



ARMSTRONG
FoodService

Nova Scotia Owned and Operated

THE UPDATER

Healthcare & School/Childcare Purchasing Program

Armstrong
notes

sales@oharmstrong.ca



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



Breaded Cod Sea Nuggets

OHA CODE: 610630

Case Dimensions:

13.97 H x 23.5 W x 36.20L



Fruits de mer

ALLIANCE

Seafood



Breaded Cod Fish Cake

OHA CODE: 610610

Case Dimensions:

13.97 H x 23.49 W x 36.19L

Taste



foodservice



Fully Cooked

**Breaded Pork
& Veal Cutlettes**

Pack Size: 40 x 4 oz
OHA Code: 121060 (Veal)
164397 (Pork)

Chicken Breasts

Pack Size: 4 kg
OHA Code: 21546

The possibilities are endless...™

RECIPE INSPIRATION...

TRY OUR COOKED DICED CHICKEN IN ...

Chicken Cordon Bleu Pasta Salad

1. Thaw 2 cups ½" All White Cooked Diced Chicken
2. Cook to al dente 1 16 oz pkg farfalle pasta.
Drain well and set aside.
3. Steam 1 cup broccoli florets until tender-crisp.
Drain, set aside.
4. Combine in a large bowl:
 - Cooked Diced Chicken • 2 cups diced ham •
 - 2 cups swiss cubed cheese • 1 cup broccoli florets
5. In a blender, mix together:
 - ¼ cup honey • 1½ cups mayonnaise •
 - 2 tbsp Dijon mustard • 1 tbsp white vinegar
 - 2 tbsp onion, finely chopped •
 - ½ cup olive oil • ½ tsp garlic salt
6. Stir in 2 tbsp chopped parsley, and add dressing to salad, reserving ½ cup dressing. Chill for 1 hour.
7. Just before serving, add remaining dressing, mix together and garnish with ¼ cup Parmesan cheese.



NOTHING ADDED!
Rosemount Cooked
Diced Chicken is
ready to go into your
favourite recipes!

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

for more recipes:
rosemountfoods.com

KING COLE

Make yourself at home!

NEW KING COLE STARTER PACKS

A GREAT WAY TO
DISPLAY THE
MARITIME'S #1 TEA



Includes these 9 Varieties of King Cole 20 packs:

- King Cole Decaffeinated Peppermint Green Tea
- King Cole Decaffeinated Apple Cranberry Green Tea
- King Cole Decaffeinated Honey Lemon Green Tea
- King Cole Decaffeinated Cranberry Raspberry Green Tea
- King Cole Chai Tea
- King Cole Orange Pekoe Tea (x2) *NEW
- King Cole Decaffeinated Orange Pekoe Tea *NEW
- King Cole Earl Grey Tea *NEW
- King Cole English Breakfast Tea *NEW

Barbours



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

Lynch

Since 1942

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

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