



# IQF FROZEN VEGETABLES

RETAIL

# EVERY CUT. EVERY KERNEL. PURE QUALITY.

## AVAILABLE PRODUCTS:

- BROCCOLI
- BRUSSEL SPROUTS
- CARROTS
- CAULIFLOWER
- CELERY
- CORN
- DRY BEANS
- GREEN BEANS
- OKRA
- ONION
- PEAS
- PEPPERS
- POTATOES
- SPINACH
- OTHER

## OPTIONS:

- MIXED BLENDS
- FIRE-ROASTED
- ORGANIC
- STIR-FRY BLENDS

# YOUR GO-TO VEG MIX, STIR FRY OR BLEND.

## AVAILABLE PRODUCTS:

- BI-COLOR CORN BLEND** | Supersweet White and Gold Corn
- BRAZILIAN BLEND** | Supersweet Corn, Black Beans, Red and Green Diced Peppers
- CALIFORNIA BLEND** | Broccoli Florets & Stalks, Cauliflower, Carrots
- CAPRI BLEND** | French Style Green Beans, Carrots, Zucchini, Yellow Squash
- CHUCK WAGON CORN BLEND** | Supersweet Gold Corn, Diced Red and Green Peppers, Diced Onions
- COUNTRY BLEND** | Supersweet Gold Corn, Julienned Carrots, Cut Green Beans
- FAJITA BLEND** | Onion Strips & Pepper Strips
- FAR EAST BLEND** | Broccoli Florets & Stalks, Carrots, Chinese Pea Pods, Baby Corn, Pearl Onions, Water Chestnuts, Red Pepper Strips, Bamboo Shoots
- FIESTA BLEND** | Broccoli Florets, Crinkle Cut Carrots, Navy Beans, Kidney Beans, Garbanzo Beans, Italian Green Beans, Diced Red Pepper
- ITALIAN BLEND** | Zucchini, Cauliflower, Crinkle Cut Carrots, Italian Green Beans, Lima Beans
- JAPANESE BLEND** | French Style Green Beans, Broccoli Florets & Stalks, Mushrooms, Red Pepper
- KYOTO BLEND** | Mukimame, Broccoli Florets & Stalks, Julienne Carrots, Sweet Gold Corn, Red Pepper Strips
- MIDORI BLEND** | Mukimame, Sugar Snap Peas, Baby Corn, Red Pepper Strips, Water Chestnuts
- MIRE POIX BLEND** | Diced Onions, Diced Carrots, Diced Celery
- MIXED VEG 3-WAY** | Diced Carrots, Peas, Corn
- MIXED VEG 4-WAY** | Supersweet Gold Corn, Diced Carrots, Sweet Peas, Cut Green Beans
- MIXED VEG 5-WAY** | Sweet Peas, Supersweet Gold Corn, Diced Carrots, Cut Green Beans, Lima Beans
- NORMANDY BLEND** | Broccoli Florets & Stalks, Cauliflower, Sliced Carrots, Zucchini, Yellow Squash
- ONION & DICED PEPPER BLEND** | Diced Onions, Diced Green Peppers
- ORIENTAL BLEND** | French Style Green Beans, Broccoli Florets & Stalks, Onion Strips, Sliced Mushrooms, Diced Red Pepper
- PEAS & CARROTS** | Sweet Peas, Diced Carrots
- DICED PEPPER BLEND** | Diced Red & Green Peppers
- PEPPER STRIPS BLEND** | Red, Green (and Yellow) Pepper Strips
- PRINCE CHARLES BLEND** | Whole Green Beans, Whole Wax Beans, Baby Carrots
- ROMA BLEND** | Julienne Carrots, Cauliflower, Cut Green Beans, Zucchini, Lima Beans
- SAN FRANCISCO BLEND** | French Style Green Beans, Broccoli Florets & Stalks, Onion Strips, Sliced Mushrooms, Diced Red Pepper
- SCANDINAVIAN BLEND** | Sweet Peas, Zucchini, Cut Green Beans, Julienne Carrots, Diced Onions
- SEASONING BLEND** | Diced Onions, Diced Celery, Diced Red Peppers, Diced Green Peppers
- STEW VEGETABLES BLEND** | Double Diced Potatoes, Diced Carrots, Sweet Peas, Corn, Cut Green Beans, Lima Beans, Okra, Celery, Onion
- WINTER BLEND** | Cauliflower, Broccoli Florets & Stalks
- WISCONSIN BLEND** | Supersweet Gold Corn, Crinkle Cut Carrots, Cut Green Beans
- DELUXE STIR FRY** | Broccoli Florets & Stalks, Italian Cut Green Beans, Shoestring Carrots, Water Chestnuts, Red Pepper Strips, Baby Corn
- PEPPER STIR FRY** | Onion Strips, Green Pepper Strips, Red Pepper Strips, Yellow Pepper Strips
- STIR FRY** | Multiple varieties

AVAILABLE IN A VARIETY OF PACKAGING OPTIONS AND SIZES



FOR SAMPLES OR MORE INFORMATION  
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VISIT US ONLINE  
[LAKESIDEFOODS.COM](http://LAKESIDEFOODS.COM)



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