



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.

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		Tomato		Yeast	
		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**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
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
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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 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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