

# **Product Information Sheet**

Product Code 324300

Weight 1360g

**Product Type** Large / Multi-Portion **Product Name** Roast Lamb In Gravy

#### Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)	
Energy (kJ)	362kJ	616kJ	
Energy (kcal)	87kcal	147kcal	
Fat	4.5g	7.6g	
Saturated	1.8g	3.0g	
Monounsaturated	2.1g	3.5g	
Polyunsaturated	0.3g	0.6g	
Carbohydrate	3.1g	5.2g	
of which sugars	0.7g	1.1g	
Fibre	<0.5g	<0.5g	
Protein	8.5g	14g	
Sodium	265mg	450mg	
Salt equivalent	0.66g	1.1g	
Potassium	170mg	289mg	

#### **Ingredient Declaration**

water, roast lamb (35%), modified starch, rapeseed oil, salt, sugar, yeast extract, caramelised sugar, roast lamb bone, stabiliser (triphosphates), cornflour, tomato puree, carrot juice concentrate, leek juice concentrate, rosemary extract.

**Made Without** Free From Diet Coding 1 of 5 a Day Alcohol Alcohol Beef **Energy Dense** Beef Gluten Free Celery Celery Cheese Low Fat Cheese Crustacean Low Salt Crustacean Egg & egg derivatives Vegetarian Egg & Egg Derivatives Fish Low Saturated Fish Fat Garlic Garlic **Healthier Choice** Gluten Lupin Vegan Milk & milk derivatives Milk & Milk Soft Mollusc **Derivatives Reduced Sugars** Mushroom Mollusc **Low Sugars** Mustard Mushroom 2 of 5 a Day Nuts Mustard 3 of 5 a Day Onion Nuts Peanuts Reducing Onion High Protein Soya Peanut Sulphur dioxide/sulphites **Easy Chew** >10mg/kg Sesame Free From Milk Soya **Tomato** SourceFibre Yeast Tomato SourceOfProtein Yeast Almond Brazil Cashew Hazlenut Macadamia Pecan Pistachio Queensland Walnut Wheat Rye Barley Oats

### Cooking Guidelines (all ovens may vary)

Cook with lid on. Always cook from frozen.

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

Product Code 328300

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Weight 340g

**Product Type** Small / Twin

Product Name Roast Lamb In Gravy

#### Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	362kJ	616kJ
Energy (kcal)	87kcal	147kcal
Fat	4.5g	7.6g
Saturated	1.8g	3.0g
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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		Fish	1./	Fish	
Fat	<u> </u>	Garlic		Garlic	
Healthier Choice		Lupin		Gluten	
Vegan		Milk & Milk		Milk & milk derivatives	
Soft		Derivatives	/	Mollusc	
Reduced Sugars		- Mollusc		Mushroom	
Low Sugars	/	Mushroom		Mustard	
2 of 5 a Day			\ <u>\</u>	Nuts	
3 of 5 a Day		Mustard	\ <u>\</u>	Onion	
Reducing		Nuts	/	Peanuts	
High Protein		Onion	//	Soya	
Easy Chew		Peanut	//	Sulphur dioxide/sulphites	
Free From Milk		Sesame	/	>10mg/kg	
SourceFibre		Soya	/	Tomato	
SourceOfProtein		Tomato		Yeast	
		Yeast			
		Almond	/		
		Brazil	/		
		Cashew	/		
		Hazlenut	/		
		Macadamia	/		
		Pecan	/	•	
		Pistachio			
		Queensland	/		
		Walnut		•	
		Wheat	<u> </u>		
		Rye			
		Barley			
		Oats			

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