



Product Information Sheet

Product Code 217213

Weight 380g

Product Type Individual

Product Name Level 5 Vegetable & West Country Cheddar Cheese Bake

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	552kj	2099kj
Energy (kcal)	133kcal	505kcal
Fat	9.4g	36g
Saturated	4.2g	16g
Monounsaturated	3.4g	13g
Polyunsaturated	1.3g	5.1g
Carbohydrate	7.0g	26g
of which sugars	1.9g	7.1g
Fibre	1.6g	6.0g
Protein	4.4g	17g
Sodium	144mg	549mg
Salt equivalent	0.36g	1.4g
Potassium	176mg	670mg

Ingredient Declaration

water, broccoli, potato, vegetarian mature Cheddar cheese (**milk**) (4%), butter (**milk**), vegetable oils (rapeseed, palm), vegetarian Cheddar cheese (**milk**) (2.5%), carrot, cream (**milk**), cauliflower, onion, celeriac (**celery**), skimmed **milk** powder, starch, **milk** protein, modified starch, vegetarian Regato cheese (**milk**), emulsifier (**soya** lecithin), lemon juice from concentrate, stabiliser (methyl cellulose), thickeners (methyl cellulose, xanthan gum, guar gum), natural flavourings (contains **milk**), sugar, dried **milk**, salt, parsley, pea fibres, chives, yeast extract, parsnip, pepper.

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	
		Garlic	✓	Garlic	
Healthier Choice		Lupin	✓	Gluten	✓
Vegan		Milk & Milk Derivatives		Milk & milk derivatives	
Soft				Mollusc	
Reduced Sugars		Mollusc	✓	Mushroom	
Low Sugars	✓	Mushroom	✓	Mustard	
2 of 5 a Day		Mustard	✓	Nuts	
3 of 5 a Day		Nuts	✓	Onion	
Reducing		Onion		Peanuts	
High Protein		Peanut	✓	Soya	
Easy Chew		Sesame	✓	Sulphur dioxide/sulphites >10mg/kg	✓
Free From Milk		Soya		Tomato	
SourceFibre		Tomato	✓	Yeast	
SourceOfProtein		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. Stir cheese sauce, mashed potato and broccoli before serving.

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

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