



Product Information Sheet

Product Code 217103

Weight 410g

Product Type Individual

Product Name Level 5 Fish in Mornay Sauce

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	523kj	2145kj
Energy (kcal)	125kcal	514kcal
Fat	7.2g	30g
Saturated	1.7g	6.8g
Monounsaturated	3.8g	15g
Polyunsaturated	1.6g	6.7g
Carbohydrate	8.7g	36g
of which sugars	3.7g	15g
Fibre	1.9g	7.7g
Protein	5.5g	22g
Sodium	167mg	684mg
Salt equivalent	0.42g	1.7g
Potassium	229mg	938mg

Ingredient Declaration

potato, carrot, water, broccoli, **fish** (12%), onion, cheese (**milk**) (5%), rapeseed oil, **milk** proteins, cornflour, stabilisers (methyl cellulose, cellulose), dried potato, butter (**milk**), salt, dried **milk**, starch, pepper, ground paprika.

Warnings:

⚠ Prepared to meet level 5 for adults.

⚠ May contain bones.

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

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