (SUPC): 5601034

Chicken balls made with premium breast meat

- ✓ Bake perfectly in the oven
- ✓ Very consistent 25g sizing
- ✓ Light batter: high meat ratio

13g protein & 430mg sodium
per 100g serving (4 pieces)



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1

Crunchy Chicken
Mandarin Salad



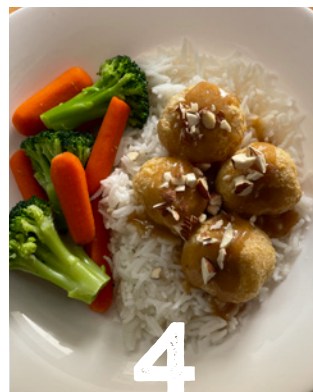
2

Sweet & Sour
Chicken Balls



3

Lemon
Chicken Balls



4

Almond Soo
Gui Chicken



5

Crispy Orange
Chicken Bowl with
Noodles



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IQF Chicken Drumsticks

Sysco Code (SUPC): 9880386

Premium Canadian farm-raised chicken drumsticks

- ✓ Consistent sizing
- ✓ Just chicken - nothing added
- ✓ No allergens, naturally gluten-free

13g protein & 77mg sodium
per 100g drumstick

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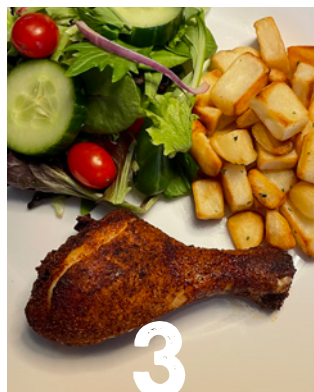
1

Buttermilk Fried Chicken Drums



2

Chicken Masala



3

BBQ Dry Rubbed Drumsticks



4

Peach Ginger BBQ Chicken Drums



5

Coconut Chicken Drumsticks



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Easy Carve Ham

Sysco Code (SUPC): 9664327

Premium Canadian farm-raised whole muscle bone-in smoked ham

✓ High yield (96%) ✓ 46% reduced in sodium

✓ Hardwood smoked flavour

16g protein & 650mg sodium
per 90g serving

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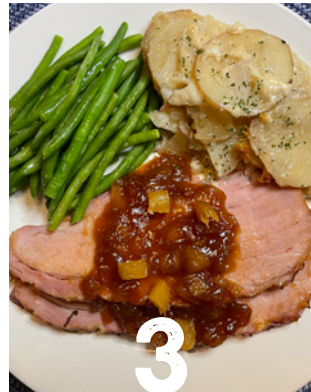
1

Tangy Honey Glazed Ham



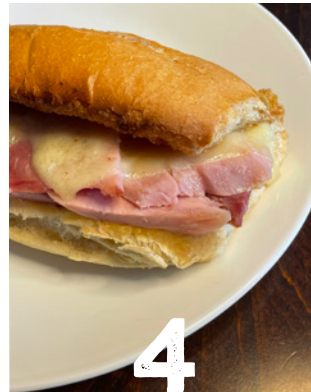
2

Carved Smoked Ham with Spiced Apples & Pears



3

Carved Smoked Ham with Maple Pineapple Sauce



4

Smoked Carved Ham & Havarti Melt



5

Ham with Creamy Pasta & Asparagus



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Serving Up
inspiration 

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