



Product Information Sheet

Product Code 227219

Weight 450g

Product Type Individual

Product Name Level 5 Pasta Bolognaise

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	479kj	2154kj
Energy (kcal)	114kcal	515kcal
Fat	5.2g	23g
Saturated	1.5g	6.8g
Monounsaturated	2.5g	11g
Polyunsaturated	1.0g	4.4g
Carbohydrate	11g	49g
of which sugars	2.2g	9.8g
Fibre	1.4g	6.2g
Protein	5.2g	24g
Sodium	173mg	780mg
Salt equivalent	0.43g	1.9g
Potassium	205mg	923mg

Ingredient Declaration

water, beef (14%), spinach, durum **wheat** semolina (6%), tomato paste, concentrated tomato, **wheat** flour (with calcium carbonate, niacin, iron, thiamin), vegetable oils (rapeseed, palm), modified starch, garlic, dried **milk**, cream (**milk**), butter (**milk**), skimmed **milk** powder, stabilisers (methyl cellulose, hydroxypropyl methyl cellulose), dried potato, onion powder, basil, yeast extract, salt, parsley, dried oregano, cornflour, sugar, natural flavourings, caramelised sugar, flavouring, pepper, extra virgin olive oil, concentrated carrot juice, concentrated onion juice, spirit vinegar, dark brown sugar, cane molasses, beef extract, tomato concentrate, dried onion, tamarind paste, dried carrot, ground cayenne, dried leek, dried tomato, garlic powder, ground clove, ground turmeric, dried thyme, ground bay leaf, yeast.

Warnings:

- ⚠ Prepared to meet level 5 for adults.
- ⚠ May contain mustard and soya.

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.

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