

A. Chicken Curry Long Grain Rice		per 100g	per 260g (serving)	
Allergens: Milk, Celery, Mustard	Energy(kJ)	409	1064	low in fat
Curry Sauce: Water, Curry Powder (Modified Maize Starch, Sugar, Fat Powder (Refined palm oil, Whey Powder (MILK), Milk protein, Stabilizer (Pentasodium triphosphate), Anti-caking agent (Silicon dioxide)), Tomato Powder, Yeast Extract, Salt, Spices (Pepper, Coriander, Fenugreek, Cumin, Turmeric, Cayenne, Cinnamon, Clove, CELERY , Ginger, MUSTARD), 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. Baked Goujon with Mexican Corn and Cubes		per 100g	per 185g (serving)	
Allergens: Gluten (Wheat)	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 ((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	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	
C. Chicken Curry Super Noodle		per 100g	per 200g (serving)	
Allergens: Gluten (wheat), Milk	Energy(kJ)	429	857	
Noodles: water (51,2 %), durum wheat 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 (Milk), Rapeseed Oil, Spices, Whey Protein Concentrate (Milk), 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	
D. Roast Chicken Breast Mash Veg Gravy		per 100g	per 240g (serving)	
Allergens: Milk	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 (MILK), 8,8% cream (MILK), skimmed MILK , salt, spices, pepper extract. . Carrot & Parsnip: Carrot (49%), Parsnip (49%), Butter (Butter (MILK), 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	

E. Vegetable Curry Brown Rice		per 100g	per 230g (serving)
Allergens: Milk, Celery, Mustard	Energy(kJ)	413	952
Curry Sauce: Water, Curry Powder(modified maize starch, sugar, fat powder (refined palm oil, WHEY POWDER (MILK), MILK protein, stabilizer (Pentasodium triphosphate), anti-caking agent (silicon dioxide)), tomato powder, yeast extract, salt, Spiced (Pepper, coriander, fenugreek, cumin, turmeric, cayenne, cinnamon, clove, CELERY , ginger, MUSTARD), 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
	Fat(g)	1.3	3.1
	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

Low in fat

Low in sat fat

Low in sugar

F. Swedish Meatballs Mash Peas Gravy		per 100g	per 250g (serving)
Allergens: Milk	Energy(kJ)	771	928
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 (MILK), 8,8% cream (MILK), skimmed MILK , 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

Low in sugar

G. Meatballs Tomato Sauce Penne Pasta		per 100g	per 230g (serving)
Allergens: Gluten (Wheat)	Energy(kJ)	506	1164
Meatballs: PORK and Beef, water, onion, potato, potato flour, salt, potato fiber, spices. Pasta: Water, Durum WHEAT 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

Low in sugar

H. Rainbow Veggie Bites with Quinoa Mix		per 100g	per 200g (serving)
Allergens: Soya	Energy(kJ)	693	1385
Insalata Eldorado: Quinoa (water, white quinoa, red quinoa), vegetables [beans (SOY 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
	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

low in sat fat

low in sugars

J. Shredded Chicken Breast Spice Bag		per 100g	per 200g (servings)	
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	
K. Beef Chilli Cheese Wedges		per 100g	per 230g (serving)	
Allergens: Gluten (WHEAT), Milk, Celery, Soya	Energy(kJ)	453.6	1043.3	
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 (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)	108	248.4	
	Fat(g)	3.9	9	High Protein
	Fat Saturates(g)	2.1	4.8	Low Sugar
	Carbs(g)	10.4	23.9	
	Carbs Sugars(g)	2.7	6.2	Egg Free
	Fibre(g)	1.7	3.9	
	Protein(g)	7.9	18.2	
	Salt(g)	0.7	1.6	
L. Mini Margherita Pizza and Corn Ribs		per 100g	per 200g (serving)	
Allergens: Gluten (wheat), Milk	Energy(kJ)	487	973	
Pizza: Whole WHEAT Flour, Mozzarella Cheese 23.5% (MILK , 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	Low in sat fat
	Fat(g)	3.2	6.3	Low in sugar
	Fat Saturates(g)	0.9	1.8	Source of Fibre
	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	
M. Plain Penne Pasta		per 100g	per 180g (serving)	
Allergens: Gluten (Wheat)	Energy(kJ)	376	677	Low in fat
Pasta (Water, Durum WHEAT Flour), Water, Vegetable Oil.	Energy(Kcal)	88	159	low in sat fat
	Fat(g)	0.8	1.5	Low in sugar
	Fat Saturates(g)	0.2	0.3	Low in salt
	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	
N. Classic Beef Bolognese Penne Pasta		per 100g	per 220g (serving)	
Allergen: Gluten (Wheat)	Energy(kJ)	549	1257	Low in sat fat
Bolognese: Chopped Tomatoes (36%)(Tomato, Tomato Juice, Acidity Regulator (Citric Acid), Minced Beef (33%), Water, Onions, Tomato Puree, Red Peppers, Wheat Flour (WHEAT flour, calcium iron niacin B3, Thiamin B1), Garlic Puree, Salt, Basil, Oregano. Pasta: Pasta (Water, Durum WHEAT 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	Low in Sugar
	Fat(g)	3.4	6.9	Low in salt
	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	

O. Penne Pasta Tomato Mozzarella		per 100g	per 190g (serving)
Allergen: Gluten (wheat), Milk	Energy(kJ)	613	1165
Mozzarella Cheese: Mozzarella 98%, Starch 2% (MILK) Pasta: Pasta (Water, Durum WHEAT 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
	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

Low in sugar

Low in salt

P. Sausages, Mash and Beans		per 100g	per 220g (serving)
Allergens: Gluten (Wheat), Milk	Energy(kJ)	532	1171
Sausages: Pork (60%), Water, Wheat Flour (Wheat 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 (milk), 8.8% cream (milk), skimmed milk , 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

Low in Sugar

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

High Protein

Low Sugar

Low Fat

Low Saturated Fat

Dairy Free

Egg Free

Wheat Free

Gluten Free

T. Gluten Free Pasta with Tomato Sauce		per 100g	per 250g (serving)
Allergens: None	Energy(kJ)	448	1119
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
	Fat(g)	1.2	3.1
	Fat Saturates(g)	0.2	0.5
	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

Low in fat

Low in sat fat

Low in sugars

Low in salt

V. Cheesy Beany Wedges		per 100g	per 240g (serving)	
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, Flavours, Paprika extract. Mozzarella Cheese: Mozzarella 98%, Starch 2% (MILK) Wedges: 100% Potato	Energy(Kcal)	123	295.2	High Protein
	Fat(g)	4.2	10.1	Low Sugar
	Fat Saturates(g)	2.5	6	Egg Free
	Carbs(g)	14.4	34.6	Wheat Free
	Carbs Sugars(g)	29	7	Gluten Free
	Fibre(g)	2.5	6	Vegetarian
	Protein(g)	7	16.8	
	Salt(g)	0.7	1.6	
X. Chicken Goujon, Wholegrain Roll		per 100g	per 61g (serving)	
Allergens: Gluten (WHEAT),	Energy(kJ)	1079.4	658.4	Source of Protein
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 (WHEATFlour, 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)	257	156.8	Low Sugar
	Fat(g)	4	2.4	Low Fat
	Fat Saturates(g)	0.9	0.5	Low Saturated Fat
	Carbs(g)	44	26.8	Dairy Free
	Carbs Sugars(g)	3.3	2	Egg Free
	Fibre(g)	2.5	1.5	
	Protein(g)	11.5	7	
	Salt(g)	1.1	0.7	
Y. Creamy Carbonara		per 100g	per 180g (serving)	
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	High Protein
	Fat(g)	3.2	6.4	Low Sugar
	Fat Saturates(g)	1.6	3.2	Egg Free
	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	
Z. Sausage, Tomato Sauce, Wholegrain Roll		per 100g	per 180g (serving)	
Allergens: Gluten (Wheat)	Energy(kJ)	879.6	1144.4	Source of Protein
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	Low Sugar
	Fat(g)	9.2	12.1	Dairy Free
	Fat Saturates(g)	2.3	3	Egg Free
	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	