



**KOWALSKI'S**  
**SPIRAL-CUT HAM DINNER**  
 Serves 8  
**REHEATING INSTRUCTIONS**



**HAM WITH GLAZE**

Keep refrigerated until ready to prepare. Preheat oven to 325°. Remove ham from plastic wrapper. Place in a small roasting pan with ½ cup water. Tent pan with aluminum foil; bake until heated through and internal temperature is 120° (approx. 25-35 min.).  
*Hams are fully cooked and can be eaten cold.*

**QUATTRO FORMAGGIO HASH BROWNS\***

Keep refrigerated until ready to prepare. Remove lid; loosely cover with foil. Heat in container in a preheated 325° oven until hot (about 90 min.), stirring halfway through. If desired, once hot, remove foil and broil 2-5 min. for a crispy, dark golden top.

**MAPLE & BROWN SUGAR-GLAZED CARROTS\***

Keep refrigerated until ready to prepare. Scoop into a microwave-safe container; loosely cover with a paper towel. Microwave on HIGH until hot (5-10 min.), stirring halfway through.

*\* Hash browns and carrots must be heated to 165°. You may need to increase cooking time for a full oven (if you are heating several items at the same time) or to account for differences in your kitchen equipment.*

**DINNER ROLLS**

Wrap in foil and heat in a preheated 350° oven for 10 min. or just until hot.

**LEMON CHAMPAGNE CAKE**

Keep refrigerated.

**HOLIDAY SALAD**

Keep refrigerated until ready to prepare. In a large bowl, combine spring mix, raspberries, onion, almonds, sunflower seeds and feta cheese; toss with dressing just before serving.

**PERSONALIZED MEAL PLANNING SCHEDULE**

To serve your dinner at 6 p.m., put the ham in the oven at 3:45 p.m., hash browns at 4:30 p.m., etc. Using the chart below, fill in the time slots starting on the far right with the time you'd like to eat. Working to the left, fill in each time slot by the quarter hour. Hash browns and carrots should be heated to 165°.

**EXAMPLE**      Time:    3:30    3:45    4:00    4:15    4:30    4:45    5:00    5:15    5:30    5:45    6:00

**YOUR SCHEDULE**    Time:    \_\_\_\_\_

Ham	Preheat Oven										Rest
Quattro Formaggio Hash Browns											
Carrots											
Rolls											

**SERVE**

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# INGREDIENTS

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## **GF** KOWALSKI'S SMOKED SPIRAL-CUT HAM

Pork, water, salt, sugar, sodium phosphate, sodium erythroate, sodium nitrate.

## **GF** HONEY HAM GLAZE

Sugar, honey powder (refinery syrup, honey), spices, less than 2% soybean oil (added as a processing aid).

**Contains: soy.**

## **GF** QUATTRO FORMAGGIO HASH BROWNS

Par-cooked potatoes (dextrose, disodium dihydrogen pyrophosphate [added to maintain color], potassium sorbate [added to maintain freshness]), Quattro Formaggio cheese (mozzarella cheese, Asiago cheese, Romano cheese [pasteurized milk, cheese cultures, enzymes, salt], provolone cheese [natural smoke flavor, pasteurized milk, cheese enzymes, salt, cheese cultures, powdered cellulose, natamycin]), cream (cream, gaur gum, carrageenan, locust bean gum), yellow onion, garlic, salt, pepper, nutmeg.

**Contains: milk.**

## **GF** HOLIDAY SALAD

Spring mix, fresh raspberries, Kowalski's Raspberry Poppy Seed Dressing (vegetable oil [soybean and/or canola oil], raspberry vinegar, sugar, spices [including poppy seeds], salt), feta cheese (cultured pasteurized part-skim milk, salt, enzymes, powdered cellulose [to prevent caking]), red onion, almonds and sunflower seeds.

**Contains: soy, milk, almonds.**

## **GF** GLAZED CARROTS

Carrots, brown sugar (sugar, invert sugar, cane molasses), pure maple syrup, butter (cream, salt).

**Contains: milk.**

## BUTTER DINNER ROLLS

Wheat flour, water, butter, granulated sugar, palm oil, yeast, potato flour, wheat gluten, salt, defatted soy flour, emulsifier (mono- and diglycerides prepared from palm oil and palm with citric acid as a preservative), sodium stearoyl lactylate, monocalcium phosphate, DATEM, guar gum, ascorbic acid, soybean oil, L-cysteine, corn syrup solids, enzymes.

**Contains: wheat, milk, soy.**

Processed on equipment that comes in contact with peanuts and tree nuts.

## MULTIGRAIN DINNER ROLLS

Water, whole wheat flour, wheat flour, palm oil, yeast, granulated sugar, cracked wheat, degermed yellow corn grits, rye meal, rolled oats, barley tritcale, hulled millet (raw), flax seed, wheat germ, rice flour, sunflower kernel, honey, guar gum. Contains 2% or less of: wheat gluten, salt, defatted soy flour, emulsifier (mono- and diglycerides prepared from palm oil and palm with citric acid as a preservative), calcium stearoyl lactylate, yeast food (monocalcium phosphate, salt, calcium sulfate, corn starch, ammonium sulfate, ascorbic acid, azodicarbonamide), DATEM, monocalcium phosphate, wheat starch, ascorbic acid, yellow color blend (wheat starch, soybean oil, annatto and turmeric extract), soybean oil, L-cysteine, enzyme, azodicarbonamide, egg.

**Contains: wheat, soy, eggs.**

Processed on equipment that comes in contact with peanuts and tree nuts.

## LEMON CHAMPAGNE CAKE

Sugar, enriched flour bleached (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), soybean oil, water, Champagne, modified corn starch, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), lemon juice, cocoa, cocoa butter, milk powder, modified food starch, lemon zest, dextrose, egg white, Champagne Marc spirit (Marc de Champagne, natural flavor), propylene glycol, mono- and diglycerides, dicalcium phosphate, cellulose gum, xanthan gum, soy lecithin, cream, milk, guar gum, carrageenan, locust bean gum.

**Contains: wheat, egg, milk, soy.**

Processed on equipment that comes into contact with peanuts and tree nuts.

Keep refrigerated.



**KOWALSKI'S**  
**QUICHE BREAKFAST**  
 Serves 6  
**REHEATING INSTRUCTIONS**



**QUICHE\***

Keep refrigerated until ready to prepare. Remove cover. Bake in a preheated 325° oven until hot (about 40 min.).

**KOWALSKI'S SIGNATURE MINI PIT HAM**

Keep refrigerated until ready to prepare. Remove any packaging from ham; place in roasting pan with ½ cup water. Bake in a preheated 325° oven, covered with foil, until heated through and internal temperature is 140° (about 30 min.). *Hams are fully cooked and can be eaten cold.*

**QUATTRO FORMAGGIO HASH BROWNS\***

Keep refrigerated until ready to prepare. Remove lid; loosely cover with foil. Heat in container in a preheated 325° oven until hot (about 90 min.), stirring halfway through. Once hot, remove foil and broil 2-5 min. for a crispy, dark golden top, if desired.

*\* Quiche and hash browns must be heated to 165°. You may need to increase cooking time for a full oven (if you are heating several items at the same time) or to account for differences in your kitchen equipment.*

**FRESH CUT FRUIT**

Keep refrigerated until ready to serve.

**MARY ANNE'S MAPLE COFFEE CAKE**

Best when brought to room temperature before serving.

**KOWALSKI'S 100% PURE FRESH SQUEEZED ORANGE JUICE**

Keep refrigerated until ready to serve. Shake before pouring.

**PERSONALIZED MEAL PLANNING SCHEDULE**

To serve your breakfast at 11 a.m., put the potatoes in the oven at 9:30 a.m., then put the quiche in the oven at 10:15 a.m. and ham at 10:30 a.m. Using the chart below, fill in the time slots starting on the far right with the time you'd like to eat. Working to the left, fill in each time slot by the quarter hour. Quiche and hash browns should be heated to 165°. The ham should be heated to a minimum of 140°.

**EXAMPLE**      Time:    9:15    9:30    9:45    10:00    10:15    10:30    10:45    11:00

**YOUR SCHEDULE**    Time:    \_\_\_\_\_

Quattro Formaggio Hash Browns	Preheat Oven									
Quiche										
Ham										

**SERVE**

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# INGREDIENTS

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## CHEESE QUICHE

Pasteurized eggs (whole eggs, citric acid [added to preserve color], 0.15% water added as a carrier for citric acid), heavy cream (cream, guar gum, carrageenan, locust bean gum), pie crust (enriched flour [wheat flour, niacin, iron, thiamine mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], interesterfied soybean oil, water, hydrogenated cottonseed oil, high fructose corn syrup, salt, soy flour), mild Cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, annatto color, potato starch, powdered cellulose [to prevent caking], natamycin [natural mold inhibitor]), shredded Swiss cheese (pasteurized grade A milk, cheese culture, salt enzymes, powdered cellulose [to prevent caking]), shredded fontina cheese (cultured pasteurized milk, enzymes, salt, cellulose).

**Contains: wheat, milk, soy, egg.**

Processed on equipment that comes in contact with peanuts and tree nuts.

## HAM & CHEESE QUICHE

Pie crust (flour, partially hydrogenated vegetable shortening [soybean oil and/or cottonseed oil], water, contains 2% or less of each of the following: dextrose, salt, preserved with sodium propionate), pasteurized eggs, heavy cream (cream, guar gum, carrageenan, locust bean gum), shredded Cheddar cheese (mild Cheddar cheese [pasteurized milk, cheese culture, salt, enzymes, annatto color], potato starch and powdered cellulose [to prevent caking], natamycin [natural mold inhibitor]), shredded Swiss cheese (pasteurized grade A milk, cheese culture, salt, enzymes, powdered cellulose [to prevent caking]), smoked Virginia ham (cured with water, sugar, salt, contains 2% or less of: potassium lactate, sodium phosphate, sodium diacetate, sodium erythorbate, sodium nitrite, seasoning [salt, spice extractives]), black pepper.

**Contains: wheat, milk, soy, egg.**

Processed on equipment that comes in contact with peanuts and tree nuts.

## VEGGIE QUICHE

Pie crust (flour, partially hydrogenated vegetable shortening [soybean oil and/or cottonseed oil], water, contains 2% or less of each of the following: dextrose, salt, preserved with sodium propionate), pasteurized eggs, heavy cream (cream, guar gum, carrageenan, locust bean gum), shredded Cheddar cheese (mild Cheddar cheese [pasteurized milk, cheese culture, salt, enzymes, annatto color], potato starch and powdered cellulose [to prevent caking], natamycin [natural mold inhibitor]), shredded Swiss cheese (pasteurized grade A milk, cheese culture, salt, enzymes, powdered cellulose [to prevent caking]), broccoli, green and red pepper, zucchini, thyme, black pepper.

**Contains: wheat, milk, soy, egg.**

Processed on equipment that comes in contact with peanuts and tree nuts.

## **GF** KOWALSKI'S SIGNATURE MINI PIT HAM

Pork, water, salt, sugar, sodium phosphate, sodium erythorbate, sodium nitrate.

## **GF** QUATTRO FORMAGGIO HASH BROWNS

Par-cooked potatoes (dextrose, disodium dihydrogen pyrophosphate [added to maintain color], potassium sorbate [added to maintain freshness], Quattro Formaggio cheese (mozzarella cheese, Asiago cheese, Romano cheese [pasteurized milk, cheese cultures, enzymes, salt], provolone cheese [natural smoke flavor, pasteurized milk, cheese enzymes, salt, cheese cultures, powdered cellulose, natamycin]), cream (cream, guar gum, carrageenan, locust bean gum), yellow onion, garlic, salt, pepper, nutmeg.

**Contains: milk.**

## MARY ANNE'S COFFEE CAKE

Bleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), margarine (partially hydrogenated soybean and cottonseed oils, nonfat milk, salt, mono- and diglycerides, soy lecithin, vitamin A palmitate, beta carotene [for color]), water, whole eggs, yeast, sugar, invert sugar, dextrose, nonfat dry milk, mono- and diglycerides, salt, leavening (sodium bicarbonate, sodium acid pyrophosphate), yellow color extracted from annatto and turmeric, natural and artificial flavor, cornstarch, citric acid, cinnamon, almonds.

**Contains: wheat, milk, eggs, soy, nuts.**

Processed on equipment that comes in contact with peanuts and tree nuts.

## **GF** CUT FRUIT WITH MASCARPONE AND BROWN SUGAR

Cantaloupe, red grapes, green grapes, pineapple, strawberries, blackberries, kiwi, blueberries, pomegranate.

## **GF** KOWALSKI'S FRESH SQUEEZED ORANGE JUICE

Oranges.