

Nova Scotia Owned and Operated

Healthcare, School and Childcare

Nutrition Specialist

Erica Baker

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Hello everyone! My name is Erica Baker and I am very excited to be the new Health Care, Childcare and School Specialist with O.H. Armstrong Food Service.

I have Bsc Human Nutrition where I have gained knowledge for food service, food science and nutrition. I also have food service management experience on both a large and small scale.

I will be working in the Lakeside location in Halifax and am very excited to meet and work with our clients. If you have any questions, please feel free to contact me and I will be happy to answer any questions you may have.

Thank You Erica Baker



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Created by Armstrong Food Service . . . a proud Nova Scotian company. PO Box 220, Kingston, NS BOP 1RO





- NOTHING ADDED - Just Chicken! - all ready for your favourite recipes:

Classic Chicken Pot Pie

- •1 lb Rosemount Cooked Diced Chicken
- •1 cup sliced carrots
- •1 cup frozen green peas
- •½ cup sliced celery
- •1/3 cup butter
- •1/3 chopped onion
- •1/3 cup flour
- •1/2 tsp salt
- •¼ tsp black pepper
- •¼ tsp celery seed
- •1 ¾ cup chicken broth
- •2/3 cup milk
- •2 (9") unbaked pie crusts



Rosemount

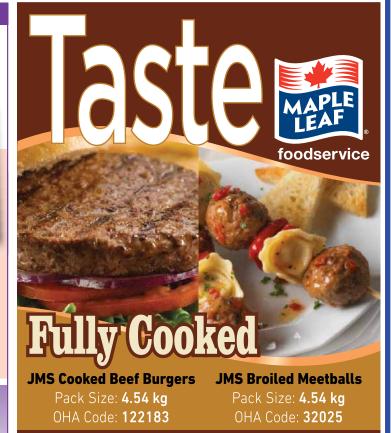
- 1. Preheat oven to 425°F.
- 2. In a saucepan, combine carrots, peas and celery. Add water to cover and boil for 15 minutes (add chicken at 10 minutes). Remove from heat, drain and set aside.
- 3. In the saucepan over medium heat, cook onions in butter until soft and translucent. Stir in flour, salt, pepper and celery seed. Slowly stir in broth and milk. Simmer over medium-low until thick. Remove from heat and set aside.
- 4 Place the chicken mixture in hottom pie crust. Pour hot liquid mixture over. Cover. with top crust, seal edges and cut away excess dough. Make several small slits in the top to allow steam to escape.
- 5. Bake for 30-35 minutes, or until pastry is golden brown and filling is bubbly. Cool for 10 minutes before serving.

The Classic -SO easy with our Cooked Diced Chicken!

32001 1/2" Natural Proportion 4.54 kg 170243 34" Natural Proportion 170247 1/2" Mostly Dark Meat

rosemountfoods.com





The possibilities are endless..."



The possibilities are endless..."



4 x 2.27 kg

Mozzarella

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