



Labour Saving Solutions

Easy-to-prepare products that address today's staffing challenges in healthcare & senior living

Fully cooked and seasoned

Most are IQF or pre-sliced

Senior-friendly: traditional in appeal, easy to cut and chew

Healthcare appropriate: controlled sodium, suitable protein content

Can be used in various menu applications

Can be quickly adapted for texture modified diets

Most are less than \$1.40 per portion

	Product	Key Attributes	Easiest-to-Prepare Menu Suggestions	Hot Applications			Cold Applications	Case Yield	Less than \$1.40 per Portion	Sysco Code
				Pre-portioned Heat & serve No gravy or sauce required	Pre-portioned Heat & serve with gravy or sauce	Requires portioning and may need gravy or sauce	Requires portioning and may need mayo			
Poultry	<u>NEW Grilled Diced Chicken Breast</u>	IQF, NO FOWL, allergen-free, grill marks, Canadian	Add mayo and serve in sandwich				✓	67 x 60g portions	✓	5552233
	<u>Pulled Chicken</u>	No allergens, tender texture, Canadian, reduced sodium	Heat, add bbq sauce and serve on bun or add mayo and serve cold			✓	✓	75 x 60g portions	✓	4875005
	<u>Breaded Chicken Breast Cutlet 87g</u>	IQF, made with whole muscle chicken breast pieces	Heat and serve - centre of plate or bun	✓	✓			46 x 87g cutlets	✓	5314606
	<u>Chicken Dippers (boneless breast bites) 30g</u>	IQF, whole muscle breast meat, tender texture	Heat and serve with side of sauce	✓	✓			44 x 90g (3 pieces)		0750374
	<u>Seasoned Boneless Chicken Thigh 90g</u>	IQF, grilled, seasoned perfectly	Heat and serve	✓				44 x 90g thighs		5578929
	<u>Roast Turkey Breast Slices 30g</u>	Low sodium, high protein, pre-sliced, can boil in bag	Heat and serve, top with turkey gravy		✓			80 x 60g (2 slices)	✓	5703816
	<u>Turkey Burger 3oz</u>	IQF, tender texture, grill marks	Heat and serve as center of plate or on bun	✓	✓			54 x 3oz burgers	✓	4038333
	<u>Diced Turkey Breast</u>	IQF, allergen-free, grill marks, Canadian	Add mayo and serve in sandwich				✓	67 x 60g portions	✓	3614688
Beef	<u>BBQ Beef Ribette 85g</u>	IQF, tender texture, sauced	Heat and serve	✓				54 x 85g ribettes	✓	2724387
	<u>Pulled Beef</u>	No allergens, tender texture, Canadian, reduced sodium	Heat, add bbq sauce and serve on bun			✓		75 x 60g portions		4875031
	<u>Broiled Beef Meatballs 10g</u>	IQF, tender texture, 100% beef	Heat and serve with tomato or Swedish-style sauce		✓			75 x 6 meatballs	✓	0222968
	<u>Thick Carved Beef Pot Roast in Gravy</u>	Pre-sliced, whole muscle, tender texture, can boil in bag	Heat and serve - centre of plate or bun	✓				58 x 85g portions		7528262
	<u>Beef Burger 3oz</u>	IQF, tender texture, grill marks	Heat and serve on bun or as a Salisbury steak	✓	✓			54 x 3oz burgers	✓	2753432
	<u>Shaved Steak</u>	Tender texture, Canadian	Heat, add au jus or bbq sauce and serve centre of plate or on bun			✓		90 x 60g portions		3822923
	<u>Meatloaf Slices 90g</u>	IQF, tender texture	Heat and serve, top with beef or mushroom gravy	✓	✓			50 x 90g pieces		6993891
	<u>Roast Beef Slices 60g</u>	Low sodium, high protein, pre-sliced, can boil in bag	Heat and serve, top with beef gravy		✓			120 x 60g slices		5434569

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Healthy Selections Shaved Beef	Low sodium, high protein, whole muscle	Serve in cold sandwich or add au jus for hot sandwich			✓	✓	90 x 60g portions		6965897
BBQ Pork Ribette 85g	IQF, tender texture, sauced	Heat and serve	✓				54 x 85g patties	✓	5392410
Roast Pork Slices 30g	Low sodium, high protein, pre-sliced, can boil in bag	Heat and serve, top with pork or mushroom gravy		✓			80 x 60g (2 slices)		0742635
Boneless Pork Chops 90g	IQF, low sodium, tender texture, high in protein	Heat and serve, top with pork or mushroom gravy		✓			60 x 90g chops		0282727
Country Dinner Pork Sausage 55g	IQF, skinless, gluten-free, tender texture	Heat and serve	✓	✓			90 x 55g sausages	✓	3046170
Pulled Pork	No allergens, tender texture, Canadian, reduced sodium	Heat, add bbq sauce and serve on bun			✓		75 x 60g portions	✓	4875045
Pork Sausage Patty 50g	IQF, tender texture	Heat and serve as centre of plate or on bun	✓				100 x 50g patties	✓	2667277
Ready Links Breakfast Pork Sausages 23g	IQF, skinless, reduced sodium, tender texture	Heat and serve	✓				200 x 23g sausages	✓	6223487
Toupie Ham	Boneless, hardwood smoked, Canadian	Heat, slice and serve hot or slice and serve cold			✓	✓	111 x 90g portions	✓	9664699
Easy Carve Ham	42% reduced sodium, bone easily removed, Canadian	Heat, slice and serve hot or slice and serve cold			✓	✓	66 x 90g portions	✓	9664327
Hot Dog 6" 10/lb	IQF, skinless Explore our many hot dogs!	Heat and serve on bun with condiments	✓				120 x 45g wieners	✓	2753911
Chicken Pot Pie 125g	Small chunks of tender chicken	Heat and serve	✓	✓			36 pies	✓	2704344
Beef Pot Pie 125g	Ideal for soft diets	Heat and serve	✓	✓			36 pies	✓	2666741
Turkey Pot Pie 125g	Carrots and peas add colour	Heat and serve	✓	✓			36 pies	✓	0244451
Steak & Mushroom Pot Pie 125g	Small chunks of moist steak and mushrooms	Heat and serve	✓	✓			36 pies	✓	2457390
Chicken & Leek Pie 125g	Ideal for soft diets	Heat and serve	✓	✓			36 pies	✓	5156821
Tourtiere 125g	Ideal for soft diets	Heat and serve	✓	✓			36 pies	✓	0487728
Sure Slice Deli Turkey Breast	Reduced sodium, gluten-free, easy to 'peel'	Serve hot or cold, sandwich or centre of plate			✓	✓	52 x 58g (3 slices)	✓	2672855
Main Street Deli Smoked Turkey	Reduced sodium, gluten-free, easy to 'peel'	Serve hot or cold, sandwich or centre of plate			✓	✓	52 x 58g (3 slices)	✓	9880675
Sure Slice Black Forest Ham	Reduced sodium, gluten-free, easy to 'peel'	Serve hot or cold, sandwich or centre of plate			✓	✓	52 x 58g (3 slices)	✓	2750594
Main Street Deli Old Fashioned Ham	Reduced sodium, gluten-free, easy to 'peel'	Serve hot or cold, sandwich or centre of plate			✓	✓	52 x 58g (3 slices)	✓	6226478
Sure Slice Roast Beef	Reduced sodium, gluten-free, easy to 'peel'	Serve hot or cold, sandwich or centre of plate			✓	✓	78 x 48g (2 slices)	✓	2672749
Main Street Deli Roast Beef	Reduced sodium, gluten-free, easy to 'peel'	Serve hot or cold, sandwich or centre of plate			✓	✓	78 x 48g (2 slices)	✓	9880634



Click on the product name above for ingredient, allergen, and nutritional information, as well as recipe ideas! Contact your Sales Representative for more information