



Product Information Sheet

Product Code 227217

Weight 380g

Product Type Individual

Product Name Level 5 Macaroni Cheese

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	605kj	2300kj
Energy (kcal)	145kcal	552kcal
Fat	9.0g	34g
Saturated	4.0g	15g
Monounsaturated	3.6g	14g
Polyunsaturated	1.3g	4.8g
Carbohydrate	9.3g	35g
of which sugars	2.0g	7.7g
Fibre	1.2g	4.7g
Protein	6.2g	23g
Sodium	190mg	722mg
Salt equivalent	0.47g	1.8g
Potassium	127mg	484mg

Ingredient Declaration

water, broccoli, vegetarian Cheddar cheese (**milk**) (13%), durum **wheat** semolina (8%), spinach, dried **milk**, rapeseed oil, vegetarian Regato cheese (**milk**) (1.5%), modified starch, starch, stabilisers (methyl cellulose, hydroxypropyl methyl cellulose), salt, **mustard** powder, pepper.

Warnings:

⚠ May contain soya.

⚠ Prepared to meet level 5 for adults.

Diet Coding		Made Without		Free From	
1 of 5 a Day		Alcohol	✓	Alcohol	
Energy Dense	✓	Beef	✓	Beef	
Gluten Free		Celery	✓	Celery	
Low Fat		Cheese		Cheese	
Low Salt		Crustacean	✓	Crustacean	
Vegetarian	✓	Egg & Egg Derivatives	✓	Egg & egg derivatives	
Low Saturated Fat		Fish	✓	Fish	
Healthier Choice		Garlic	✓	Garlic	
Vegan		Lupin	✓	Gluten	
Soft		Milk & Milk Derivatives		Milk & milk derivatives	
Reduced Sugars		Mollusc	✓	Mollusc	
Low Sugars	✓	Mushroom	✓	Mushroom	
2 of 5 a Day		Mustard		Mustard	
3 of 5 a Day		Nuts	✓	Nuts	
Reducing		Onion	✓	Onion	
High Protein	✓	Peanut	✓	Peanuts	
Easy Chew		Sesame	✓	Soya	
Free From Milk		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Tomato	✓	Tomato	
SourceOfProtein		Yeast	✓	Yeast	
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye	✓		
		Barley	✓		
		Oats	✓		

Cooking Guidelines (all ovens may vary)

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Once cooked do not reheat. Stir before serving.

Canal Road, Trowbridge, Wiltshire, BA14 8RJ U.K. Tel: 01225 753636 Fax: 01225 777084