



Product Information Sheet

Product Code 217012

Weight 275g

Product Type Individual

Product Name Level 4 Purée Petite Cheese & Onion Bake

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	814kj	2237kj
Energy (kcal)	196kcal	539kcal
Fat	15g	40g
Saturated	4.0g	11g
Monounsaturated	6.9g	19g
Polyunsaturated	3.7g	10g
Carbohydrate	8.2g	23g
of which sugars	2.2g	6.1g
Fibre	2.6g	7.2g
Protein	6.4g	18g
Sodium	243mg	668mg
Salt equivalent	0.61g	1.7g
Potassium	180mg	495mg

Ingredient Declaration

water, MILK, broccoli (13%), skimmed MILK, rapeseed oil, SOYA protein, Cheddar cheese (MILK) (3.5%), onion (3.5%), dried potato (3%), sweet whey (MILK), butter (MILK), cream (MILK), emulsifiers (SOYA lecithin, mono- and diglycerides of fatty acids), pea starch, cheese (MILK) (1.2%), inulin, thickeners (methyl cellulose, xanthan gum, guar gum), WHEAT flour, natural flavourings (contains MILK), Emmental cheese (MILK) (0.7%), salt, garlic, pea fibres, emulsifying salts (sodium citrates, sodium phosphates), nutmeg, caramelised sugar, lemon juice, citrus fibres, colour (paprika extract), turmeric, pepper, yeast extract.

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. Take care, hot after heating. Once cooked do not reheat.

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

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