



Product Information Sheet

Product Code 324115

Weight 1360g

Product Type Large / Multi-Portion

Product Name Beef Bolognaise with Pasta

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	466kj	1047kj
Energy (kcal)	111kcal	249kcal
Fat	3.4g	7.7g
Saturated	1.1g	2.6g
Monounsaturated	1.7g	3.8g
Polyunsaturated	0.4g	1.0g
Carbohydrate	13g	29g
of which sugars	2.3g	5.3g
Fibre	0.9g	2.0g
Protein	6.8g	15g
Sodium	216mg	485mg
Salt equivalent	0.54g	1.2g
Potassium	231mg	520mg

Ingredient Declaration

water, beef (21%), tomato, durum **wheat** semolina, carrot, onion, tomato puree, rapeseed oil, modified starch, yeast extract, salt, garlic, caramelised sugar, sugar, cornflour, flavouring, natural flavouring, pepper, beef extract, spirit vinegar, dried oregano, cane molasses, basil, thyme, tamarind paste, onion powder, ground cayenne, garlic powder, ground clove.

Warnings:

⚠ 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)

Cook with lid on. Always cook from frozen. Stir before serving.

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

Product Code 328115**Weight** 450g**Product Type** Small / Twin**Product Name** Beef Bolognese with Pasta**Nutrition (as consumed)**

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	467kj	1050kj
Energy (kcal)	111kcal	250kcal
Fat	3.4g	7.7g
Saturated	1.1g	2.6g
Monounsaturated	1.7g	3.8g
Polyunsaturated	0.4g	1.0g
Carbohydrate	13g	29g
of which sugars	2.3g	5.3g
Fibre	0.9g	2.0g
Protein	6.8g	15g
Sodium	215mg	484mg
Salt equivalent	0.54g	1.2g
Potassium	231mg	519mg

Ingredient Declaration

water, beef (21%), tomato, durum **wheat** semolina, carrot, onion, tomato puree, rapeseed oil, modified starch, yeast extract, salt, garlic, caramelised sugar, sugar, cornflour, flavouring, natural flavouring, pepper, beef extract, spirit vinegar, dried oregano, cane molasses, basil, thyme, tamarind paste, onion powder, ground cayenne, garlic powder, ground clove.

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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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