



Product Information Sheet

Product Code 217204

Weight 410g

Product Type Individual

Product Name Level 5 Pasta Bolognaise

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	422kj	1730kj
Energy (kcal)	101kcal	412kcal
Fat	3.7g	15g
Saturated	1.1g	4.4g
Monounsaturated	1.8g	7.4g
Polyunsaturated	0.6g	2.3g
Carbohydrate	9.9g	40g
of which sugars	3.3g	13g
Fibre	1.5g	6.2g
Protein	6.2g	25g
Sodium	133mg	546mg
Salt equivalent	0.33g	1.4g
Potassium	230mg	942mg

Ingredient Declaration

water, carrot, beef (20%), tomato puree, durum **wheat** semolina, onion, leek, vegetable oils (rapeseed, sunflower), garlic, cornflour, salt, yeast extract, stabiliser (methyl cellulose), basil, natural flavouring, dried oregano, sugar, caramelised sugar, ground bay leaf, dried onion, dried rosemary, pepper, beef 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		Milk & milk derivatives	✓ Gluten
Soft		Mollusc	✓ Milk & milk derivatives
Reduced Sugars		Mushroom	✓ Mollusc
Low Sugars	✓	Mustard	✓ Mushroom
2 of 5 a Day		Nuts	✓ Mustard
3 of 5 a Day	✓	Onion	✓ Nuts
Reducing		Peanuts	Onion
High Protein		Soya	✓ Peanuts
Easy Chew		Tomato	✓ Soya
Free From Milk		Yeast	Sulphur dioxide/sulphites
SourceFibre		Lupin	>10mg/kg
SourceOfProtein		Sesame	✓ Tomato
			✓ Yeast

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