

<div> <div>Nutrition information per (100g)</div> <div> compleat <small>meal solutions for 24hr catering & vending</small> </div> </div>		Energy	Protein	Carbohydrate	Of Which Sugars	Fat	Saturated Fat	Fibre	Sodium	Salt
Tuna & Pasta - Egg Pasta Shells with Flaked Tuna in a Herby Tomato Sauce with Mushrooms, Red Pepper & Sweetcorn. Cooked Pasta (28%)(Water, Durum Wheat , Salt, Egg Albumen), Tomato Puree (20%), Water, Tuna (9%)(contains Fish), Onion, Tomato (6.8%), Mushroom (4.2%), Red Pepper (3.0%), Maize Starch, Sweetcorn (2.5%), Modified Maize Starch, Sugar, Salt, Garlic Puree, Dried Basil, Black Pepper, Dried Oregano For Allergens, including cereals containing gluten, see ingredients in Bold		322kJ 76kcal	4.4g	13g	3.0g	0.7g	0.2g	1.1g	200mg	0.6g
Vegetable Chilli - Chunky Vegetables and red Kidney Beans in a Rich Spicy Tomato Sauce. Vegetables (37%)(Carrots, Onion, Potato), Red Kidney Beans (19%), Water, Red & Green Peppers (12%), Tomato Puree, Maize Starch, Modified Maize Starch, Red Lentils, Spices, Sugar, Garlic Puree, Salt, Rapeseed Oil		293kJ 69kcal	2.8g	12g	4.0g	0.5g	0.1g	2.6	200mg	0.6g
All Day Breakfast - Beans in a Rich Tomato Sauce with Potatoes and Two Succulent Pork Sausages. Water, Beans (21%), Pork Sausages (18%)(Pork (46%), Water, Rusk (Wheat Flour*, Water, Salt, Raising Agent: E503ii), Dextrose, Salt, Sausage Binder (Wheat Starch, Wheat Protein, Wheat Flour*), Stabiliser: Diphosphates; White Pepper, Paprika, Nutmeg, Coriander, Rapeseed Oil. Filled into Beef Collagen Casing), Potatoes (16%), Tomato Puree, Sugar, Maize Starch, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring Preparation. *contains Calcium Carbonate, Iron, Thiamin, Nicotinamide For Allergens, including cereals containing gluten, see ingredients in Bold		400kJ 95kcal	4.3g	16g	3.5g	1.0g	0.5g	2.0g	200mg	0.6g
Chicken Casserole - Chicken Breast in a Savoury Sauce with Potatoes, Carrot, Swede and Pearl Barley. Water, Potato (16%), Cooked Chicken Breast (11%), Carrot (9%), Tomato Puree, Swede (4%), Onion, Modified Maize Starch, Tomatoes, Peas, Savoury Stock (Rehydrated Potato, Water, Yeast Extract, Salt, Natural Flavouring, Sunflower Oil, Sugar, Dried Onion, Lemon Juice Concentrate, Garlic), Pearl Barley (1%), Salt, Caramelised Sugar Syrup, White Pepper. For Allergens, including cereals containing gluten, see ingredients in Bold		252kJ 60kcal	5.4g	7.3g	1.8g	0.8g	0.1g	0.8g	200mg	0.6g
Beans & Potato Wedges - Beans in a Rich Tomato Sauce with Potato Wedges & Mushrooms. Potato Wedges (26%), Water, Pea Beans (25%), Tomato Puree (9%), Mushrooms (5%), Sugar, Maize Starch, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring		375kJ 89kcal	2.8g	16g	4.6g	1.0g	0.0g	2.5g	200mg	0.6g
Lamb Hotpot - Minced lamb with Carrots, Onions and Swede in a Savoury Gravy with Sliced Potatoes. Water, Potato (25%), Lamb (15%), Onion, Tomato, Carrot, Tomato Puree, Maize Starch, Swede, Modified Maize Starch, Wheat Flour (contains Calcium Carbonate, Iron, Thiamin, Nicotinamide), Sugar, Salt, Colour: Plain Caramel; Dried Rosemary, Black Pepper. For Allergens, including cereals containing gluten, see ingredients in Bold		328kJ 78kcal	4.8g	7.3g	1.5g	3.2g	1.2g	0.5g	200mg	0.5g
Chicken & Veg Madras - Chicken Breast with a Selection of Vegetables in a Spicy Curry Sauce. Water, Potato (19%), Cooked Chicken Breast (11%), Onion (10%), Carrot (9%), Tomato, Peas (3%), Maize Starch, Modified Maize Starch, Curry Powder (Spices (Black Pepper, Cassia, Coriander, Cumin, Fennel, Fenugreek, Ginger, Chilli Pepper, Turmeric), Salt, Garlic Powder, Bayleaf), Sugar, Coconut Milk Powder, Spices, Rapeseed Oil, Ginger Puree, Concentrated Lemon Juice, Salt For Allergens, see ingredients in Bold		346kJ 82kcal	4.8g	12g	3.9g	1.3g	0.4g	1.7g	200mg	0.6g

Dietary Suitability Table

Product	Halal Certified Product	Suitable for Halal Diets	Free From Dairy	Free From Gluten	Free From Tomato	Free From Nuts	Suitable for Vegans	Suitable for Vegetarian	Free From Wheat	Free From Sulphite*	Free From Egg	Free From Celery	Free From Soya	Free From Mustard	Free From Sesame
Tuna & Pasta	NO	NO	YES	NO	NO	YES	NO	NO	NO	YES	NO	YES	YES	YES	YES
Vegetable Chilli	NO	YES	YES	YES	NO	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
All Day Breakfast	NO	NO	YES	NO	NO	YES	NO	NO	NO	YES	YES	YES	YES	YES	YES
Chicken Casserole	YES	YES	YES	NO	NO	YES	NO	NO	YES	YES	YES	YES	YES	YES	YES
Beans & Potato Wedges	NO	YES	YES	YES	NO	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Lamb Hot Pot	YES	YES	YES	NO	NO	YES	NO	NO	NO	YES	YES	YES	YES	YES	YES
Chicken and Veg Madras	YES	YES	NO	YES	NO	YES	NO	NO	YES	YES	YES	YES	YES	YES	YES

Cooking Instructions

Microwave: Open lid of box. Pierce film lid of tray three times and place in microwave, pierced side up. Cook on full power to the guidelines shown above.

Carefully open and serve at once. Do not reheat. For ovens with a different output, adjust heating time according to the manufacturers handbook.

Pan/Bain Marie: Heat water to just below boiling point. Remove tray from outer box and place in heated water. Heat for 20 minutes. Remove tray from water, carefully open tray and serve at once. Do not reheat.

No of Meals	650 Watts	800 Watts	900 Watts	1100 Watts
1	3 – 3.5 mins	3 mins	2.5 mins	1.5 - 2 mins
2	6 mins	5 mins	5 mins	3 mins
3	10 mins	8.5 mins	6 mins	4 mins

Please note this document is a guide only, for more information contact : **Malton Foods , c/o Technical Department, Amotherby, Malton, North Yorkshire, YO17 6TQ. Tel: 01653 693971 Fax: 01653 600187 email: custserv@westler.com**

Notes: *Sulphite free where Sulphites are less than 10 parts per million.
Compleat Menu Card (February 2015).