



# ARMSTRONG FoodService

*Nova Scotia Owned and Operated*

# THE UPDATER

## Healthcare Purchasing Program

## Nutrition Specialist *notes*

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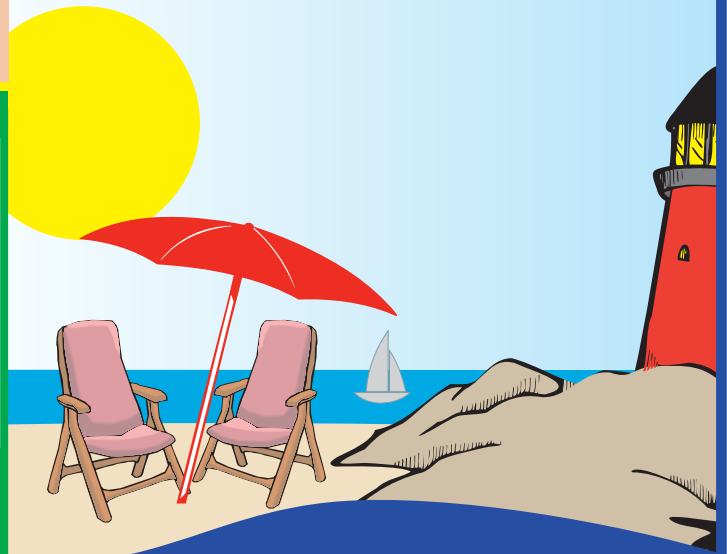
I hope everyone enjoyed this summer season. In this issue of The Updater, there is something for everyone from familiar foods to new menu ideas. Don't forget to send in your answer for our Brain Teaser question for a chance to win a General Mills product.



### QUESTION:

What is both a fruit and a colour that we eat?

Send your answers in to [erica.baker@oharmstrong.ca](mailto:erica.baker@oharmstrong.ca) for your chance to win a General Mills product.



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PO Box 220, Kingston, NS B0P 1R0

# Taste



foodservice



Taste the difference quality makes.®

**JMS Broiled Meatballs**

Pack Size: 4.54 kg  
OHA Code: 32025

**JMS Chicken Schnitzel**

Pack Size: 35 x 4 oz (4 kg)  
OHA Code: 170072

*The possibilities are endless...™*



## MultiGrain Cheerios®

OHA CODE      DESCRIPTION

186750      Multigrain Cheerios

186349      Cheerios



**Racolli 20%  
Mozzarella Shredded**  
OHA Code: 35042  
4 x 2.27 kg

**Parkay  
Margarine**  
OHA Code: 5116  
12 kg Pail



**BUTTERBALL®**

**EXCELDOR** 



**Quick & Easy  
Turkey Breast Roast**  
Armstrong Code: 118336

- No Salt Added
- Low Fat
- Meat Protein 21 g
- Cook From Frozen



**Turkey Bacon**  
Armstrong Code: 113095

- 50% Less Fat
- 50% Less Salt
- Fully Cooked - Heat & Serve!

**Cabbage Rolls**  
Armstrong Code: 164069

- 50% Beef, 50% Rice
- Cook From Frozen
- 15 Rolls Per Tray  
2 Trays Per Case



Contact Erica Baker for more information