



Product Information Sheet

Product Code

324100

Product Type

Large / Multi-Portion

Product Name

Roast Beef in Gravy

Weight

1260g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	376kj	591kj
Energy (kcal)	90kcal	141kcal
Fat	3.6g	5.6g
Saturated	1.4g	2.1g
Monounsaturated	1.8g	2.8g
Polyunsaturated	0.3g	0.4g
Carbohydrate	3.4g	5.3g
of which sugars	0.8g	1.2g
Fibre	<0.5g	<0.5g
Protein	11g	17g
Sodium	291mg	456mg
Salt equivalent	0.73g	1.1g
Potassium	180mg	283mg

Ingredient Declaration

water, steam roasted beef (42%), cornflour, onion, modified starch, salt, dextrose, rapeseed oil, stabilisers (triphosphates, polyphosphates), tomato puree, caramelised sugar, yeast extract, natural flavourings, sugar, dried onion, pepper, beef extract.

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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	
		Garlic	✓	Garlic	
Healthier Choice	✓	Lupin	✓	Gluten	✓
Vegan		Milk & Milk Derivatives	✓	Milk & milk derivatives	
Soft		Mollusc	✓	Mollusc	
Reduced Sugars		Mushroom	✓	Mushroom	
Low Sugars		Mustard	✓	Mustard	
2 of 5 a Day		Nuts	✓	Nuts	
3 of 5 a Day		Onion		Onion	
Reducing		Peanut	✓	Peanuts	
High Protein		Sesame	✓	Soya	
Easy Chew		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
Free From Milk		Tomato		Tomato	
SourceFibre		Yeast		Yeast	
SourceOfProtein		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

Cooking Guidelines (all ovens may vary)

Cook with lid on. Cook from frozen.

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

Product Code

328100

Product Type

Small / Twin

Product Name

Roast Beef In Gravy

Weight

340g

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kJ)	358kJ	608kJ
Energy (kcal)	85kcal	145kcal
Fat	3.4g	5.7g
Saturated	1.3g	2.2g
Monounsaturated	1.7g	2.8g
Polyunsaturated	0.3g	0.5g
Carbohydrate	3.5g	5.9g
of which sugars	0.7g	1.3g
Fibre	<0.5g	<0.5g
Protein	10g	17g
Sodium	291mg	495mg
Salt equivalent	0.73g	1.2g
Potassium	169mg	288mg

Ingredient Declaration

water, steam roasted beef (39%), cornflour, onion, modified starch, salt, rapeseed oil, dextrose, tomato puree, stabilisers (triphosphates, polyphosphates), caramelised sugar, yeast extract, natural flavourings, sugar, dried onion, pepper, beef extract.

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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	
		Garlic	✓	Garlic	
Healthier Choice	✓	Lupin	✓	Gluten	✓
Vegan		Milk & Milk Derivatives	✓	Milk & milk derivatives	
Soft		Mollusc	✓	Mollusc	
Reduced Sugars		Mushroom	✓	Mushroom	
Low Sugars		Mustard	✓	Mustard	
2 of 5 a Day		Nuts	✓	Nuts	
3 of 5 a Day		Onion		Onion	
Reducing		Peanut	✓	Peanuts	
High Protein		Sesame	✓	Soya	
Easy Chew		Soya	✓	Sulphur dioxide/sulphites >10mg/kg	✓
Free From Milk		Tomato		Tomato	
SourceFibre		Yeast		Yeast	
SourceOfProtein		Almond	✓		
		Brazil	✓		
		Cashew	✓		
		Hazlenut	✓		
		Macadamia	✓		
		Pecan	✓		
		Pistachio	✓		
		Queensland	✓		
		Walnut	✓		
		Wheat			
		Rye			
		Barley			
		Oats			

Cooking Guidelines (all ovens may vary)

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