

A. Chicken Curry Long Grain Rice		per 100g	per 235g (serving)
Allergens: Milk, Celery, Mustard	Energy(kJ)	436	1025
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, Water, Salt, Corn Starch, Peas	Energy(Kcal)	103	241
	Fat(g)	1.2	2.75
	Fat Saturates(g)	0.6	1.37
	Carbs(g)	18.2	42.77
	Carbs Sugars(g)	2.1	4.85
	Fibre(g)	0.9	2.02
	Protein(g)	5	13
	Salt(g)	0.76	1.8

low in fat

low in Sat fat

low in sugar

B. Baked Goujon with Mexican Corn and Cubes		per 100g	per 195g (serving)
Allergens: Gluten (Wheat)	Energy(kJ)	556	1084
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. Baked Chicken Goujon: Chicken Breast (57%), Wheat Flour (Wheat Flour , Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Water, Salt, Rapeseed Oil, Pea Fibre, Dextrose, Wheat Gluten , Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Colours (Paprika extract), Paprika, Black Pepper, Raising Agent (E503(ii)).	Energy(Kcal)	127	247
	Fat(g)	2.8	5.4
	Fat Saturates(g)	0.4	0.7
	Carbs(g)	18.6	36.3
	Carbs Sugars(g)	1.5	2.9
	Fibre(g)	2.1	4
	Protein(g)	5.8	11.4
	Salt(g)	0.46	0.9

Low in Fat

Low in sat fat

Low in sugars

C. Chicken Curry Super Noodle		per 100g	per 200g (serving)
Allergens: Gluten (wheat)	Energy(kJ)	459	918
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, Water, Salt, Corn Starch Carambola Signature Curry: Water, Carrot, Tomatoes (7%), Sweet Potato, Onions, Agave Syrup, Apple Puree, Starch, Rapeseed oil, Maltodextrin, Spices, Salt, Flavouring, Spirit Vinegar, Lemon Juice (from concentrate), Acidity Regulator: Lactic Acid; Garlic, Preservative: Potassium Sorbate.	Energy(Kcal)	112	224
	Fat(g)	2.1	4.3
	Fat Saturates(g)	0.3	0.5
	Carbs(g)	14.7	29.4
	Carbs Sugars(g)	2.8	5.6
	Fibre(g)	1	2
	Protein(g)	7.6	15
	Salt(g)	1	2

Low in fat

Low in sat fat

D. Roast Chicken Breast Mash Veg Gravy		per 100g	per 240g (serving)
Allergens: Milk	Energy(kJ)	346	831
Chicken: Chicken, Water, Salt, Corn Starch 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. Potato Mash: 73% potatoes, whey permeate (MILK), 8,8% cream (MILK), skimmed MILK , salt, spices, pepper extract. Carrots	Energy(Kcal)	82	197
	Fat(g)	2.04	4.9
	Fat Saturates(g)	1.26	3.02
	Carbs(g)	8.72	20.9
	Carbs Sugars(g)	2.21	5.3
	Fibre(g)	1.29	3.1
	Protein(g)	6.51	15.6
	Salt(g)	0.58	1.39

low in sugar

E. Vegetable Curry Brown Rice		per 100g	per 230g (serving)
Allergen:	Energy(kJ)	460	1059
Curry Sauce: Water, Carrot, Tomatoes (7%), Sweet Potato, Onions, Agave Syrup, Apple Puree, Starch, Rapeseed oil, Maltodextrin, Spices, Salt, Flavouring, Spirit Vinegar, Lemon Juice (from concentrate), Acidity Regulator: Lactic Acid; Garlic, Preservative: Potassium Sorbate Peas. Carrots. Chickpeas: Chickpeas (60%), Water (40%) Brown Rice: Long grain rice, boiled	Energy(Kcal)	111	255
	Fat(g)	3.89	3.1
	Fat Saturates(g)	0.21	2
	Carbs(g)	48.76	42.1
	Carbs Sugars(g)	5.45	5.4
	Fibre(g)	16.8	3.2
	Protein(g)	6	5.7
	Salt(g)	1.278	1.7

Low in fat

Low in sat fat

Low in sugar

F. Swedish Meatballs Mash Peas Gravy		per 100g	per 232g (serving)
Allergens: Milk	Energy(kJ)	423	981
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)	101	234
	Fat(g)	5.09	11.8
	Fat Saturates(g)	2.61	6.05
	Carbs(g)	9.79	22.72
	Carbs Sugars(g)	1.13	2.61
	Fibre(g)	1.93	4.48
	Protein(g)	3.3	7.65
	Salt(g)	0.706	1.639

Low in sugar

G. Meatballs Tomato Sauce Penne Pasta		per 100g	per 222g (serving)
Allergens: Gluten (Wheat)	Energy(kJ)	565	1243
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)	134	294
	Fat(g)	4.7	10.4
	Fat Saturates(g)	1.7	3.8
	Carbs(g)	18.3	40.3
	Carbs Sugars(g)	1.9	4.2
	Fibre(g)	1.6	3.6
	Protein(g)	5.2	11.5
	Salt(g)	0.51	1.11

Low in sugar

H. Rainbow Veggie Bites with Quinoa Mix		per 100g	per 184g (serving)
Allergens: Soya	Energy(kJ)	672	1209
Quinoa Mix: 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)]. Vegetable Bites: corn 38%, corn semolina 16%, yellow carrots, water, vegetable oils (rapeseed oil, sunflower oil, in varying proportions), corn starch, onion, chickpea flour, potato flakes, salt, dried vegetables (onion, tomato, garlic), spices	Energy(Kcal)	160	289
	Fat(g)	6.4	11.5
	Fat Saturates(g)	0.92	1.7
	Carbs(g)	20.44	36.8
	Carbs Sugars(g)	4.7	8.5
	Fibre(g)	3.37	6.1
	Protein(g)	3.57	6.4
	Salt(g)	0.774	1.39

low in sat fat

low in sugars

I. Ham & Mozzarella Wholegrain Roll - Toasted		per 100g	per Per 142g (serving)
Allergens: Gluten (WHEAT) , Milk, May contain traces of Soya	Energy(kJ)	908	1290
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. Sliced Ham: Pork (EU 70%), Water, Starch, Salt, Sugars (Dried Glucose & Maltodextrin), Stabilisers (Di, Tri & Polyphosphates), Pork Protein, Gelling Agent (Carrageenan), Antioxidant (Sodium Ascorbate), Preservative (Sodium Nitrite). Sliced Mozzarella: Mozzarella (MILK , Salt, Starter Culture, Vegetarian Rennet).	Energy(Kcal)	217	308
	Fat(g)	6.5	9.2
	Fat Saturates(g)	3.0	4.2
	Carbs(g)	26.5	37.6
	Carbs Sugars(g)	2.3	3.3
	Fibre(g)	1.6	2.2
	Protein(g)	13.6	19.4
	Salt(g)	1.66	2.36

J. Shreded Chicken Breast Spice Bag		per 100g	per 200g (servings)
Allergens: none	Energy(kJ)	514	1033
Chicken: Chicken Breast, Water, Salt. Pepppers: 100% peppers. 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)	116	245
	Fat(g)	2.6	5.2
	Fat Saturates(g)	0.4	0.8
	Carbs(g)	15.2	30.5
	Carbs Sugars(g)	1.1	2.2
	Fibre(g)	1.5	3.1
	Protein(g)	8.6	17.3
	Salt(g)	0.728	1.46
K. Beef Chilli Cheese Wedges		per 100g	per 220g (serving)
Allergens: Gluten (WHEAT), Milk, Celery, Soya	Energy(kJ)	418	919
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)	99	219
	Fat(g)	3	6.6
	Fat Saturates(g)	1.6	3.4
	Carbs(g)	10.8	23.8
	Carbs Sugars(g)	2.5	5.4
	Fibre(g)	1.8	3.9
	Protein(g)	7.1	15.7
	Salt(g)	0.691	1.52
L. Mini Margherita Pizza and Corn Ribs		per 100g	per 110g (serving)
Allergens: Gluten (wheat), Milk	Energy(kJ)	372	707
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)	89	168
	Fat(g)	2.4	4.6
	Fat Saturates(g)	0.9	1.8
	Carbs(g)	12.3	23.4
	Carbs Sugars(g)	2.1	4
	Fibre(g)	1	1.9
	Protein(g)	3.4	6.5
	Salt(g)	0.39	0.75
M. Plain Penne Pasta		per 100g	per 185g (serving)
Allergens: Gluten (Wheat)	Energy(kJ)	759	1404
	Energy(Kcal)	179	331

High Protein
Low Sugar

Egg Free

Low in sat fat
Low in sugar
Source of FibreLow in fat
low in sat fat

Pasta (Water, Durum WHEAT Flour), Water, Pomace Olive Oil (100%)	Fat(g)	4.2	7.7
	Fat Saturates(g)	0.7	1.3
	Carbs(g)	30.9	57.2
	Carbs Sugars(g)	0.6	1.1
	Fibre(g)	1.8	3.4
	Protein(g)	6.4	11.9
	Salt(g)	0.04	0.072

Low in sugar
Low in salt

N. Classic Beef Bolognese Penne Pasta		per 100g	per 230g (serving)
Allergen: Gluten (Wheat)	Energy(kJ)	493	1133
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), 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)	117	268
	Fat(g)	2.8	6.4
	Fat Saturates(g)	1	2.3
	Carbs(g)	17	39.1
	Carbs Sugars(g)	1.9	4.4
	Fibre(g)	1.4	3.3
	Protein(g)	6.5	15
	Salt(g)	0.21	0.49

Low in sat fat

Low in Sugar

Low in salt

O. Penne Pasta Tomato Mozzarella		per 100g	per 190g (serving)
Allergen: Gluten (wheat), Milk	Energy(kJ)	626	1190
Mozarella 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)	148	282
	Fat(g)	5	9.4
	Fat Saturates(g)	2.5	4.8
	Carbs(g)	19.5	37
	Carbs Sugars(g)	1.7	3.2
	Fibre(g)	1.7	3.2
	Protein(g)	7.9	14.9
	Salt(g)	0.46	0.88

Low in sugar

Low in salt

P. Sausages, Mash and Beans		per 100g	per 225g (serving)
Allergens: Gluten (Wheat), Milk	Energy(kJ)	548	1232
Sausages:Pork (60%), Water, Rusk (Wheat Flour [Wheat Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin]), Pork Fat, Potato Starch, Salt, Spices, Yeast Extract, Spice Extracts. Filled into Alginate 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 startch, Salt, Wine vinegar, Acidity regulator: ascorbic acid, Flavourings, Paprika extract.	Energy(Kcal)	131	295
	Fat(g)	6.1	13.8
	Fat Saturates(g)	2.4	5.3
	Carbs(g)	13	29.3
	Carbs Sugars(g)	2.3	5.2
	Fibre(g)	2.2	5.0
	Protein(g)	4.8	10.8
	Salt(g)	0.87	1.95

Low in Sugar

S. Chilli Beef Burrito Wrap - Toasted		per 100g	per 180g (serving)
Allergens: Gluten (Wheat), Milk, Soya, Celery	Energy(kJ)	818	1473
Wheaten Wrap: WHEAT flour (Calcium Carbonate, Iron, Niacin Thiamin), Wholemeal WHEAT flour, Water, Palm Oil, Humectant (Glycerine), Raising agents (Disodium Diphosphate, Sodium Bicarbonate), Acidity Regulator (Malic Acid), Stabilisers (Carboxymethylcellulose, Guar Gum,), Emulsifier (Mono and Diglycerides of Fatty acids), Salt, Preservatives (Calcium Propionate, Potassium Sorbate), Flour Treatment Agent (L-Cysteine). Grated Mozzarella: 98% Glanbia Mozzarella (MILK), 2% Potato Starch Chilli Beef: 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	Energy(Kcal)	194	349
	Fat(g)	5.2	9.3
	Fat Saturates(g)	2.5	4.5
	Carbs(g)	29.7	53.4
	Carbs Sugars(g)	1.5	2.8
	Fibre(g)	2.5	4.5
	Protein(g)	8.3	14.9
	Salt(g)	1.0	1.8

T. Gluten Free Pasta with Tomato Sauce		per 100g	per 250g (serving)
Allergens: None	Energy(kJ)	448	1120
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	0.6
	Carbs(g)	20.7	51.9
	Carbs Sugars(g)	2.7	6.8
	Fibre(g)	1.7	4.4
	Protein(g)	2.2	5.5
	Salt(g)	0.3	0.76

Low in fat

Low in sat fat

Low in sugars

Low in salt

U. Pepperoni Pizza Roll - Toasted		per 100g	per 124g (serving)
Allergens: Gluten (Wheat), Milk	Energy(kJ)	1045	1296
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. 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. Sliced Pepperoni: Pork (75%), water, potato starch, salt, dextrose, ginger, onion powder, paprika, coriander, stabiliser (sodium polyphosphate), antioxidant (sodium ascorbate), onion extract, preservative (sodium nitrite). Sliced Mozzarella: Mozzarella (MILK , Salt, Starter Culture, Vegetarian Rennet).	Energy(Kcal)	250	310
	Fat(g)	9.0	11.1
	Fat Saturates(g)	4.0	4.9
	Carbs(g)	30.3	37.5
	Carbs Sugars(g)	2.6	3.2
	Fibre(g)	2.1	2.6
	Protein(g)	12.5	15.5
	Salt(g)	1.15	1.43

V. Cheesey Beany Wedges		per 100g	per 180g (serving)
Allergens: Milk	Energy(kJ)	575	1034
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)	137	247
	Fat(g)	5.5	9.86
	Fat Saturates(g)	3.3	5.9
	Carbs(g)	14.1	25.4
	Carbs Sugars(g)	2.1	3.8
	Fibre(g)	2.2	4
	Protein(g)	8	14.4
	Salt(g)	0.73	1.32
X. Chicken Goujon, Wholegrain Roll		per 100g	per 160g (serving)
Allergens: Gluten (WHEAT),	Energy(kJ)	911	1458
Chicken Breast (57%), Wheat Flour (Wheat Flour , Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin), Water, Salt, Rapeseed Oil, Pea Fibre, Dextrose, Wheat Gluten , Pea Starch, Stabilisers (Diphosphates, Triphosphates), Yeast, Garlic Powder, Colours (Paprika extract), Paprika, Black Pepper, Raising Agent (E503(ii)). 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	Energy(Kcal)	257	156.8
	Fat(g)	3.3	5.4
	Fat Saturates(g)	0.7	1.1
	Carbs(g)	30.6	49
	Carbs Sugars(g)	2.6	4.2
	Fibre(g)	2.1	3.4

High Protein

Low Sugar

Egg Free

Wheat Free

Gluten Free

Vegetarian

Source of Protein

Low Sugar

Low Fat

Low Saturated Fat

Dairy Free

Egg Free

Culture.	Protein(g)	13.3	21.3
	Salt(g)	0.88	1.4

Y. Creamy Carbonara		per 100g	per 200g (serving)
Allergens: Gluten (WHEAT), Milk	Energy(kJ)	538	1075
Pasta: Water, Durum WHEAT Flour. 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)	127	254
	Fat(g)	3.4	6.9
	Fat Saturates(g)	1.7	3.3
	Carbs(g)	16.3	32.7
	Carbs Sugars(g)	1.5	3
	Fibre(g)	1.7	3.3
	Protein(g)	8.2	16.4
	Salt(g)	0.62	1.23

High Protein

Low Sugar

Egg Free

Z. Sausage, Tomato Sauce, Wholegrain Roll		per 100g	per 135g (serving)
Allergens: Gluten (Wheat)	Energy(kJ)	1021	1379
Sausage: Pork (60%), Water, Rusk (Wheat Flour [Wheat Flour, Calcium Carbonate, Folic Acid, Iron, Niacin, Thiamin]), Pork Fat, Potato Starch, Salt, Spices, Yeast Extract, Spice Extracts. Filled into Alginate 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)	245	330
	Fat(g)	9.8	13.2
	Fat Saturates(g)	2.5	3.3
	Carbs(g)	30.6	41.4
	Carbs Sugars(g)	2.6	3.6
	Fibre(g)	2.1	2.8
	Protein(g)	8.9	12
	Salt(g)	1.1	1.49

Source of Protein

Low Sugar

Dairy Free

Egg Free