

<b>A. Chicken Curry Long Grain Rice</b>		<b>per 100g</b>	<b>per 260g (serving)</b>		
Allergens: <b>Milk, Celery, Mustard</b>		Energy(kJ)	409	1064	low in fat
Curry Sauce: Water, Curry Powder (Modified Maize Starch, Sugar, Fat Powder (Refined palm oil, Whey Powder ( <b>MILK</b> ), <b>Milk</b> protein, Stabilizer (Pentasodium triphosphate), Anti-caking agent (Silicon dioxide)), Tomato Powder, Yeast Extract, Salt, Spices (Pepper, Coriander, Fenugreek, Cumin, Turmeric, Cayenne, Cinnamon, Clove, <b>CELERY</b> , Ginger, <b>MUSTARD</b> ), Flavouring, Garlic Powder, Colour (Turmeric Extract), Dried Glucose Syrup, Anticaking Agent (Calcium Silicate), Acidity Regulator (Citric Acid) White Rice: Long grain rice, boiled Chicken: Chicken Breasts, Water, Salt, Emulsifier E451i. Peas, Carrots		Energy(Kcal)	97	252	low in Sat fat
		Fat(g)	1	2.7	low in sugar
		Fat Saturates(g)	0.4	1.1	
		Carbs(g)	16.6	43.3	
		Carbs Sugars(g)	2.1	5.4	
		Fibre(g)	0.9	2.3	
		Protein(g)	5.5	14.4	
		Salt(g)	0.6	1.7	
		<b>B. Baked Goujon with Mexican Corn and Cubes</b>		<b>per 100g</b>	<b>per 185g (serving)</b>
Allergens: <b>Gluten (Wheat)</b>		Energy(kJ)	442	817	
Mexican Corn: Roasted corn 37.5%, corn 37.5%, grilled red sweet pepper, red kidney beans, rapeseed and sunflower oil, salt, maltodextrin, garlic powder, paprika powder, dextrose chilli powder, vegetable and herb extracts, natural flavouring, smoke flavouring, emulsifier E 322. Potato Cubes: 99% potato, salt, spices, garlic powder, red paprika, potato starch, herbs, natural flavouring, smoked maltodextrin, sunflower oil, paprika concentrate. Chicken Goujon: 100% Chicken Breast, 32% Water, Stabilizer (E451), Glucose Syrup, Salt, Starch, Natural Flavour, Breadcrumbs ( <b>Wheat</b> flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt, Caramelised Sugar Syrup, Yeast), Potato Starch, Maize Starch, <b>WHEAT</b> Starch, Colour: Paprika E160c Colour: Curcumin E100 Methylcellulose E464, Rapeseed Oil		Energy(Kcal)	106	196	Low in Fat
		Fat(g)	1.4	2.5	Low in sat fat
		Fat Saturates(g)	0.2	0.4	Low in suagars
		Carbs(g)	16.9	31.3	
		Carbs Sugars(g)	1.7	3.2	
		Fibre(g)	1	1.9	
		Protein(g)	5.7	10.6	
		Salt(g)	0.6	1.1	
		<b>C. Chicken Curry Super Noodle</b>		<b>per 100g</b>	<b>per 200g (serving)</b>
Allergens: <b>Gluten (wheat), Milk</b>		Energy(kJ)	429	857	
Noodles: water (51.2 %), durum <b>wheat</b> semolina (47,7 %), sunflower oil (0,5 %), salt (0,5 %), milled turmeric root: colouring food (0,1 %) Chicken: Chicken Breasts, Water, Salt, Emulsifier E451i. Curry Sauce C: Water, Apple Puree, Sugar, Red Peppers, Pineapple, Onions, Modified Starch, Cream ( <b>Milk</b> ), Rapeseed Oil, Spices, Whey Protein Concentrate ( <b>Milk</b> ), Concentrated Lemon Juice, Salt, Flavourings, Acidity Regulator: Lactic Acid; Colour: Paprika Extract.		Energy(Kcal)	102	204	Low in fat
		Fat(g)	1.1	2.2	Low in sat fat
		Fat Saturates(g)	0.3	0.5	Low in sugar
		Carbs(g)	12,5	27	
		Carbs Sugars(g)	4.4	8.8	
		Fibre(g)	1.5	2.9	
		Protein(g)	8.7	17.4	
		Salt(g)	0.7	1.4	
<b>D. Roast Chicken Breast Mash Veg Gravy</b>		<b>per 100g</b>	<b>per 240g (serving)</b>		
Allergens: <b>Milk</b>		Energy(kJ)	588	1412	Low in fat
Chicken: Chicken Breast, Water, Salt. GLUTEN FREE GRAVY: Water, Gravy Mix (Modified Maize Starch, Maltodextrin, Salt, Potato Starch, Yeast Extracts, Tomato Powder, Sugar, Rice Flour, Flavouring, Colour (E150 a), Onion Powder, Spices (Paprika, Pepper)), Modified Maize starch. MASH: 73% potatoes, whey permeate ( <b>MILK</b> ), 8,8% cream ( <b>MILK</b> ), skimmed <b>MILK</b> , salt, spices, pepper extract. . Carrot & Parsnip: Carrot (49%), Parsnip (49%), Butter ( <b>MILK</b> ), Salt), Salt, Cracked Black Pepper.		Energy(Kcal)	85	206	low in sat fat
		Fat(g)	1.5	3.6	low in sugar
		Fat Saturates(g)	0.4	1	low in salt
		Carbs(g)	11.1	26.6	
		Carbs Sugars(g)	2.3	5.6	
		Fibre(g)	1.6	3.8	
		Protein(g)	7.8	18.6	
		Salt(g)	0.3	0.8	

<b>E. Vegetable Curry Brown Rice</b>		<b>per 100g</b>	<b>per 230g (serving)</b>	
<b>Allergen: Milk, Celery, Mustard</b>	Energy(kJ)	413	952	Low in fat
Curry Sauce: Water, Curry Powder( modified maize starch, sugar, fat powder (refined palm oil, WHEY POWDER ( <b>MILK</b> ), <b>MILK</b> protein, stabilizer (Pentasodium triphosphate), anti-caking agent (silicon dioxide)), tomato powder, yeast extract, salt, Spiced (Pepper, coriander, fenugreek, cumin, turmeric, cayenne, cinnamon, clove, <b>CELERY</b> , ginger, <b>MUSTARD</b> ), Flavouring, Garlic powder, colour (Turmeric extract), Dried glucose syrup, anti-caking agent (Calcium Silicate), Acidity Regulator (Citric acid). Peas. Carrots. Chickpeas: Chickpeas (60%), Water (40%) Brown Rice: Long grain rice, boiled	Energy(Kcal)	98	225	Low in sat fat
	Fat(g)	1.3	3.1	Low in sugar
	Fat Saturates(g)	0.9	2	
	Carbs(g)	18.3	42.1	
	Carbs Sugars(g)	2.3	5.4	
	Fibre(g)	1.4	3.2	
	Protein(g)	2.5	5.7	
	Salt(g)	0.7	1.7	
<b>F. Swedish Meatballs Mash Peas Gravy</b>				
<b>Allergens: Milk</b>	Energy(kJ)	771	928	Low in sugar
Meatballs: PORK and Beef, water, onion, potato, potato flour, salt, potato fiber, spices. GLUTEN FREE GRAVY: Water, Gravy Mix (Modified Maize Starch, Maltodextrin, Salt, Potato Starch, Yeast Extracts, Tomato Powder, Sugar, Rice Flour, Flavouring, Colour (E150 a), Onion Powder, Spices (Paprika, Pepper)), Modified Maize starch, MASH: 73% potatoes, whey permeate ( <b>MILK</b> ), 8,8% cream ( <b>MILK</b> ), skimmed <b>MILK</b> , salt, spices, pepper extract. Peas.	Energy(Kcal)	88	220	
	Fat(g)	3.3	8.3	
	Fat Saturates(g)	1.4	3.5	
	Carbs(g)	12.2	30.4	
	Carbs Sugars(g)	1.4	3.6	
	Fibre(g)	2	5	
	Protein(g)	2.5	6.3	
	Salt(g)	0.4	1.1	
<b>G. Meatballs Tomato Sauce Penne Pasta</b>				
<b>Allergens: Gluten (Wheat)</b>	Energy(kJ)	506	1164	Low in sugar
Meatballs: PORK and Beef, water, onion, potato, potato flour, salt, potato fiber, spices. Pasta: Water, Durum <b>WHEAT</b> Flour, Water, Vegetable Oil. Tomato Sauce: Tomato (57%), Onion (7%), Sweet Potato (7%), Courgette (7%), Red Pepper (7%), Aubergine (7%), Tomato Paste, Garlic Puree, Herbs, Corn Starch, Concentrated Lemon Juice, Extra Virgin Olive Oil, Salt, Spice.	Energy(Kcal)	119	274	
	Fat(g)	0.8	1.9	
	Fat Saturates(g)	1.1	2.6	
	Carbs(g)	17.3	39.7	
	Carbs Sugars(g)	1.8	4.1	
	Fibre(g)	1.7	4	
	Protein(g)	6.3	14.5	
	Salt(g)	0.2	0.5	
<b>H. Rainbow Veggie Bites with Quinoa Mix</b>				
<b>Allergens: Soya</b>	Energy(kJ)	693	1385	low in sat fat
Insalata Eldorado: Quinoa (water, white quinoa, red quinoa), vegetables [beans ( <b>SOY</b> bean, black bean), sweet corn, grilled red pepper, tomato, spring onion], dressing [water, sunflower oil, seasoning (salt, coconut powder (coconut milk, maltodextrin, modified starch), tomato, spices, sugar, lemon juice powder (lemon juice concentrated, maltodextrin), citrus fibre, herbs, natural cucumber flavouring, spice extract), white wine vinegar (water, white wine vinegar)], fruit [mango, dried cranberry (cranberries, sugar, cranberry powder, sunflower oil)]. Orange vegetable fingers: Carrot 29%, crumbs (potato, carrot 34%, curcuma, yeast), sweet potato 10%, butternut squash 9%, sunflower and rapeseed oil, corn starch, water, onion, pea flour, chickpea flour, potato flakes, salt, dried vegetables (onion, tomato, garlic), black pepper. Red crusted broccoli fingers: Broccoli 44%, crumbs (beetroot 50%, potato), water, rapeseed oil and sunflower oil, potatoes, corn starch, pea flour, chickpea flour, dried vegetables (onion, tomato, garlic), onion, potato flakes, salt. Golden corn fingers: corn 38%, corn semolina 16%, yellow carrots, water, rapeseed oil and sunflower oil, corn starch, onion, chickpea flour, potato flakes, salt, dried vegetables (onion, tomato, garlic), spices.	Energy(Kcal)	166	331	low in sugars
	Fat(g)	6.8	13.6	
	Fat Saturates(g)	0.9	1.9	
	Carbs(g)	20.7	41.4	
	Carbs Sugars(g)	4.1	8.1	
	Fibre(g)	3.2	6.3	
	Protein(g)	3.7	7.4	
	Salt(g)	0.8	1.5	

<b>J. Shreded Chicken Breast Spice Bag</b>		<b>per 100g</b>	<b>per 200g (servings)</b>	
Allergens: none	Energy(kJ)	488	975	
Chicken: Chicken Breast, Water, Salt, Pepppers: 100% pepppers. Spice Bag Seasoning: Spices (Chilli, Coriander Cayenne, Aniseed, Star Anise, Fenne, Cinnomon), Salt, Sugar, Dried, Garlic, Dried Onion, Black Pepper, Yeast Extract, Herb, Acidity Regulator; Lactic Acid. Cubes: 99% potato, salt, spices, garlic powder, red paprika, potato starch, herbs, naturalflavouring, smoked maltodextrin, sunfloweroil, paprika concentrate.	Energy(Kcal)	138	276	
	Fat(g)	3.4	6.8	
	Fat Saturates(g)	1.8	3.7	
	Carbs(g)	12.5	25	
	Carbs Sugars(g)	1.4	2.8	
	Fibre(g)	1.7	3.4	
	Protein(g)	9.2	18.4	
	Salt(g)	0.7	1.3	
<b>K. Beef Chilli Cheese Wedges</b>				
		<b>per 100g</b>	<b>per 180g (serving)</b>	
Allergens: Gluten (WHEAT), Milk, Celery, Soya	Energy(kJ)	445.2	1113	
Beef Chilli: Irish Minced Beef (34%), Water, Onion, Mixed Peppers, Kidney Beans (9%)(Dark Red Kidney Beans (60%), Water, Sugar, Salt), Tomato Puree, BBQ Sauce (Water, Sugar, Tomato Puree, Soy Sauce (Water, SOYABEANS, WHEAT Flour, Preservative (Potassium Sorbate), Starch, Cajun Seasoning (Garlic, Herbs, Spices, Salt, Onion, Dextrose), Salt, Acetic Acid, Smoke Flavour, Black Pepper, Preservative (Potassium Sorbate), Mixed Herbs), Wheat Flour (Wheat Flour, Calcium, Iron, Niacin (B3), Thiamin (B1)), Garlic Puree, Coriander, Sugar, Salt, Vegetable Bouillon (Salt, Yeast Extract, Potato Starch, Sugar, Onion Powder, Parsley, Acid (Citric Acid), Carrot Powder, Turmeric, Spice Extract (CELERY, Pepper)), Cumin, Chilli Powder. Tomato Sauce: Tomato (57%), Onion (7%), Sweet Potato (7%), Courgette (7%), Red Pepper (7%), Aubergine (7%), Tomato Paste, Garlic Puree, Herbs, Corn Starch, Concentrated Lemon Juice, Extra Virgin Olive Oil, Salt, Spice. Mozzarella Cheese: mozzarella 98%, Starch 2% (MILK) Wedges: 100% Potato	Energy(Kcal)	106	265	
	Fat(g)	3.6	9	
	Fat Saturates(g)	2	5	
	Carbs(g)	11.1	27.8	
	Carbs Sugars(g)	2.5	6.3	
	Fibre(g)	1.7	4.3	
	Protein(g)	7.4	18.5	
	Salt(g)	0.6	1.6	
	<b>L. Mini Margherita Pizza and Corn Ribs</b>			
			<b>per 100g</b>	<b>per 200g (serving)</b>
Allergens: <b>Gluten (wheat), Milk</b>	Energy(kJ)	487	973	
Pizza: Whole <b>WHEAT</b> Flour, Mozzarella Cheese 23.5% ( <b>MILK</b> , Salt, Microbial Rennet), Tomato Puree 19%, Water, Extra Virgin Olive Oil, Olive Oil, Salt, Yeast, Oregano, Sugar. Corn Rib: 100% Corn	Energy(Kcal)	116	232	
	Fat(g)	3.2	6.3	
	Fat Saturates(g)	0.9	1.8	
	Carbs(g)	24.2	48.4	
	Carbs Sugars(g)	2.4	4.7	
	Fibre(g)	3.6	7.2	
	Protein(g)	4.9	9.9	
	Salt(g)	0.4	0.7	
<b>M. Plain Penne Pasta</b>				
		<b>per 100g</b>	<b>per 180g (serving)</b>	
Allergens: <b>Gluten (Wheat)</b>	Energy(kJ)	376	677	
Pasta (Water, Durum <b>WHEAT</b> Flour), Water, Vegetable Oil.	Energy(Kcal)	88	159	
	Fat(g)	0.8	1.5	
	Fat Saturates(g)	0.2	0.3	
	Carbs(g)	17.7	31.8	
	Carbs Sugars(g)	0.3	0.6	
	Fibre(g)	1	1.9	
	Protein(g)	3.7	6.6	
	Salt(g)	0.02	0.04	
	<b>N. Classic Beef Bolognese Penne Pasta</b>			
		<b>per 100g</b>	<b>per 220g (serving)</b>	
Allergen: <b>Gluten (Wheat)</b>	Energy(kJ)	549	1257	
Bolognese: Chopped Tomatoes (36%)(Tomato, Tomato Juice, Acidity Regulator (Citric Acid), Minced Beef (33%), Water, Onions, Tomato Puree, Red Peppers, Wheat Flour ( <b>WHEAT</b> flour, calcium iron niacin B3, Thiamin B1), Garlic Puree, Salt, Basil, Oregano. Pasta: Pasta (Water, Durum <b>WHEAT</b> Flour), Water, Vegetable Oil. Tomato Sauce: Tomato (57%), Onion (7%), Sweet Potato (7%), Courgette (7%), Red Pepper (7%), Aubergine (7%), Tomato Paste, Garlic Puree, Herbs, Corn Starch, Concentrated Lemon Juice, Extra Virgin Olive Oil, Salt, Spice	Energy(Kcal)	130	274	
	Fat(g)	3.4	6.9	
	Fat Saturates(g)	1.3	2.6	
	Carbs(g)	18.8	39.5	
	Carbs Sugars(g)	1.7	4.1	
	Fibre(g)	1.4	3.7	
	Protein(g)	7	15.1	
	Salt(g)	0.2	0.5	

Low in sat fat  
Low in sugar  
Source of Fibre

Low in fat  
low in sat fat  
Low in sugar  
Low in salt

Low in sat fat  
Low in Sugar  
Low in salt

O. Penne Pasta Tomato Mozzarella		per 100g	per 190g (serving)	
Allergens: <b>Gluten (wheat), Milk</b>	Energy(kJ)	613	1165	Low in sugar
Mozzarella Cheese: Mozzarella 98%, Starch 2% ( <b>MILK</b> ) Pasta: Pasta (Water, Durum <b>WHEAT</b> Flour), Water, Vegetable Oil. Tomato Sauce: Tomato (57%), Onion (7%), Sweet Potato (7%), Courgette (7%), Red Pepper (7%), Aubergine (7%), Tomato Paste, Garlic Puree, Herbs, Corn Starch, Concentrated Lemon Juice, Extra Virgin Olive Oil, Salt, Spice.	Energy(Kcal)	145	276	Low in salt
	Fat(g)	4.5	8.5	
	Fat Saturates(g)	3.5	6.7	
	Carbs(g)	19.2	36.6	
	Carbs Sugars(g)	1.6	3	
	Fibre(g)	1.6	3.1	
	Protein(g)	4.3	8.2	
	Salt(g)	0.2	0.35	
P. Sausages, Mash and Beans		per 100g	per 220g (serving)	
Allergens: <b>Gluten (Wheat), Milk</b>	Energy(kJ)	532	1171	Low in Sugar
Sausages: Pork (60%), Water, Wheat Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Potato Starch, Salt, Spices, Yeast Extract, Spice Extracts. Filled into Beef Collagen Casing. Mashed Potato: 73% potatoes, whey permeate ( <b>milk</b> ), 8.8% cream ( <b>milk</b> ), skimmed <b>milk</b> , salt, spices, pepper extract. Baked Beans: Navy beans (49%), Tomatoes (31%), Water, Sugar, Modified maize starch, Salt, Wine vinegar, Acidity regulator: ascorbic acid, Flavourings, Paprika extract.	Energy(Kcal)	127	279	
	Fat(g)	5.8	12.7	
	Fat Saturates(g)	2.3	5	
	Carbs(g)	13	28.6	
	Carbs Sugars(g)	2.4	5.2	
	Fibre(g)	2.3	5	
	Protein(g)	4.6	10.2	
	Salt(g)	0.9	1.9	
R. Chicken Paella		per 100g	per 180g (serving)	
Allergens: None	Energy(kJ)	457.8	920.2	
Yellow Rice: Cooked Rice (Water, Long Grain Rice, Salt, Turmeric) Mexican Corn Mix: Roasted corn 37.5%, corn 37.5%, grilled red sweet pepper, red kidney beans, rapeseed and sunflower oil, salt, maltodextrin, garlic powder, paprika powder, dextrose chilli powder, vegetable and herb extracts, natural flavouring, smoke flavouring, emulsifier E 322.Chicken: Chicken Breast, Water, Salt. Tomato Sauce: Tomato (57%), Onion (7%), Sweet Potato (7%), Courgette (7%), Red Pepper (7%), Aubergine (7%), Tomato Paste, Garlic Puree, Herbs, Corn Starch, Concentrated Lemon Juice, Extra Virgin Olive Oil, Salt, Spice. Spices: (27%)(chilli pepper, cumin, garlic), dextrose, onion, salt, oregano, yeast extract, potato starch, potato fibre, anti-caking agent (silicon dioxide), spice extract (paprika).	Energy(Kcal)	109	219.1	
	Fat(g)	1.3	2.6	
	Fat Saturates(g)	0.2	0.4	
	Carbs(g)	17	34.2	
	Carbs Sugars(g)	1.6	3.2	
	Fibre(g)	1.5	3	
	Protein(g)	7.2	14.5	
	Salt(g)	0.4	0.7	
T. Gluten Free Pasta with Tomato Sauce		per 100g	per 250g (serving)	
Allergens: None	Energy(kJ)	448	1119	Low in fat
Gluten Free Pasta: Water (51.7%), maize flour, chickpea flour, emulsifier E471 mono- and diglycerides of fatty acid. Tomato Sauce: Tomato (57%), Onion (7%), Sweet Potato (7%), Courgette (7%), Red Pepper (7%), Aubergine (7%), Tomato Paste, Garlic Puree, Herbs, Corn Starch, Concentrated Lemon Juice, Extra Virgin Olive Oil, Salt, Spice.	Energy(Kcal)	106	265	Low in sat fat
	Fat(g)	1.2	3.1	Low in sugars
	Fat Saturates(g)	0.2	0.5	Low in salt
	Carbs(g)	20.7	51.8	
	Carbs Sugars(g)	2.7	6.8	
	Fibre(g)	1.8	4.4	
	Protein(g)	2.2	5.4	
	Salt(g)	0.3	0.8	

<b>V. Cheesy Beany Wedges</b>		<b>per 100g</b>	<b>per 180g (serving)</b>
Allergens: Milk	Energy(kJ)	516.6	1239.8
Baked Beans: Navy beans (49%), Tomatoes (31%), Water, Sugar, Modified maize starch, Salt, Wine vinegar, Acidity regulator: ascorbic acid, Flavourings, Paprika extract, Mozzarella Cheese: Mozzarella 98%, Starch 2% (MILK) Wedges: 100% Potato	Energy(Kcal)	123	295.2
	Fat(g)	4.2	10.1
	Fat Saturates(g)	2.5	6
	Carbs(g)	14.4	34.6
	Carbs Sugars(g)	29	7
	Fibre(g)	2.5	6
	Protein(g)	7	16.8
	Salt(g)	0.7	1.6
<b>X. Chicken Goujon, Wholegrain Roll</b>		<b>per 100g</b>	<b>per 180g (serving)</b>
Allergens: Gluten (WHEAT),	Energy(kJ)	638.1	561.8
Chicken Goujon: 100% Chicken Breast, 32% Water, Stabilizer (E451), Glucose Syrup, Salt, Starch, Natural Flavour, Breadcrumbs (Wheat flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt, Caramelised Sugar Syrup, Yeast), Potato Starch, Maize Starch, WHEAT Starch, Colour: Paprika E160c Colour: Curcumin E100 Methylcellulose E464, Rapeseed Oil Wholegrain Roll: Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sugar, Yeast, Salt, Wheat Gluten, Wheat Bran, Emulsifiers (Sodium Stearoyl-2-Lactylate, Mono- and Diglycerides of Fatty Acids), Palm Fat, Flavouring, Colour (Beta-Carotene), Antioxidant (Ascorbic Acid), Starter Culture.	Energy(Kcal)	152	133.8
	Fat(g)	2.4	2.1
	Fat Saturates(g)	0.6	0.5
	Carbs(g)	27.5	24.2
	Carbs Sugars(g)	2.1	1.8
	Fibre(g)	1.7	1.5
	Protein(g)	5.1	4.5
	Salt(g)	0.3	0.2
<b>Y. Creamy Carbonara</b>		<b>per 100g</b>	<b>per 180g (serving)</b>
Allergens: Gluten (WHEAT), Milk	Energy(kJ)	546	1092
Pasta: Water, Durum WHEAT Flour, Water, Vegetable Oil. Carbonara Sauce: MILK (MILK), Cream (MILK), Water, Onion, Butter (Cream (MILK), Salt), WHEAT Flour (Calcium Carbonate, Niacin, Iron, Thiamine), Modified Maize Starch, Vegetable Bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot Powder, White Onion Powder, Garlic Powder, Ground Cumin, Acid (Citric Acid), Ground Black Pepper, Rubbed Parsley, Turmeric Powder), Garlic Cloves, Garlic Powder, Parsley Veg: Sweetcorn and Peas Ham: Pork (EU83%), Water, Salt, Sugars (Sugar, Dextrose), Stabilisers (Diphosphates, Triphosphates & Polyphosphates), HVP, Antioxidant (Sodium Ascorbate), Preservative (sodium nitrite)	Energy(Kcal)	130	260
	Fat(g)	3.2	6.4
	Fat Saturates(g)	1.6	3.2
	Carbs(g)	17.7	35.4
	Carbs Sugars(g)	2.5	5
	Fibre(g)	1.9	3.8
	Protein(g)	7.6	15.2
	Salt(g)	0.6	1.2
<b>Z. Sausage, Tomato Sauce, Wholegrain Roll</b>		<b>per 100g</b>	<b>per 180g (serving)</b>
Allergens: Gluten (Wheat)	Energy(kJ)	879.6	1144.4
Sausage: Pork (60%), Water, Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Pork Fat, Potato Starch, Salt, Spices, Yeast Extract, Spice Extracts. Filled into Beef Collagen Casing. Veggie Tomato Sauce: Tomato (57%), Onion (7%), Sweet Potato (7%), Courgette (7%), Red Pepper (7%), Aubergine (7%), Tomato Paste, Garlic Puree, Herbs, Corn Starch. Concentrated Lemon Juice, Extra Virgin Olive Oil, Salt, Spice. Wholegrain Roll: Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Sugar, Yeast, Salt, Wheat Gluten, Wheat Bran, Emulsifiers (Sodium Stearoyl-2-Lactylate, Mono- and Diglycerides of Fatty Acids), Palm Fat, Flavouring, Colour (Beta-Carotene), Antioxidant (Ascorbic Acid), Starter Culture.	Energy(Kcal)	208	272.5
	Fat(g)	9.2	12.1
	Fat Saturates(g)	2.3	3
	Carbs(g)	23.9	31.3
	Carbs Sugars(g)	2.7	3.5
	Fibre(g)	1.9	2.5
	Protein(g)	7.6	10
	Salt(g)	1	1.4