



KELSEYS TECHNICAL DATA SHEET MANUAL

Big Ol' Bowls

NUTRITION | ALLERGENS | INGREDIENTS

Issued: Aug 14, 2023



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Chicken Parm (with Tomato Sauce)

SIZE/WEIGHT: 826 g

ISSUED: April 24, 2023

ITEM ID: KBOWL-001

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (826 g) pour (826 g)	
Calories 1160	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 41 g	55 %
Saturated / saturés 10 g	52 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 138 g	
Fibre / Fibres 11 g	39 %
Sugars / Sucres 30 g	30 %
Protein / Protéines 63 g	
Cholesterol / Cholestérol 100 mg	
Sodium 2230 mg	97 %
Potassium 550 mg	12 %
Calcium 700 mg	54 %
Iron / Fer 6.5 mg	36 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Chicken Parm: Buttermilk marinated chicken (seasoned chicken breast [chicken, water, maltodextrin, iodized salt, sodium tripolyphosphate, papain], buttermilk, [partly skim milk, salt, bacterial culture], canola oil, chopped garlic in oil [garlic, water, canola oil, citric acid]), Buttermilk (partly skim milk, salt, bacterial culture), Panko breadcrumbs (wheat flour, sugar, yeast, salt), Canola oil, Seasoned flour (enriched wheat flour, salt, black pepper), Parmesan Cheese (milk, modified milk ingredients, salt, bacterial culture, calcium chloride, lipase, microbial enzyme). Fried in canola oil. **Spaghetti with Tomato Pesto Sauce:** Tomato sauce (vine-ripened fresh tomatoes, caramelized onions [extra virgin olive oil and sunflower oil], carrot puree, garlic puree, salt, sugar, basil, onions, black pepper, red pepper, citric acid), Pesto sauce (basil, canola oil, romano cheese [pasteurized milk, salt, powdered cellulose, modified milk ingredients, lipase, microbial enzyme, bacterial culture, natamycin], garlic in oil [water, chopped garlic, canola oil, citric acid, potassium sorbate], garlic powder, salt, starch, tartrazine, brilliant blue FCF, sunset yellow FCF, citric acid), Pasta (enriched durum wheat and wheat semolina water, canola oil, salt). **Pasta Sauce:** Vine-ripened fresh tomatoes, Caramelized onions (extra virgin olive oil and sunflower oil), Carrot puree, Garlic puree, Salt, Sugar, Basil, Onions, Black pepper, Red pepper, Citric acid. **Mozzarella:** Pasteurized milk, Modified milk ingredients, Bacterial culture, Salt, Calcium chloride, Microbial enzyme, Cellulose, Natamycin. **Parmesan Cheese:** Milk, Bacterial culture, Salt, Lipase, Microbial enzymes, Calcium chloride.

Contains: Milk, Wheat.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Chicken Parm (with Alfredo Sauce)

SIZE/WEIGHT: 809 g

ISSUED: April 24, 2023

ITEM ID: KBOWL-002

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (809 g) pour (809 g)	
Calories 1190	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 48 g	64 %
Saturated / saturés 12 g	63 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 127 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 16 g	16 %
Protein / Protéines 65 g	
Cholesterol / Cholestérol 140 mg	
Sodium 2290 mg	100 %
Potassium 750 mg	22 %
Calcium 750 mg	58 %
Iron / Fer 5 mg	28 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Chicken Parm: Buttermilk marinated chicken (seasoned chicken breast [chicken, water, maltodextrin, iodized salt, sodium tripolyphosphate, papain], buttermilk, [partly skim milk, salt, bacterial culture], canola oil, chopped garlic in oil [garlic, water, canola oil, citric acid]), Buttermilk (partly skim milk, salt, bacterial culture), Panko breadcrumbs (wheat flour, sugar, yeast, salt), Canola oil, Seasoned flour (enriched wheat flour, salt, black pepper), Parmesan Cheese (milk, modified milk ingredients, salt, bacterial culture, calcium chloride, lipase, microbial enzyme). Fried in canola oil. **Spaghetti with Alfredo Pesto Sauce:** Alfredo sauce ([water, cream (milk, cream), modified corn starch, parmesan and romano cheese, canola oil, salt, garlic, butter, spices, disodium inosinate, disodium guanylate, xanthan gum], partly skimmed milk), Pesto sauce (basil, canola oil, romano cheese [pasteurized milk, salt, powdered cellulose, modified milk ingredients, lipase, microbial enzyme, bacterial culture, natamycin], garlic in oil [water, chopped garlic, canola oil, citric acid, potassium sorbate], garlic powder, salt, starch, tartrazine, brilliant blue FCF, sunset yellow FCF, citric acid), Pasta (Enriched durum wheat and wheat semolina water, canola oil, salt). **Pasta Sauce:** Vine-ripened fresh tomatoes, Caramelized onions (extra virgin olive oil and sunflower oil), Carrot puree, Garlic puree, Salt, Sugar, Basil, Onions, Black pepper, Red pepper, Citric acid. **Mozzarella:** Pasteurized milk, Modified milk ingredients, Bacterial culture, Salt, Calcium chloride, Microbial enzyme, Cellulose, Natamycin. **Parmesan Cheese:** Milk, Bacterial culture, Salt, Lipase, Microbial enzymes, Calcium chloride.

Contains: Milk, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Chicken Thai Curry Bowl (with Basmati Rice)

SIZE/WEIGHT: 634 g

ISSUED: April 24, 2023

ITEM ID: KBOWL-003

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (634 g) pour (634 g)	
Calories 770	% Daily Value* % valeur quotidienne*
Fat / Lipides 39 g	52 %
Saturated / saturés 15 g	77 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 72 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 36 g	
Cholesterol / Cholestérol 90 mg	
Sodium 1800 mg	78 %
Potassium 1000 mg	29 %
Calcium 175 mg	13 %
Iron / Fer 2.25 mg	13 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Chicken: Seasoned chicken breast (chicken, water, maltodextrin, iodized salt, sodium tripolyphosphate, papain), Garlic spread (non-hydrogenated margarine [non-hydrogenated vegetable oil (soya oil), modified palm oil, water, salt, modified milk ingredients, soy lecithin, monoglycerides, natural flavour, annatto and turmeric, vitamin A palmitate, vitamin D3], water, garlic [garlic, canola oil, water, citric acid], spices, parmesan cheese [milk, modified milk ingredients, bacterial culture, salt, lipase, calcium chloride, rennet and/or microbial enzyme, powdered cellulose, natural parmesan flavour, natamycin], garlic powder), Black pepper, Salt. **Basmati Rice:** Basmati rice, Water, Salt, White pepper. **Thai Green Curry Sauce:** Coconut cream (coconuts, water, xanthan gum), Water, Cream, Fish sauce (anchovy extract, water, salt, sugar), Sugar, Green curry paste (green chili peppers, onion, ginger, sea salt, lemongrass, garlic, vinegar, spices, dehydrated garlic and onion, yeast, flavours, citric acid, lime juice concentrate, canola oil), Jalapeno peppers, Soybean oil, Cilantro, Modified corn starch, Shallots, Garlic, Salt, Turmeric, Kaffir lime leaf extract, Basil Extract, Ground red pepper. **Curry Bowl Vegetables:** Bok choy, Broccoli. **Red Bell Pepper. Canola Oil. Chopped Garlic in Oil:** Garlic, Water, Vegetable oil, Citric acid. **Green Onion.**

Contains: Fish, Milk, Soy.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Shrimp Thai Curry Bowl (with Basmati Rice)

SIZE/WEIGHT: 554 g

ISSUED: April 24, 2023

ITEM ID: KBOWL-004

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (554 g) pour (554 g)	
Calories 720	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 43 g	57 %
Saturated / saturés 15 g	76 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 70 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 17 g	
Cholesterol / Cholestérol 90 mg	
Sodium 1730 mg	75 %
Potassium 700 mg	21 %
Calcium 200 mg	15 %
Iron / Fer 2.5 mg	14 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: **Chili Garlic Shrimp:** Shrimp (shrimp, sodium phosphate, salt, **May contain sulphites**), Canola oil, Chili powder (spices and herbs [including chili pepper], salt, dehydrated garlic), Garlic in oil (garlic, water, canola oil, citric acid), Sriracha lime seasoning (dehydrated garlic and onion, spices and herbs, salt, sugar, citric acid, sodium acetate, natural flavour [including extractives of lime], cayenne pepper sauce [aged red cayenne peppers, vinegar, salt, dehydrated garlic], corn maltodextrin, spice extractives, acetic acid, sunflower oil, dehydrated lime peel, vinegar, calcium silicate, silicon dioxide). **Basmati Rice:** Basmati rice, Water, Salt, White pepper. **Thai Green Curry Sauce:** Coconut cream (coconuts, water, xanthan gum), Water, Cream, Fish sauce (anchovy extract, water, salt, sugar), Sugar, Green curry paste (green chili peppers, onion, ginger, sea salt, lemongrass, garlic, vinegar, spices, dehydrated garlic and onion, yeast, flavours, citric acid, lime juice concentrate, canola oil), Jalapeno peppers, Soybean oil, Cilantro, Modified corn starch, Shallots, Garlic, Salt, Turmeric, Kaffir lime leaf extract, Basil Extract, Ground red pepper. **Curry Bowl Vegetables:** Bok choy, Broccoli. **Red Bell Pepper.** **Canola Oil.** **Chopped Garlic in Oil:** Garlic, Water, Vegetable oil, Citric acid. **Green Onion.**

Contains: Crustaceans, Fish, Milk, Shellfish, Sulphites.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Chicken Thai Curry Bowl (with Noodles)

SIZE/WEIGHT: 683 g

ISSUED: April 24, 2023

ITEM ID: KBOWL-005

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (683 g) pour (683 g)	
Calories 990	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 41 g	55 %
Saturated / saturés 15 g	77 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 25 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 46 g	
Cholesterol / Cholestérol 90 mg	
Sodium 2140 mg	93 %
Potassium 1000 mg	29 %
Calcium 175 mg	13 %
Iron / Fer 8.5 mg	47 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Chicken: Seasoned chicken breast (chicken, water, maltodextrin, iodized salt, sodium tripolyphosphate, papain), Garlic spread (non-hydrogenated margarine [non-hydrogenated vegetable oil (soya oil), modified palm oil, water, salt, modified milk ingredients, soy lecithin, monoglycerides, natural flavour, annatto and turmeric, vitamin A palmitate, vitamin D3], water, garlic [garlic, canola oil, water, citric acid], spices, parmesan cheese [milk, modified milk ingredients, bacterial culture, salt, lipase, calcium chloride, rennet and/or microbial enzyme, powdered cellulose, natural parmesan flavour, natamycin], garlic powder), Black pepper, Salt. **Chow Mein Noodles:** Enriched wheat flour, Water, Liquid whole egg and/or Liquid egg white, Salt, Corn starch, Sodium propionate, Potassium sorbate, Tartrazine, Allura red. **Thai Green Curry Sauce:** Coconut cream (coconuts, water, xanthan gum), Water, Cream, Fish sauce (anchovy extract, water, salt, sugar), Sugar, Green curry paste (green chili peppers, onion, ginger, sea salt, lemongrass, garlic, vinegar, spices, dehydrated garlic and onion, yeast, flavours, citric acid, lime juice concentrate, canola oil), Jalapeno peppers, Soybean oil, Cilantro, Modified corn starch, Shallots, Garlic, Salt, Turmeric, Kaffir lime leaf extract, Basil Extract, Ground red pepper. **Curry Bowl Vegetables:** Bok choy, Broccoli. **Red Bell Pepper. Canola Oil. Chopped Garlic in Oil:** Garlic, Water, Vegetable oil, Citric acid. **Green Onion.**

Contains: Egg, Fish, Milk, Soy, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Shrimp Thai Curry Bowl (with Noodles)

SIZE/WEIGHT: 603 g

ISSUED: April 24, 2023

ITEM ID: KBOWL-006

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (603 g) pour (603 g)	
Calories 940	% Daily Value* % valeur quotidienne*
Fat / Lipides 44 g	59 %
Saturated / saturés 15 g	76 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 24 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 21 g	21 %
Protein / Protéines 27 g	
Cholesterol / Cholestérol 90 mg	
Sodium 2070 mg	90 %
Potassium 700 mg	21 %
Calcium 200 mg	15 %
Iron / Fer 9 mg	50 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: **Chili Garlic Shrimp:** Shrimp (shrimp, sodium phosphate, salt, **May contain sulphites**), Canola oil, Chili powder (spices and herbs [including chili pepper], salt, dehydrated garlic), Garlic in oil (garlic, water, canola oil, citric acid), Sriracha lime seasoning (dehydrated garlic and onion, spices and herbs, salt, sugar, citric acid, sodium acetate, natural flavour [including extractives of lime], cayenne pepper sauce [aged red cayenne peppers, vinegar, salt, dehydrated garlic], corn maltodextrin, spice extractives, acetic acid, sunflower oil, dehydrated lime peel, vinegar, calcium silicate, silicon dioxide). **Basmati Rice:** Basmati rice, Water, Salt, White pepper. **Chow Mein Noodles:** Enriched wheat flour, Water, Liquid whole egg and/or Liquid egg white, Salt, Corn starch, Sodium propionate, Potassium sorbate, Tartrazine, Allura red. **Thai Green Curry Sauce:** Coconut cream (coconuts, water, xanthan gum), Water, Cream, Fish sauce (anchovy extract, water, salt, sugar), Sugar, Green curry paste (green chili peppers, onion, ginger, sea salt, lemongrass, garlic, vinegar, spices, dehydrated garlic and onion, yeast, flavours, citric acid, lime juice concentrate, canola oil), Jalapeno peppers, Soybean oil, Cilantro, Modified corn starch, Shallots, Garlic, Salt, Turmeric, Kaffir lime leaf extract, Basil Extract, Ground red pepper. **Curry Bowl Vegetables:** Bok choy, Broccoli. **Red Bell Pepper. Canola Oil. Chopped Garlic in Oil:** Garlic, Water, Vegetable oil, Citric acid. **Green Onion.**

Contains: Crustaceans, Egg, Fish, Milk, Shellfish, Sulphites, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Alfredo Pasta (with Chicken)
SIZE/WEIGHT: 644 g
ISSUED: July 21, 2023
ITEM ID: KBOWL-007

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (644 g) pour (644 g)	
Calories 980	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 44 g	59 %
Saturated / saturés 7 g	37 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 98 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 45 g	
Cholesterol / Cholestérol 95 mg	
Sodium 2140 mg	93 %
Potassium 750 mg	22 %
Calcium 300 mg	23 %
Iron / Fer 6.5 mg	36 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: **Pasta:** Enriched durum wheat and wheat semolina, Water, Canola oil, Salt. **Alfredo Sauce:** Alfredo sauce (water, cream [milk, cream], modified corn starch, parmesan and romano cheese, canola oil, salt, garlic, butter, spices, disodium inosinate, disodium guanylate, xanthan gum), Partly skimmed milk. **Chicken:** Seasoned chicken breast (chicken, water, maltodextrin, iodized salt, sodium tripolyphosphate, papain), Honey spiced vinaigrette (canola oil, water, concentrated lemon juice, honey, red wine vinegar, prepared mustard [water, vinegar, mustard seed, salt, turmeric], concentrated orange juice, white vinegar, spices, salt, dijon mustard [water, mustard seed, vinegar, salt, turmeric], olive oil, crushed chillies, xanthan gum, flavours), Chopped garlic in oil (garlic, water, canola oil, citric acid). **Bruschetta Mix:** Tomatoes, Pesto sauce (basil, canola oil, romano cheese [pasteurized milk, salt, powdered cellulose, modified milk ingredients, lipase, microbial enzyme, bacterial culture, natamycin], garlic in oil [water, chopped garlic, canola oil, citric acid, potassium sorbate], garlic powder, salt, starch, tartrazine, brilliant blue FCF, sunset yellow FCF, citric acid), Chopped garlic in oil (garlic, water, canola oil, citric acid). **White Wine (Sulphites).** **Spinach.** **Gouda and Provolone Cheese Blend:** Pasteurized milk, Modified milk ingredients, Bacterial culture, Salt, Calcium chloride, Microbial enzyme, Lipase, Cellulose, Natamycin. **Garlic Spread:** Non-hydrogenated margarine (soybean oil, modified palm and palm oils, water, salt, whey powder, vegetable monoglycerides, soy lecithin, natural flavour, annatto, turmeric, vitamin A palmitate, vitamin D3), Water, Garlic [garlic, canola oil, water, citric acid], Spices, Parmesan cheese (milk, modified milk ingredients, bacterial culture, salt, lipase, calcium chloride, rennet and/or microbial enzyme, cellulose powder, natural parmesan flavour, natamycin), Garlic powder. **Canola Oil.** **Salt.** **Black Pepper.**

Contains: Milk, Soy, Sulphites, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Alfredo Pasta (with Shrimp)

SIZE/WEIGHT: 577 g

ISSUED: July 21, 2023

ITEM ID: KBOWL-008

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (577 g) pour (577 g)	
Calories 950	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 48 g	64 %
Saturated / saturés 7 g	36 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 97 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 29 g	
Cholesterol / Cholestérol 105 mg	
Sodium 2100 mg	91 %
Potassium 500 mg	15 %
Calcium 300 mg	23 %
Iron / Fer 6.5 mg	36 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: **Pasta:** Enriched durum wheat and wheat semolina, Water, Canola oil, Salt. **Alfredo Sauce:** Alfredo sauce (water, cream [milk, cream], modified corn starch, parmesan and romano cheese, canola oil, salt, garlic, butter, spices, disodium inosinate, disodium guanylate, xanthan gum), Partly skimmed milk. **Chili Garlic Shrimp:** Shrimp (shrimp, sodium phosphate, salt, **May contain sulphites**), Canola oil, Chili powder (spices and herbs [including chili pepper], salt, dehydrated garlic), Garlic in oil (garlic, water, canola oil, citric acid), Sriracha lime seasoning (dehydrated garlic and onion, spices and herbs, salt, sugar, citric acid, sodium acetate, natural flavour [including extractives of lime], cayenne pepper sauce [aged red cayenne peppers, vinegar, salt, dehydrated garlic], corn maltodextrin, spice extractives, acetic acid, sunflower oil, dehydrated lime peel, vinegar, calcium silicate, silicon dioxide). **Bruschetta Mix:** Tomatoes, Pesto sauce (basil, canola oil, romano cheese [pasteurized milk, salt, powdered cellulose, modified milk ingredients, lipase, microbial enzyme, bacterial culture, natamycin], garlic in oil [water, chopped garlic, canola oil, citric acid, potassium sorbate], garlic powder, salt, starch, tartrazine, brilliant blue FCF, sunset yellow FCF, citric acid), Chopped garlic in oil (garlic, water, canola oil, citric acid). **White Wine (Sulphites). Spinach. Gouda and Provolone Cheese Blend:** Pasteurized milk, Modified milk ingredients, Bacterial culture, Salt, Calcium chloride, Microbial enzyme, Lipase, Cellulose, Natamycin. **Garlic Spread:** Non-hydrogenated margarine (soybean oil, modified palm and palm oils, water, salt, whey powder, vegetable monoglycerides, soy lecithin, natural flavour, annatto, turmeric, vitamin A palmitate, vitamin D3), Water, Garlic [garlic, canola oil, water, citric acid], Spices, Parmesan cheese (milk, modified milk ingredients, bacterial culture, salt, lipase, calcium chloride, rennet and/or microbial enzyme, cellulose powder, natural parmesan flavour, natamycin), Garlic powder. **Canola Oil. Salt. Black Pepper.**

Contains: Crustaceans, Milk, Shellfish, Soy, Sulphites, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's
RECIPE NAME: Broccoli Cheddar Soup
SIZE/WEIGHT: 386 g
ISSUED: April 24, 2023
ITEM ID: KAPP-029

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (386 g) pour (386 g)	
Calories 380	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 16 g	21 %
Saturated / saturés 8 g	
+ Trans / trans 0.3 g	42 %
Carbohydrate / Glucides 43 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 19 g	
Cholesterol / Cholestérol 35 mg	
Sodium 1460 mg	63 %
Potassium 400 mg	9 %
Calcium 450 mg	35 %
Iron / Fer 2 mg	11 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Broccoli Cheddar Soup: Broccoli, Water, Skim milk powder, Cream, Modified corn starch, Canola and/or soybean oil, Salt, Modified milk ingredients, Wheat flour, Dried onions, Disodium inosinate, Disodium guanylate, Soy protein isolate, Lemon juice concentrate, Spices, Beta-carotene. **Garlic Cheese Toast:** Ciabatta roll (unbleached wheat flour, water, salt, yeast, malted barley flour. **May contain sesame**), Four cheese blend (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, natamycin), Garlic spread (non-hydrogenated margarine [soybean oil, modified palm and palm oils, water, salt, whey powder, vegetable monoglycerides, soy lecithin, natural flavour, annatto, turmeric, vitamin A palmitate, vitamin D3], water, garlic [garlic, canola oil, water, citric acid], spices, parmesan cheese [milk, modified milk ingredients, bacterial culture, salt, lipase, calcium chloride, rennet and/or microbial enzyme, cellulose powder, natural parmesan flavour, natamycin], garlic powder), Sriracha lime seasoning (dehydrated garlic and onion, spices and herbs, salt, sugar, citric acid, sodium acetate, natural flavour [including extractives of lime], cayenne pepper sauce [aged cayenne red peppers, vinegar, salt, dehydrated garlic], corn maltodextrin, spice extractives, acetic acid, high oleic sunflower oil, dehydrated lime peel, vinegar, calcium silicate, silicon dioxide). **Trio Cheese Blend:** Shredded cheese blend (milk ingredients, modified milk ingredients, salt, bacterial culture, calcium chloride, microbial enzyme, annatto, cellulose, natamycin), Mozzarella (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, cellulose, natamycin).

Contains: Barley, Milk, Soy, Wheat.

ALLERGEN WARNING: FOOD ALLERGY CAUTION- THE SAFETY AND SATISFACTION OF OUR GUESTS IS OUR HIGHEST PRIORITY. ALTHOUGH PRECAUTION IS TAKEN TO MANAGE THE RISK OF ALLERGEN CROSS CONTAMINATION IN OUR KITCHEN, PLEASE BE ADVISED THAT THERE IS A POSSIBILITY OF CROSS CONTAMINATION OCCURRING DURING PREPARATION. THEREFORE, WE CANNOT GUARANTEE THAT A MENU ITEM IS FREE OF PEANUTS, TREE NUTS AND/OR OTHER ALLERGENS.



KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Chicken Noodle Soup (Daily Soup)

SIZE/WEIGHT: 400 g

ISSUED: July 20, 2023

ITEM ID: KBOWL-011

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (400 g) pour (400 g)	
Calories 330	% Daily Value* % valeur quotidienne*
Fat / Lipides 13 g	17 %
Saturated / saturés 5 g	
+ Trans / trans 0.2 g	26 %
Carbohydrate / Glucides 38 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 18 g	
Cholesterol / Cholestérol 30 mg	
Sodium 1540 mg	67 %
Potassium 200 mg	6 %
Calcium 225 mg	17 %
Iron / Fer 2.25 mg	13 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Chicken Noodle Soup: Water, Chicken noodle soup (chicken broth [water, chicken stock], noodles [coarse wheat flour, whole egg, egg white], seasoned chicken [chicken, water, modified corn starch, soy protein concentrate, salt, sodium phosphate, flavour], celery, rehydrated onions, carrots, modified corn starch, salt, chicken fat, yeast extract, sugar, pork gelatin, soy lecithin, dried parsley, spice extracts, flavour, turmeric extract). **Garlic Cheese Toast:** Ciabatta roll (unbleached wheat flour, water, salt, yeast, malted barley flour. **May contain sesame**), Four cheese blend (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, natamycin), Garlic spread (non-hydrogenated margarine [soybean oil, modified palm and palm oils, water, salt, whey powder, vegetable monoglycerides, soy lecithin, natural flavour, annatto, turmeric, vitamin A palmitate, vitamin D3], water, garlic [garlic, canola oil, water, citric acid], spices, parmesan cheese [milk, modified milk ingredients, bacterial culture, salt, lipase, calcium chloride, rennet and/or microbial enzyme, cellulose powder, natural parmesan flavour, natamycin], garlic powder), Sriracha lime seasoning (dehydrated garlic and onion, spices and herbs, salt, sugar, citric acid, sodium acetate, natural flavour [including extractives of lime], cayenne pepper sauce [aged cayenne red peppers, vinegar, salt, dehydrated garlic], corn maltodextrin, spice extractives, acetic acid, high oleic sunflower oil, dehydrated lime peel, vinegar, calcium silicate, silicon dioxide).

Contains: Barley, Egg, Milk, Soy, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: French Onion Soup (Daily Soup)

SIZE/WEIGHT: 393 g

ISSUED: July 20, 2023

ITEM ID: KBOWL-012

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (393 g) pour (393 g)	
Calories 290	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 10 g	13 %
Saturated / saturés 5 g	27 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 36 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 20 mg	
Sodium 1660 mg	72 %
Potassium 225 mg	7 %
Calcium 225 mg	17 %
Iron / Fer 2 mg	11 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: French Onion Soup: Water, French onion soup (onions, beef broth [water, beef stock], sherry wine, tomato paste, salt, sugars [sugar, dextrose], modified corn starch, pork gelatin, beef fat, dried garlic, beef, soy lecithin, xanthan gum, yeast extract, spices, flavour, caramel). **Garlic Cheese Toast:** Ciabatta roll (unbleached wheat flour, water, salt, yeast, malted barley flour. **May contain sesame**), Four cheese blend (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, natamycin), Garlic spread (non-hydrogenated margarine [soybean oil, modified palm and palm oils, water, salt, whey powder, vegetable monoglycerides, soy lecithin, natural flavour, annatto, turmeric, vitamin A palmitate, vitamin D3], water, garlic [garlic, canola oil, water, citric acid], spices, parmesan cheese [milk, modified milk ingredients, bacterial culture, salt, lipase, calcium chloride, rennet and/or microbial enzyme, cellulose powder, natural parmesan flavour, natamycin], garlic powder), Sriracha lime seasoning (dehydrated garlic and onion, spices and herbs, salt, sugar, citric acid, sodium acetate, natural flavour [including extractives of lime], cayenne pepper sauce [aged cayenne red peppers, vinegar, salt, dehydrated garlic], corn maltodextrin, spice extractives, acetic acid, high oleic sunflower oil, dehydrated lime peel, vinegar, calcium silicate, silicon dioxide).

Contains: Barley, Milk, Soy, Sulphites, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Creamy Tomato Basil Bisque (Daily Soup)

SIZE/WEIGHT: 395 g

ISSUED: July 20, 2023

ITEM ID: KBOWL-013

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (395 g) pour (395 g)	
Calories 360	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 16 g	21 %
Saturated / saturés 9 g	48 %
+ Trans / trans 0.5 g	
Carbohydrate / Glucides 41 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 14 g	
Cholesterol / Cholestérol 45 mg	
Sodium 1330 mg	58 %
Potassium 300 mg	9 %
Calcium 250 mg	19 %
Iron / Fer 2.25 mg	13 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Creamy Tomato Basil Bisque: Water, Tomato and basil bisque base (water, diced tomatoes [tomatoes, tomato juice, citric acid, calcium chloride], tomato paste, cream, celery, onions, modified corn starch, carrots, salt, butter, sugar, wheat flour, parmesan cheese, basil, yeast extract, onion powder, spices [contains chili pepper], spice extracts, flavour [contains garlic]).

Garlic Cheese Toast: Ciabatta roll (unbleached wheat flour, water, salt, yeast, malted barley flour. **May contain sesame**), Four cheese blend (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, natamycin), Garlic spread (non-hydrogenated margarine [soybean oil, modified palm and palm oils, water, salt, whey powder, vegetable monoglycerides, soy lecithin, natural flavour, annatto, turmeric, vitamin A palmitate, vitamin D3], water, garlic [garlic, canola oil, water, citric acid], spices, parmesan cheese [milk, modified milk ingredients, bacterial culture, salt, lipase, calcium chloride, rennet and/or microbial enzyme, cellulose powder, natural parmesan flavour, natamycin], garlic powder), Sriracha lime seasoning (dehydrated garlic and onion, spices and herbs, salt, sugar, citric acid, sodium acetate, natural flavour [including extractives of lime], cayenne pepper sauce [aged cayenne red peppers, vinegar, salt, dehydrated garlic], corn maltodextrin, spice extractives, acetic acid, high oleic sunflower oil, dehydrated lime peel, vinegar, calcium silicate, silicon dioxide).

Contains: Barley, Milk, Soy, Wheat.

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KELSEYS

TECHNICAL DATA SHEET

BRAND: Kelsey's

RECIPE NAME: Roasted Red Pepper and Tomato Bisque (Daily Soup)

SIZE/WEIGHT: 403 g

ISSUED: July 20, 2023

ITEM ID: KBOWL-014

NUTRITION:

Nutrition Facts	
Valeur nutritive	
Per (403 g) pour (403 g)	
Calories 650	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 43 g	57 %
Saturated / saturés 23 g	123 %
+ Trans / trans 1.5 g	
Carbohydrate / Glucides 52 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 19 g	19 %
Protein / Protéines 17 g	
Cholesterol / Cholestérol 125 mg	
Sodium 1680 mg	73 %
Potassium 750 mg	22 %
Calcium 300 mg	23 %
Iron / Fer 3 mg	17 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Ingredients: Roasted Red Pepper Tomato Bisque: Water, Tomato paste, Cream, Roasted red peppers, Butter, Sugar, Onions, Butternut squash, Canola oil, Salt, Garlic (in citric acid), Modified corn starch, Wheat flour, Spices (contains chili pepper), Flavour, Paprika extract. **Garlic Cheese Toast:** Ciabatta roll (unbleached wheat flour, water, salt, yeast, malted barley flour. **May contain sesame**), Four cheese blend (pasteurized milk, modified milk ingredients, bacterial culture, salt, calcium chloride, microbial enzyme, lipase, cellulose, natamycin), Garlic spread (non-hydrogenated margarine [soybean oil, modified palm and palm oils, water, salt, whey powder, vegetable monoglycerides, soy lecithin, natural flavour, annatto, turmeric, vitamin A palmitate, vitamin D3], water, garlic [garlic, canola oil, water, citric acid], spices, parmesan cheese [milk, modified milk ingredients, bacterial culture, salt, lipase, calcium chloride, rennet and/or microbial enzyme, cellulose powder, natural parmesan flavour, natamycin], garlic powder), Sriracha lime seasoning (dehydrated garlic and onion, spices and herbs, salt, sugar, citric acid, sodium acetate, natural flavour [including extractives of lime], cayenne pepper sauce [aged cayenne red peppers, vinegar, salt, dehydrated garlic], corn maltodextrin, spice extractives, acetic acid, high oleic sunflower oil, dehydrated lime peel, vinegar, calcium silicate, silicon dioxide).

Contains: Barley, Milk, Soy, Wheat.

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