

Ingredients sourced from family run Irish suppliers including Valleymount Foods - Nass, Buggy Foods - Kilbeggin, Cullens Fruit & Veg – Gorey, Fused by Fiona – Naas, Curley's Quality Foods – Galway, John O'Brien – Potato Farmer Athy

Allergens: 1: Celery, 2: Cereals, 3: Crustaceans, 4: Eggs, 5: Fish, 6: Lupin, 7: Milk, 8: Molluscs, 9: Mustard, 10: Peanuts, 11: Sesame, 12: Soybeans, 13: Sulphites, 14: Tree nuts

Menu Item	Ingredients List	Nutritional Information	Front of Pack																								
Pasta Bolognese (2)	Water, Durum Whole Wheat Flour, Beef (95%), Starch, Salt, Diced Tomatoes, Water, Diced Vegetables, Tomato Paste, Rapeseed Oil, Garlic Puree, Salt,Sugar, Cornflour [Wheat]	<table><thead><tr><th></th><th>per 100g</th><th>per 290g</th></tr></thead><tbody><tr><td>Energy</td><td>639kJ/152kcal</td><td>1854kJ/441kcal</td></tr><tr><td>Fat</td><td>5.4g</td><td>16g</td></tr><tr><td>of which Saturates</td><td>1.7g</td><td>4.9g</td></tr><tr><td>Carbohydrate</td><td>16g</td><td>46g</td></tr><tr><td>of which Sugars</td><td>1.0g</td><td>2.9g</td></tr><tr><td>Protein</td><td>7.3g</td><td>21g</td></tr><tr><td>Salt</td><td>0.53g</td><td>1.5g</td></tr></tbody></table>		per 100g	per 290g	Energy	639kJ/152kcal	1854kJ/441kcal	Fat	5.4g	16g	of which Saturates	1.7g	4.9g	Carbohydrate	16g	46g	of which Sugars	1.0g	2.9g	Protein	7.3g	21g	Salt	0.53g	1.5g	<div><p>A 290g serving contains</p><div><div>Energy 1854kJ 441kcal 22%</div><div>Fat 16g 22%</div><div>Saturates 4.9g 24%</div><div>Sugars 2.9g 3%</div><div>Salt 1.5g 26%</div></div><p>of an adult's reference intake</p><p>Typical values per 100g: 639kJ/152kcal</p></div>
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Chicken Curry & Rice (9) (1)	Rice, Curry Mix [Curcumin, Coriander, Ginger, Paprika, Fenugreek Seed, Celery, Caraway, Onion, Nutmeg, Galangal, Garlic, Fennel, Allspice, Rosemary, Cinnamon, Chili, Cumin, Black Pepper, Salt, Potato Starch, Tomato, Lemon Juice, Mustard Seed(Mustard)] ,Carrot, Swede, Onion, Chicken Bouillion[Salt, Sugar, Maltodextrin, Chicken Fat(4%), Antioxidant(Extract Of Rosemary), Turmeric, Garlic, Onion Juice Concentrate, Lovage Roots], Chicken (98%) (Halal), Water, Salt.	<table><thead><tr><th></th><th>per 100g</th><th>per 275g</th></tr></thead><tbody><tr><td>Energy</td><td>467kJ/110kcal</td><td>1285kJ/304kcal</td></tr><tr><td>Fat</td><td>1.8g</td><td>5.0g</td></tr><tr><td>of which Saturates</td><td>0.5g</td><td>1.5g</td></tr><tr><td>Carbohydrate</td><td>16g</td><td>43g</td></tr><tr><td>of which Sugars</td><td>1.0g</td><td>2.8g</td></tr><tr><td>Protein</td><td>8.4g</td><td>23g</td></tr><tr><td>Salt</td><td>0.59g</td><td>1.6g</td></tr></tbody></table>		per 100g	per 275g	Energy	467kJ/110kcal	1285kJ/304kcal	Fat	1.8g	5.0g	of which Saturates	0.5g	1.5g	Carbohydrate	16g	43g	of which Sugars	1.0g	2.8g	Protein	8.4g	23g	Salt	0.59g	1.6g	<div><p>A 275g serving contains</p><div><div>Energy 1285kJ 304kcal 19%</div><div>Fat 5.0g 7%</div><div>Saturates 1.5g 7%</div><div>Sugars 2.8g 3%</div><div>Salt 1.6g 27%</div></div><p>of an adult's reference intake</p><p>Typical values per 100g: 467kJ/110kcal</p></div>
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Cajun Chicken Wrap (2)(9)(12)	Chicken Breast Fillet (98%), Water, Salt, Wheat Flour, Water, Palm Oil, Humectant, Raising Agent, Acidity Regulator, Stabilisers, Emulsifier, Salt, Preservatives, Flour Treatment, Red Peppers, Onions, Tomatoes (53%), Sugar, Tomato Paste, Spirit Vinegar, Salt, Black Pepper, Mustard Flour, Spices, Barley Malt Vinegar, Soya Sauce (Water, Soyabeans, Salt Spirit Vinegar), Stabilisers, Herb Extract, Preservative, Colour (Paprika Extract), Smoke Flavour	<table><thead><tr><th></th><th>per 100g</th><th>per 196g</th></tr></thead><tbody><tr><td>Energy</td><td>696kJ/165kcal</td><td>1363kJ/324kcal</td></tr><tr><td>Fat</td><td>3.2g</td><td>6.2g</td></tr><tr><td>of which Saturates</td><td>1.2g</td><td>2.4g</td></tr><tr><td>Carbohydrate</td><td>22g</td><td>43g</td></tr><tr><td>of which Sugars</td><td>4.2g</td><td>8.2g</td></tr><tr><td>Protein</td><td>13g</td><td>25g</td></tr><tr><td>Salt</td><td>0.86g</td><td>1.7g</td></tr></tbody></table>		per 100g	per 196g	Energy	696kJ/165kcal	1363kJ/324kcal	Fat	3.2g	6.2g	of which Saturates	1.2g	2.4g	Carbohydrate	22g	43g	of which Sugars	4.2g	8.2g	Protein	13g	25g	Salt	0.86g	1.7g	<div><p>A 196g serving contains</p><div><div>Energy 1363kJ 324kcal 16%</div><div>Fat 6.2g 9%</div><div>Saturates 2.4g 12%</div><div>Sugars 8.2g 9%</div><div>Salt 1.7g 28%</div></div><p>of an adult's reference intake</p><p>Typical values per 100g: 696kJ/165kcal</p></div>
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Menu Item	Ingredients List	Nutritional Information	Front of Pack																								
Italian Chicken Pasta (2)	Durum Wheat Flour, Water, Chicken Breast Fillet (98%) (Halal), Water, Salt, Diced Tomatoes, Water, Diced Vegetables, Tomato Paste, Rapeseed Oil, Garlic Puree, Salt, Sugar, Cornflour [Wheat]	<table><thead><tr><th></th><th>per 100g</th><th>per 225g</th></tr></thead><tbody><tr><td>Energy</td><td>844kJ/201kcal</td><td>1899kJ/453kcal</td></tr><tr><td>Fat</td><td>7.7g</td><td>17g</td></tr><tr><td>of which Saturates</td><td>1.2g</td><td>2.7g</td></tr><tr><td>Carbohydrate</td><td>20g</td><td>45g</td></tr><tr><td>of which Sugars</td><td>0g</td><td>1.1g</td></tr><tr><td>Protein</td><td>12g</td><td>27g</td></tr><tr><td>Salt</td><td>0.29g</td><td>0.65g</td></tr></tbody></table>		per 100g	per 225g	Energy	844kJ/201kcal	1899kJ/453kcal	Fat	7.7g	17g	of which Saturates	1.2g	2.7g	Carbohydrate	20g	45g	of which Sugars	0g	1.1g	Protein	12g	27g	Salt	0.29g	0.65g	<div><div>A 225g serving contains</div><div><div>Energy 1899kJ 453kcal 23%</div><div>Fat 17g 25%</div><div>Saturates 2.7g 14%</div><div>Sugars 1.1g 1%</div><div>Salt 0.65g 11%</div></div><div>of an adult's reference intake</div><div>Typical values per 100g: 844kJ/201kcal</div></div>
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Sweet Chilli Chicken Noodles (2)	Chicken Breast Fillet (98%), Water, Salt, Water, Sugar, Tomato Paste, Vinegar, Garlic Puree, Corn Flour, Red Bell Peppers, Salt, Garlic Powder , Ginger, Paprika, Chilli., Water, Onions, Red Peppers, Wheat Flour (With Calcium, Iron, Niacin And Thiamin (B1)), Salt, Colours (Paprika Extract And Carotenes), Acidity Regulators (Sodium Carbonate, Potassium Carbonate, Citric Acid), Antioxidant (Ascorbic Acid)	<table><thead><tr><th></th><th>per 100g</th><th>per 243g</th></tr></thead><tbody><tr><td>Energy</td><td>485kJ/114kcal</td><td>1178kJ/278kcal</td></tr><tr><td>Fat</td><td>0.7g</td><td>1.7g</td></tr><tr><td>of which Saturates</td><td>0.2g</td><td>0.4g</td></tr><tr><td>Carbohydrate</td><td>18g</td><td>43g</td></tr><tr><td>of which Sugars</td><td>9.3g</td><td>23g</td></tr><tr><td>Protein</td><td>9.5g</td><td>23g</td></tr><tr><td>Salt</td><td>0.74g</td><td>1.8g</td></tr></tbody></table>		per 100g	per 243g	Energy	485kJ/114kcal	1178kJ/278kcal	Fat	0.7g	1.7g	of which Saturates	0.2g	0.4g	Carbohydrate	18g	43g	of which Sugars	9.3g	23g	Protein	9.5g	23g	Salt	0.74g	1.8g	<div><div>A 243g serving contains</div><div><div>Energy 1178kJ 278kcal 14%</div><div>Fat 1.7g 2%</div><div>Saturates 0.4g 2%</div><div>Sugars 23g 25%</div><div>Salt 1.8g 30%</div></div><div>of an adult's reference intake</div><div>Typical values per 100g: 485kJ/114kcal</div></div>
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Hot Cheese Roll (2, 7)	Ciabatta Roll: Fortified Wheat Flour (Wheat Flour, Wheat Gluten, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Extra Virgin Oil, Salt, Yeast, Malted Wheat Flour, Flour Treatment Agent, Ascorbic Acid Vepo Red Cheddar: Pasteurized Milk, Salt, Microbial Rennet, Starter culture, Colour (E160b)	<table><thead><tr><th></th><th>per 100g</th><th>per 131g</th></tr></thead><tbody><tr><td>Energy</td><td>1188kJ/284kcal</td><td>1556kJ/371kcal</td></tr><tr><td>Fat</td><td>7.6g</td><td>10.0g</td></tr><tr><td>of which Saturates</td><td>3.8g</td><td>5.0g</td></tr><tr><td>Carbohydrate</td><td>40g</td><td>52g</td></tr><tr><td>of which Sugars</td><td>2.1g</td><td>2.8g</td></tr><tr><td>Protein</td><td>12g</td><td>16g</td></tr><tr><td>Salt</td><td>1.0g</td><td>1.3g</td></tr></tbody></table>		per 100g	per 131g	Energy	1188kJ/284kcal	1556kJ/371kcal	Fat	7.6g	10.0g	of which Saturates	3.8g	5.0g	Carbohydrate	40g	52g	of which Sugars	2.1g	2.8g	Protein	12g	16g	Salt	1.0g	1.3g	<div><div>A 131g serving contains</div><div><div>Energy 1556kJ 371kcal 19%</div><div>Fat 10.0g 14%</div><div>Saturates 5.0g 25%</div><div>Sugars 2.8g 3%</div><div>Salt 1.3g 22%</div></div><div>of an adult's reference intake</div><div>Typical values per 100g: 1188kJ/284kcal</div></div>
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Hot Ham and Cheese Roll (2,7)	Ciabatta Roll: Fortified Wheat Flour (Wheat Flour, Wheat Gluten, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Extra Virgin Oil, Salt, Yeast, Malted Wheat Flour, Flour Treatment Agent, Ascorbic Acid Irish Ham: Pork, Water, Salt, Starch, Stabilisers (Triphosphates, Polyphosphates), Sugars, Pork Protein, Antioxidant, Flavouring, Preservative. Vepo Red Cheddar Cheese: Pasteurized Milk, Salt, Microbial Rennet, Starter culture, Colour (E160b)	<table><thead><tr><th></th><th>per 100g</th><th>per 148g</th></tr></thead><tbody><tr><td>Energy</td><td>1084kJ/259kcal</td><td>1605kJ/383kcal</td></tr><tr><td>Fat</td><td>6.7g</td><td>10.0g</td></tr><tr><td>of which Saturates</td><td>3.3g</td><td>4.9g</td></tr><tr><td>Carbohydrate</td><td>35g</td><td>52g</td></tr><tr><td>of which Sugars</td><td>1.9g</td><td>2.9g</td></tr><tr><td>Protein</td><td>12g</td><td>18g</td></tr><tr><td>Salt</td><td>1.2g</td><td>1.7g</td></tr></tbody></table>		per 100g	per 148g	Energy	1084kJ/259kcal	1605kJ/383kcal	Fat	6.7g	10.0g	of which Saturates	3.3g	4.9g	Carbohydrate	35g	52g	of which Sugars	1.9g	2.9g	Protein	12g	18g	Salt	1.2g	1.7g	<div><div>A 148g serving contains</div><div><div>Energy 1605kJ 383kcal 19%</div><div>Fat 10.0g 14%</div><div>Saturates 4.9g 24%</div><div>Sugars 2.9g 3%</div><div>Salt 1.7g 29%</div></div><div>of an adult's reference intake</div><div>Typical values per 100g: 1084kJ/259kcal</div></div>
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Warm wrap with Chicken and Curried Potatoes (2, 9)	Wheat Flour, Water, Palm Oil, Humectant, Raising Agent, Acidity Regulator, Stabilisers, Emulsifier, Salt, Preservatives, Flour Treatment, Potato, Sunflower Oil, Dextrose, Chicken (99%) (Halal), Salt, Curry Mix[Curcuma, Coriander, Ginger, Paprika, Fenugreek Seed, Caraway, Onion, Nutmeg, Galangal, Garlic, Fennel, Allspice, Rosemary, Cinnamon, Chili, Cumin, Black Pepper, Salt, Potato Starch, Tomato, Lemon Juice, Mustard Seed (Mustard)], Carrot, Swede, Onion, Chicken Bouillion [Salt, Sugar, Maltodextrin, Chicken Fat (4%), Antioxidant (Extract Of Rosemary), Turmeric, Garlic, Onion Juice Concentrate, Lovage Roots]	<table><thead><tr><th></th><th>per 100g</th><th>per 219g</th></tr></thead><tbody><tr><td>Energy</td><td>737kJ/176kcal</td><td>1615kJ/385kcal</td></tr><tr><td>Fat</td><td>4.4g</td><td>9.6g</td></tr><tr><td>of which Saturates</td><td>1.3g</td><td>2.8g</td></tr><tr><td>Carbohydrate</td><td>22g</td><td>49g</td></tr><tr><td>of which Sugars</td><td>0.9g</td><td>2.0g</td></tr><tr><td>Protein</td><td>11g</td><td>25g</td></tr><tr><td>Salt</td><td>0.81g</td><td>1.8g</td></tr></tbody></table>		per 100g	per 219g	Energy	737kJ/176kcal	1615kJ/385kcal	Fat	4.4g	9.6g	of which Saturates	1.3g	2.8g	Carbohydrate	22g	49g	of which Sugars	0.9g	2.0g	Protein	11g	25g	Salt	0.81g	1.8g	<div><p>A 219g serving contains</p><table><tr><td>Energy 1615kJ 385kcal 19%</td><td>Fat 9.6g 14%</td><td>Saturates 2.8g 14%</td><td>Sugars 2.0g 2%</td><td>Salt 1.8g 29%</td></tr></table><p>of an adult's reference intake</p><p>Typical values per 100g: 737kJ/176kcal</p></div>	Energy 1615kJ 385kcal 19%	Fat 9.6g 14%	Saturates 2.8g 14%	Sugars 2.0g 2%	Salt 1.8g 29%
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Lasagne (2, 7)	Water, Durum Whole Wheat Flour, Diced Tomatoes, Water, Diced Vegetables, Tomato Paste, Rapeseed Oil, Garlic Puree, Salt, Sugar, Cornflour [Wheat], Beef (95%), Starch, Salt, Milk , Cream, Water, Onion, Butter (Cream, Salt), Wheat Flour(Calcium Carbonate, Niacin, Iron, Thiamine),Modified Maze Starch, Vegetable Bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot Powder, White Onion Powder, Garlic Powder, Ground Cumin, Citric Acid, Ground Black Pepper, Rubbed Parsley, Turmeric Powder, Garlic Cloves, Garlic Powder, Cheese: Vegetable Oil (Palm), Starch, Milk Solids, Salt, Emulsifying Salts, Colours, AntiCaking Agent: Potato Starch.	<table><thead><tr><th></th><th>per 100g</th><th>per 230g</th></tr></thead><tbody><tr><td>Energy</td><td>642kJ/153kcal</td><td>1477kJ/352kcal</td></tr><tr><td>Fat</td><td>6.1g</td><td>14g</td></tr><tr><td>of which Saturates</td><td>2.5g</td><td>5.6g</td></tr><tr><td>Carbohydrate</td><td>16g</td><td>37g</td></tr><tr><td>of which Sugars</td><td>1.3g</td><td>3.0g</td></tr><tr><td>Protein</td><td>6.0g</td><td>14g</td></tr><tr><td>Salt</td><td>0.57g</td><td>1.3g</td></tr></tbody></table>		per 100g	per 230g	Energy	642kJ/153kcal	1477kJ/352kcal	Fat	6.1g	14g	of which Saturates	2.5g	5.6g	Carbohydrate	16g	37g	of which Sugars	1.3g	3.0g	Protein	6.0g	14g	Salt	0.57g	1.3g	<div><p>A 230g serving contains</p><table><tr><td>Energy 1477kJ 352kcal 18%</td><td>Fat 14g 20%</td><td>Saturates 5.6g 28%</td><td>Sugars 3.0g 3%</td><td>Salt 1.3g 22%</td></tr></table><p>of an adult's reference intake</p><p>Typical values per 100g: 642kJ/153kcal</p></div>	Energy 1477kJ 352kcal 18%	Fat 14g 20%	Saturates 5.6g 28%	Sugars 3.0g 3%	Salt 1.3g 22%
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Marinara Meatballs with Pasta (2, 13)	Water, Durum Whole Wheat Flour, Tomato Puree 62%, Water, Sugar, Salt, Modified Corn Starch, Sunflower Oil And Spices, Beef (63%), Water, Rusk (Wheat Flour, Salt), Textured Wheat Protein (Wheat Gluten, Preservative (Sodium Metbi Sulphite)), Beef Fat, Wheat Protein, Salt, Pea Starch, Pea Protein, Onion Powder, Garlic Powder, Black Pepper, Dehydrated Parsley.	<table><thead><tr><th></th><th>per 100g</th><th>per 253g</th></tr></thead><tbody><tr><td>Energy</td><td>585kJ/139kcal</td><td>1481kJ/353kcal</td></tr><tr><td>Fat</td><td>4.7g</td><td>12g</td></tr><tr><td>of which Saturates</td><td>1.7g</td><td>4.3g</td></tr><tr><td>Carbohydrate</td><td>16g</td><td>41g</td></tr><tr><td>of which Sugars</td><td>1.0g</td><td>2.6g</td></tr><tr><td>Protein</td><td>6.9g</td><td>18g</td></tr><tr><td>Salt</td><td>0.22g</td><td>0.57g</td></tr></tbody></table>		per 100g	per 253g	Energy	585kJ/139kcal	1481kJ/353kcal	Fat	4.7g	12g	of which Saturates	1.7g	4.3g	Carbohydrate	16g	41g	of which Sugars	1.0g	2.6g	Protein	6.9g	18g	Salt	0.22g	0.57g	<div><div>A 253g serving contains</div><div><div>Energy 1481kJ 353kcal 18%</div><div>Fat 12g 17%</div><div>Saturates 4.3g 22%</div><div>Sugars 2.6g 3%</div><div>Salt 0.57g 9%</div></div><div>of an adult's reference intake</div><div>Typical values per 100g: 585kJ/139kcal</div></div>
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Meatballs Mash, Veg & Gravy (2)(7)(13)	73% Potatoes, Whey Permeate (Milk), 8,8% Cream (Milk), Skimmed Milk, Salt, Spices, Pepper Extract., Beef (63%), Water, Rusk (Wheat Flour, Salt), Textured Wheat Protein (Wheat Gluten, Preservative (Sodium Metbi Sulphite)), Beef Fat, Wheat Protein, Salt, Pea Starch, Pea Protein, Onion Powder, Garlic Powder, Black Pepper, Dehydrated Parsley, Carrots, Peas, Green Beans, Sweet Corn, Water, Rice Flour, Modified Starch, Yeast Extract, Sea Salt, Maltodextrin, Salt, Flavouring, Tomato Powder, Onion Powder, Spice (Paprika, Pepper), Garlic Powder	<table><thead><tr><th></th><th>per 100g</th><th>per 292g</th></tr></thead><tbody><tr><td>Energy</td><td>471kJ/113kcal</td><td>1375kJ/329kcal</td></tr><tr><td>Fat</td><td>5.6g</td><td>16g</td></tr><tr><td>of which Saturates</td><td>2.7g</td><td>7.8g</td></tr><tr><td>Carbohydrate</td><td>9.3g</td><td>27g</td></tr><tr><td>of which Sugars</td><td>1.4g</td><td>4.0g</td></tr><tr><td>Protein</td><td>5.4g</td><td>16g</td></tr><tr><td>Salt</td><td>0.47g</td><td>1.4g</td></tr></tbody></table>		per 100g	per 292g	Energy	471kJ/113kcal	1375kJ/329kcal	Fat	5.6g	16g	of which Saturates	2.7g	7.8g	Carbohydrate	9.3g	27g	of which Sugars	1.4g	4.0g	Protein	5.4g	16g	Salt	0.47g	1.4g	<div><div>A 292g serving contains</div><div><div>Energy 1375kJ 329kcal 16%</div><div>Fat 16g 23%</div><div>Saturates 7.8g 39%</div><div>Sugars 4.0g 4%</div><div>Salt 1.4g 23%</div></div><div>of an adult's reference intake</div><div>Typical values per 100g: 471kJ/113kcal</div></div>
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Plain Pasta (2)	Durum Wheat	<table><thead><tr><th></th><th>per 100g</th><th>per 150g</th></tr></thead><tbody><tr><td>Energy</td><td>770kJ/182kcal</td><td>1155kJ/273kcal</td></tr><tr><td>Fat</td><td>1.6g</td><td>2.4g</td></tr><tr><td>of which Saturates</td><td>0.3g</td><td>0.4g</td></tr><tr><td>Carbohydrate</td><td>34g</td><td>51g</td></tr><tr><td>of which Sugars</td><td>0.6g</td><td>0.9g</td></tr><tr><td>Protein</td><td>7.0g</td><td>10g</td></tr><tr><td>Salt</td><td>0g</td><td>0g</td></tr></tbody></table>		per 100g	per 150g	Energy	770kJ/182kcal	1155kJ/273kcal	Fat	1.6g	2.4g	of which Saturates	0.3g	0.4g	Carbohydrate	34g	51g	of which Sugars	0.6g	0.9g	Protein	7.0g	10g	Salt	0g	0g	<div><div>A 150g serving contains</div><div><div>Energy 1155kJ 273kcal 14%</div><div>Fat 2.4g 3%</div><div>Saturates 0.4g 2%</div><div>Sugars 0.9g 1%</div><div>Salt 0g 0%</div></div><div>of an adult's reference intake</div><div>Typical values per 100g: 770kJ/182kcal</div></div>
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Energy	770kJ/182kcal	1155kJ/273kcal																									
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Ingredients sourced from family run Irish suppliers including Valkeymount Foods - Nass, Buggy Foods - Kilbeggin, Cullens Fruit & Veg – Gorey, Fused by Fiona – Naas, Curley's Quality Foods – Galway, John O'Brien – Potato Farmer Athy

Allergens: 1: Celery, 2: Cereals, 3: Crustaceans, 4: Eggs, 5: Fish, 6: Lupin, 7: Milk, 8: Molluscs, 9: Mustard, 10: Peanuts, 11: Sesame, 12: Soybeans, 13: Sulphites, 14: Tree nuts

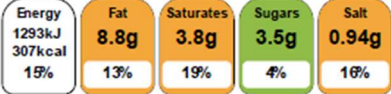

Menu Item	Ingredients List	Nutritional Information	Front of Pack
Bacon, Mash & Veg with white sauce (2)(7)(12)	73% Potatoes, Whey Permeate (Milk), 8,8% Cream (Milk), Skimmed Milk, Salt, Spices, Pepper Extract., Pork (Eu 85%), Water, Salt, Starch, Stabilisers (Diphosphates, Triphosphates & Polyphosphates), Sugars (Dextrose, Dried Glucose Syrup, Sugar), Pork Protein, Antioxidant (Sodium Ascorbate), Flavouring, Preservative (Sodium Nitrite). [Wheat, Soybeans], Peas, Milk, Cream, Water, Onion, Butter (Cream, Salt), Wheat Flour(Calcium Carbonate, Niacin, Iron, Thiamine), Modified Maze Starch, Vegetable Bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot Powder, White Onion Powder, Garlic Powder, Ground Cumin, Citric Acid, Ground Black Pepper, Rubbed Parsley, Turmeric Powder, Garlic Cloves, Garlic Powder	<p>per 100g per 225g</p> <p>Energy 412kJ/98kcal 927kJ/221kcal</p> <p>Fat 4.1g 9.3g</p> <p>of which Saturates 2.4g 5.5g</p> <p>Carbohydrate 8.6g 19g</p> <p>of which Sugars 1.7g 3.9g</p> <p>Protein 5.9g 13g</p> <p>Salt 0.92g 2.1g</p>	<p>A 225g serving contains</p> <p>Energy 927kJ 221kcal 11%</p> <p>Fat 9.3g 13%</p> <p>Saturates 5.5g 28%</p> <p>Sugars 3.9g 4%</p> <p>Salt 2.1g 34%</p> <p>of an adult's reference intake</p> <p>Typical values per 100g: 412kJ/98kcal</p>
Bacon, Mash & Veg (2)(7)(12)	73% Potatoes, Whey Permeate (Milk), 8,8% Cream (Milk), Skimmed Milk, Salt, Spices, Pepper Extract., Pork (Eu 85%), Water, Salt, Starch, Stabilisers (Diphosphates, Triphosphates & Polyphosphates), Sugars (Dextrose, Dried Glucose Syrup, Sugar), Pork Protein, Antioxidant (Sodium Ascorbate), Flavouring, Preservative (Sodium Nitrite). [Wheat, Soybeans], Peas	<p>per 100g per 205g</p> <p>Energy 391kJ/93kcal 802kJ/191kcal</p> <p>Fat 3.4g 7.0g</p> <p>of which Saturates 2.0g 4.1g</p> <p>Carbohydrate 8.6g 18g</p> <p>of which Sugars 1.5g 3.1g</p> <p>Protein 6.2g 13g</p> <p>Salt 0.93g 1.9g</p>	<p>A 205g serving contains</p> <p>Energy 802kJ 191kcal 10%</p> <p>Fat 7.0g 10%</p> <p>Saturates 4.1g 20%</p> <p>Sugars 3.1g 3%</p> <p>Salt 1.9g 32%</p> <p>of an adult's reference intake</p> <p>Typical values per 100g: 391kJ/93kcal</p>
Roast Chicken, Mash & Veg (7)	73% Potatoes, Whey Permeate (Milk), 8,8% Cream (Milk), Skimmed Milk, Salt, Spices, Pepper Extract., Chicken, Salt, Dextrose, Stabilizer, Glucose Syrup, Starch, Natural Flavour, Carrots, Peas, Green Beans, Sweet Corn	<p>per 100g per 275g</p> <p>Energy 385kJ/91kcal 1059kJ/251kcal</p> <p>Fat 2.3g 6.4g</p> <p>of which Saturates 1.3g 3.6g</p> <p>Carbohydrate 6.8g 19g</p> <p>of which Sugars 1.4g 3.9g</p> <p>Protein 10g 28g</p> <p>Salt 0.23g 0.63g</p>	<p>A 275g serving contains</p> <p>Energy 1059kJ 251kcal 13%</p> <p>Fat 6.4g 9%</p> <p>Saturates 3.6g 18%</p> <p>Sugars 3.9g 4%</p> <p>Salt 0.63g 10%</p> <p>of an adult's reference intake</p> <p>Typical values per 100g: 385kJ/91kcal</p>

Ingredients sourced from family run Irish suppliers including Valleymount Foods - Nass, Buggy Foods - Kilbeggin, Cullens Fruit & Veg – Gorey, Fused by Fiona – Naas, Curley's Quality Foods – Galway John O'Brien – Potato Farmer Athy

Allergens: 1: Celery, 2: Cereals, 3: Crustaceans, 4: Eggs, 5: Fish, 6: Lupin, 7: Milk, 8: Molluscs, 9: Mustard, 10: Peanuts, 11: Sesame, 12: Soybeans, 13: Sulphites, 14: Tree nuts

Menu Item	Ingredients List	Nutritional Information	Front of Pack
Roast Chicken, Mash, Veg & Fused Gravy (7)	73% Potatoes, Whey Permeate (Milk), 8,8% Cream (Milk), Skimmed Milk, Salt, Spices, Pepper Extract., Chicken, Salt, Dextrose, Stabilizer, Glucose Syrup, Starch, Natural Flavour, Carrots, Peas, Green Beans, Sweet Corn, Water, Rice Flour, Modified Starch, Yeast Extract, Sea Salt, Maltodextrin, Salt, Flavouring, Tomato Powder, Onion Powder, Spice (Paprika, Pepper), Garlic Powder	<p>per 100g per 320g</p> <p>Energy 338kJ/80kcal 1081kJ/257kcal</p> <p>Fat 2.0g 6.3g</p> <p>of which Saturates 1.1g 3.5g</p> <p>Carbohydrate 7.2g 23g</p> <p>of which Sugars 1.4g 4.4g</p> <p>Protein 7.8g 25g</p> <p>Salt 0.43g 1.4g</p>	<p>A 320g serving contains</p> <p>Energy 1081kJ 257kcal 13%</p> <p>Fat 6.3g 9%</p> <p>Saturates 3.5g 18%</p> <p>Sugars 4.4g 5%</p> <p>Salt 1.4g 23%</p> <p>of an adult's reference intake</p> <p>Typical values per 100g: 338kJ/80kcal</p>
Vegan Apple and Mango Curry (9)	Rice, Curry Mix[Curcuma, Coriander, Ginger, Paprika, Fenugreek Seed, Caraway, Onion, Nutmeg, Galangal, Garlic, Fennel, Allspice, Rosemary, Cinnamon, Chili, Cumin, Black Pepper, Salt, Potato Starch, Tomato, Lemon Juice, Mustard Seed(Mustard)] , Carrot, Swede, Onion, Chicken Bouillion[Salt, Sugar, Maltodextrin, Chicken Fat(4%), Antioxidant(Extract Of Rosemary), Turmeric, Garlic, Onion Juice Concentrate, Lovage Roots], Apples, Mango Chutney	<p>per 100g per 249g</p> <p>Energy 473kJ/112kcal 1178kJ/279kcal</p> <p>Fat 1.4g 3.5g</p> <p>of which Saturates 0.3g 0.7g</p> <p>Carbohydrate 22g 56g</p> <p>of which Sugars 5.4g 13g</p> <p>Protein 1.8g 4.4g</p> <p>Salt 0.53g 1.3g</p>	<p>A 249g serving contains</p> <p>Energy 1178kJ 279kcal 14%</p> <p>Fat 3.5g 5%</p> <p>Saturates 0.7g 3%</p> <p>Sugars 13g 15%</p> <p>Salt 1.3g 22%</p> <p>of an adult's reference intake</p> <p>Typical values per 100g: 473kJ/112kcal</p>
Vegan Lasagne (2, 12)	Durum Wheat Flour, Water, Rehydrated Textured Soya Protein (96%), Seasoning (Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper, Tomato Puree 62%, Water, Sugar, Salt, Modified Corn Starch, Sunflower Oil And Spices, Water, Water, Modified Potato Starch, Coconut Oil (16%), Rapeseed Oil (8%), Salt, Colour: Carotene, Preservative: Potassium Sorbate, Acidity Regulator: Lactic Acid, Flavourings, Oats (10%), Rapeseed Oil, Rice Flour, Maltodextrin, Sea Salt, Yeast Extract, Roasted Vegetable Flavoured Seasoning, Onion Powder, Potato Starch, Caster Sugar, Carrot Juice Powder, Flavourings, Extra Virgin Olive Oil, Garlic Powder, Black Pepper, Garlic Puree (85%), Salt, Rapeseed Oil, Preservative, Oil, Vegetable, Average, Mixed Herbs	<p>per 100g per 235g</p> <p>Energy 495kJ/129kcal 1164kJ/302kcal</p> <p>Fat 2.9g 6.8g</p> <p>of which Saturates 1.1g 2.6g</p> <p>Carbohydrate 17g 40g</p> <p>of which Sugars 1.2g 2.9g</p> <p>Protein 6.3g 15g</p> <p>Salt 0.37g 0.87g</p>	<p>A 235g serving contains</p> <p>Energy 1164kJ 302kcal 14%</p> <p>Fat 6.8g 10%</p> <p>Saturates 2.6g 13%</p> <p>Sugars 2.9g 3%</p> <p>Salt 0.87g 14%</p> <p>of an adult's reference intake</p> <p>Typical values per 100g: 495kJ/129kcal</p>

Menu Item	Ingredients List	Nutritional Information	Front of Pack																													
Vegan Pasta (2, 12)	Durum Wheat Flour, Water, Rehydrated Textured Soya Protein (96%), Seasoning (Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper, Tomato Puree 62%, Water, Sugar, Salt, Modified Corn Starch, Sunflower Oil And Spices, Garlic Puree (85%), Salt, Rapeseed Oil, Preservative, Mixed Herbs	<table><thead><tr><th></th><th>per 100g</th><th>per 230g</th></tr></thead><tbody><tr><td>Energy</td><td>516kJ/122kcal</td><td>1186kJ/280kcal</td></tr><tr><td>Fat</td><td>1.4g</td><td>3.2g</td></tr><tr><td>of which Saturates</td><td>0.2g</td><td>0.5g</td></tr><tr><td>Carbohydrate</td><td>20g</td><td>46g</td></tr><tr><td>of which Sugars</td><td>1.1g</td><td>2.5g</td></tr><tr><td>Protein</td><td>7.3g</td><td>17g</td></tr><tr><td>Salt</td><td>0.25g</td><td>0.56g</td></tr></tbody></table>		per 100g	per 230g	Energy	516kJ/122kcal	1186kJ/280kcal	Fat	1.4g	3.2g	of which Saturates	0.2g	0.5g	Carbohydrate	20g	46g	of which Sugars	1.1g	2.5g	Protein	7.3g	17g	Salt	0.25g	0.56g	<p>A 230g serving contains</p> <table><tr><td>Energy 1186kJ 280kcal 14%</td><td>Fat 3.2g 5%</td><td>Saturates 0.5g 2%</td><td>Sugars 2.5g 3%</td><td>Salt 0.56g 9%</td></tr></table> <p>of an adult's reference intake</p> <p>Typical values per 100g: 516kJ/122kcal</p>	Energy 1186kJ 280kcal 14%	Fat 3.2g 5%	Saturates 0.5g 2%	Sugars 2.5g 3%	Salt 0.56g 9%
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Vegetable soup & Wholemeal roll (2)	Water, Potato, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin(B3) Thiamin (B1), Water, Yeast Salt, Malted Wheat Flour, Flour Treatment Agent (Ascorbic Acid), Sunflower Oil, Carrots, Leeks, Turnip, Chick Peas, Water, Salt, Onions, Sea Salt, Dried Organic Vegetables(45%), Carrots, Onion, Parsnip, Chive, Kale, Parsley, Lovage Root& Leaves, Garlic, Coriander, Turmeric, Fennel, Fenugreek Seed, Caraway, Ginger, Paprika, Cinnamon, Chilli, Nutmeg, Pimento, Dill.	<table><thead><tr><th></th><th>per 100g</th><th>per 262g</th></tr></thead><tbody><tr><td>Energy</td><td>259kJ/65kcal</td><td>678kJ/169kcal</td></tr><tr><td>Fat</td><td>0g</td><td>1.0g</td></tr><tr><td>of which Saturates</td><td>0g</td><td>0g</td></tr><tr><td>Carbohydrate</td><td>8.6g</td><td>22g</td></tr><tr><td>of which Sugars</td><td>0.6g</td><td>1.7g</td></tr><tr><td>Protein</td><td>1.6g</td><td>4.3g</td></tr><tr><td>Salt</td><td>0.67g</td><td>1.8g</td></tr></tbody></table>		per 100g	per 262g	Energy	259kJ/65kcal	678kJ/169kcal	Fat	0g	1.0g	of which Saturates	0g	0g	Carbohydrate	8.6g	22g	of which Sugars	0.6g	1.7g	Protein	1.6g	4.3g	Salt	0.67g	1.8g	<p>A 262g serving contains</p> <table><tr><td>Energy 678kJ 169kcal 8%</td><td>Fat 1.0g 1%</td><td>Saturates 0g 1%</td><td>Sugars 1.7g 2%</td><td>Salt 1.8g 29%</td></tr></table> <p>of an adult's reference intake</p> <p>Typical values per 100g: 259kJ/65kcal</p>	Energy 678kJ 169kcal 8%	Fat 1.0g 1%	Saturates 0g 1%	Sugars 1.7g 2%	Salt 1.8g 29%
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Veggie Bite with Bombay Potato (2)	Potato, Sunflower Oil, Dextrose, Water, Chick Peas (60%), Wheat Semolina, Vegetable Oil (Rapeseed Oil, Sunflower Oil), Onion, Parsley, Corn Starch, Salt, Spices, Baking Agent, Curry Powder	<table><thead><tr><th></th><th>per 100g</th><th>per 187g</th></tr></thead><tbody><tr><td>Energy</td><td>534kJ/127kcal</td><td>999kJ/238kcal</td></tr><tr><td>Fat</td><td>5.2g</td><td>9.8g</td></tr><tr><td>of which Saturates</td><td>0.6g</td><td>1.1g</td></tr><tr><td>Carbohydrate</td><td>16g</td><td>30g</td></tr><tr><td>of which Sugars</td><td>1.2g</td><td>2.2g</td></tr><tr><td>Protein</td><td>2.9g</td><td>5.4g</td></tr><tr><td>Salt</td><td>0.45g</td><td>0.83g</td></tr></tbody></table>		per 100g	per 187g	Energy	534kJ/127kcal	999kJ/238kcal	Fat	5.2g	9.8g	of which Saturates	0.6g	1.1g	Carbohydrate	16g	30g	of which Sugars	1.2g	2.2g	Protein	2.9g	5.4g	Salt	0.45g	0.83g	<p>A 187g serving contains</p> <table><tr><td>Energy 999kJ 238kcal 12%</td><td>Fat 9.8g 14%</td><td>Saturates 1.1g 5%</td><td>Sugars 2.2g 2%</td><td>Salt 0.83g 14%</td></tr></table> <p>of an adult's reference intake</p> <p>Typical values per 100g: 534kJ/127kcal</p>	Energy 999kJ 238kcal 12%	Fat 9.8g 14%	Saturates 1.1g 5%	Sugars 2.2g 2%	Salt 0.83g 14%
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Menu Item	Ingredients List	Nutritional Information	Front of Pack
Vegetarian Lasagne (2, 7, 12)	Durum Wheat Flour, Water, Rehydrated Textured Soya Protein (96%), Seasoning (Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper, Tomato Puree 62%, Water, Sugar, Salt, Modified Corn Starch, Sunflower Oil And Spices, Milk, Cream, Water, Onion, Butter (Cream, Salt), Wheat Flour(Calcium Carbonate, Niacin, Iron, Thiamine), Modified Maze Starch, Vegetable Bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot Powder, White Onion Powder, Garlic Powder, Ground Cumin, Citric Acid, Ground Black Pepper, Rubbed Parsley, Turmeric Powder, Garlic Cloves, Garlic Powder, Cheese: Vegetable Oil (Palm), Starch, Milk Solids, Salt, Emulsifying Salts, Colours, Anti Caking Agent: Potato Starch, Garlic Puree (85%), Salt, Rapeseed Oil, Preservative, Mixed Herbs	<p>per 100g per 230g</p> <p>Energy 562kJ/134kcal 1293kJ/307kcal</p> <p>Fat 3.8g 8.8g</p> <p>of which Saturates 1.7g 3.8g</p> <p>Carbohydrate 17g 39g</p> <p>of which Sugars 1.5g 3.5g</p> <p>Protein 7.3g 17g</p> <p>Salt 0.41g 0.94g</p>	<p>A 230g serving contains</p>  <p>of an adult's reference intake</p> <p>Typical values per 100g: 562kJ/134kcal</p>
Veggie Burger, Baby Potato & mixed vegetables (2)	Rehydrated Potato (40%) (Water, Potato Flakes)Emulsifier(E471), Acidity Regulator(E330), Vegetables 26% (Onion, Carrot, Sweetcorn, Peas, Broccoli), Breadcrumbs (Wheat Flour, Water, Yeast, Salt, Dextrose, Spice Extracts), Rapeseed Oil, Water, Wheat Flour, Salt, Starch (Corn, Wheat), Flavourings, Yeast Extract, Spices, Bamboo Fibre, Vegetable Powder (Mushroom, Onion), Sugar, Thickener(E461, E412), Potatoes, Water, Salt, Firming Agent, Carrots, Peas, Green Beans, Sweet Corn	<p>per 100g per 255g</p> <p>Energy 487kJ/116kcal 1242kJ/296kcal</p> <p>Fat 3.8g 9.7g</p> <p>of which Saturates 0.4g 1.1g</p> <p>Carbohydrate 16g 42g</p> <p>of which Sugars 2.4g 6.2g</p> <p>Protein 2.6g 6.7g</p> <p>Salt 0.57g 1.5g</p>	<p>A 255g serving contains</p>  <p>of an adult's reference intake</p> <p>Typical values per 100g: 487kJ/116kcal</p>

Ingredients sourced from family run Irish suppliers including Valleymount Foods - Nass, Buggy Foods - Kilbeggin, Cullens Fruit & Veg – Gorey, Fused by Fiona – Naas, Curley's Quality Foods – Galway John O'Brien – Potato Farmer Athy

Allergens: 1: Celery, 2: Cereals, 3: Crustaceans, 4: Eggs, 5: Fish, 6: Lupin, 7: Milk, 8: Molluscs, 9: Mustard, 10: Peanuts, 11: Sesame, 12: Soybeans, 13: Sulphites, 14: Tree nuts

Menu Item	Ingredients List	Nutritional Information	Front of Pack																								
Vegetarian Italian Pasta (2)	Durum Wheat Flour, Water, Diced Tomatoes, Water, Diced Vegetables, Tomato Paste, Rapeseed Oil, Garlic Puree, Salt, Sugar, Corn flour [Wheat]	<table><thead><tr><th></th><th>per 100g</th><th>per 165g</th></tr></thead><tbody><tr><td>Energy</td><td>509kJ/120kcal</td><td>839kJ/198kcal</td></tr><tr><td>Fat</td><td>1.8g</td><td>3.0g</td></tr><tr><td>of which Saturates</td><td>0g</td><td>0.2g</td></tr><tr><td>Carbohydrate</td><td>23g</td><td>37g</td></tr><tr><td>of which Sugars</td><td>0.9g</td><td>1.4g</td></tr><tr><td>Protein</td><td>4.3g</td><td>7.1g</td></tr><tr><td>Salt</td><td>0.30g</td><td>0.50g</td></tr></tbody></table>		per 100g	per 165g	Energy	509kJ/120kcal	839kJ/198kcal	Fat	1.8g	3.0g	of which Saturates	0g	0.2g	Carbohydrate	23g	37g	of which Sugars	0.9g	1.4g	Protein	4.3g	7.1g	Salt	0.30g	0.50g	<div><div><div>Energy</div><div>839kJ</div><div>198kcal</div><div>10%</div></div><div><div>Fat</div><div>3.0g</div><div>4%</div></div><div><div>Saturates</div><div>0.2g</div><div>1%</div></div><div><div>Sugars</div><div>1.4g</div><div>2%</div></div><div><div>Salt</div><div>0.50g</div><div>8%</div></div></div> <div>A 165g serving contains</div> <div>of an adult's reference intake</div> <div>Typical values per 100g: 509kJ/120kcal</div>
	per 100g	per 165g																									
Energy	509kJ/120kcal	839kJ/198kcal																									
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Salt	0.30g	0.50g																									
Chicken Fillet with potatoes and corn cob (2) (7)	73% Potatoes, Whey Permeate (Milk), 8,8% Cream (Milk), Skimmed Milk, Salt, Spices, Pepper Extract., Corn On The Cob, Chicken Breast (63%) (Halal), Wheat Flour, Water, Vegetable Oil (Palm),Wheat Gluten, Salt, Stabilizer (E451i), Dextrose, Yeast, Sugar, Milk Solid And Raising Agents (E450i, E500ii)	<table><thead><tr><th></th><th>per 100g</th><th>per 232g</th></tr></thead><tbody><tr><td>Energy</td><td>468kJ/111kcal</td><td>1086kJ/258kcal</td></tr><tr><td>Fat</td><td>4.2g</td><td>9.8g</td></tr><tr><td>of which Saturates</td><td>2.2g</td><td>5.1g</td></tr><tr><td>Carbohydrate</td><td>12g</td><td>28g</td></tr><tr><td>of which Sugars</td><td>2.2g</td><td>5.1g</td></tr><tr><td>Protein</td><td>5.7g</td><td>13g</td></tr><tr><td>Salt</td><td>0.49g</td><td>1.1g</td></tr></tbody></table>		per 100g	per 232g	Energy	468kJ/111kcal	1086kJ/258kcal	Fat	4.2g	9.8g	of which Saturates	2.2g	5.1g	Carbohydrate	12g	28g	of which Sugars	2.2g	5.1g	Protein	5.7g	13g	Salt	0.49g	1.1g	<div><div><div>Energy</div><div>1086kJ</div><div>258kcal</div><div>13%</div></div><div><div>Fat</div><div>9.8g</div><div>14%</div></div><div><div>Saturates</div><div>5.1g</div><div>26%</div></div><div><div>Sugars</div><div>5.1g</div><div>6%</div></div><div><div>Salt</div><div>1.1g</div><div>19%</div></div></div> <div>A 232g serving contains</div> <div>of an adult's reference intake</div> <div>Typical values per 100g: 468kJ/111kcal</div>
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Salt	0.49g	1.1g																									
Fish Fingers with potatoes and corn cob (2) (5) (7)	73% Potatoes, Whey Permeate (Milk), 8,8% Cream (Milk), Skimmed Milk, Salt, Spices, Pepper Extract., Fish Fingers: Formed White Fish (57%), Alaska Pollack, CodFish, Wheat Flour, Water, Rapeseed Oil, Wheat Starch, Stabiliser, Salt, Yeast, Thickener, Vegetable Fibre, Turmeric, Paprika, Peas	<table><thead><tr><th></th><th>per 100g</th><th>per 240g</th></tr></thead><tbody><tr><td>Energy</td><td>464kJ/110kcal</td><td>1114kJ/265kcal</td></tr><tr><td>Fat</td><td>3.5g</td><td>8.5g</td></tr><tr><td>of which Saturates</td><td>1.5g</td><td>3.5g</td></tr><tr><td>Carbohydrate</td><td>13g</td><td>31g</td></tr><tr><td>of which Sugars</td><td>1.6g</td><td>3.7g</td></tr><tr><td>Protein</td><td>5.7g</td><td>14g</td></tr><tr><td>Salt</td><td>0.21g</td><td>0.51g</td></tr></tbody></table>		per 100g	per 240g	Energy	464kJ/110kcal	1114kJ/265kcal	Fat	3.5g	8.5g	of which Saturates	1.5g	3.5g	Carbohydrate	13g	31g	of which Sugars	1.6g	3.7g	Protein	5.7g	14g	Salt	0.21g	0.51g	<div><div><div>Energy</div><div>1114kJ</div><div>265kcal</div><div>13%</div></div><div><div>Fat</div><div>8.5g</div><div>12%</div></div><div><div>Saturates</div><div>3.5g</div><div>18%</div></div><div><div>Sugars</div><div>3.7g</div><div>4%</div></div><div><div>Salt</div><div>0.51g</div><div>8%</div></div></div> <div>A 240g serving contains</div> <div>of an adult's reference intake</div> <div>Typical values per 100g: 464kJ/110kcal</div>
	per 100g	per 240g																									
Energy	464kJ/110kcal	1114kJ/265kcal																									
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