

A. Chicken Curry Long Grain Rice

INGREDIENTS

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

Allergens: **MILK, CELERY, MUSTARD**

Please Note: While every attempt is made to remove bones from this product, bones are an inherent part of the chicken, and some bone may remain

NUTRITIONAL INFORMATION

	per 100g	per 235g
Energy(kJ)	436	1025
Energy(Kcal)	103	241
Fat(g)	1.2	2.75
Fat	0.6	1.37
Carbs(g)	18.2	42.77
Carbs	2.1	4.85
Fibre(g)	0.9	2.02
Protein(g)	5	13
Salt(g)	0.76	1.8

B. Baked Goujon with Mexican Corn and Cubes

INGREDIENTS

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)).

Allergens: **GLUTEN**

PLEASE NOTE: While every attempt is made to remove bones from this product, bones are an inherent part of the chicken, and some bone may remain

NUTRITIONAL INFORMATION

	per 100g	per 195g
Energy(kJ)	556	1084
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

C. Chicken Curry Super Noodle

INGREDIENTS

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 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.

Allergens: **GLUTEN**

PLEASE NOTE: While every attempt is made to remove bones from this product, bones are an inherent part of the chicken, and some bone may remain

NUTRITIONAL INFORMATION

	per 100g	per 200g
Energy(kJ)	459	918
Energy(Kcal)	112	224
Fat(g)	2.1	4.3
Fat	0.3	0.5
Carbs(g)	14.7	29.4
Carbs	2.8	5.6
Fibre(g)	1	2
Protein(g)	7.6	15
Salt(g)	1	2

D. Roast Chicken Breast Mash Veg Gravy

INGREDIENTS

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

Allergens: **MILK**

PLEASE NOTE: While every attempt is made to remove bones from this product, bones are an inherent part of the chicken, and some bone may remain

NUTRITIONAL INFORMATION

	per 100g	per 240g
Energy(k	346	831
Energy(K	82	197
Fat(g)	2.04	4.9
Fat	1.26	3.02
Carbs(g)	8.72	20.9
Carbs	2.21	5.3
Fibre(g)	1.29	3.1
Protein(g	6.51	15.6
Salt(g)	0.58	1.39

E. Vegetable Curry Brown Rice

INGREDIENTS

Carambola Signature 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..
Chickpeas: Chickpeas (60%), Water (40%)
Brown Rice: Long grain rice, boiled

Allergens: N/A

NUTRITIONAL INFORMATION

	per 100g	per 230g
Energy(kJ)	460	1059
Energy(Kcal)	111	255
Fat(g)	3.89	3.1
Fat	0.21	2
Carbs(g)	48.76	42.1
Carbs	5.45	5.4
Fibre(g)	16.8	3.2
Protein(g)	6	5.7
Salt(g)	1.278	1.7

NEW! F. Italian Beef Lasagna with Side of Veg

INGREDIENTS

Lasagna: Bolognese Sauce NEW (65.4%) [Chopped Tomatoes (43.4%), Irish Beef Mince, (29.3%), Water (10.8%), Diced Onions (10.8%), Tomato Paste (10.8%) [Tomato], **WHEAT** Flour, White, Plain (2.2%), Garlic (1.1%), Salt (0.43%), Sugar (0.43%), Mixed Herbs, Dried (0.33%), Beef (0.22%) [Beef Stock 50% (Beef Bones, Water, Salt), Yeast Extract (Yeast Extract, Salt), Water, Salt]], Nugent Foods White Sauce NEW (27.6%) [Water (85%), **WHEAT** Flour, White, Plain (9.9%), Whole MILK Powder (5.7%) [Whole **MILK**], Butter (1.4%) (**MILK**), Salt (0.57%), Corn Flour (0.28%), Beef (0.28%) [Beef Stock 50% (Beef Bones, Water, Salt), Yeast Extract (Yeast Extract, Salt), Water, Salt]], Lasagne Sheets (8.5%) [100% Durum **WHEAT** Semolina (**WHEAT**)], Grated Cheese [98% Mild Cheddar contains Lactose (**MILK**) 2% Potato Starch]

Carrots: 100% Carrots

Allergens: **GLUTEN and MILK**

NUTRITIONAL INFORMATION

	per 100g	per 210g
Energy(kJ)	482	1013
Energy(Kcal)	115	242
Fat(g)	3.5	7.4
Fat Saturates(g)	1.8	3.8
Carbs(g)	12	25.1
Carbs Sugars(g)	4.3	9
Fibre(g)	1.2	2.5
Protein(g)	8.2	17.1
Salt(g)	0.64	1.34

G. Meatballs Tomato Sauce Penne Pasta

INGREDIENTS

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.

Allergens: **GLUTEN**

NUTRITIONAL INFORMATION

	per 100g	per 222g
Energy(kJ)	565	1243
Energy(Kcal)	134	294
Fat(g)	4.7	10.4
Fat	1.7	3.8
Carbs(g)	18.3	40.3
Carbs	1.9	4.2
Fibre(g)	1.6	3.6
Protein(g)	5.2	11.5
Salt(g)	0.51	1.11

H. Rainbow Veggie Bites with Quinoa Mix

INGREDIENTS

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

Allergens: **SOYA**

NUTRITIONAL INFORMATION

	per 100g	per 184g
Energy(kJ)	672	1209
Energy(Kcal)	160	289
Fat(g)	6.4	11.5
Fat	0.92	1.7
Carbs(g)	20.44	36.8
Carbs	4.7	8.5
Fibre(g)	3.37	6.1
Protein(g)	3.57	6.4
Salt(g)	0.774	1.39

I. Ham & Mozzarella Wholegrain Roll - Toasted

INGREDIENTS

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).

Allergens: **Gluten WHEAT, Milk. May contain traces of SOYA**

NUTRITIONAL INFORMATION

	per 100g	per Per
Energy(kJ)	908	1290
Energy(Kcal	217	308
Fat(g)	6.5	9.2
Fat	3	4.2
Carbs(g)	26.5	37.6
Carbs	2.3	3.3
Fibre(g)	1.6	2.2
Protein(g)	13.6	19.4
Salt(g)	1.66	2.36

J. Shredded Chicken Breast Spice Bag

INGREDIENTS

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.

Allergens: **N/A**

PLEASE NOTE: While every attempt is made to remove bones from this product, bones are an inherent part of the chicken, and some bone may remain

NUTRITIONAL INFORMATION

	per 100g	per 200g
Energy(kJ)	514	1033
Energy(Kcal)	116	245
Fat(g)	2.6	5.2
Fat	0.4	0.8
Carbs(g)	15.2	30.5
Carbs	1.1	2.2
Fibre(g)	1.5	3.1
Protein(g)	8.6	17.3
Salt(g)	0.728	1.46

NEW! K. Savoury Mince with Mash

INGREDIENTS

Savoury Mince: Water (28.8%), Beef, Mince, (25.9%), Carrots (19.2%), Peas, (14.4%), Onions (9.6%), **WHEAT** Flour, White, Plain (4.2%), Tomato Puree (3.1%), Salt (0.38%), Schwartz Dark, Rich Gravy Browning (0.38%) [Colour (Ammonia Caramel), Salt], Beef (0.38%) [Beef Stock 50% (Beef Bones, Water, Salt), Yeast Extract (Yeast Extract, Salt), Water, Salt]

Mashed Potato:

73%potatoes,wheypermeate(**MILK**),8,8%cream(**MILK**), skimmed **MILK**, salt, spices, pepper extract.

Allergens: **GLUTEN (WHEAT) and MILK**

NUTRITIONAL INFORMATION

	Per 100g	Per 250g
Energy(kJ)	422	1055
Energy(Kcal)	100	251
Fat(g)	3.5	8.8
Fat Saturates(g)	1.9	4.8
Carbs(g)	9.5	23.7
Carbs Sugars(g)	2.2	5.5
Fibre(g)	1.6	4
Protein(g)	6.7	16.7
Salt(g)	0.5	1.24

L. Mini Margherita Pizza and Corn Ribs

INGREDIENTS

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

Allergens: **GLUTEN** and **Milk**

NUTRITIONAL INFORMATION

	per 100g	per 110g
Energy(kJ)	372	707
Energy(Kcal)	89	168
Fat(g)	2.4	4.6
Fat	0.9	1.8
Carbs(g)	12.3	23.4
Carbs	2.1	4
Fibre(g)	1	1.9
Protein(g)	3.4	6.5
Salt(g)	0.39	0.75

M. Simply Penne Pasta

INGREDIENTS

Pasta (Water, Durum **WHEAT** Flour), Water, Pomace Olive Oil (100%)

Allergens: **GLUTEN**

NUTRITIONAL INFORMATION

	per 100g	per 185g
Energy(kJ)	759	1404
Energy(Kcal)	179	331
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

N.Classic Beef Bolognese Penne Pasta

INGREDIENTS

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

Allergens: **GLUTEN (WHEAT)**

NUTRITIONAL INFORMATION

	per 100g	per 230g
Energy(kJ)	493	1133
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

O. Penne Pasta Tomato Mozzarella

INGREDIENTS

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.

Allergens: **GLUTEN (WHEAT)** and **MILK**

NUTRITIONAL INFORMATION

	per 100g	per 190g
Energy(kJ)	626	1190
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

P. Sausages, Mash and Beans

INGREDIENTS

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 starch, Salt, Wine vinegar, Acidity regulator: ascorbic acid, Flavourings, Paprika extract.

Allergens: **GLUTEN (WHEAT)** and **MILK**

NUTRITIONAL INFORMATION

	per 100g	per 225g
Energy(kJ)	548	1232
Energy(Kcal)	131	295
Fat(g)	6.1	13.8
Fat	2.4	5.3
Carbs(g)	13	29.3
Carbs Sugars(g)	2.3	5.2
Fibre(g)	2.2	5
Protein(g)	4.8	10.8
Salt(g)	0.87	1.95

S. Chilli Beef Burrito Wrap - Toasted

INGREDIENTS

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

Allergens: **GLUTEN (WHEAT), MILK, SOYA and CELERY**

NUTRITIONAL INFORMATION

	per 100g	per 180g
Energy(kJ)	818	1473
Energy(Kcal)	194	349
Fat(g)	5.2	9.3
Fat	2.5	4.5
Carbs(g)	29.7	53.4
Carbs	1.5	2.8
Fibre(g)	2.5	4.5
Protein(g)	8.3	14.9
Salt(g)	1	1.8

T. Gluten Free Pasta with Tomato Sauce

INGREDIENTS

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.

Allergens: **N/A**

NUTRITIONAL INFORMATION

	per 100g	per 250g
Energy(kJ)	448	1120
Energy(Kcal)	106	265
Fat(g)	1.2	3.1
Fat	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

U. Meatball Sub

INGREDIENTS

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.

Meatballs: PORK and Beef, water, onion, potato, potato flour, salt, potato fiber, spices.polyphosphate), antioxidant (sodium ascorbate), onion extract, preservative (sodium nitrite).

Sliced Mozzarella: Mozzarella (**MILK**, Salt, Starter Culture, Vegetarian Rennet).

Allergens: **GLUTEN (WHEAT) and MILK**

NUTRITIONAL INFORMATION

	Per 100g	Per 180g
Energy(kJ)	762	1371
Energy(Kcal)	182	327
Fat(g)	7.7	13.8
Fat Saturates(g)	2.9	5.2
Carbs(g)	22.3	40.2
Carbs Sugars(g)	2	3.5
Fibre(g)	1.4	2.5
Protein(g)	6.5	11.7
Salt(g)	0.99	1.79

V. Cheesey Beany Potatoes

INGREDIENTS

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**)

Potato Cubes: Potato Cubes: 99% potato, salt, spices, garlic powder, red paprika, potato starch, herbs, natural flavouring, smoked maltodextrin, sunflower oil, paprika concentrate.

Allergens: **MILK**

NUTRITIONAL INFORMATION

	Per 100g	Per 240g
Energy(kJ)	599	1437
Energy(Kcal)	141	337
Fat(g)	5.3	12.8
Fat Saturates(g)	2.6	6.2
Carbs(g)	15.8	37.9
Carbs Sugars(g)	2.3	5.5
Fibre(g)	2.3	5.6
Protein(g)	7.2	17.3
Salt(g)	0.85	2.04

W. Roast Chicken Breast Mash Veg

INGREDIENTS

Chicken: Chicken, Water, Salt, Corn Starch

Potato Mash: 73% potatoes, whey permeate (**MILK**), 8,8% cream (**MILK**), skimmed **MILK**, salt, spices, pepper extract.

Carrots

Allergens: **MILK**

NUTRITIONAL INFORMATION

	per 100g	per 250g
Energy(kJ)	448	1120
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

X. Chicken Goujon, Wholegrain Roll

INGREDIENTS

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 Culture.

Allergens: **GLUTEN (WHEAT)**

NUTRITIONAL INFORMATION

	per 100g	per 160g
Energy(kJ)	911	1458
Energy(Kcal)	257	157
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
Protein(g)	13.3	21.3
Salt(g)	0.88	1.4

Y. Creamy Carbonara

INGREDIENTS

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)

Allergens: **GLUTEN (WHEAT) and MILK**

NUTRITIONAL INFORMATION

	per 100g	per 200g (serving)
Energy(kJ)	538	1075
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

Z. Sausage, Tomato Sauce, Wholegrain Roll

INGREDIENTS

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.

Allergens: **GLUTEN (WHEAT)**

NUTRITIONAL INFORMATION

	per 100g	per 135g
Energy(kJ)	1021	1379
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