



# 2023 *Valentine's Day Meals*

**VALENTINE'S MEAL**  
SERVES 2

**VALENTINE'S PRIME RIB MEAL**  
SERVES 2

**BRUNCH FOR 4**



# VALENTINE'S MEAL

SERVES 2

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## MENU

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Lobster Tail, Premium Choice  
Chateaubriand Cut Filet  
Mignon or Ultimate Lump  
Crab Cakes

Asparagus With Red Peppers  
& Sea Salt Butter Steamer  
Bag

Mascarpone Whipped  
Potatoes With Rosemary

Hand-Dipped Chocolate  
Strawberries

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## INGREDIENTS & ALLERGENS

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### LOBSTER TAIL

Processed in a facility with fish and shellfish.

### PREMIUM CHOICE CHATEAUBRIAND CUT FILET MIGNON

Processed in a facility with fish and shellfish.

### ULTIMATE LUMP CRAB CAKES

**INGREDIENTS:** Crab Meat (Crab Meat, Sodium Acid Pyrophosphate to Retain Color), Mayonnaise (Soybean Oil, Eggs, Water, Vinegar, Egg Yolks, Salt, Sugar, Lemon Juice Concentrate, Ground Red Pepper, Dried Garlic, Natural Flavor [Contains Mustard]), Liquid Eggs (Whole Eggs, Citric Acid, 0.15% Water Added as Carrier for Citric Acid), Panko Breadcrumbs (Wheat Flour, Cane Sugar, Yeast, Sea Salt), Worcestershire Sauce (Distilled White Vinegar, Molasses, Sugar, Water, Salt, Onions, Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavorings, Chili Pepper Extract), Green Onion, Dijon Mustard (Distilled White Vinegar, Mustard Seed, Water, Salt, White Wine, Citric Acid, Tartaric Acid, Fruit Pectin, Sugar, Spices), Lemon Juice (Meyer Lemon Juice and Lemon Juice, Natural Flavors), Seasoning (Salt, Spice and Soybean Oil), Parsley.

**CONTAINS:** Egg, Fish (Anchovies), Shellfish (Crab), Wheat. May Contain Shell Fragments.

### ASPARAGUS WITH RED PEPPERS & SEA SALT BUTTER STEAMER BAG

**INGREDIENTS:** Asparagus, Red Pepper, Butter (Pasteurized Cream, Lactic Acid), Sea Salt, Black Pepper. **CONTAINS:** Milk.

### MASCARPONE WHIPPED POTATOES WITH ROSEMARY

**INGREDIENTS:** Yukon Gold Potatoes (Yukon Gold Potatoes, Whole Milk, Butter [Sweet Cream {Milk}, Salt] Salt, Natural Flavor, Nisin Preparation {Salt, Nisin (A Natural Antimicrobial)}), Mascarpone Cheese (Pasteurized Cream, Acidity Corrector, Citric Acid And Rennet), Rosemary.

**CONTAINS:** Milk.

### HAND-DIPPED CHOCOLATE STRAWBERRIES

**INGREDIENTS:** Sugar, Fractionated Vegetable Fats, Cocoa Powder (20%), Emulsifier (E322 Soy Lecithin), Flavoring (Vanilla Extract), Strawberries.

**CONTAINS:** Soy.



# VALENTINE'S MEAL

SERVES 2

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## REHEATING INSTRUCTIONS

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### Lobster Tail

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**CONVENTIONAL OVEN:** Preheat oven to 450°F. Place lobster tail on a cutting board. Using kitchen shears, trim down the center of the shell, cutting towards the tail. Once you reach the tail, make a perpendicular cut from end to end to form a "T". Using a paring knife, gently loosen meat from the shell. Using your hands, crack open the shell slightly. Lift lobster meat out of the shell and rest it on top of the shell, leaving the meat connected at base of tail. Place lobster tail on baking sheet. Brush with melted butter and season with salt and pepper or your favorite seafood seasoning. Place in oven and roast for 10 minutes, keeping a close watch to avoid overcooking. Lobster is done when the internal temperature reaches 145°F and meat is pink and opaque.

### Premium Chateaubriand Cut Filet Mignon

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**STOVE TOP/CONVENTIONAL OVEN:** Preheat oven to 400°F. Pat steaks dry with paper towels, then rub each with ½ tbsp olive oil and season to taste with salt and pepper. Heat cast-iron skillet over medium-high. Place steaks in pan and sear 1-2 minutes. Turn steaks, top each with 1 pat of butter and transfer skillet to oven for 7-10 minutes, or until internal temperature reaches 125°F-130°F for medium-rare. Remove to plate and let rest 5-10 minutes. To serve, pour remaining butter from pan over steaks.

### Ultimate Lump Crab Cakes

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**STOVE TOP:** Melt 2 tsp butter\* or oil\* in a large pan over medium heat until shimmering. Place crab cakes in pan, pressing gently with a spatula to slightly flatten. Cook 5 minutes on each side until golden brown and internal temperature reaches 160°F.

**CONVENTIONAL OVEN:** Preheat oven to 400°F. Drizzle 2 tbsp oil\* or melted butter\* onto a rimmed sheet pan, coating the sheet pan evenly. Place crab cakes on the sheet pan and bake 10-12 minutes or until internal temperature reaches 160°F, turning once.

**AIR FRYER:** Preheat air fryer to 375°F. Cook for 8-10 minutes or until internal temperature reaches 160°F.

### Asparagus With Red Peppers & Sea Salt Butter Steamer Bag

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**MICROWAVE:** Place in microwave for 3-4 minutes, rest for 1 minute. Check for tenderness to your preference. Heat for an additional 1-2 minutes if additional cooking is needed. **CAUTION:** Bag will be hot.

### Mascarpone Whipped Potatoes With Rosemary

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**CONVENTIONAL OVEN:** Preheat oven to 350°F. Remove potatoes from packaging into an oven-safe dish and cover with foil. Bake 35-40 minutes or until internal temperature reaches 165°F.

**MICROWAVE:** Remove potatoes from packaging into a microwave-safe dish. Cover and heat for 6-8 minutes or until internal temperature reaches 165°F, stirring halfway through cook time.



# BRUNCH FOR 4

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## MENU

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Quiche Lorraine, Broccoli  
Cheddar Quiche or Spinach  
Tomato Quiche

Market Style Bacon

Tropical Fruit

Blueberry Muffins

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## INGREDIENTS & ALLERGENS

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### QUICHE LORRAINE

Ingredients and allergens printed on label.

### BROCCOLI CHEDDAR QUICHE

Ingredients and allergens printed on label.

### SPINACH TOMATO QUICHE

Ingredients and allergens printed on label.

### MARKET STYLE BACON

**INGREDIENTS:** Pork Cured With Water, Salt,  
Sugar, Sodium Erythorbate, Sodium Nitrate.

### TROPICAL FRUIT

**INGREDIENTS:** Blueberries, Cantaloupe,  
Honeydew, Pineapple, Strawberries, Kiwi  
And Red Grapes.

### BLUEBERRY MUFFINS

**INGREDIENTS:** Muffin: Bleached Wheat  
Flour, Sugar, Water, Blueberries, Eggs,  
Soybean Oil, Modified Food Starch  
Leavening (Baking Soda, Sodium Aluminum  
Phosphate, Monocalcium Phosphate),  
Natural Flavor, Dairy Whey (Milk), Salt,  
Monodiglycerides, Xanthan Gum, Enzyme.  
Streusel: Enriched Unbleached Wheat Flour  
(Wheat Flour Niacin, Iron As Ferrous Sulfate,  
Thiamine Mononitrate, Enzyme, Riboflavin,  
Folic Acid), Sugar, Palm Oil, Molasses, Salt,  
Artificial Flavor.

**CONTAINS:** Wheat, Milk And Eggs.

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## REHEATING INSTRUCTIONS

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### Quiche

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**CONVENTIONAL OVEN:** Preheat oven to  
350°F. Remove quiche from packaging  
and place on sheet pan. Place in center of  
preheated oven and bake for 35 minutes,  
until quiche is a light golden brown or until  
internal temperature reaches 165°F.

**MICROWAVE HEATING NOT  
RECOMMENDED.**

### Market Style Bacon

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**CONVENTIONAL OVEN:** Preheat oven to  
400°F. Line two sheet pans with foil or  
parchment and arrange bacon in a single  
layer on top. For extra crispy bacon,  
arrange bacon on wire racks on top of  
each foiled-lined sheet pan. Lay bacon  
slices over racks. Bake for 14-18 minutes or  
until bacon is crisp, rotating pans halfway  
through. Let bacon cool over paper towels  
until ready to serve.

**MICROWAVE HEATING NOT  
RECOMMENDED.**



# PRIME RIB MEAL

SERVES 2

## MENU

Prime Rib

Mascarpone Whipped  
Potatoes With Rosemary

Green Bean Medley

The Fresh Market Rosemary  
Horseradish Aioli

## INGREDIENTS & ALLERGENS

### PRIME RIB

**INGREDIENTS:** Contains Up To 10% Of A Flavoring Solution And Caramel Color Added. Coated With: Salt, Sugar, Dextrose, Caramel Color, Garlic Powder, Onion Powder And Spices. Solution: Water, Sodium Phosphates, Sugar, Salt And Flavoring.

### MASCARPONE WHIPPED POTATOES WITH ROSEMARY

**INGREDIENTS:** Yukon Gold Potatoes (Yukon Gold Potatoes, Whole Milk, Butter [Sweet Cream {Milk}, Salt] Salt, Natural Flavor, Nisin Preparation {Salt, Nisin (A Natural Antimicrobial)}), Mascarpone Cheese (Pasteurized Cream, Acidity Corrector, Citric Acid And Rennet), Rosemary.

**CONTAINS:** Milk.

### GREEN BEAN MEDLEY

**INGREDIENTS:** Green Beans, Wax Beans, Red Onion.

### THE FRESH MARKET ROSEMARY HORSE RADISH AIOLI

**INGREDIENTS:** Mayonnaise (Soybean Oil, Water, Whole Eggs, Egg Yolks, Distilled Vinegar, Salt Sugar, Lemon Juice Concentrate, Calcium Disodium EDTA, Natural Flavors), Horseradish (Horseradish, Water, Distilled Vinegar, Salt, Natural Flavor), Rosemary.

**CONTAINS:** Egg.

## REHEATING INSTRUCTIONS

### Prime Rib

**MICROWAVE:** Place steak on microwave-safe plate and cover with a piece of green leaf lettuce or damp paper towel and microwave for 1-1½ minutes or until heated to desired temperature.

### Mascarpone Whipped Potatoes With Rosemary

**CONVENTIONAL OVEN:** Preheat oven to 350°F. Remove potatoes from packaging into an oven-safe dish and cover with foil. Bake 35-40 minutes or until internal temperature reaches 165°F.

### Green Bean Medley

**CONVENTIONAL OVEN:** Preheat oven to 350°F. Place green beans in an oven-safe dish and add ¼ c water or stock per pound of green beans. Cover with foil and bake 10-15 minutes or until internal temperature reaches 165°F.

**MICROWAVE:** Place green beans in a microwave-safe dish, cover and heat 4-6 microwave for 4-6 minutes or until internal temperature reaches 165°F.