

Product Information Sheet

Product Code 324936

Weight 480g

Product Type Large / Multi-Portion

Product Name Cheese & Tomato Omelettes

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	816kj	980kj
Energy (kcal)	196kcal	235kcal
Fat	14g	16g
Saturated	4.5g	5.4g
Monounsaturated	6.0g	7.2g
Polyunsaturated	2.2g	2.6g
Carbohydrate	6.0g	7.2g
of which sugars	1.0g	1.2g
Fibre	0.5g	0.6g
Protein	12g	15g
Sodium	301mg	361mg
Salt equivalent	0.75g	0.90g
Potassium	110mg	132mg

Ingredient Declaration

egg (59%), **milk**, vegetarian Cheddar cheese (**milk**) (11%), tomato (6%), rapeseed oil, cornflour, salt, pepper.

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. Lid on.

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

Product Code 328936

Weight 120g

Product Type Small / Twin

Product Name Cheese & Tomato Omelette

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	816kj	980kj
Energy (kcal)	196kcal	235kcal
Fat	14g	16g
Saturated	4.5g	5.4g
Monounsaturated	6.0g	7.2g
Polyunsaturated	2.2g	2.6g
Carbohydrate	6.0g	7.2g
of which sugars	1.0g	1.2g
Fibre	0.5g	0.6g
Protein	12g	15g
Sodium	301mg	361mg
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Ingredient Declaration

egg (59%), **milk**, vegetarian Cheddar cheese (**milk**) (11%), tomato (6%), rapeseed oil, cornflour, salt, pepper.

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			

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