



Health and Wellness Program

PRODUCT LIST

Selection Criteria - Nutritive Value			
Portion 100 g	Total Fat	Saturated Fat	Sodium
Choice no 1 :	10 g and under	8 g and under	360 mg and under
Choice no 2 :	10 g and under	8 g and under	361 à 480 mg
Choice no 3 :	10 g and under	8 g and under	481 à 600 mg
Exceptions for deli meats : portion of 55 g			

Product Codes	Description	Piece Count	Avg. Pc. Weight (g)	Case Weight (kg)	Portion Cost	Calculation Size (g)	Calories	Total Fat (g)	Saturated (g)	Trans Fat (g)	Total Sugar (g)	Carbohy-drates (g)	Proteins (g)	Sodium (mg)	Potassium (mg)	Cholesterol (mg)	Allergens *	Intolerance	360 mg et moins	361 à 480 mg	481 à 600 mg
A) CHICKEN PRODUCTS																					
1) Chicken cuts, bone-in, skin on, unseasoned, raw																					
806 8505	Chicken legs sized, without back	Random	Random	5.25		100	188	12	0.98	0.10	0	0	20.13	86	229	80	None	None	X		
806 8406	Chicken legs sized, without back	25	250	± 6.50		100	188	12	0.98	0.10	0	0	20.13	86	229	80	None	None	X		
806 8405	Chicken legs sized, without back	25	208	± 5.90		100	188	12	0.98	0.10	0	0	20.13	86	229	80	None	None	X		
806 8412	Split chicken breast, sized, without back	25	232	± 5.70		100	112	1.62	0.43	0.03	0	0	22.74	56	287	58	None	None	X		
806 8512	Split chicken breasts, random, without back	Random	Random	5.25		100	112	1.62	0.43	0.03	0	0	22.74	56	287	58	None	None	X		
806 8413	Split chicken breasts, sized, without back	25	268	6.30		100	112	1.62	0.43	0.03	0	0	22.74	56	287	58	None	None	X		
2) Boneless skinless chicken cuts, raw																					
806 8424	Chicken breasts, unseasoned	50	120	± 6		100	112	1.62	0.43	0.03	0	0	22.74	56	287	58	None	None	X		
806 8420	Chicken breasts, unseasoned	60	81	5		100	112	1.62	0.43	0.03	0	0	22.74	56	287	58	None	None	X		
806 8423	Chicken breasts, seasoned, tray-packed (12 pc. x 5 layers)	60	112	± 7		100	88	1.05	0.28	0.02	0	0	19.63	453.12	216.8	49.31	None	None		X	
706 2349	Chicken breasts, seasoned	17	227	4		100	97	2.7	0.8	0	1.7	2.19	13.4	380	400	51.9	None	None		X	
706 2348	Chicken breasts, seasoned	22	170	4		100	97	2.7	0.8	0	1.7	2.19	13.4	380	400	51.9	None	None		X	
706 2347	Chicken breasts, seasoned, Flamingo	26	142	4		100	97	2.7	0.8	0	1.7	2.19	13.4	380	400	51.9	None	None		X	
706 2314	Chicken breasts, seasoned	26	142	4		100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	None	None	X		
706 2319	Chicken breasts, seasoned	19	200	4		100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	None	None	X		
706 2318	Chicken breasts, seasoned	22	170	4		100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	None	None	X		
706 2310	Chicken breasts, seasoned	32	113	4		100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	None	None	X		
706 2320	Chicken breasts, seasoned	Random	Random	4		100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	None	None	X		
706 2350	Chicken breasts, seasoned, Flamingo	Random	Random	4		100	97	2.7	0.8	0	1.7	2.19	13.4	380	400	51.9	None	None		X	
706 2308	Chicken breasts, seasoned, Flamingo	Random	Random	8		100	97	2.7	0.8	0	1.7	2.19	13.4	380	400	51.9	None	None		X	
706 2317	Chicken breasts, seasoned "Butterfly"	17	227	4		100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	None	None	X		
706 2316	Chicken breasts, seasoned "Butterfly"	22	170	4		100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	None	None	X		
706 2312	Chicken breasts, seasoned "Butterfly"	19	200	4		100	85	1.5	0.4	0	0	0.9	17	360	470	48.8	None	None	X		
706 2307	Chicken breast fillets, seasoned	Random	Random	4		100	90	1	0.3	0	0	0	20	430	170	60	None	None		X	
806 8448	Pulled chicken thighs, unseasoned	Random	Random	5		100	127	5.09	1.30	0	0	0	19.06	86	231	83	None	None	X		
3) Diced, grills and chicken pieces, cooked																					
816 8122	All-white diced chicken (½")	Random	Random	4		100	139	1.3	0.17	0.1	0	0	31.81	39.1	123	62.7	None	None	X		
816 8123	All-white diced chicken (¾")	Random	Random	4		100	139	1.3	0.17	0.1	0	0	31.81	39.1	123	62.7	None	None	X		
716 1900	Diced mostly-dark chicken meat (¾")	Random	Random	4		100	158	4.38	1.32	0.1	0	0	29.59	54.2	N/A	88.5	None	None	X		
716 1300	Diced mostly-dark chicken meat (½")	Random	Random	4		100	158	4.38	1.32	0.1	0	0	29.59	54.2	N/A	88.5	None	None	X		
816 8347	Diced natural-proportion chicken meat (¾")	Random	Random	4		100	149	3.13	0.96	0.1	0	0	30.14	50.4	N/A	79.8	None	None	X		
816 8341	Diced natural-proportion chicken meat (½")	Random	Random	4		100	149	3.13	0.96	0.1	0	0	30.14	50.4	N/A	79.8	None	None	X		
816 8335	Pulled natural-proportion chicken meat	Random	Random	4		100	149	3.13	0.96	0.1	0	0	30.14	50.4	N/A	79.8	None	None	X		
816 8332	Pulled all-white chicken meat	Random	Random	4		100	139	1.3	0.17	0.1	0	0	31.81	39.1	N/A	62.7	None	None	X		
606 0229	Chicken breast grills, low-sodium, char-marked	52-58	73	4		73	90	2	0.5	0	0	0	18	120	220	95	None	None	X		
606 0221	Breast O'Chicken grills, breast-shaped cutlet, char-marked	Min. 47	71	3.5		71	90	3.5	1	0	0	0	14	270	140	45	None	None	X		
606 0235	Breast O'Chicken grills, whole muscle, char-marked	27 - 29	142	4		142	160	3.27	0.99	0	0	0	32.52	544	403	101.4	None	None			X
606 0232	Chicken breast grills, 3D-shaped, char-marked	44 - 47	90	4		90	100	2.5	0.5	0	0	0	19	370	200	50	None	None		X	
606 0227	Chicken breast grills, "Texan style", whole muscle, char-marked	34 - 39	110	4		110	110	2	0.5	0	2	2	22	570	250	70	Dairy substances, soy	Lactose			X
806 0219	Breast O'Chicken grills, whole muscle, char-marked	Min. 43	85	4		85	96	1.96	0.6	0	0	0	19.5	326	241	60.7	None	None		X	
606 0236	Breast O'Chicken grills, whole muscle, char-marked	34 - 36	112	4		100	110	2.5	0.5	0	0	0	23	380	280	70	None	None		X	
706 7148	Ground chicken, formed, sub-shaped chicken grill	Min. 60	65	4		65	100	5	1	0	1	2	11	280	150	40	Gluten (wheat), soy	Gluten		X	
4) Multigrain breaded chicken, cooked (back to see our breaded products)																					
801 8454	Chicken nuggets, multigrain breading, Source of Omega-3	90 - 105	20	2		80	150	5	1	0	1	16	11	330	N/A	30	Gluten (wheat, barley, rye, oats, triticale), milk, egg, soy	Gluten and lactose	X		
701 1144	Chicken strips, multigrain breading, Source of Omega-3	95 - 110	40	4		80	150	5	1	0	1	17	10	320	N/A	30	Gluten (wheat, barley, rye, oats, triticale), milk, egg, soy	Gluten and lactose	X		
701 3355	Chicken burgers, multigrain breading, Source of Omega-3	50	80	4		80	150	5	1	0	1	17	10	320	N/A	30	Gluten (wheat, barley, rye, oats, triticale), milk, egg, soy	Gluten and lactose	X		
701 1045	Chicken strips, multigrain breading, full muscle, Source of Omega-3	97 - 105	40	4		80	150	5	1	0	1	17	10	320	N/A	30	Gluten (wheat, barley, rye, oats, triticale), milk, egg, soy	Gluten and lactose	X		
5) International chicken flavours																					
606 0214	Chicken breast strips, unseasoned, fully cooked	Random	Random	2		75	90	2.1	0.6	0.07	0.6	2.02	17.5	412	198	60.7	Soy	None		X	
606 0211	Chicken breast strips, seasoned, fully cooked	Random	Random	2		75	97	2.5	0.75	0.07	1.35	1.35	16.5	483	N/A	59	None	None			X
702 1463	Chicken thigh strips, Oriental flavour, raw	Random	Random	4		100	150	8.64	2.62	0.08	1.7	1.7	16.4	402	N/A	85.3	Soy, gluten (wheat), sesame	Gluten		X	
6) Chicken deli products																					
810 8153	"Suprême" breast roasts, cooked, boneless, skinless	3	2 kg	± 6		55	55	1.65	0.55	0	0.55	1.65	8.8	555	N/A	27.5	None	None			X
810 8051	"Old fashioned" breast roasts, cooked, boneless, skinless	3	2 kg	± 6		55	55	1.65	0.55	0	0.55	1.65	8.8	55	N/A	27.5	None	None			X
B) TURKEY PRODUCTS																					
1) Turkey cuts, bone-in, skin on, raw																					
626 1109	Bone-in breast, marinated, cook-in-bag	2	7.25 kg	14.50		100	138	6.4	1.74	0.17	0.16	1.17	18.83	52	236	56.55	None	None	X		
611 1209	Bone-in breast, no added salt, cook-in-bag	2	5 kg	10		100	160	7	2	0	0	0	22	60	270	65	None	None	X		
826 8136	Bone-in breast, unseasoned, cook-in-bag (male)	2	4.5 kg	9		100	160	7	2	0	0	0	22	60	270	65	None	None	X		
2) Boneless skinless turkey cuts, raw																					
a) Unseasoned turkey cuts																					
820 8183	Split breasts	8	Random	8		100	100	0.5	0.2	0	0	0	24	50	290	60	None	None	X		
820 8182	Breast fillets	24	Random	6.5		100	100	0.5	0.2	0	0	0	24	50	290	60	None	None	X		
821 8184	Turkey thighs	12	Random	7		100	120	4.5	1.5	0	0	0	20	75	N/A	70	None	None	X		
821 8185	Turkey thighs	Random	Random	5		100	128	5.25	1.48	0	0	0	18.93	80	290	84	None	None	X		
97113	Diced turkey breasts <i>New</i>	4	2.5 kg	10		100	105	0.5	0.2	0	0	0	23	220	N/A	55	None	None	X		

*Allergens verified: peanuts, nuts, sesame seeds, milk, egg, seeds containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustaceans, mollusk, sulfite (max. 10 ppm) © Copyright 2011 V.3



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PRODUCT LIST

Selection Criteria - Nutritive Value			
Portion 100 g	Total Fat	Saturated Fat	Sodium
Choice no 1 :	10 g and under	8 g and under	360 mg and under
Choice no 2 :	10 g and under	8 g and under	361 à 480 mg
Choice no 3 :	10 g and under	8 g and under	481 à 600 mg
Exceptions for deli meats : portion of 55 g			

Product Codes	Description	Piece Count	Avg. Pc. Weight (g)	Case Weight (kg)	Portion Cost	Calculation Size (g)	Calories	Total Fat (g)	Saturated (g)	Trans Fat (g)	Total Sugar (g)	Carbohydrates (g)	Proteins (g)	Sodium (mg)	Potassium (mg)	Cholesterol (mg)	Allergens *	Intolerance	360 mg et moins	361 à 480 mg	481 à 600 mg
b) Marinated turkey cuts																					
820 7182	Breast tenderloins, marinated	24	Random	± 7.20		100	80	0.5	0.3	0	0	0	19	680	310	45	None	None	X		
820 7183	Split breasts, marinated	8	1 kg	± 8		100	80	0.5	0.3	0	0	0	19	680	310	45	None	None	X		
821 8084	Turkey thighs, marinated	12	Random	± 7		100	120	7	2.5	0	0	0	15	560	N/A	65	None	None	X		
3) Turkey roasts																					
a) Turkey roasts, raw																					
811 8141	White & dark meat roasts, boneless, unseasoned, cylinder-shaped (15")	2	4 kg	8		100	113	2.5	0.8	0	0	0	22.2	58	266	76	None	None	X		
811 8140	White meat roasts, boneless, unseasoned, no added salt, cylinder-shaped (15")	2	4 kg	8		100	113	1.8	0.5	0	0	0	24.1	48	284	66	None	None	X		
710 1220	Breast roasts, quickroast, no added salt	2	2.5 kg	5		100	90	1.5	2.5	0	0	0	20	60	200	45	None	None	X		
820 8384	Turkey breast tenders roasts <i>New</i>	8	800	5.5-7.5		100	96	0.5	0.2	0	0	0	23	220	N/A	55	None	None	X		
b) Turkey roasts, cooked																					
810 6184	Smoked breasts, "Montreal-style", boneless, skinless	2	1.2 kg	2.40		55	60.5	1.1	0.27	0	0.55	0.55	11.5	489	N/A	30	None	None			X
810 6188	Boneless turkey breasts, skinless	6	1.1 kg	6.60		100	100	1	0.4	0	0	0	23	190	200	60	None	None	X		
710 1216	Breast roasts, skinless, <i>Village</i>	2	3.7 - 4.0 kg	7.5 - 8		100	100	2	0.5	0	1	1	19	600	230	35	None	None			X
710 1212	Breast roasts, skinless	2	3.7 - 4.0 kg	7.5 - 8		100	90	1	0.4	0	0	0	20	580	230	40	None	None			X
5) Turkey specialties																					
97272	Ground turkey, extra lean, <i>raw</i>	2 sacs	2.5 kg	5		100	141.4	7.80	2.50	0.05	0	0	17.8	83	248	64.2	None	None	X		
97111	Turkey breast tenderloins, Tuscan-style, <i>cooked</i>	28	160	± 4		160	160	1	0.3	0	1	5	33	640	N/A	85	Wheat	Gluten		X	
92239	Turkey sausages, <i>raw New</i>	175-181	28	5		56	70	3	1	0	1	4	7	300	N/A	30	Gluten (wheat), Milk		X		
6) Turkey deli products, Olycatessen																					
810 8677	Smoked Turkey breast roasts, sliced	6	500 g	3		55	60	2	0.5	0	0	1	9	390	N/A	10	None	None		X	
810 8679	Cooked turkey breast roasts, sliced	6	500 g	3		55	60	1	0.4	0	0	3	9	560	N/A	15	None	None			X
810 8676	Smoked turkey breast roasts, thick slices	10	400 g	4		55	60	2	0.5	0	0	1	9	390	N/A	10	None	None		X	
C) PORK PRODUCTS																					
1) Cooked ham																					
25204	Cooked ham, 4 x 6, 50% less salt	2	5.4 kg	10.85		55 g	60	2	0.5	0	3	3	7	380	550	30	None	None		X	
2) Olymel Plus																					
a) Pork cuts, raw																					
97205	Boneless pork ham, jet net	1	6 kg	6		100	130	3.88	1.48	0.02	0	0	22.23	69	342	59	None	None	X		
97604	Boneless pork loins	4	1.5 kg	6		100	172	8.6	3.47	0.04	0	0	22.05	49	339	54	None	None	X		
97253	Boneless pork loins, rolled and tied	2	3.5 kg	7		100	198	12.58	4.36	0.06	0	0	19.74	50	356	63	None	None	X		
b) Pork sized portions, raw																					
97550	Pork chops, center cut	29	170 g	5		100	200	12.69	4.40	0.06	0	0	20.12	60	332	67	None	None			X
97256	Pork chops, center cut	40	125 g	5		100	200	12.69	4.40	0.06	0	0	20.12	60	332	67	None	None	X		
97951	Boneless pork chops, butterfly	Random	Random	5		100	211	14.01	4.86	0.07	0	0	19.90	42	384	60	None	None	X		
97523	Boneless pork chops	Random	Random	5		100	211	14.01	4.86	0.07	0	0	19.90	42	384	60	None	None	X		
97250	Pork chops, double bone	16	300 g	5		100	200	12.69	4.40	0.06	0	0	20.12	60	332	67	None	None	X		
b) Pork specialties																					
97402	Pork rack, 8 racks	4	2 kg	4		100	198	12.58	4.36	0.06	0	0	19.74	50	356	63	None	None	X		
97281	Pork strips	2	2,5 kg	5		100	130	3.88	1.48	0.02	0	0	22.23	69	342	59	None	None	X		
97262	Ground pork, extra lean	2	2,5 kg	5		100	190	12	4	0.1	0	0	20	65	N/A	65	None	None	X		
97261	Diced pork, extra lean	2	2,5 kg	5		100	130	3.88	1.48	0.02	0	0	22.23	69	342	59	None	None	X		
97150	Pork tenderloin (COV)	Random	Random	6		100	107	1.30	0.61	0.010	0	0	22.2	54	376	72	None	None	X		
97517	St-Louis pork side ribs, center cut, 3/2" to 3/4"	Random	Random	5		100	244	18	6.94	0.101	0	0	19.10	100	249	72	None	None	X		
97525	Pork back ribs	8	Random	5		100	244	18	6.94	0.101	0	0	19.10	100	249	72	None	None	X		
97114	Braised pork shanks, <i>cooked New</i>	24	± 160	± 3.84		100	120	5	2	0.1	0	0	19	300	N/A	55	None	None	X		
3) Olycatessen pork sliced meats																					
57615	Black forest ham, sliced	6	500 g	3		55	40	0.5	0	0	0	0	9	340	740	25	None	None	X		
57652	Bologna, sliced	6	500 g	3		55	110	8	2.5	0.1	0	3	7	420	N/D	30	Soy, gluten (wheat), milk and mustard	None		X	
BREADED CHICKEN AND CHICKEN WINGS																					
701-1320	Breaded chicken nuggets (deep fry only)	170-190	22	4		88	120	3.5	1	0	2	9	13	360	160	35	Gluten (wheat), soy, milk. May contain milk and eggs	None	X		
606-0213	Chicken breast strips, fully cooked	80 min.	40	3.2		80	150	7	1	0	1	11	11	420	150	30	Gluten (wheat), soy, milk. May contain eggs	None	X		
701-1024	Chicken breast strips	96-116	38	4		76	150	7	0.5	0	3	11	10	290	N/A	25	Gluten (wheat), milk. May contain soy and eggs	None	X		
701-1140	Cyberbytes chicken strips	100-105	39	4		78	170	10	1	0	3	10	11	350	160	25	Gluten (wheat), soy. May contain milk and eggs	None	X		
701-1011	Love Me Tenders, breaded fillets	85 min	45	4		89	160	6	0.5	0	4	13	13	340	160	25	Milk, gluten (wheat), soy. May contain eggs	None	X		
701-1020	Super big chicken breaded fingers	74-84	49	4		98	170	6	0.5	0	2	13	15	340	230	30	Gluten (wheat), milk, soy. May contain egg	None	X		
701-1023	Mini breaded chicken fingers	171-194	22	4		88	170	8	0.5	0	3	21	12	360	12	30	Milk, gluten (wheat), May contain soy and eggs	None	X		
701-0250	Breaded chicken breasts (deep fry only)	40-44	96	4		96	120	1.5	0.5	0	3	9	17	420	220	35	Milk, gluten (wheat). May contain soy and eggs	None	X		
701-0254	Breaded chicken breasts	37-40	100	4		100	200	9	1	0	4	16	13	460	220	35	Milk, gluten (wheat). May contain eggs	None	X		
706-3523	Hot & Spicy chicken wings	Random	Random	4		100	160	10	3	0	1	1	16	410	120	90	Soy	None	X		
701-1034	X-trem boneless wings chicken pieces, fully <i>cooked</i>	130-180	30	4		90	200	9	1	0	1	14	15	470	N/A	40	Gluten (wheat), soy. May contain milk and eggs	None	X		
SMOKED WEINERS																					
63090	Smoked weiners, 6 inches 12/lb	1	38	6		38	100	8	2.5	0	0	2	5 g	450		35	Milk, gluten (wheat), soy	None	X		
BACON																					
92390	Precooked bacon (34-36 sl/lb)	5x200 sl		4		15	60	4	1.5	0	0	1	4	130	N/A	15	None	None	X		
92405	Precooked bacon (18-20 sl/lb)	5 x 200 sl		8.8		20	90	7	2	0	0	1	6	390	N/A	20	None	None	X		
92408	Precooked bacon (34-38 sl/lb)	3x 100 sl		1.25		12	50	4	1	0	0	0	4	230	N/A	0	None	None	X		
92084	Precooked bacon (26-28 sl/lb)	3x100 sl		1.25		16	70	5	1.5	0	0	1	5	310	N/A	1	None	None	X		
92525	Fresh low sodium bacon (16-18 sl-lb)			5		54	220	22	9	0	0	0	6	230	180	35	None	None	X		

*(Allergens verified: peanuts, nuts, sesame seeds, milk, egg, seeds containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustaceans, mollusk, sulfite (max. 10 ppm) © Copyright 2011 V.3