



FATHER'S DAY MEAL

COOKING INSTRUCTIONS
& NUTRITIONAL INFORMATION





Atlantic Salmon

Grilling Instructions

Remove salmon from refrigerator and allow to come to room temperature, about 20 minutes before grilling. Prepare grill to medium high heat and lightly oil grates with canola oil to prevent sticking. Drizzle canola oil over each salmon portion and season with salt and pepper to taste. Place fish on grill and cook, flesh side-down for 3-4 minutes. Flip and cook approximately 3-4 minutes longer or until internal temperature reaches 140°F.

Vegetable Kabobs

Grilling Instructions

Prepare grill to medium heat. Lightly oil grates with canola oil to prevent sticking. Season kabobs with salt and pepper and grill 7-10 minutes per side, until vegetables are tender and develop a slight char.





Premium Choice NY Strip Steak

Grilling Instructions

Remove steaks from refrigerator and allow to come to room temperature, about 20 minutes before grilling. Season with salt and pepper to taste. Prepare grill to high heat and lightly oil grates with canola oil to prevent sticking. Place steaks on grill and cook until steaks are browned on bottom, about 3-4 minutes. Flip and cook steaks until other side is browned, 3-4 minutes for medium rare, or until internal temperature reaches 135°F.

Twice Baked Potatoes

Reheating Instructions

Oven: Preheat oven to 350°F. Bake for 20 minutes or internal temperature reaches 165°F.

Microwave: Microwave for 2 minutes on high on a microwave-safe plate.



INGREDIENTS & ALLERGENS

All products are produced in an environment that processes
**MILK, EGGS, WHEAT, SOY, PEANUTS, TREE NUTS, FISH AND
SHELLFISH/CRUSTACEANS.**

Double Fudge Brownie

Ingredients: Sugar, Margarine (Vegetable Oil Blend [Palm Fruit, Soybean And Olive Oils], Water, Salt, Non-Fat Dry Milk, Soy Lecithin, Monoglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene Color), Eggs, Bleached Wheat Flour, Semi-Sweet Chocolate (Chocolate Liquor, Sugar, Cocoa Butter, Milkfat, Soy Lecithin, Salt, Vanilla), Chocolate Chunks (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla, Salt), Cocoa Processed With Alkali, Chocolate Coating (Sugar, Hydrogenated Palm Kernel Oil, Cocoa, Dry Whey [Milk], Cocoa Processed With Alkali, Soy Lecithin, Sorbitan Monostearate, Polysorbate 60, Vanilla, And Salt), Potassium Sorbate, Artificial Vanilla Flavor, Baking Soda.

**CONTAINS: EGG, MILK,
SOY, WHEAT.**

Twice Baked Potato

Ingredients: Potato, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes (Annatto if Colored), Margarine (Liquid Soybean Oil, Partially Hydrogenated Soybean Oil, Water, Pasteurized Skim Milk, Soy Lecithin, Vegetable Mono & Diglycerides, Sodium Benzoate (Preservative), Artificial Flavor, Vitamin A Palmitate, Color (Beta Carotene), Dry Chives, Black Pepper, Paprika.

CONTAINS: MILK AND SOY.

Broccoli Cranberry Slaw with Almonds

Ingredients: Broccoli Coleslaw (Broccoli Hearts, Carrots, Red Cabbage), Dried Cranberries, Sliced Almonds, Brianna's Poppyseed Dressing (Canola Oil, Sugar, Water, White Onions, White Vinegar, Salt, Apple Cider Vinegar, Poppy Seeds, Mustard, Flour, Xanthan Gum, Tocopherols (Natural Antioxidant - Vitamin E), Citric Acid).

**CONTAINS: TREE NUTS
(ALMONDS).**