

DETAINEE MEAL PROVISION

GOLDEN VEGETABLE RICE



Nutritional Information	Per 100g	Per 250g Pouch	% based on RI's	Reference Intakes
Energy	662kj 157 kcal	1655kj 392kcal	19.6%	2000kcal
Fat of which saturates	2.0g 0.2g	5.0g 0.5g	7.0% 2.5%	70g 20g
Carbohydrate of which sugars	29.5g 2.2g	73.7g 5.5g	28.3% 6.6%	260g 90g
Protein	4.0g	10g	20%	50g
Salt	0.6g	1.5g	25%	6g

Cooked long grain rice 89%, vegetables 7% (tomato, onion, adzuki beans, red pepper, sweet corn), sunflower oil, vegetable bouillon (salt, yeast extract, dextrose, potato starch, onion extract, rapeseed oil, carrot, parsley, **celery**, and pepper extracts, natural extract: curcumin, herb extracts) , sugar, salt, garlic powder, natural colour: turmeric extract, cumin powder, jalapeno pepper, chilli powder, stabilizer: xanthum gum— **Gluten Free, Dairy Free, Vegetarian, Halal, Vegan, Nut Free Recipe (Negligible Risk of Cross Contamination)**

SPICY MEXICAN RICE



Nutritional Information	Per 100g	Per 250g Pouch	% based on RI's	Reference Intakes
Energy	668kj 158 kcal	1670kj 395kcal	19.7%	2000kcal
Fat of which saturates	1.6g 0.2g	4.0g 5.0g	5.7% 25%	70g 20g
Carbohydrate of which sugars	30.2g 0.9g	75.5g 2.2g	29% 2.4%	260g 90g
Protein	4.7g	11.7g	23.4%	50g
Salt	0.6g	1.5g	25%	6g

Long grain rice 85%, vegetables 12% (red pepper, sweet corn, carrots, onion), sunflower oil, vegetable bouillon (salt, yeast extract, dextrose, potato starch, onion extract, rapeseed oil, carrot, parsley, **celery**, and peeper extract, natural colour: curcumin, herbs extract), natural colour: turmeric extract, garlic powder, thickener: xanthum gum—**Gluten Free, Dairy Free, Vegetarian, Halal, Vegan, Nut Free Recipe (Negligible Risk of Cross Contamination)**

CHILLI CON CARNE



Nutritional Information	Per 100g	Per Meal	% based on RI's	Reference Intakes
Energy	434kj 103 kcal	1519kj 361kcal	18%	8400kj 2000kcal
Fat of which saturates	1.4g 0.48g	4.9g 1.7g	7% 8%	70g 20g
Carbohydrate of which sugars	17.1g 0.8g	59.9g 2.8g	23% 3%	260g 90g
Protein	4.2g	14.7g	29%	50g
Salt	0.63g	2.19g	36%	6g

Cooked rice: 51% (water, rice, rapeseed oil, sunflower oil, salt), water, red beans 12%, minced beef 9% (beef 85%, breadcrumbs (**wheat flour, whole wheat flour**, yeast, rapeseed oil, salt, malt extract (wheat)), salt, herbs, spices), onions 4%, tomatoes 4%, peppers 2%, modified corn starch, tomato concentrate, carrots 0.6%, corn 0.6%, herbs, spices, rapeseed oil, sunflower oil, **wheat flour**, salt, stock (salt, maltodextrin, vegetables (tomato, carrot, onion), flavouring (contains **celery**), herbs, spices , rapeseed oil, sunflower oil , potato starch), flavouring - **Dairy Free, Halal, Nut Free Recipe (Negligible Risk of Cross Contamination)**

FUSILLI BOLOGNESE



Nutritional Information	Per 100g	Per Meal	% based on RI's	Reference Intakes
Energy	513kj 122kcal	1539kj 366kcal	18%	8400kj 2000kcal
Fat of which saturates	3.4g 1.1g	10.2g 3.2g	15% 16%	70g 20g
Carbohydrate of which sugars	16g 1g	48g 3g	18% 3%	260g 90g
Protein	6g	18g	36%	50g
Salt	0.8g	2.4g	40%	6g

Cooked fusilli 47% (water, durum **wheat, eggs**, rapeseed oil, sunflower oil, salt), tomatoes 17%, water, minced beef 11% (beef 85%, water, breadcrumbs (**wheat flour, whole wheat flour**, yeast, rapeseed oil, salt, malt extract (**wheat**)), salt, herbs, spices), onions 5%, tomato concentrate, cheese (**milk, eggs**), herbs, spices, modified corn starch, rapeseed oil, sunflower oil, **wheat flour**, flavouring, salt, sugar - **Nut Free Recipe (Negligible Risk of Cross Contamination)**

BEEF LASAGNE



Nutritional Information	Per 100g	Per Meal	% based on RI's	Reference Intakes
Energy	513kj 122kcal	1539kj 366kcal	18%	8400kj 2000kcal
Fat of which saturates	3.4g 1.1g	10.2g 3.2g	15% 16%	70g 20g
Carbohydrate of which sugars	16g 1g	48g 3g	18% 3%	260g 90g
Protein	6g	18g	36%	50g
Salt	0.8g	2.4g	40%	6g

SWEET & SOUR CHICKEN



Nutritional Information	Per 100g	Per Meal	% based on RI's	Reference Intakes
Energy	508kj 120 kcal	1778kj 420kcal	21%	8400kj 2000kcal
Fat of which saturates	1.3g 0.15g	4.6g 0.53g	7% 3%	70g 20g
Carbohydrate of which sugars	21.7g 7.6g	76.0g 26.6g	30% 30%	260g 90g
Protein	4.7g	16.5g	33%	50g
Salt	0.3g	1.03g	17%	6g

RED THAI CHICKEN



Nutritional Information	Per 100g	Per Meal	% based on RI's	Reference Intakes
Energy	550kj 131 kcal	1925kj 459kcal	23%	8400kj 2000kcal
Fat of which saturates	4.6g 3.7g	16.1g 13g	23% 65%	70g 20g
Carbohydrate of which sugars	16.8g 1.2g	58.8g 4.2g	22% 5%	260g 90g
Protein	5.5g	19.3g	39%	50g
Salt	0.45g	1.58g	26%	6g

CHICKEN TIKKA MASALA



Nutritional Information	Per 100g	Per Meal	% based on RI's	Reference Intakes
Energy	576kj 136 kcal	2016kj 480kcal	24%	8400kj 2000kcal
Fat of which saturates	3.6g 1.1g	12.6g 3.9g	18% 19%	70g 20g
Carbohydrate of which sugars	17.2g 1.8g	60.2g 6.3g	23% 7%	260g 90g
Protein	6.8g	23.8g	48%	50g
Salt	0.85g	2.98g	50%	6g

ALL DAY BREAKFAST



Nutritional Information	Per 100g	Per Meal	% based on RI's	Reference Intakes
Energy	439kj 105kcal	1316kj 314kcal	%	8400kj 2000kcal
Fat of which saturates	3.3g 1.1g	9.9g 3.3g	%	70g 20g
Carbohydrate of which sugars	13.2g 4.5g	40g 13.5g	%	260g 90g
Protein	4.2g	12.6g	%	50g
Salt	0.70g	2.10g	%	6g

Cooked fusilli 47% (water, durum **wheat**, **eggs**, rapeseed oil, sunflower oil, salt), tomatoes 17%, water, minced beef 11% (beef 85%, water, breadcrumbs (**wheat flour**, whole **wheat flour**, yeast, rapeseed oil, salt, malt extract (**wheat**)), salt, herbs, spices), onions 5%, tomato concentrate, cheese (**milk**, **eggs**), herbs, spices, modified corn starch, rapeseed oil, sunflower oil, **wheat flour**, flavouring, salt, sugar - **Nut Free Recipe (Negligible Risk of Cross Contamination)**

Cooked rice: 51% (water, rice, rapeseed oil, sunflower oil, salt), chicken 15% (chicken 85%, water, tapioca starch, dextrose, salt), water, pineapple 5% (pineapple, water, sugar), sugar 4%, peppers 2%, vinegar, onions 2%, carrots 2%, pineapple concentrate, tomato concentrate, modified corn starch, **celery** 1%, bamboo sprouts 0.4%, herbs, spices, rapeseed oil, sunflower oil, salt, natural flavouring - **Gluten Free, Dairy Free, Halal, Nut Free Recipe (Negligible Risk of Cross Contamination)**

Cooked rice 51% (water, rice, rapeseed oil, sunflower oil, salt) , chicken 15% (chicken 85%, water, tapioca starch, dextrose, salt), water, coconut milk 9% (coconut extract, water), curry paste (herbs, spices, sugar, rice oil, salt, shallots, **fish sauce** (anchovy (**fish**) salt, sugar), shrimp paste (shrimp (**crustaceans**), salt)), bamboo sprouts 4%, corn starch, rapeseed oil, sunflower oil, herbs, spices, thickening agent: xanthum gum - **Gluten Free, Dairy Free, Halal, Nut Free Recipe (Negligible Risk of Cross Contamination)**

Cooked rice: 51% (water, rice, rapeseed oil, sunflower oil, herbs, spices, salt, flavouring), chicken 15% (chicken 85%, water, tapioca starch, dextrose, salt), cream (**milk**), onions 8%, water, yoghurt (**milk**), tomato concentrate , herbs, spices, sugar, rapeseed oil, sunflower oil, corn starch, salt, glucose syrup, lemon juice, **milk** proteins, flavouring - **Gluten Free, Halal, Nut Free Recipe (Negligible Risk of Cross Contamination)**

Water, beans (21%), pork sausages (18%) (pork (43%), water, rusk (**wheatflour***, salt), salt, dextrose, rapeseed oil, **wheatstarch**, beef collagen, casing, stabiliser: sodium triphosphates, **wheat** protein, spices, **wheatflour***, spices and herb extracts), potatoes (16%), tomato puree, sugar, maize starch, modified maize starch, salt, onion powder, paprika, flavouring preparation. * contains calcium carbonate, iron, thiamin, nicotinamide

**VEGETARIAN
ALL DAY
BREAKFAST**



Nutritional Information	Per 100g	Per Meal	% based on RI's	Reference Intakes
Energy	293kj 69kcal	880kj 208kcal	%	8400kj 2000kcal
Fat of which saturates	0.2g Trace	0.6g Trace	%	70g 20g
Carbohydrate of which sugars	13.0g 4.1g	39g 12.3g	%	260g 90g
Fibre	2.8	8.4	%	9
Protein	2.5g	7.5g	%	50g
Salt	0.3g	0.9g	%	6g

Potato wedges (26%), water, pea beans (25%), tomato puree (9%), mushrooms (5%), sugar, maize starch, modified maize starch, salt, onion powder, paprika, flavouring



Serving Size 1 Container (21 g)

Amount Per Serving	
Calories	80
Calories from Fat	0
	Amount/Serving
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	160 mg
Total Carbohydrate	18 g
Dietary Fiber	<1 g
Sugars	2 g
Protein	2 g

Maize, Sugar, **Barley** Malt Flavouring, Vitamins and Minerals (Iron , Vitamin C, Niacinamide, Vitamin B6, Vitamin B2, Vitamin B1, Vitamin A Palmitate, Folic Acid, Vitamin D



Serving Size 3/4 Cup (29 g)

Amount Per Serving	Cereal	with 1/2 cup skim milk
Calories	110	160
Calories From Fat	0	0
	% Daily Value*	% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
Cholesterol	0 mg	0%
Sodium	150 mg	8%
Potassium	35 mg	7%
Total Carbohydrate	26 g	11%
Dietary Fiber	<1 g	3%
Sugars	10 g	
Protein	1 g	

Maize, Sugar, **Barley** Malt Flavouring, Vitamins and Minerals (Iron , Vitamin C, Niacinamide, Vitamin B6, Vitamin B2, Vitamin B1, Vitamin A Palmitate, Folic Acid, Vitamin D



Serving Size 1 Container (18 g)

Amount Per Serving	
Calories	70
Calories from Fat	0
	Amount/Serving
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	60 mg
Total Carbohydrate	16 g
Dietary Fiber	0 g
Sugars	2 g
Protein	1 g

Rice, Sugar, **Barley** Malt Flavouring, , Vitamins and Minerals (Iron , Vitamin C, Niacinamide, Vitamin B6, Vitamin B2, Vitamin B1, Vitamin A Palmitate, Folic Acid, Vitamin D