



Product Information Sheet

Product Code 324200

Weight 1360g

Product Type Large / Multi-Portion

Product Name Roast Pork

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	355kj	603kj
Energy (kcal)	85kcal	144kcal
Fat	3.6g	6.1g
Saturated	0.9g	1.5g
Monounsaturated	2.0g	3.3g
Polyunsaturated	0.7g	1.2g
Carbohydrate	2.7g	4.6g
of which sugars	<0.5g	0.6g
Fibre	<0.5g	0g
Protein	10g	18g
Sodium	280mg	476mg
Salt equivalent	0.70g	1.2g
Potassium	216mg	367mg

Ingredient Declaration

water, roast formed pork (40%), modified starch, rapeseed oil, tomato puree, salt, dextrose, yeast extract, roast chicken carcass, caramelised sugar, stabiliser (triphosphates), sugar, cornflour, carrot juice concentrate, leek juice concentrate.

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)

Cook with lid on. Always cook from frozen.

Store at -18°C, do not refreeze once thawed

Product Code 328200**Weight** 380g**Product Type** Small / Twin**Product Name** Roast Pork In Gravy**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	338kj	642kj
Energy (kcal)	81kcal	153kcal
Fat	3.5g	6.7g
Saturated	0.8g	1.6g
Monounsaturated	1.9g	3.7g
Polyunsaturated	0.7g	1.4g
Carbohydrate	2.8g	5.4g
of which sugars	<0.5g	0.8g
Fibre	<0.5g	<0.5g
Protein	9.3g	18g
Sodium	274mg	521mg
Salt equivalent	0.69g	1.3g
Potassium	203mg	386mg

Ingredient Declaration

water, roast formed pork (36%), modified starch, rapeseed oil, tomato puree, salt, yeast extract, dextrose, roast chicken carcass, caramelised sugar, stabiliser (triphosphates), sugar, cornflour, carrot juice concentrate, leek juice concentrate.

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)

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