

Product Information Sheet

Product Code 324453

Weight 1350g

Product Type Large / Multi-Portion

Product Name Chicken & Sweetcorn Bake

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	471kj	1060kj
Energy (kcal)	112kcal	252kcal
Fat	3.6g	8.2g
Saturated	1.8g	4.1g
Monounsaturated	0.9g	2.0g
Polyunsaturated	0.5g	1.0g
Carbohydrate	11g	26g
of which sugars	2.3g	5.3g
Fibre	0.7g	1.7g
Protein	8.1g	18g
Sodium	192mg	433mg
Salt equivalent	0.48g	1.1g
Potassium	275mg	618mg

Ingredient Declaration

cooked chicken (25%), water, potato, sweetcorn, onion, leek, dried **milk**, breadcrumb (**wheat** flour (with calcium carbonate, niacin, iron, thiamin), yeast, **wheat gluten**, salt, emulsifier (mono- and diacetyltartaric acid esters of mono- and diglycerides of fatty acids), flour treatment agent (ascorbic acid)), cream (**milk**), modified starch, vegetable oils (palm, sunflower), butter (**milk**), salt, onion powder, starch, garlic, dried parsley, roast chicken carcass, natural flavouring, dried oregano, dried sage, sugar, yeast extract, cornflour, dextrose, tomato puree, 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		Tomato		Yeast	
		Yeast			
		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye	✓		
		Barley	✓		
		Oats	✓		

Cooking Guidelines (all ovens may vary)

Cook with lid off. Cook from frozen.

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

Product Code 328453

Weight 450g

Product Type Small / Twin

Product Name Chicken & Sweetcorn Bake

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	473kj	1064kj
Energy (kcal)	112kcal	253kcal
Fat	3.6g	8.2g
Saturated	1.8g	4.1g
Monounsaturated	0.9g	2.0g
Polyunsaturated	0.4g	1.0g
Carbohydrate	11g	26g
of which sugars	2.4g	5.5g
Fibre	0.8g	1.7g
Protein	8.1g	18g
Sodium	193mg	434mg
Salt equivalent	0.48g	1.1g
Potassium	313mg	704mg

Ingredient Declaration

cooked chicken (25%), water, potato, sweetcorn, onion, leek, dried **milk**, breadcrumb (**wheat** flour (with calcium carbonate, niacin, iron, thiamin), yeast, **wheat gluten**, salt, emulsifier (mono- and diacetyl tartaric acid esters of mono- and diglycerides of fatty acids), flour treatment agent (ascorbic acid)), cream (**milk**), modified starch, vegetable oils (palm, sunflower), butter (**milk**), salt, dextrose, onion powder, starch, yeast extract, garlic, dried parsley, natural flavouring, dried onion, sugar, dried oregano, dried sage, chicken stock, rice flour.

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 off. Cook from frozen.

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