



2024

FEBRUARY MEALS

INGREDIENTS, ALLERGENS & REHEATING GUIDE

GAME DAY

GAME DAY MEAL

SERVES 4-6

VALENTINE'S DAY

READY-TO-COOK VALENTINE'S MEAL

SERVES 2

READY-TO-HEAT

VALENTINE'S PRIME RIB MEAL

SERVES 2

READY-TO-HEAT BRUNCH

SERVES 4



GAME DAY MEAL

SERVES 4-6

MENU

Savory Chicken Wing Tray (25 ct)

Cheesesteak Egg Rolls With Honey Mustard (6 ct)

Smoked Gouda or Spinach Artichoke Dip (1 lb)

The Fresh Market Big Cheese Snack Mix (1 lb)

Stacy's Simply Naked Pita Chips (7.3 oz)

The Fresh Market Mini Chocolate Chip Cookies (18 ct)

REHEATING INSTRUCTIONS

Savory Chicken Wing Tray

CONVENTIONAL OVEN: Preheat oven to 350°F. Remove wings from tray and place on a baking sheet. Bake for 10 to 20 minutes or until internal temperature reaches 165°F.

Cheesesteak Egg Rolls With Honey Mustard

DEEP FRYING: Preheat oil to 350°F. Cook for 4-5 min or until internal temperature of 165°F.

CONVENTIONAL OVEN: Preheat oven to 400°F. Bake for 15-16 minutes, turning halfway through cooking time.

MICROWAVE: Place on a microwave-safe plate and cook for 1-2 minutes. Cook times may vary. Product should reach an internal temperature of 165°F.

AIR FRYER: Place in a single layer and spray with a small amount of cooking oil. Cook at 350°F for 14-16 minutes, turning halfway through cooking time.

INGREDIENTS & ALLERGENS

All products are prepared in an environment that uses peanuts, tree nuts, eggs, wheat, milk, soy, sesame, fish, shellfish and crustaceans.

SAVORY CHICKEN WING TRAY

INGREDIENTS: CHICKEN (CONTAINS UP TO 15% OF A SOLUTION OF WATER, SEASONING [RICE FLOUR, LEMON JUICE CONCENTRATE], AND SEA SALT).

CHEESESTEAK EGG ROLLS WITH HONEY MUSTARD

INGREDIENTS: ROLL: CHEESESTEAK EGG ROLLS (BLEACHED WHEAT FLOUR ENRICHED [BLEACHED WHEAT FLOUR ENRICHED (NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, MALTED BARLEY FLOUR, POTASSIUM BROMATE), WATER, CORN STARCH, SALT, ASCORBIC ACID & CITRIC ACID AS ANTI-OXIDANT, POTASSIUM SORBATE AS A PRESERVATIVE, FD&C YELLOW #5 & #6]. **FILLING:** BEEF, GREEN BELL PEPPER, PEPPER JACK CHEESE [PASTEURIZED MILK, JALAPEÑO PEPPERS, CHEESE CULTURE, SALT, ENZYMES], YELLOW ONION, TEXTURED VEGETABLE PROTEIN (SOY FLOUR), MODIFIED FOOD STARCH, BEEF BASE [ROASTED BEEF AND BEEF STOCK, SALT, HYDROLYZED SOY AND CORN PROTEINS, WATER, MALTODEXTRIN, SUGAR, CARAMEL COLOR, 2% OR LESS OF AUTOLYZED YEAST EXTRACT, NATURAL FLAVORS, CORN OIL, POTATO STARCH, DISODIUM INOSINATE, DISODIUM GUANYLATE, XANTHAN GUM], BLACK PEPPER, SALT, GARLIC POWDER, WORCESTERSHIRE SAUCE [DISTILLED VINEGAR, MOLASSES, WATER, CORN SYRUP, SALT, CARAMEL COLOR, SUGAR, SPICES, ANCHOVIES, NATURAL FLAVORS (SOY), AND TAMARIND EXTRACT], CELERY SALT, XANTHAN GUM, CORN STARCH), HONEY MUSTARD (MAYONNAISE [SOYBEAN OIL, EGG YOLKS, CORN SWEETENER, WATER, SALT, SPICE, CITRIC ACID, CALCIUM DISODIUM, EDTA, NATURAL FLAVORS], BROWN MUSTARD, HONEY). **CONTAINS: WHEAT, MILK, SOY, EGGS AND FISH (ANCHOVY).**

SMOKED GOUDA DIP

INGREDIENTS: CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, GUM [XANTHAN, CAROB BEAN AND OR GUAR]), SPINACH, ARTICHOKE HEARTS (ARTICHOKE HEARTS, WATER, SALT, CITRIC ACID), FETA CHEESE (CULTURED PASTEURIZED MILK, SALT, ENZYMES), EXPELLER PRESSED CANOLA OIL,

WATER, CHOPPED GARLIC (GARLIC, WATER), GRANULATED GARLIC, SALT, LEMON JUICE (FROM CONCENTRATE), ONION POWDER, SPICE. **CONTAINS: MILK.**

SPINACH ARTICHOKE DIP

INGREDIENTS: SPINACH, CREAM CHEESE (PASTEURIZED CULTURED MILK AND CREAM, SALT, CAROB BEAN GUM), ARTICHOKE, FETA CHEESE (PASTEURIZED PART SKIM MILK, SALT AND ENZYMES), SALT, GRANULATED GARLIC, STABILIZER (XANTHAN GUM, GUAR GUM STANDARDIZED WITH DEXTROSE), GARLIC (GARLIC, WATER). **CONTAINS: MILK.**

BIG CHEESE MIX

INGREDIENTS: PEANUTS, CHEESE PRETZEL GEMS (CHOICE BLENDED WHEAT FLOUR, SHARP CHEDDAR CHEESE, (MILK, CHEESE CULTURE, SALT, ENZYMES), VEGETABLE SHORTENING (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, CANOLA, COTTONSEED, SUNFLOWER, SOYBEAN OIL), MALT SYRUP, CREAM, SODIUM PHOSPHATE, LACTIC ACID, VEGETABLE ANNATTO COLORING, NATURAL FLAVORS, YEAST, SALT AND SODA), SNACKIN' MIX (ENRICHED FLOUR {WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLI ACID} VEGETABLE OIL (SOYBEAN AND/ OR CANOLA OIL), RYE FLOUR, CONTAINS 2% OR LESS OF SALT, YEAST, SUGAR, MONOSODIUM GLUTAMATE, CORN SYRUP, MALTODEXTRIN, DRIED WORCESTERSHIRE SAUCE (VINEGAR, MOLASSES, CORN SYRUP, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICE, TAMARIND, NATURAL FLAVOR), BAKING SODA, BARLEY MALT EXTRACT, CARAMEL COLOR, ONION POWDER, GARLIC POWDER, FUMARIC ACID, SPICE, DISODIUM INOSINATE, DISODIUM GUANYLATE, SODIUM DIACETATE, FRESHNESS PRESERVED BY BHT, CHEEZE-IT CRACKERS (ENRICHED FLOUR {WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID}, VEGETABLE OIL (SOYBEAN, PALM OIL WITH TBHQ FOR FRESHNESS), CHEESE (SKIM MILK, WHEY PROTEIN, SALT, CHEESE CULTURES, ENZYMES, ANNATTO EXTRACT COLOR), CONTAINS 2% OF LESS OF SALT, PAPRIK, YEAST, PAPRIKA EXTRACT COLOR,

SOY LECITHIN), CHEESE SESAME STICKS (SESAME STICKS [PASTRY FLOUR, UNBLEACHED WHEAT FLOUR {WHEAT FLOUR, MALTED BARLEY FLOUR}, CANOLA OIL, SESAME SEEDS, BULGUR WHEAT, SALT], CHEESE SEASONING [CHEDDAR CHEESE {MILK, SALT, CHEESE CULTURES, ENZYMES} WHEY, BUTTERMILK, SALT AND DISODIUM PHOSPHATE]), CHEESE WICKS (SESAME STICKS [PASTRY FLOUR, UNBLEACHED WHEAT FLOUR {WHEAT FLOUR, MALTED BARLEY FLOUR}, CANOLA OIL, SESAME SEEDS, BULGAR WHEAT, SALT], CHEESE SEASONING [CHEDDAR CHEESE {MILK, SALT, CHEESE CULTURES, ENZYMES} WHEY, BUTTERMILK, SALT AND DISODIUM PHOSPHATE]), PEANUT OIL, HOT NACHO CHEESE SEASONING (SALT, SPICE, ROMANO CHEESE [PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES], DISODIUM PHOSPHATE, CHEDDAR CHEESE [WHEY, SEMISOFT CHEESE {MILK, CHEESE CULTURES, SALT, ENZYMES}, BUTTERMILK SOLIDS, SALT, NATURAL FLAVOR, CALCIUM PHOSPHATE, SODIUM PHOSPHATE, LACTIC ACID, YELLOW 5, YELLOW 6], ONION POWDER, TOMATO POWDER, MONOSODIUM GLUTAMATE, GARLIC POWDER, CITRIC ACID, WHEY, NATURAL FLAVOR, NONFAT DRY MILK). **CONTAINS: MILK, PEANUT, SOY, WHEAT AND SESAME.**

STACY'S SIMPLY NAKED PITA CHIPS

INGREDIENTS: PRINTED ON LABEL

THE FRESH MARKET MINI CHOCOLATE CHIP COOKIES

INGREDIENTS: CHOCOLATE CHIPS (SUGAR CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN AN EMULSIFIER, VANILLA), UNBLEACHED UNBROMATED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), LIGHT BROWN SUGAR, BUTTER (CREAM, NATURAL FLAVORING), WHOLE EGGS, INVERT CANE SUGAR, CANOLA OIL, PURE VANILLA, SEA SALT, BAKING SODA, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE). **CONTAINS: WHEAT, MILK, EGGS AND SOY.**



READY-TO-COOK VALENTINE'S MEAL

SERVES 2

MENU

Premium Choice Chateaubriand
Cut Filet Mignon (9 oz), Ultimate
Lump Crab Cakes (2 ct, 4 oz ea) or
Wild North Atlantic Lobster Tail
(5 oz)

Mascarpone Whipped Potatoes
With Rosemary (1 lb)

Asparagus With Red Peppers & Sea
Salt Butter Steamer Bag (1 lb)

Hand-Dipped Chocolate
Strawberries (8 ct)

REHEATING INSTRUCTIONS

Premium Choice Chateaubriand Cut Filet Mignon

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 for 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 for 5-10 minutes. To serve, pour remaining butter from pan over steaks.

Ultimate Lump Crab Cakes

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.

Wild North Atlantic Lobster Tail

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.

Mascarpone Whipped Potatoes With Rosemary

CONVENTIONAL OVEN: Preheat oven to 350°F. Remove potatoes from packaging and 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 container and cover with lid or plastic wrap. Heat 2 minutes on high. Stir potatoes, then heat an additional 1-2 minutes until warmed through and internal temperature reaches 165°F.

Asparagus With Red Peppers & Sea Salt Butter Steamer Bag

MICROWAVE: Place in microwave for 3-4 minutes. Let set for 1 minute. Check for tenderness to your preference, and heat for 1-2 minutes if additional cooking is needed. **CAUTION: Steamer bag will be hot and may release steam when opened.**

*Product not included in meal.

INGREDIENTS & ALLERGENS

All products are prepared in an environment that uses peanuts, tree nuts, eggs, wheat, milk, soy, sesame, fish, shellfish and crustaceans.

ULTIMATE LUMP CRAB CAKES

INGREDIENTS: CRABMEAT (CRABMEAT, SODIUM ACID PYROPHOSPHATE TO RETAIN COLOR), MAYONNAISE (SOYBEAN OIL, VINEGAR, EGGS, EGG YOLK, SALT, SUGAR, WATER, LEMON JUICE CONCENTRATE, GROUND RED PEPPER, DRIED GARLIC, MUSTARD OIL), LIQUID EGGS (WHOLE EGGS, CITRIC ACID, 0.15% WATER ADDED AS A 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, SEASONING (SALT, SPICE AND SOYBEAN OIL), PARSLEY. **CONTAINS: SOY, EGG, FISH (ANCHOVIES), MILK, SHELLFISH (CRAB) AND WHEAT.**

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.**

ASPARAGUS WITH RED PEPPERS & SEA SALT BUTTER STEAMER BAG

INGREDIENTS: ASPARAGUS, RED PEPPER, AA BUTTER (PASEURIZED CREAM, SALT). **CONTAINS: MILK.**

HAND-DIPPED CHOCOLATE STRAWBERRIES

INGREDIENTS: SUGAR, NON-HYDROGENATED VEGETABLE FATS (PALM KERNEL), FRACTIONATED VEGETABLE FATS, COCOA POWDER (20%), SKIMMED MILK (12%), EMULSIFIER (E322 SOY LECHITHIN), FLAVOURING (VANILLA EXTRACT), NATURAL VANILLA FLAVORING, STRAWBERRIES. **CONTAINS: SOY AND MILK.**



READY-TO-HEAT VALENTINE'S MEAL

SERVES 2

MENU

Fully Cooked Prime Rib (1 lb)

Mascarpone Whipped Potatoes
With Rosemary (1 lb)

Seasoned Green Beans (1 lb)

The Fresh Market Horseradish Aioli
(4 oz)

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 1-1.5 minutes or until heated to desired temperature.

Mascarpone Whipped Potatoes With Rosemary

CONVENTIONAL OVEN: Preheat oven to 350°F. Remove potatoes from packaging and 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 container and cover with lid or plastic wrap. Heat 2 minutes on high. Stir potatoes, then heat an additional 1-2 minutes until warmed through and internal temperature reaches 165°F.

Seasoned Green Beans

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. Cook to internal temperature of 165°F.

MICROWAVE: Place green beans in a microwave-safe dish, cover and microwave for 4-6 minutes. Cook to internal temperature of 165°F.

INGREDIENTS & ALLERGENS

All products are prepared in an environment that uses peanuts, tree nuts, eggs, wheat, milk, soy, sesame, fish, shellfish and crustaceans.

PRIME RIB

INGREDIENTS: BEEF, 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.

SEASONED GREEN BEANS

INGREDIENTS: GREEN BEANS, SEA SALT AND BLACK PEPPER BUTTER (BUTTER [PASTEURIZED CREAM, LACTIC ACID], SEA SALT, BLACK PEPPER). **CONTAINS:** MILK.

THE FRESH MARKET HORSERADISH AIOLI

INGREDIENTS: CANOLA OR SOYBEAN OIL, HORSERADISH, WATER, EGG YOLKS, DIJON MUSTARD (WATER, MUSTARD SEED, VINEGAR, SALT, WHITE WINE, CITRIC ACID, TARTARIC ACID, TURMERIC SPICE), GARLIC SPICES, SEA SALT, DISTILLED VINEGAR, NATURAL FLAVOR, LEMON JUICE CONCENTRATE, WHEY POWDER (MILK), XANTHAN GUM, LACTIC ACID, ESSENTIAL MUSTARD OIL, NATURAL VITAMIN E ADDED TO PROTECT FLAVOR. **CONTAINS:** EGG AND MILK.



READY-TO-HEAT BRUNCH MEAL

SERVES 4

MENU

Quiche Lorraine, Broccoli Cheddar
or Spinach Tomato Quiche (24 oz)

Tropical Fruit (24 oz)

Blueberry Muffins (4 ct)

REHEATING INSTRUCTIONS

Quiche

CONVENTIONAL OVEN: Preheat oven to 350°F. Remove quiche from packaging and place on sheet pan. Place in center of oven and bake for 35 minutes, until quiche is a light golden brown or until internal temperature reaches 165°F. **Microwave heating not recommended.**

INGREDIENTS & ALLERGENS

All products are prepared in an environment that uses peanuts, tree nuts, eggs, wheat, milk, soy, sesame, fish, shellfish and crustaceans.

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.

TROPICAL FRUIT

INGREDIENTS: BLUEBERRIES, CANTALOUPE, HONEYDEW, PINEAPPLE,
STRAWBERRIES, KIWI AND RED GRAPES.

BLUEBERRY MUFFINS

INGREDIENTS: 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, MONO DIGLYCERIDES, 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.**