



Food Service

Quality • Value • Convenience



Home Style
34 g
(1.25 oz)



Super Size
30 g
(1.0 oz)



Bite Size
20 g
(0.75 oz)



Snax Size
15 g
(0.5 oz)



Empanada -
Bean & Cheese
30 g
(1.0 oz)



PREMIUM Perogies



A Canadian family-owned company proudly using wholesome ingredients grown by Canadian farmers.

EMPANADA

Product Code	Size	Product Description	Count	Pack	Gross Wt (Kg)	Gross Wt (Lbs)	Case Cube	Case Dimensions	Pallet Pattern	UPC Code	SCC Code
10050	Super Size	Empanada	165	5 Kg	5.2 Kg	11.5 lbs	0.0092 m ³	27.9 x 21.6 x 16.2 cm	18 x 5	0 56936 10050 7	0 00 56936 10050 7

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	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 00005 8	0 00 56936 00005 8
10020	Snax Size	Potato & Cheddar Cheese	360	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
30010	Super Size	Potato & Cottage Cheese	180	5.5 Kg	5.68 Kg	12.5 lbs	0.0098 m ³	27.9 x 21.6 x 16.2 cm	18 x 5	0 56936 30010 3	0 00 56936 30010 3
30025	Super Size	Potato & Onion	180	5 Kg	5.68 Kg	12.5 lbs	0.0098 m ³	27.9 x 21.6 x 16.2 cm	18 x 5	0 56936 30025 7	0 00 56936 30025 7
30039	Super Size	Pizza Perogy	180	5.5 Kg	5.68 Kg	12.5 lbs	0.0098 m ³	27.9 x 21.6 x 16.2 cm	18 x 5	0 56936 30039 4	0 00 56936 30039 4
30040	Super Size	Potato, Bacon & Romano	180	5.5 Kg	5.68 Kg	12.5 lbs	0.0098 m ³	27.9 x 21.6 x 16.2 cm	18 x 5	0 56936 30040 0	0 00 56936 30040 0
30050	Super Size	Potato & Cheddar Cheese	180	5.5 Kg	5.68 Kg	12.5 lbs	0.0098 m ³	27.9 x 21.6 x 16.2 cm	18 x 5	0 56936 30050 9	0 00 56936 30050 9
30060	Home Style	Potato & Three Cheese	160	5.5 Kg	5.68 Kg	12.5 lbs	0.0102 m ³	27.9 x 21.6 x 16.9 cm	18 x 5	0 56936 30060 8	0 00 56936 30060 8
30070	Home Style	Potato, Spinach & Feta	160	5.5 Kg	5.68 Kg	12.5 lbs	0.0102 m ³	27.9 x 21.6 x 16.9 cm	18 x 5	0 56936 30070 7	0 00 56936 30070 7
70000	Super Size	Potato & Cheddar Cheese	352	10 x 907 g	9.15 Kg	20.5 lbs	0.0178 m ³	23.5 x 38.4 x 23.5 cm	13 x 4	0 56936 70000 2	0 00 56936 70000 9

DELI PEROGIES

Product Code	Size	Product Description	Count	Pack	Gross Wt (Kg)	Gross Wt (Lbs)	Case Cube	Case Dimensions	Pallet Pattern	UPC Code	SCC Code
40001	Pre-cooked	Cheddar/Onions/Butter	15 pcs	12	6.82 Kg	15 lbs	0.0217 m ³	48.9 x 21.9 x 20.3 cm	5 x 10	0 56936 40001 5	1 00 56936 40001 5
43227	Pre-cooked	Cheddar/Onions/Butter	3 x 60	3 x 5 lbs	6.81 Kg	15 lbs	0.0016 m ³	32.6 x 26.6 x 18.7 cm	5 x 12	0 56936 43227 9	1 00 56936 43227 9
40002	Pre-cooked	Cheddar/Onions/Butter	30 pcs	6	6.82 Kg	15 lbs	0.0263 m ³	46.0 x 29.5 x 19.4 cm	8 x 5	0 56936 40002 2	1 00 56936 40002 2

Innovation and Versatility



Perogy Poutine



Perogy Potato Salad



Perogy Sliders



Perogy Bacon Appetizer

Potato & Cheddar

Nutrition Facts Valeur nutritive	
Per 3 perogies (90 g) par 3 pérogies (90 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 2 g	3 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 320 mg	13 %
Carbohydrate / Glucides 31 g	10 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Allergens: Contains Wheat, Milk. May contain Soy.

Potato & Cottage Cheese

Nutrition Facts Valeur nutritive	
Per 3 perogies (90 g) par 3 pérogies (90 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 360 mg	15 %
Carbohydrate / Glucides 31 g	10 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Allergens: Contains Wheat, Milk. May contain Soy.

Potato & Onion

Nutrition Facts Valeur nutritive	
Per 3 perogies (90 g) par 3 pérogies (90 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 310 mg	13 %
Carbohydrate / Glucides 31 g	10 %
Fibre / Fibres 1 g	5 %
Sugars / Sucres 2 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	0 %
Iron / Fer	10 %

Allergens: Contains Wheat. May contain Milk, Soy.

Pizza Perogy

Nutrition Facts Valeur nutritive	
Per 3 perogies (90 g) par 3 pérogies (90 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 180	
Fat / Lipides 3 g	5 %
Saturated / saturés 0.5 g + Trans / trans 0 g	3 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 320 mg	13 %
Carbohydrate / Glucides 33 g	11 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Allergens: Contains Wheat, Milk, and Soy.

Potato, Bacon & Romano

Nutrition Facts Valeur nutritive	
Per 3 perogies (90 g) par 3 pérogies (90 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
Fat / Lipides 2.5 g	4 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 320 mg	13 %
Carbohydrate / Glucides 32 g	11 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Allergens: Contains Wheat, Milk, and Soy.

Potato & Three Cheese

Nutrition Facts Valeur nutritive	
Per 3 perogies (90 g) par 3 pérogies (90 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 180	
Fat / Lipides 3.5 g	5 %
Saturated / saturés 1 g + Trans / trans 0 g	4 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 350 mg	15 %
Carbohydrate / Glucides 31 g	10 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Allergens: Contains Wheat, Milk, and Soy.

Potato, Spinach & Feta

Nutrition Facts Valeur nutritive	
Per 3 perogies (90 g) par 3 pérogies (90 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 180	
Fat / Lipides 4 g	6 %
Saturated / saturés 1 g + Trans / trans 0 g	5 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 260 mg	11 %
Carbohydrate / Glucides 30 g	10 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Allergens: Contains Wheat, Milk, and Soy.

Empanada - Bean & Cheese

Nutrition Facts Valeur nutritive	
Per 3 perogies (90 g) par 3 pérogies (90 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 190	
Fat / Lipides 4 g	6 %
Saturated / saturés 0.5 g + Trans / trans 0 g	4 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 370 mg	15 %
Carbohydrate / Glucides 32 g	11 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 2 g	
Protein / Protéines 7 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	4 %
Iron / Fer	10 %

Allergens: Contains Wheat, Milk, and Soy.

Ingredients

Potato & Cheddar Cheese

Enriched Wheat Flour, Fresh Potatoes, Water, Cheddar Cheese, Canola Oil, Salt, Annatto.

Potato & Cottage Cheese

Enriched Wheat Flour, Fresh Potatoes, Water, Cottage Cheese, Salt, Canola Oil, Cottage Cheese Seasoning (Buttermilk Powder, Dehydrated Onion, Sour Cream Powder, Sour Cream Solids, Whey Powder, Artificial Flavour, Sodium Diacetate, Lactic Acid, Garlic Powder, Citric Acid, Spice, Disodium Inosinate, Disodium Guanylate, Silicon Dioxide), Pepper.

Potato & Onion

Enriched Wheat Flour, Fresh Potatoes, Water, Onion, Canola Oil, Salt, Pepper.

Pizza Perogy

Enriched Wheat Flour, Fresh Potatoes, Water, Pizza Seasoning (Dehydrated Vegetables [Tomato, Onion, Garlic, Red and Green Bell Pepper], Salt, Cheese Flavour, Sugar, Spice, Hydrolyzed Corn and Soy Proteins), Margarine (Contains Modified Palm Oil and Palm Kernel Oil), Canola Oil, Salt, Mozzarella Cheese.

Potato, Bacon & Romano

Enriched Wheat Flour, Fresh Potatoes, Water, Romano Cheese Product, Bacon, Green Onion, Canola Oil, Vegetable Oil Margarine (Contains Modified Palm Oil and Palm Kernel Oil), Salt, Seasoning (Salt, Corn Syrup Solids, Hydrolyzed Plant Protein, Canola Oil, Wheat Flour, Sugar, Dextrose, Dehydrated Vegetables, Autolyzed Yeast Extract, Flavour, Citric Acid, Colour), Pepper.

Potato & Three Cheese

Enriched Wheat Flour, Fresh Potatoes, Water, Vegetable Oil Margarine (Contains Modified Palm Oil and Palm Kernel Oil), White Cheddar Cheese, Seasoning (Salt, Sugar, Dehydrated Onion, Hydrolyzed Soy and Corn Protein, Cornstarch, Spice, Disodium Inosinate, Disodium Guanylate), Canola Oil, Salt, Onion, Mozzarella Cheese, Swiss Cheese.

Potato, Spinach & Feta Cheese

Enriched Wheat Flour, Fresh Potatoes, Water, Vegetable Oil Margarine (Contains Modified Palm Oil and Palm Kernel Oil), Spinach, Feta Cheese, Canola Oil, Salt, Seasoning (Salt, Sugar, Dehydrated Onion, Hydrolyzed Soy and Corn Protein, Cornstarch, Spice, Disodium Inosinate, Disodium Guanylate), Garlic Powder.

Empanada - Bean & Cheese

Enriched Wheat Flour, Ground Beans, Water, Onion, Canola Oil, Seasoning (Dehydrated Vegetables, Salt, Dried Yeast, Maltodextrin, Spice, Citric Acid, Caramel, Natural Flavour [Corn Gluten, Soy Sauce, Wheat Gluten, Salt]), Green Pepper, Mozzarella Cheese, Jalapeno Pepper, Cheddar Cheese, Salt, Garlic Powder, Annatto.

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Extensive **CHEEMO** Perogies recipe ideas are available at www.cheemo.com