

CHEEMO®

Food Service

Quality • Value • Convenience



Home Style
34 g



Super Size
30 g



Bite Size
20 g



Snax Size
14 g



Burrito TriBites
20 g

CHEEMO® PREMIUM Perogies & TriBites

*"North America's
Frozen Food Innovators"*

CHEEMO PEROGIES

Product Code	Size	Product Description	Count	Pack	Gross Wt (Kg)	Gross Wt (Lbs)	Case Cube	Case Dimensions	Pallet Pattern	UPC Code	SCC Code
00005	Bite Size	Potato & Cheddar Cheese	240	2 x 2.5 Kg	5.2 Kg	11.5 lbs	0.3249 m ³	11 x 8.5 x 6 inches	18 x 5	0 56936 00005 8	0 00 56936 00005 8
10020	Snax Size	Potato & Cheddar Cheese	360	2 x 2.5 Kg	5.2 Kg	11.5 lbs	0.0092 m ³	27.9 x 21.6 x 15.2 cm	18 x 5	0 56936 10020 8	0 00 56936 10020 8
10022	Snax Size	Potato & Onion	360	2 x 2.5 Kg	5.2 Kg	11.5 lbs	0.0092 m ³	27.9 x 21.6 x 15.2 cm	18 x 5	0 56936 10022 2	0 00 56936 10022 2
30010	Super Size	Potato & Cottage Cheese	180	2 x 2.75 Kg	5.68 Kg	12.5 lbs	0.3461 ft ³	11 x 8.5 x 6.375 inches	18 x 5	0 56936 30010 3	0 00 56936 30010 3
30025	Super Size	Potato & Onion	180	2 x 2.75 Kg	5.68 Kg	12.5 lbs	0.0092 m ³	27.9 x 21.6 x 15.4 cm	18 x 5	0 56936 30025 7	0 00 56936 30025 7
30039	Super Size	Pizza Perogy	180	2 x 2.75 Kg	5.68 Kg	12.5 lbs	0.3461 ft ³	11 x 8.5 x 6.375 inches	18 x 5	0 56936 30039 4	0 00 56936 30039 4
30040	Super Size	Potato, Bacon & Romano	180	2 x 2.75 Kg	5.68 Kg	12.5 lbs	0.0092 m ³	27.9 x 21.6 x 15.4 cm	18 x 5	0 56936 30040 0	0 00 56936 30040 0
30050	Super Size	Potato & Cheddar Cheese	180	2 x 2.75 Kg	5.68 Kg	12.5 lbs	0.3461 ft ³	11 x 8.5 x 6.375 inches	18 x 5	0 56936 30050 9	0 00 56936 30050 9
30060	Home Style	Potato & Three Cheese	160	2 x 2.75 Kg	5.68 Kg	12.5 lbs	0.0092 m ³	27.9 x 21.6 x 15.4 cm	18 x 5	0 56936 30060 8	0 00 56936 30060 8
30070	Home Style	Potato, Spinach & Feta	160	2 x 2.75 Kg	5.68 Kg	12.5 lbs	0.0092 m ³	27.9 x 21.6 x 15.4 cm	18 x 5	0 56936 30070 7	0 00 56936 30070 7

CHEEMO DELI

Product Code	Size	Product Description	Count	Pack	Gross Wt (Kg)	Gross Wt (Lbs)	Case Cube	Case Dimensions	Pallet Pattern	UPC Code	SCC Code
42270	Fully Cooked	Potato, Cheddar, Butter & Onion Perogy	6 x 30	6 x 2.2 lbs	6.5 Kg	14.3 lbs	.017 m ³	31.8 x 22.0 x 24.6 cm	16 x 4	0 56936 42270 6	1 00 56936 42270 3
43227	Fully Cooked	Potato, Cheddar, Butter & Onion Perogy	3 x 60	3 x 4.4 lbs	6.5 Kg	14.3 lbs	.017 m ³	33 x 27 x 19.5 cm	12 x 5	0 56936 43227 9	0 00 56936 43227 9

CHEEMO TRIBITES

Product Code	Size	Product Description	Count	Pack	Gross Wt (Kg)	Gross Wt (Lbs)	Case Cube	Case Dimensions	Pallet Pattern	UPC Code	SCC Code
10030	TriBites	Burrito TriBites	240	2 x 2.5 Kg	5.2 Kg	11.5 lbs	0.0092 m ³	27.9 x 21.6 x 15.2 cm	18 x 5	0 56936 10030 7	0 00 56936 10030 7

Dish Up Great Values!



As an appetizer...

Potato & Cheddar

Nutrition Facts		Valeur nutritive	
Per 120 g (4 perogies) / par 120 g			
Amount	% Daily Value	Teneur	% valeur quotidienne
Calories / Calories 200			
Fat / Lipides 1 g	2%		
Saturated / saturés 0.3 g	2%	+ Trans / trans 0 g	
Cholesterol / Cholestérol 5 mg	2%		
Sodium / Sodium 440 mg	18%		
Carbohydrate / Glucides 40 g	13%		
Fibre / Fibres 4 g	16%		
Sugars / Sucres 6 g			
Protein / Protéines 7 g			
Vitamin A / Vitamine A	0%		
Vitamin C / Vitamine C	0%		
Calcium / Calcium	15%		
Iron / Fer	15%		

Contains: Wheat, Egg, Milk.
May contain Soy, Sulphites.*

Boiled...

Potato & Cottage Cheese

Nutrition Facts		Valeur nutritive	
Per 120 g (4 perogies) / par 120 g			
Amount	% Daily Value	Teneur	% valeur quotidienne
Calories / Calories 190			
Fat / Lipides 2 g	3%		
Saturated / saturés 0.2 g	1%	+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%		
Sodium / Sodium 490 mg	20%		
Carbohydrate / Glucides 35 g	12%		
Fibre / Fibres 5 g	20%		
Sugars / Sucres 2 g			
Protein / Protéines 7 g			
Vitamin A / Vitamine A	0%		
Vitamin C / Vitamine C	4%		
Calcium / Calcium	2%		
Iron / Fer	15%		

Contains: Wheat, Egg, Milk, Sulphites.*
May contain Soy.

Baked...

Potato & Onion

Nutrition Facts		Valeur nutritive	
Per 120 g (4 perogies) / par 120 g			
Amount	% Daily Value	Teneur	% valeur quotidienne
Calories / Calories 200			
Fat / Lipides 2.5 g	4%		
Saturated / saturés 0.2 g	1%	+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%		
Sodium / Sodium 450 mg	19%		
Carbohydrate / Glucides 38 g	13%		
Fibre / Fibres 6 g	24%		
Sugars / Sucres 1 g			
Protein / Protéines 6 g			
Vitamin A / Vitamine A	0%		
Vitamin C / Vitamine C	4%		
Calcium / Calcium	2%		
Iron / Fer	20%		

Contains: Wheat, Egg.
May contain Milk, Soy, Sulphites.*

Fried!

Potato, Bacon & Romano

Nutrition Facts		Valeur nutritive	
Per 120 g (4 perogies) / par 120 g			
Amount	% Daily Value	Teneur	% valeur quotidienne
Calories / Calories 230			
Fat / Lipides 5 g	8%		
Saturated / saturés 1.5 g	9%	+ Trans / trans 0.3 g	
Cholesterol / Cholestérol 5 mg	2%		
Sodium / Sodium 350 mg	15%		
Carbohydrate / Glucides 38 g	13%		
Fibre / Fibres 4 g	16%		
Sugars / Sucres 4 g			
Protein / Protéines 7 g			
Vitamin A / Vitamine A	0%		
Vitamin C / Vitamine C	0%		
Calcium / Calcium	2%		
Iron / Fer	8%		

Contains: Wheat, Egg, Milk, Soy.
May contain Sulphites.*

Potato & Three Cheese

Nutrition Facts		Valeur nutritive	
Per 136 g (4 perogies) / par 136 g			
Amount	% Daily Value	Teneur	% valeur quotidienne
Calories / Calories 250			
Fat / Lipides 6 g	9%		
Saturated / saturés 1 g	8%	+ Trans / trans 0.5 g	
Cholesterol / Cholestérol 5 mg	2%		
Sodium / Sodium 590 mg	25%		
Carbohydrate / Glucides 45 g	15%		
Fibre / Fibres 7 g	28%		
Sugars / Sucres 1 g			
Protein / Protéines 8 g			
Vitamin A / Vitamine A	10%		
Vitamin C / Vitamine C	0%		
Calcium / Calcium	10%		
Iron / Fer	25%		

Contains: Wheat, Egg, Milk, Soy, Sulphites.*

Potato, Spinach & Feta

Nutrition Facts		Valeur nutritive	
Per 136 g (4 perogies) / par 136 g			
Amount	% Daily Value	Teneur	% valeur quotidienne
Calories / Calories 280			
Fat / Lipides 7 g	11%		
Saturated / saturés 1.5 g	8%	+ Trans / trans 0 g	
Cholesterol / Cholestérol 5 mg	2%		
Sodium / Sodium 410 mg	17%		
Carbohydrate / Glucides 49 g	16%		
Fibre / Fibres 2 g	8%		
Sugars / Sucres 1 g			
Protein / Protéines 7 g			
Vitamin A / Vitamine A	15%		
Vitamin C / Vitamine C	6%		
Calcium / Calcium	4%		
Iron / Fer	20%		

Contains: Wheat, Egg, Milk, Soy, Sulphites.*

Burrito TriBites

Nutrition Facts		Valeur nutritive	
Per 100 g (5 tribites) / par 100 g			
Amount	% Daily Value	Teneur	% valeur quotidienne
Calories / Calories 220			
Fat / Lipides 5 g	8%		
Saturated / saturés 1 g	5%	+ Trans / trans 0 g	
Cholesterol / Cholestérol 5 mg	2%		
Sodium / Sodium 560 mg	23%		
Carbohydrate / Glucides 35 g	12%		
Fibre / Fibres 3 g	12%		
Sugars / Sucres 2 g			
Protein / Protéines 7 g			
Vitamin A / Vitamine A	4%		
Vitamin C / Vitamine C	6%		
Calcium / Calcium	6%		
Iron / Fer	15%		

Contains: Wheat, Egg, Milk, Soy, Sulphites.*

CHEEMO
PREMIUM
Perogies & TriBites

Heritage Frozen Foods Ltd.

14615-124 Avenue

Edmonton, Alberta T5L 3B2

Ph. (780) 454-7383 Fax. (780) 454-2685

Email: cheemo@cheemo.com

www.cheemo.com

Ingredients

Potato & Cheddar Cheese: Enriched Wheat Flour, Fresh Potato, Water, Cheddar Cheese, Canola Oil, Salt, Egg White, Annatto.

Potato & Cottage Cheese: Enriched Wheat Flour, Fresh Potato, Water, Cottage Cheese, Canola Oil, Salt, Egg White, Seasoning (contains milk products).

Potato & Onion: Enriched Wheat Flour, Fresh Potato, Water, Onion, Canola Oil, Salt, Egg White, Seasoning.

Pizza Perogy: Enriched Wheat Flour, Water, Fresh Potato, Tomato Paste, Rice, Mozzarella Cheese, Canola Oil, Onion, Green Pepper, Egg White, Salt, Brown Sugar, Seasoning.

Potato, Bacon & Romano: Enriched Wheat Flour, Fresh Potato, Water, Margarine (contains whey powder and soy lecithin), Bacon, Romano Cheese, Egg White, Green Onion, Salt, Bacon Paste (contains hydrolyzed soy, corn and wheat protein), Pepper.

Potato & Three Cheese: Enriched Wheat Flour, Fresh Potato, Water, Margarine (contains whey powder and soy lecithin), White Cheddar, Canola Oil, Fresh Onion, Seasoning (contains hydrolyzed soy and corn protein), Egg White, Salt, Mozzarella Cheese, Swiss Cheese, Sugar.

Potato, Spinach & Feta Cheese: Enriched Wheat Flour, Fresh Potato, Water, Spinach, Feta Cheese, Margarine (contains whey powder and soy lecithin), Canola Oil, Egg White, Salt, Seasoning (contains hydrolyzed soy and corn protein), Garlic Powder.

Burrito TriBites: Enriched Wheat Flour, Ground Beans, Water, Onion, Partly Skimmed Mozzarella Cheese, Canola Oil, Cornmeal, Burrito Seasoning (contains soy sauce, corn and wheat gluten), Green Pepper, Jalapeno Pepper, Cheddar Cheese, Egg White, Potato Granules, Salt, Garlic Powder, Annatto.

* All Sulphite levels are less than 10ppm and are naturally occurring.