



**SIDE DISH**

# CHICKEN LO MEIN

A favorite Chinese dish with Lo Mein noodles, chicken, cabbage, celery, onion and carrots mixed in a savory brown sauce with a hint of soy sauce and sesame oil.

**0g** | **NO**  
TRANS FAT | **MSG**



## Chicken Lo Mein

### Product Description:

A favorite Chinese dish with lo mein noodles, chicken, cabbage, celery, onion, and carrots mixed in a savory brown sauce with a hint of soy sauce and sesame oil.

### Ingredient Statement:

NOODLES: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, 100% FULLY REFINED SOYBEAN OIL, SALT, NATURAL YELLOW COLOR (ORGANIC MALTODEXTRIN, ANNATTO EXTRACT [COLOR], TURMERIC [COLOR], ORGANIC RICE CONCENTRATE), POTASSIUM CARBONATE, SODIUM CARBONATE. CHICKEN AND VEGETABLES: CABBAGE, GRILLED DARK CHICKEN MEAT (CHICKEN DARK MEAT, WATER, SOY SAUCE [WATER, WHEAT, SOYBEANS, SALT], SUGAR, SAKE [WATER, RICE, KOJI, SALT], BLACK PEPPER, GARLIC POWDER, RICE STARCH, WHITE PEPPER), CELERY, ONION, CARROTS., LO MEIN SAUCE: SOYBEAN OIL, SUGAR, OYSTER FLAVORED SAUCE (WATER, SUGAR, SALT, OYSTER EXTRACTIVES [OYSTER, WATER, SALT], MODIFIED CORN STARCH, CARAMEL COLOR), WATER, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, SODIUM BENZOATE), SESAME OIL, CONTAINS 2% OR LESS OF THE FOLLOWING: CHICKEN BASE (COOKED CHICKEN, SALT, HYDROLYZED WHEAT GLUTEN, FLAVORINGS [HYDROLYZED VEGETABLE PROTEIN {CORN, WHEAT, SOY}, YEAST EXTRACT, TORULA YEAST], SUGAR, MALTODEXTRIN, CHICKEN EXTRACT, CHICKEN FAT, CARROT POWDER, MUSHROOM POWDER, TUMERIC [COLOR], DISODIUM INOSINATE AND DISODIUM GUANYLATE, XANTHAN GUM), CITRIC ACID, XANTHAN GUM, CARAMEL COLOR, BLACK PEPPER, POTASSIUM SORBATE, AND SODIUM BENZOATE (AS PRESERVATIVE). CONTAINS: SHELLFISH (OYSTERS), SOY, WHEAT.

### Preparation Instructions: These products are not ready to eat. Please follow the appropriate instructions.

**COLD CASE PROGRAM:** Heat product to 165°F for at least 15 seconds, using instructions below. Then chill product until it reaches 40°F. Transfer product to display bowl and place in cold case. **REHEATING FROM COLD CASE:** Place in microwave safe container. Microwave on high for 2 ½-3 minutes or until internal temperature reaches 165°F.

**HOT CASE PROGRAM: MICROWAVE:** Chicken & Vegetables: Open bag of frozen chicken & vegetables and empty into a microwave safe container. Heat on "High" for 6-8 minutes. Drain excess liquid. Noodles: Open bag of frozen noodles and place into a microwave safe container. Cover with plastic wrap. Heat on "High" for 6-8 minutes. Sauce: Heat sauce in bag for 4-6 minutes. Mix: Combine all ingredients together and toss until completely coated with sauce. Hold in steam table at > 140°F. Cooking time may vary due to microwave wattage. **OVEN:** Thaw bag of sauce in warm water for 2 minutes. Grease oven-safe pan with cooking spray. Remove frozen noodles and chicken & vegetable from bag and place into oven-safe pan. Open sauce bag and drizzle over noodles, chicken and vegetables. Cover with foil. Bake at 375°F for 60 minutes or until hot, stirring once halfway through. Hold in steam table at > 140°F. **STEAMER:** Open bags of frozen noodle and chicken & vegetables. Empty into a hotel pan. Wrap entire hotel pan with plastic wrap so that it is completely sealed and airtight. Place sauce bag in another hotel pan. Steam both pans for 25-35 minutes or until hot. Drain excess liquid from noodles and chicken & vegetables. Open bag of sauce and pour on top of noodles, chicken and vegetables. Stir until completely coated with sauce. Hold in steam table at > 140°F.

Minimum internal temperature should be 165°F for at least 15 seconds.

### Pack Facts:

<b>Pack:</b>	4/1.5 lb Noodles, 4/1.5 lb Chicken and Vegetable, 4/1 lb Lo Mein Sauce
<b>Piece Count/Pkg:</b>	Not Applicable
<b>Piece Count/Case:</b>	Not Applicable
<b>Case Net Wt (Lbs):</b>	16
<b>Case Gross Wt (Lbs):</b>	17.5
<b>Case Dimension:</b>	16.125"L x 10.375"W x 6.85"H
<b>Case Cube:</b>	0.66
<b>Cases/Pallet Layer:</b>	10
<b>Layers/Pallet:</b>	10
<b>Cases/Pallet:</b>	100
<b>Package Dimension:</b>	NA
<b>UPC:</b>	00695119404186
<b>GTIN:</b>	10695119404183

### Shelf Life: Product must be kept refrigerated or frozen

<b>Frozen:</b>	480 days at 0°F
<b>Refrigerated:</b>	3 days at 39.2°F
<b>Holding @140° F:</b>	2 hours
<b>Ambient Storage:</b>	N/A

Origination: 7/2/2015      Effective: 2/13/2019      Version: 2  
 Reviewed: 02/13/2019      Printed: 02/13/2019

### Nutrition Facts

**Serving Size** 100 g (100g)

Amount Per Serving

**Calories** 200

		% Daily Value
<b>Total Fat</b>	10 g	13%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	0%
<b>Cholesterol</b>	10 mg	3%
<b>Sodium</b>	530 mg	23%
<b>Total Carbohydrate</b>	24 g	9%
Dietary Fiber	1 g	4%
Total Sugars	8 g	
Includes	6g Added Sugars	12%

**Protein** 5 g

Vitamin D	0 mcg	0%
Calcium	14 mcg	3%
Iron	1 mg	6%
Potassium	113 mg	2%