



ARMSTRONG FoodService

Nova Scotia Owned and Operated

#1 UPDATER

Healthcare, School and Childcare

Nutrition Specialist *notes*

Erica Baker

Healthcare, Childcare and School Specialist

erica.baker@oharmstrong.ca

Cell (902) 225-2043 Fax (902) 765-3856 Toll Free 1-800-661-6331

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



Inside

Jan. - Feb. 2017
VOLUME 25
ISSUE 6

Armstrong Notes: P. 1

Maple Leaf: P. 2

Rosemount Sales & Marketing: P. 2

Racolli: P. 2

Created by Armstrong Food Service . . . a proud Nova Scotian company.
PO Box 220, Kingston, NS B0P 1R0

RECIPE INSPIRATION...



Start with our Rosemount
COOKED DICED CHICKEN
- 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
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp celery seed
- 1 ¼ cup chicken broth
- 2/3 cup milk
- 2 (9") unbaked pie crusts



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 bottom 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 | ½" Natural Proportion | 4.54 kg |
| 170243 | ¾" Natural Proportion | 4.54 kg |
| 170247 | ½" Mostly Dark Meat | 4.54 kg |
| 170248 | ½" All White Meat | 4.54 kg |

rosemountfoods.com

Taste



foodservice



Fully Cooked

JMS Cooked Beef Burgers

Pack Size: 4.54 kg
OHA Code: 122183

JMS Broiled Meatballs

Pack Size: 4.54 kg
OHA Code: 32025

The possibilities are endless...™

Taste



foodservice



**SCH Tasty
Breaded Veal
Cutlettes**

Pack Size: 4.54 kg
OHA Code: 121060

**SCH Fully Cooked
Pulled Pork**

Pack Size: 4.54 kg
OHA Code: 360945

The possibilities are endless...™



**You put the best into your pizza.
Put the best on Top!**

In today's competitive world, value and quality are expected to be constants. Racoli™ understands this and we deliver it with taste and product performance.



**Parmalat Racoli
17% Shredded
Mozzarella**

Pack Size:
4 x 2.27 kg

OHA Code:
184277