Product Information Sheet

Product Code 227222 **Weight** 420g

Product Type Individual

Product Name Level 5 Chicken Curry

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	502kJ	2109kJ
Energy (kcal)	120kcal	505kcal
Fat	5.7g	24g
Saturated	2.4g	10g
Monounsaturated	2.0g	8.6g
Polyunsaturated	1.0g	4.1g
Carbohydrate	9.8g	41g
of which sugars	1.8g	7.5g
Fibre	2.5g	11g
Protein	6.1g	26g
Sodium	164mg	688mg
Salt equivalent	0.41g	1.7g
Potassium	201mg	843mg

Ingredient Declaration

water, cooked chicken breast (14%), cooked rice, spinach (8%), coconut (3.5%), onion, lentils (3%), rapeseed oil, tomato paste, stabilisers (methyl cellulose, hydroxypropyl methyl cellulose), garlic, ground spice blend (turmeric, coriander, pepper, **mustard**, cumin, fenugreek, ginger, clove, fennel), maltodextrin, sugar, modified starch, ground cumin, salt, ground rice, mango, dried potato, garam masala (ground cinnamon, ground ginger, ground fennel, ground pepper, ground cumin, ground clove, garlic powder), mango purée, coriander leaf, onion powder, starch, ginger, ground turmeric, roast chicken carcass, red chilli, garlic powder, chilli powder, preservative (acetic acid), yeast extract, cornflour, ground paprika, pepper, thickener (pectins), ground chilli, carrot juice concentrate, leek juice concentrate.

Warnings:

⚠ Prepared to meet level 5 for adults.

⚠ May contain soya.

Diet Coding	
1 of 5 a Day	✓
Energy Dense	✓
Gluten Free	✓
Low Fat	
Low Salt	
Vegetarian	
Low Saturated Fat	
Healthier Choice	
Vegan	
Soft	
Reduced Sugars	
Low Sugars	✓
2 of 5 a Day	
3 of 5 a Day	
Reducing	
High Protein	✓
Easy Chew	
Free From Milk	
SourceFibre	
SourceOfProtein	

Made Without	
Alcohol	✓
Beef	✓
Celery	✓
Cheese	✓
Crustacean	✓
Egg & Egg Derivatives	✓
Fish	✓
Garlic	
Lupin	✓
Milk & Milk Derivatives	✓
Mollusc	✓
Mushroom	✓
Mustard	
Nuts	✓
Onion	
Peanut	✓
Sesame	✓
Soya	✓
Tomato	
Yeast	
Almond	✓
Brazil	✓
Cashew	✓
Hazlenut	✓
Macadamia	✓
Pecan	✓
Pistachio	✓
Queensland	✓
Walnut	✓
Wheat	
Rye	
Barley	
Oats	

Free From	
Alcohol	
Beef	
Celery	
Cheese	
Crustacean	
Egg & egg derivatives	
Fish	
Garlic	
Gluten	✓
Milk & milk derivatives	
Mollusc	
Mushroom	
Mustard	
Nuts	
Onion	
Peanuts	
Soya	
Sulphur dioxide/sulphites >10mg/kg	✓
Tomato	
Yeast	

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