



# Product Information Sheet

Product Code 217107

Weight 400g

Product Type Individual

Product Name Level 5 Chicken & Vegetable Casserole

## Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	534kj	2137kj
Energy (kcal)	128kcal	511kcal
Fat	6.4g	25g
Saturated	0.7g	3.0g
Monounsaturated	3.7g	15g
Polyunsaturated	1.8g	7.3g
Carbohydrate	11g	43g
of which sugars	2.0g	8.0g
Fibre	2.2g	8.9g
Protein	5.9g	24g
Sodium	134mg	535mg
Salt equivalent	0.33g	1.3g
Potassium	228mg	914mg

## Ingredient Declaration

water, potato, cooked chicken breast, carrot, sprouts, rapeseed oil, maltodextrin, onion, swede, modified starch, stabilisers (methyl cellulose, cellulose), butter (**milk**), caramelised sugar, salt, dried potato, dried **milk**, starch, roast chicken carcass, tarragon, sugar, yeast extract, cornflour, pepper, tomato puree, carrot juice concentrate, leek juice concentrate.

## Warnings:

⚠ 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.

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

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