



SIDE DISH

VEGETABLE LO MEIN

A favorite Chinese dish with Lo Mein noodles, 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**

Product Specifications

Item: 40419



Vegetable Lo Mein

Product Description:

Packets of lo mein noodles, vegetable blend and lo mein sauce.

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. VEGETABLES: CABBAGE, CELERY, ONION, CARROTS. SAUCE: SOYBEAN OIL, SUGAR, OYSTER SAUCE (WATER, SUGAR, SALT, OYSTER EXTRACTS, MODIFIED CORNSTARCH, CARAMEL), WATER, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT), SESAME OIL, CHICKEN BASE [ROASTED CHICKEN, SALT, HYDROLYZED WHEAT GLUTEN, FLAVOURS (CONTAINS HYDROLYZED CORN AND WHEAT GLUTEN, YEAST EXTRACT, TORULA YEAST), SUGAR, MALTODEXTRIN, CHICKEN EXTRACT, CHICKEN FAT, CARROT POWDER, MUSHROOM POWDER, TURMERIC, DISODIUM INOSINATE & GUANYLATE, XANTHAN GUM], SPICES, CARAMEL, CITRIC ACID, XANTHAN GUM, SODIUM BENZOATE, POTASSIUM SORBATE.
CONTAINS: OYSTERS, SOY, WHEAT AND SESAME SEEDS.

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: Vegetables: Open bag of frozen 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 vegetable from bag and place into oven-safe pan. Open sauce bag and drizzle over noodles 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 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 vegetables. Open bag of sauce and pour on top of noodles 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:

Pack:	4/1.5 lb Noodles, 4/1.5 lb Vegetables, 4/1 lb Sauce
Piece Count/Pkg:	Not Applicable
Piece Count/Case:	Not Applicable
Case Net Wt (Lbs):	16
Case Gross Wt (Lbs):	17.3
Case Dimension:	16.125"L x 10.375"W x 6.85"H
Case Cube:	0.66
Cases/Pallet Layer:	10
Layers/Pallet:	10
Cases/Pallet:	100
Package Dimension:	NA
UPC:	00695119404193
GTIN:	10695119404190

Nutrition Facts

Serving Size (100 g)

Servings Per Container:

Amount Per Serving

Calories 200 **Calories from Fat** 100

		% Daily Value
Total Fat	11 g	17%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	600 mg	25%
Total Carbohydrate	24 g	8%
Dietary Fiber	1 g	4%
Sugars	8 g	
Protein	3 g	
Vitamin A	4%	Vitamin C 15%
Calcium	0%	Iron 6%

Shelf Life: Product must be kept refrigerated or frozen

Frozen:	16 months
Refrigerated:	3 days
Holding @140° F:	2 hours
Ambient Storage:	N/A

Origination: 1/21/2015 Effective: 2/13/2019

Reviewed: 02/13/2019 Printed: 02/13/2019

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