

## Meat and Alternatives - Serve Most ■

Meat, fish, poultry (or alternative) fresh or frozen

- All plain fresh or frozen meat, fish or poultry without added seasoning, stuffing or sauces
- Burnbrae Farms Round Egg Pattie
- Eggs or Egg Beaters
- Boca burger - All American Flame Grilled
- Boca burger - Cheeseburger
- Boca burger - Original
- Butterball Cooked Turkey Breast Roast No Salt Added
- Butterball Low Sodium Cooked Turkey Breast Slices
- Compliments Balance Extra Lean Chicken Burger
- Compliments Balance Extra Lean Ground Beef
- Compliments Balance Extra Lean Ground Chicken
- Compliments Balance No Meat Burger
- Compliments Balance Honey Garlic Chicken Breasts
- Compliments Balance Seasoned Chicken Breasts
- Compliments Balance Extra Lean Mediterranean Chicken Breasts
- Compliments Balance Chicken Breasts with Cranberry Multigrain Stuffing
- Compliments Balance Extra Lean Turkey Meat Balls
- Flamingo Boneless chicken breast
- Flamingo Boneless chicken breast - Souvlaki Seasoned
- Flamingo Boneless chicken thighs
- Flamingo Young Turkey, Fresh
- Flamingo Young Turkey, Frozen
- Furlong Brothers Fish Cakes
- High Liner Fillets- Alaskan Pollock
- High Liner Fillets - Basa fillets
- High Liner Fillets - Boston Bluefish
- High Liner Fillets - Cod
- High Liner Fillets - Haddock
- High Liner Fillets - Wild pacific salmon
- High Liner Wild Pacific Salmon Fillets- in Garlic Butter,
- High Liner Wild Pacific Salmon Fillets- in a Teriyaki Sauce,
- High Liner Wild Pacific Salmon Fillets- in a Dill Sauce
- High Liner Wild Pacific Salmon Fillets- in Roasted Garlic & Herb Sauce
- High Liner Signature Haddock in a Lemon Herb Sauce
- High Liner Skewers- Haddock with Red and Green Peppers
- High Liner Skewers- Wild Pacific Salmon with Red and Green Peppers

	<ul style="list-style-type: none"> <li>■ High Liner Captain's Grill - Roasted Garlic &amp; Herb Fillets</li> <li>■ High Liner Captain's Grill - Lemon Pepper Fillets</li> <li>■ Lucerne Eating Right Steakhouse Beef Burgers</li> <li>■ Maple Leaf Simply Savour Grilled Chicken Breast Strips</li> <li>■ Maple Leaf Simply Savour Grilled Turkey Breast Strips</li> <li>■ Maple Leaf Simply Savour Sirloin Steak Strips</li> <li>■ Maple Leaf Simply Savour Pork Roast</li> <li>■ Maple Leaf Simply Savour Salmon in Lemon Dill Sauce</li> <li>■ Olymel Boneless skinless chicken breasts in BBQ Sauce</li> <li>■ Olymel Chicken breast pieces, white meat, fully cooked</li> <li>■ Olymel Chicken pieces, fully cooked</li> <li>■ Olymel Diced chicken, fully cooked</li> <li>■ Olymel Diced chicken, dark and white meat, fully cooked</li> <li>■ Olymel Chicken Grills, 3-D formed breast, fully cooked, char-marked</li> <li>■ Olymel Chicken Grills, Texas Style breast, fully cooked, char-marked</li> <li>■ Olymel Chicken Grills, sub shaped formed, fully cooked, char-marked</li> <li>■ Olymel Turkey, bone in breasts, seasoned, no salt added</li> <li>■ Olymel Turkey breast fillets, unseasoned, IQF</li> <li>■ Olymel Turkey boneless thighs, unseasoned</li> <li>■ Olymel Turkey roast, boneless breast white meat, unseasoned, cylinder shape</li> <li>■ Olymel Turkey roast, boneless breast white meat, seasoned, ready to cook</li> <li>■ Olymel Diced Pork, extra-lean</li> <li>■ Olymel Pork Strips</li> <li>■ PC Blue Menu Air Chilled Ground Chicken</li> <li>■ PC Blue Menu Easy Grill– Chicken Breast Portions</li> <li>■ PC Blue Menu The World's Best Meatless Seasoned Chicken Breast</li> </ul>
Meat, fish, poultry, canned	<ul style="list-style-type: none"> <li>■ Clover Leaf Solid White Tuna, Albacore in Water</li> <li>■ Clover Leaf Chunk White Tuna, Albacore in Water</li> <li>■ Clover Leaf Flaked White Tuna, Albacore in Water</li> <li>■ Clover Leaf Low Sodium Solid White Tuna, Albacore in Water</li> <li>■ Clover Leaf Solid White Tuna, Albacore in Broth and Oil</li> <li>■ Clover Leaf Chunk Light Tuna, Yellowfin in Water</li> <li>■ Clover Leaf Chunk Light Tuna, Skipjack in Water</li> <li>■ Clover Leaf Rip 'n Ready Pouch Tuna - Albacore</li> <li>■ Clover Leaf Flaked Light Tuna - Lemon &amp; Pepper</li> <li>■ Compliments Balance - Flaked Light Tuna - Lemon &amp;</li> </ul>

	<p>Pepper</p> <ul style="list-style-type: none"> <li>■ PC Blue Menu Seasoned Chunk Chicken Breast</li> <li>■ PC Blue Menu Seasoned Chunk Turkey Breast</li> <li>■ Swanson Premium White &amp; Dark Chunk Chicken in Water</li> <li>■ Swanson Premium White Chunk Chicken Breast in Water</li> </ul>
<p>Deli meats (or alternative) (eg. ham/poultry/beef/veggie turkey)</p>	<ul style="list-style-type: none"> <li>■ Maple Leaf Healthy Selections Sliced Roast Beef</li> <li>■ Maple Leaf Healthy Selections Sliced Roast Turkey</li> <li>■ PC Blue Menu Tomato and Basil Turkey Breast</li> <li>■ PC Blue Menu Turkey Breast - Deli Sliced</li> <li>■ PC Blue Menu Extra Lean Stone-Baked Ham</li> <li>■ PC Blue Menu Oven Roasted Chicken Breast</li> <li>■ Schneider's Fat Free Deli Meats - Chicken Breast</li> <li>■ Schneider's Fat Free Deli Meats - Fat Free Cured Boneless Turkey Breast, Deli</li> </ul>
<p>Breaded Chicken, fish</p>	<ul style="list-style-type: none"> <li>■ Breaded chicken and fish products - should all be baked in the oven and NOT deep fried:</li> <li>■ Compliments Balance Reduced Fat Breaded Haddock Fillets</li> <li>■ High Liner Healthy Bake Multigrain Breaded Fish Fillets</li> <li>■ High Liner Healthy Bake Multigrain Breaded Fish Fingers</li> <li>■ High Liner Captain's Catch Battered Fillets</li> <li>■ High Liner Fish Sticks, Family Pack</li> <li>■ High Liner Haddock Fish Sticks</li> <li>■ High liner Cod Fish Sticks</li> <li>■ High Liner Signature Breaded Haddock Fillets</li> <li>■ High Liner Signature Breaded Cod Fillets</li> <li>■ High Liner Wild Pacific Salmon Fillets, Broccoli &amp; Cheddar Bake</li> <li>■ High Liner Wild Pacific Salmon Breaded Fillets, Lemon Pepper</li> <li>■ High Liner Signature Multigrain Tilapia Breaded Fillets</li> <li>■ High Liner Fish in Tempura Batter, Family Pack</li> <li>■ High Liner Sole in Tempura Batter</li> <li>■ High Liner Haddock in Tempura Batter</li> <li>■ High Liner Signature Tilapia Fillets with a Lemon Herb Crust</li> <li>■ High Liner Signature Buffalo Style Haddock Fillet Strips</li> <li>■ Janes Traditional Battered Fish Fillets</li> <li>■ Janes Multigrain Breaded Haddock Fillets</li> <li>■ Janes Genuine Scottish Haddock</li> <li>■ Janes Lemon Pepper Cod</li> <li>■ Janes Garlic and Pepper Chicken Breast Fillets</li> <li>■ Janes Chicken Breast Strips</li> </ul>

Pea soup, beans or legumes

- Janes Chicken Burgers
  - Janes Oven Roasted Carved Chicken Breasts
  - Janes Disney pixar kids shaped nuggets
  - Janes Disney Janes Kids Fish Nuggets
  - Nutrigo chicken breast burgers with multigrain breading
  - Nutrigo chicken breast chunks with multigrain breading
  - Nutrigo chicken breast strips with multigrain breading
  - Nutrigo turkey breast nuggets with multigrain breading
  - Nutrigo turkey breast with multigrain breading
  - Olymel Chicken Nuggets, multigrain breaded, seasoned, fully cooked
  - Olymel Chicken Burger, multigrain breaded, seasoned, fully cooked
  - Olymel Chicken Strips, multigrain breaded, seasoned, fully cooked
  - Olymel Chicken Strips, seasoned, fully cooked
  - Olymel Chicken Strips, formed, seasoned, fully cooked
  - PC Blue Menu The World's Best Meatless Breaded Chicken Strips
  - PC Chicken Divan
  - PC Chicken Strips Breaded Cutlettes
  - PC Hot & Spicy Breaded Chicken Breast Fillets
  - PC Blue Menu Chicken Strips
  - PC Blue Menu Breaded Chicken Breast Fillets with Flaxseed
  - PC Mini Chefs Crispy Chicken Burgers
  - PC Mini Chefs Jungle Buddies Breaded Chicken Nuggets
  - PC Southern Crunch Chicken Breast
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- PC Organics Navy Beans
  - PC Organics Red Kidney Beans
  - PC Organics Split Green Peas
  - PC Organics Split Yellow Peas

Nuts, peanut or nut butters and seeds	<ul style="list-style-type: none"> <li>■ Kraft All Natural Peanut Butter</li> <li>■ Natural California Almonds</li> <li>■ PC Blue Menu Just Peanuts Smooth Peanut Butter</li> <li>■ PC Organics Crunchy Peanut Butter</li> <li>■ PC Organics Smooth Peanut Butter</li> <li>■ Planters Natural Almonds</li> </ul>
<b>Meat and Alternatives - Serve Moderate ■</b>	
Meat, fish, poultry (or alternative) fresh or frozen	<ul style="list-style-type: none"> <li>■ Compliments Balance Lean Italian Meatballs</li> <li>■ Compliments Balance Lean Chicken and Cheese Meatballs</li> <li>■ Compliments Balance Chicken Breasts with Havarti and Apple Stuffing</li> <li>■ Compliments Junior Hoop-Shoots - Lean Mini Beef Meatballs</li> <li>■ Boca burger - All American Classic made with Organic Soy</li> <li>■ Boca Burger - Garden Vegetable made with Organic Soy</li> <li>■ Flamingo Boneless chicken breast - Dijon, Honey and Herbs Seasoned</li> <li>■ Flamingo Boneless chicken breast - Italian Style Seasoned</li> <li>■ Maple Leaf Simply Savour Ham Roast</li> <li>■ Olymel Pork Loins, sliced, tomato &amp; basil</li> <li>■ Olymel Pulled pork, seasoned, cooked in BBQ sauce</li> <li>■ Olymel Pork Chops, center cut</li> <li>■ PC Chicken Tournedos with Bacon</li> <li>■ PC Fully Cooked Beef Pot Roast with Gravy</li> <li>■ PC Fully Cooked Sliced Chicken Breasts</li> <li>■ PC Honey Garlic Chicken Thighs</li> <li>■ PC Marinated Pork Souvlaki</li> <li>■ PC Smoked Breakfast Ham</li> <li>■ PC Thick &amp; Juicy Lean Beef Burgers</li> </ul>
Meat, fish, poultry, canned	<ul style="list-style-type: none"> <li>■ Clover Leaf Flaked Light Tuna - Sundried Tomato &amp; Basil</li> <li>■</li> </ul>
Deli meats (or alternative) (eg. ham/poultry/beef/veggie turkey)	<ul style="list-style-type: none"> <li>■ Compliments Extra Lean Thinly Sliced Chicken Breast Roast</li> <li>■ Compliments Extra Lean Thinly Sliced Black Forest Ham</li> <li>■ Compliments Extra Lean Thinly Sliced Turkey Breast Roast</li> <li>■ Compliments Extra Lean Turkey Breast Roast</li> <li>■ Compliments Extra Lean Smoked Turkey Breast Roast</li> <li>■ Country Ribbon deli meats – Chicken Breast Roast</li> <li>■ Olymel Turkey breast (Smoked Meat style), boneless, fresh</li> <li>■ Olymel Turkey slice breast roast, smoked</li> </ul>

	<ul style="list-style-type: none"> <li>■ Olymel Light cooked ham - 50% less salt</li> <li>■ Schneider's Fat Free Deli Meats - Barbecue Chicken</li> <li>■ Schneider's Fat Free Deli Meats - Cooked Ham</li> <li>■ Schneider's Fat Free Deli Meats - Smoked Ham</li> <li>■ Schneider's Fat Free Deli Meats - Fully Cooked Dijon Smoked Ham, Deli</li> <li>■ Schneider's Fat Free Deli Meats - Fully Cooked Smoked Ham, Deli</li> <li>■ Schneider's Fat Free Deli Meats - Fat Free Oven Roasted Glazed Chicken Breast, Deli</li> <li>■ Schneider's Fat Free Deli Meats - Fat Free Rotisserie Smoked Chicken Breast</li> <li>■ Schneider's Fat Free Deli Meats - Fat Free Smoked Mesquite Turkey Breast</li> <li>■ Schneider's Fat Free Deli Meats - Fat Free Peppercorn Turkey Breast</li> <li>■ Schneider's Fat Free Deli Meats - Turkey Breast and Ham</li> <li>■ Schneider's Fat Free Deli Meats - Turkey Breast</li> <li>■ Sunrise Deli-Lean Chicken Breast Roast</li> <li>■ Ziggy's Deli Meats -Turkey Breast Extra lean</li> <li>■ Ziggy's Deli Meats - Roast Beef</li> <li>■ Ziggy's Deli Meats - Chicken Breast</li> </ul>
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Breaded Chicken, fish	<ul style="list-style-type: none"> <li>■ High Liner Captain's Chicken Burgers (baked NOT deep fried)</li> <li>■ High Liner Captain's Chicken Nuggets (baked NOT deep fried)</li> <li>■ High Liner Captain's Chicken Strips (baked NOT deep fried)</li> <li>■ High Liner Sole Fish Sticks – (baked NOT deep fried)</li> <li>■ High Liner Signature Breaded Sole Fillets with Cheese &amp; Broccoli Sauce</li> <li>■ High Liner Signature English Style Battered Haddock Fillets</li> <li>■ P Janes and sons Cod Portions</li> <li>■ P Janes and sons Fish Sticks</li> <li>■ P Janes and sons Fish Cakes</li> <li>■ Janes Pub Style chicken breast nuggets</li> <li>■ Janes Pub Style chicken breast strips</li> <li>■ Janes Pub Style chicken burgers</li> <li>■ PC Chicken Nuggets Breaded Cutlettes</li> <li>■ Valley House Nuggets</li> <li>■ Valley House Burgers</li> <li>■ Valley House Strips</li> </ul>
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Meat and Alternatives - Serve Moderately with a restriction - Serve or sell only 1 item from this list per week

- Compliments Chicken Weiners
- PC Blue Menu Sausage - Lean Italian Sausage
- PC Blue Menu Turkey Frankfurters
- Schneider's Light Wieners
- Schneider's Oh Naturel Meatless Wieners

**Meat and Alternatives - Not Included ❌**

Meat, fish, poultry (or alternative) fresh or frozen

- ❌ Compass Texas Style Beef Burger
- ❌ Compliments Balance Lean Beef Burger with Garlic and Brazilian Acai Berry
- ❌ Compliments Junior Mickey Burgers - Beef
- ❌ Compliments Junior Mickey Burgers - Beef and Cheese
- ❌ Janes family Swedish Meatballs
- ❌ Janes Family Italian Meatballs
- ❌ Maple Leaf Ready Crisp Bacon
- ❌ Olymel Pork Burger, BBQ seasoned
- ❌ PC Blue Menu Portion Wise Extra Lean Thick & Juicy Beef Burgers
- ❌ PC Chicken Balls in Batter
- ❌ PC Chicken Kiev
- ❌ PC Chicken Wellington
- ❌ PC Fully Cooked Beef Meat Loaf
- ❌ PC Gigantico Thick & Juicy Beef Burgers
- ❌ PC Hot Chicken Wings - Buffalo-Style - Seasoned
- ❌ PC Italian Beef Meatballs
- ❌ PC Memories of Kobe Beef Meatballs
- ❌ PC Mini Chefs Mini & Juicy Lean Beef Burgers
- ❌ PC Swedish Beef Meatballs
- ❌ PC Thick & Cheesy Beef Burgers - Fully Cooked
- ❌ PC Thick & Juicy Angus Beef Burgers
- ❌ Schneiders cooked pork sausage round
- ❌ The Foodservice Company Health + Lean Cooked Beef Burger

Meat, fish, poultry, canned	✘
Deli meats (or alternative) (eg. ham/poultry/beef/veggie turkey)	<ul style="list-style-type: none"> <li>✘ Butterball Turkey Chicken Trio</li> <li>✘ Lester's Mock Chicken Meat Loaf</li> <li>✘ Olymel Foods Services Cooked ham</li> <li>✘ Olymel Extra Lean Cooked Ham</li> <li>✘ Light Bologna - 25% less salt and fat</li> <li>✘ President's Choice Vermont Style Ham</li> <li>✘ President's Choice Traditional Extra Lean Black Forest Ham</li> <li>✘ Sunrise Sub Pack</li> <li>✘ Sunrise Sandwich Pack</li> <li>✘ Sunrise Deli-Lean Black Forest Ham</li> <li>✘ Sunrise Deli-Lean Seasoned Cooked Beef</li> <li>✘ Sunrise Cooked Ham</li> <li>✘ Schneider's Deli-Fresh - Our Classic Ham and Bacon Loaf</li> <li>✘ Schneider's Deli-Fresh - Our Classic Pork Olive and Sweet Pimento Loaf</li> <li>✘ Yorkmont Farms Cooked ham</li> <li>✘ Coachmen wieners</li> <li>✘ Compliments Wieners</li> <li>✘ Juicy Jumbos</li> <li>✘ Larsen Wieners</li> <li>✘ Lester's Hot Dogs</li> <li>✘ Lester's BBQ wieners</li> <li>✘ Maple Leaf Top Dogs</li> <li>✘ Maple Leaf Top Dogs All Beef</li> <li>✘ Maple Leaf Top Dogs 33% Less Fat</li> <li>✘ Maple Leaf Hot Dogs</li> <li>✘ Maple Lodge Original Chicken wiener</li> <li>✘ Olymel Original Wieners</li> <li>✘ PC All Beef Wieners</li> <li>✘ PC Ball Park All Beef Frankfurters</li> <li>✘ PC Blue Menu Cheddar Smokies Pork Sausages</li> <li>✘ PC Blue Menu Chicken Sausage</li> <li>✘ PC Blue Menu Original Frankfurters</li> <li>✘ PC Blue Menu Original Smokies Pork Sausages</li> <li>✘ PC Cheddar Cheese &amp; Onion Frankfurters</li> <li>✘ PC Mini Chefs Wiener Dogs All-Pork Wieners</li> <li>✘ PC Original Frankfurters</li> <li>✘ PC Original Hot Dog Wieners</li> <li>✘ PC Pork &amp; Beef Sausages - Original Smokies</li> <li>✘ PC Pork Sausages - Naturally Smoked Chipotle Smokies</li> <li>✘ Schneider's Wieners</li> </ul>

	<ul style="list-style-type: none"><li>✘ Schneider's Wieners BBQ</li><li>✘ Schneider's Red Hots Wieners</li><li>✘ Schneider's All Beef wieners</li><li>✘ Schneider's All Beef BBQ Wieners</li><li>✘ Schneider's Low-Fat Wieners</li><li>✘ Schneider's All Chicken Wieners</li></ul>
Breaded chicken, fish	<ul style="list-style-type: none"><li>✘ High Liner Roasted Garlic &amp; Herb Seasoned Breaded Sole Fillets</li></ul>