



Product Information Sheet

Product Code 217112

Weight 410g

Product Type Individual

Product Name Level 5 Macaroni Cheese

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	430kj	1762kj
Energy (kcal)	103kcal	421kcal
Fat	4.5g	19g
Saturated	1.8g	7.4g
Monounsaturated	1.8g	7.3g
Polyunsaturated	0.7g	3.0g
Carbohydrate	11g	44g
of which sugars	2.2g	8.9g
Fibre	1.2g	4.8g
Protein	4.1g	17g
Sodium	143mg	585mg
Salt equivalent	0.36g	1.5g
Potassium	148mg	608mg

Ingredient Declaration

water, potato, broccoli, durum **wheat** semolina (8%), carrot, swede, dried **milk**, Regato cheese (**milk**) (2.5%), Cheddar cheese (**milk**) (2%), rapeseed oil, cornflour, butter (**milk**), salt, **mustard** powder, starch, 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	
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 from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot. Once cooked do not reheat. Stir before serving.

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

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