



ARMSTRONG FoodService

Nova Scotia Owned and Operated

THE UPDATER

Healthcare, School and Childcare



Armstrong *notes*

We made it through another Winter and it is time to show the love and we have you covered

It is time to get excited because in this issue we have what you need to add some excitement to your menu items.

REMINDER: Our **Annual Spring Road Show** starts this month... running between May 13th to June 21th. We are excited to be offering a wide selection of products with something for everyone. As always, we are here to help, you can contact your sales representative with any questions our reach us at the main office: **sales@oharmstrong.ca** or **1-800-661-6331**.

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Taste



Fully Cooked

**JMS Broiled
Beef Burger 3 oz**
OHA Code: 41522

**ML Homestyle
Chicken Breast Nugget**
OHA Code: 64225

The possibilities are endless...™



Wild Blueberries.....



Compared with many other fruits, Wild Blueberries are more than an antioxidant source per serving. The polyphenol compounds in Wild Blueberries are available in their deep-blue pigments. These phytochemicals, called polyphenols, are known for their potent antioxidant and anti-inflammatory properties, two factors related to healthy aging and reduced risk of chronic diseases.

OHA Code **Format**
67290 13.5 kg



Barbours

MERCHANTS OF FLAVOUR

DESCRIPTION

OHA

King Cole Orange Pekoe Tea 4/240	208541
Barbours Chicken Breeding Mix 2/3.9 kg	706097
Emblem Smooth Peanut Butter 10 kg	193836

Proudly made in the Maritimes!

For more info: shaynetrewin@barbours.ca or 902.229.5553



HARLAN



PIE SHELLS

FULL RANGE OF PORTIONED SHELLS & TOPS AVAILABLE



OHA Code	Description	Pack Size
159215	Tart Shell Quiche 4"	144 x 1.25 oz
159060	Pie Shell 5" Deep	120 x 5"
159092	Pie Shell 9" Deep	24 x 190 g

PRIMO



**Pasta Egg
Noodle Medium**
2 x 5 lb
OHA: 202277

When it comes to the staple ingredients of Mediterranean cuisine, quality is key. Primo offers a wide range of pasta, sauces, tomatoes & bean products that have been produced right in here in Canada. Primo is dedicated to delivering the highest quality of products and maintaining our reputation as the most favoured food service brand in the industry.

Taste



Fully Cooked

**ML Chicken
Souvlaki**

OHA Code: **643120**

**ML Ckd Shaved
Beef Steak**

OHA Code: **333110**

Premium **convenience**
and always **delicious**

Special Limited Quantities

Fish

OHA Code	Description	Format	Price
2014	Pollock Fingers Battered	10 lb	\$20.00
2009	Pollock Breaded Sticks	10 lb	\$20.00
2024	Pollock Burger Breaded	10 lb	\$26.00
2016	Cod Nuggets Breaded	10 lb	\$26.00

Chicken

OHA Code	Description	Format	Price
117565	Wing Split 9-13	5 kg	\$25.00
170144	Breast Nugget "Wendy's"	4 kg	\$25.00
100260	Breast Breaded (110 g - 135 g)	4 kg	\$25.00

Beef

OHA Code	Description	Format	Price
115140	Beef Top Sirloin Steak CC AA/AAA	24 x 140 gm	\$60.00

THAT'S \$2.50 PER PORTION!



Recipe Corner

Your Corner for Great Taste



PRIMO

Penne With Sweet Peppers

INGREDIENTS:

- 5 UNICO Fillets of Anchovies
- 2 UNICO Whole Roasted Peppers
- ½ cup (125 ml) of GALLO Pure Olive Oil
- 2 cloves of garlic
- salt and pepper
- 3 tbsp of dry white wine
- 1 tbsp of PRIMO Tomato Paste
- 1 cup of stock
- 350 g of PRIMO Pennine Lisce
- 1 tbsp of chopped parsley

PREPARATION:

Soak the anchovy fillets in a little milk to remove the salt. Cut roasted peppers into slivers 2.5cm long and 5mm wide. Heat the stock.

Put the garlic and drained anchovies through a grinder or food processor. Heat the oil in a large pot, add the anchovy and garlic mixture and cook over a low heat until softened. Add the slivers of pepper, stir, and moisten with the reserved juices. Season lightly, pour in the wine and allow it to evaporate slowly, then add the tomato paste diluted with the hot stock.

While the sauce is simmering, cook the pasta in a large pot of lightly salted, boiling water until al dente. Drain, transfer to the pan with the sauce and mix well. Pour into a deep heated serving tray and sprinkle with parsley.

PREPARATION TIME: 30 minutes



Wild Blueberry Crisp

- 5 Cup Wyman's Frozen Wild Blueberries
- ¾ Cup Brown Sugar
- ½ Cup Flour
- ½ Teaspoon Cinnamon
- ½ Cup Unsalted butter (At Room Temp. Cut into Small Pieces)
- ¾ Cup Rolled Oats

Preheat oven to 375 degrees Fahrenheit.

Grease 1 1/2 - 2 qt. baking dish.

Add berries and set aside.

In separate bowl combine remaining ingredients with pastry blender until well combined. Sprinkle over berries.

Bake until golden brown and berry juices begin to bubble, about 30-40 minutes.

Serve warm, top with ice cream if desired.

We're on the Web!

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

www.oharmstrong.ca

**Now Servicing
New Brunswick and PEI**