

How To Use

Just defrost
(overnight) under
refrigeration. Tray
perogies as desired,
and place into
Re-Therm units

For more information,
please contact your Food
Service Distributor
Representative or

() _____

Did you know
that CHEEMO
Perogies are.....

- ◆ Trans Fat Free
- ◆ Low Cholesterol
- ◆ Low Fat
- ◆ Source of Protein
- ◆ Pre-Cooked
- ◆ Made from FRESH
and NATURAL
ingredients

CHEEMO
PREMIUM
Perogies & TriBites

"So Cool We're Frozen"

CHEEMO
PREMIUM
Perogies

Presents
"Fully
Cooked,
Re-Therm
Approved"

Potato &
Cheddar
Perogies

Food Service
Quality • Value • Convenience



Pack Size Info

180 Perogies per case
(Approx. 1oz each)

3 Foil Trays (1/2 Pans)
60 Perogies per tray

CHEEMO Code: 43227

Outstanding Taste ... Outstanding Value!

Nutritional Info

(based on 1 tsp of Maza Cheese & 1 tsp of onions)

Serving Size 120g (4 Perogies)

		% Daily Value
Calories	235	
Total Fat	4.5g	7%
Saturated Fat	0.3g	2%
Trans Fat	0	
Cholesterol	5mg	2%
Sodium	440mg	18%
Carbohydrate	40g	13%
Fibre	4g	16%
Sugar	6g	
Protein	7g	
Vitamin A	0	
Vitamin C	0	
Calcium		15%
Iron		15%

**Just Heat
& Serve!**

A fully cooked
Potato & Cheddar
Cheese Perogy
topped with
sauteed onions and
buttery style oil.

