



ARMSTRONG FoodService

Nova Scotia Owned and Operated

#UPDATER

Healthcare Purchasing Program

Dietitian's notes

sales@oharmstrong.ca



QUESTION:

What can you catch
but you cannot throw?

Please send in your answers to win a Harlan Bakery product:
sales@oharmstrong.ca

It's time to start thinking about your orders for Christmas! In this edition we've featured some great holiday must have's, along with our very own Toupie Ham product and some fantastic seasonal recipes for you to try out.

Do not forget to enter our brain teaser question for a chance to win a Harlan Bakery product!



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Dr. Oetker

Food-Service

Low Calorie can be delicious!

Try our Menu Magic recipes & deliver calorie-controlled desserts that will make your meals an absolute success every time.

Dr. Oetker Canada Ltd.,
Mississauga, ON
1-800-387-6939

OHA CODE	DESCRIPTION
#182432	Calorie Reduced Chocolate Mousse
#182436	Calorie Reduced Raspberry Mousse
#182440	Calorie Reduced Butterscotch Mousse
#182464	Calorie Reduced Lemon Mousse

Taste



foodservice



Convenience & Versatility

JMS Broiled Meatballs **ML All White Grilled Chicken Strips**

Pack Size: 4.54 kg

Pack Size: 2 x 2 kg

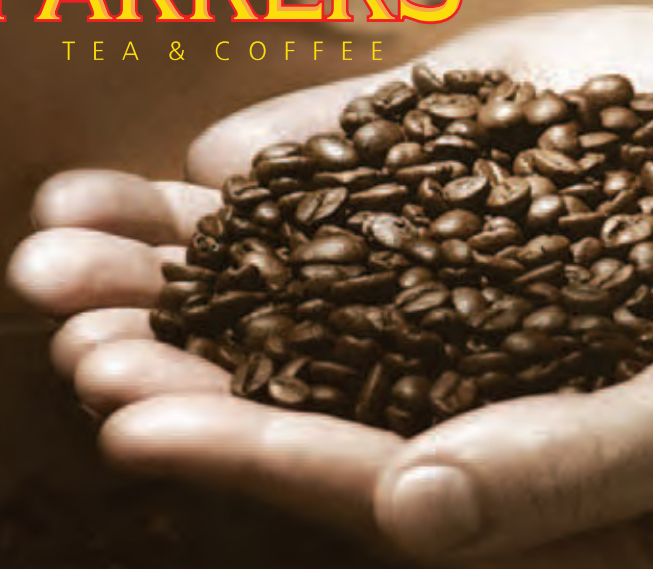
OHA Code: 32025

OHA Code: 64352

The possibilities are endless...™

Mother PARKERS

TEA & COFFEE



Lapaco

E NEWS

POCKETFOLD DINNER NAPKINS

How much is your operator's time worth? PocketFold Dinner Napkins are designed to slip the silverware right in so time isn't spent rolling silverware or folding napkins. PocketFold Dinner Napkins are a clever way to maintain cleanliness and provide an attractive presentation on the table. The perfect napkin to print your customer's logo or name. Available in 2 ply, white.

- Targets:
- Catering
 - Fine Dining
 - College / University
 - Casual Dining
 - Recreation

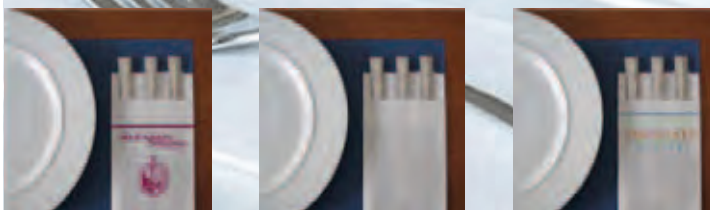
PRODUCT DESCRIPTION

OHA Code	Description	Pack Size
152401	Pocket Fold Dinner Napkin 1/8	800 / Case

1-800-361-0992

Visit us on the web at www.lapaco.com for all of our products

*Please use the new form for sample requests.



208723	Coffee Irish Cream	16 x 2.5 oz
208872	Coffee Butter Pecan Mother Parkers	16 x 2.5 oz
208731	Coffee Vanilla Hazelnut Mother Parkers	16 x 2.5 oz
208842	Coffee Hazelnut Vanilla Mother Parkers	18 x 2.25 oz
208276	Coffee Chocolate Caramel Mother Parkers	18 x 2.25 oz



FOR ALL YOUR
PANCAKE NEEDS,
CHOOSE ROBIN HOOD!

OHA Code	Description	Pack Size
203844	Robin Hood Deluxe Pancake Mix	6 x 2 kg
217090	Robin Hood Deluxe Pancake Mix	20 kg
19916	Robin Hood Deluxe Buttermilk Pancake Mix	20 kg (Limited)
14348	Robin Hood Wheat Wise Multigrain Pancake Mix	10 kg

For all your pancake needs,
Robin Hood has your pancake solution!



Gluten Free Penne Rigate
12 x 340 gm
OHA Code: 204674



Gluten Free Spaghetti
12 x 340 gm
OHA Code: 204673



Gluten Free Fusilli
12 x 340 gm
OHA Code: 204676



For more info, contact Kayla!

Taste

foodservice



JMS Savoury Beef Pie **JMS Savoury Chicken Pot Pie**
Pack Size: **36 x 125 gm** Pack Size: **36 x 125 gm**
OHA Code: **124666** OHA Code: **124670**

The possibilities are endless...™

MUST HAVES FOR THE HOLIDAY SEASON



Turkey Gravy	8/498g	203584
Mincemeat	1/12 kg	181020
Cranberry Sauce (Portions)	200/16 ml	202443
Cranberry Sauce (Bulk)	6/1.5 litre	304161



Since 1942

To Book your orders, or for more details / samples, Please contact:

SUE SULLIVAN ssullivan@lynchfoods.ca 902-221-1866

Recipe Corner

Your Corner for Great Taste



Lynch

OHA Code: 181020

Lynch Mincemeat Mini Pies Recipe

Tart Shells

2 cups all purpose flour
2 tablespoons icing sugar
1 cup butter, softened

Filling

Lynch Mincemeat
Approximately 3 cups

Icing

¼ cup butter
2 ¼ cups icing sugar
3 tablespoons pure maple syrup

1. Preheat an oven to 325 degrees F (165 degrees C).
2. Tart shells: Sift together flour and 2 tablespoons confectioners' sugar in a bowl. Cut in 1 cup butter; knead until well blended. Form dough into ¾ inch balls. Press evenly into 1 ½ inch tart cups on the bottom and up the sides to form a shell.
3. Bake in preheated oven until pale gold, about 16 minutes. Let shells cool in the pan. Gently loosen and remove them from pan using a knife.
4. Filling: Heat Lynch's Mincemeat until white pieces of beef fat have dissolved, for about 10 minutes, stirring frequently. Allow mixture to cool before spooning into tart shells.
5. Icing: Cream ¼ cup butter in a small bowl with an electric mixer. Gradually add 1 cup of the sugar while continuing to mix. Maple Syrup, remaining 1 ¼ cups sugar and maple extract. Beat at high speed until smooth. Icing should be thick enough to pipe. Spoon mixture into pastry bag with a small round or star-shaped tip. Pipe a swirl of icing on each tart.
6. Add Pecan Half (optional)



Oatmeal Cranberry Cookies

1 Cup	Non-hydrogenated margarine	250g
1 Cup	White granulated sugar	200g
1 Cup	Brown sugar, lightly packed	150g
2	Eggs	2
2 Cups	Whole wheat flour	240g
2 Cups	Rolled oats	200g
1/2 Cup	Wheat germ	30g
2 tsp	Baking powder	10g
2 tsp	Baking soda	10g
2 Cups	Chopped cranberries, fresh or frozen	200g

1. In a large bowl, cream the margarine with the 2 sugars; beat in the eggs.
2. In another bowl, combine the flour, oats, wheat germ, baking powder, and baking soda. Add to the creamed mixture and mix well. Stir in cranberries.
3. Drop by tablespoons onto the sheet pans. (Be sure to get 60 cookies from this recipe.) Flatten slightly with a wet fork.
4. Bake for about 12 minutes or until lightly golden.

We're on the Web!

**Please visit our
new and
improved
website . . .**

www.oharmstrong.ca

**Now Servicing
New Brunswick and PEI**