



Product Information Sheet

Product Code 217124

Weight 400g

Product Type Individual

Product Name Level 5 Vegetable & Lentil Casserole

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	538kj	2151kj
Energy (kcal)	129kcal	515kcal
Fat	6.2g	25g
Saturated	0.5g	2.0g
Monounsaturated	3.7g	15g
Polyunsaturated	1.9g	7.6g
Carbohydrate	13g	53g
of which sugars	2.8g	11g
Fibre	2.6g	11g
Protein	3.8g	15g
Sodium	89mg	355mg
Salt equivalent	0.22g	0.89g
Potassium	289mg	1155mg

Ingredient Declaration

potato, water, cauliflower, sprouts, carrot (8%), rapeseed oil, maltodextrin, courgette (4%), tomato puree, lentils (3.5%), mushroom (3%), onion (3%), **wheat gluten**, spinach (1.4%), modified starch, stabilisers (methyl cellulose, cellulose), caramelised sugar, parsley, salt, garlic, sugar, spirit vinegar, cornflour, yeast extract, pepper, cane molasses, dried onion, dried leek, dried carrot, tamarind paste, dried tomato, onion powder, ground turmeric, ground cayenne, dried thyme, ground bay leaf, garlic powder, ground clove, **mustard**, **soya**.

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)

Always cook from frozen. Do not pierce, cook with film lid on. Ensure food is piping hot before serving. Once cooked do not reheat. Stir before serving.

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

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