



Recipe Ingredients and Nutrition

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360 - CHILD GARLIC BREAD

Ingredients

Product
Speedibake Garlic Slices x150

Quantity
60.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains Cereal	May Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	May Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	Yes
Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Dietary Information

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

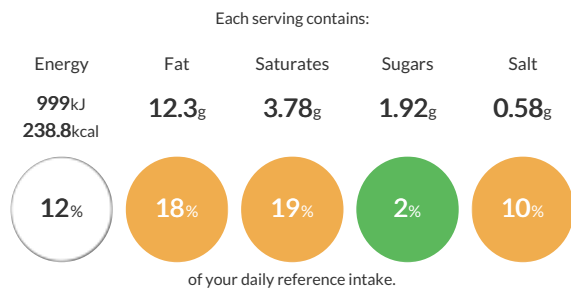
Ingredients
Speedibake Garlic Slices x150 (100%) (**WHEAT Flour** (**WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine (15%) (Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)), Garlic Purée (2.5%), Salt, Yeast, Parsley, Flour treatment agent (Ascorbic Acid), **WHEAT Flour**).

Method & Recipe Notes

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Reference Intake



Nutritional Summary

Energy	999kJ 238.8kCal
Protein	4.8g
Carbohydrates	26.16g
of which sugars	1.92g
Non Milk Extrinsic Sugars	0g
Fat	12.3g
of which saturates	3.78g
Fibre	2.16g
Salt	0.58g
Sodium	0.23g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - CHILDRENS CHEESE BURGER

Ingredients

Product	Quantity
CSBC10745 - Premium Beef burger 2oz IQF (48x56g)	57.00 g
CSBC 10537 MK4 Frozen Floured Bap 4 x 12	50.00 g
CSBC 10590 Mature White Cheddar Cheese Slices	20.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains Cereal	Contains Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	May Contain Sesame	Does Not Contain Celery	Contains Soya	Does Not Contain Molluscs	Contains SO2

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	Yes
Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Dietary Information

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Label Information

Ingredients

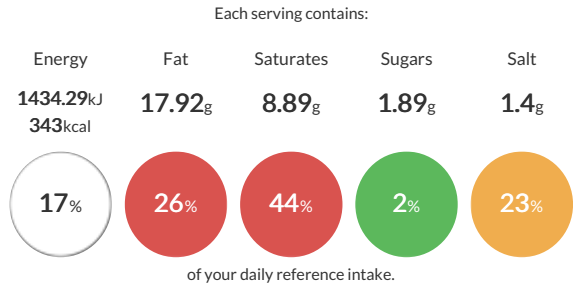
CSBC10745 - Premium Beef burger 2oz IQF (48x56g) (45%) (Beef (97%), Water, **SOYA**, Potato starch, Salt, Dextrose, Hydrolysed Maize Protein, Preservative (**SODIUM METABISULPHITE**), Antioxidant (Sodium Ascorbate)). CSBC 10537 MK4 Frozen Floured Bap 4 x 12 (39%) (**Wheat Flour**, (**WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt, Sugar, Rapeseed Oil, Flour Treatment Agents (Ascorbic Acid, L Cysteine), Emulsifiers (Mono and Diglycerides of Fatty Acids, Mono and Diacetyl Tartaric Acid Esters of Mono and Diglycerides of Fatty Acids)). CSBC 10590 Mature White Cheddar Cheese Slices (16%) (Mature Cheddar Cheese (**MILK**)).

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Reference Intake



Nutritional Summary

Energy	1434.29kJ 343kCal
Protein	19.84g
Carbohydrates	24.61g
of which sugars	1.89g
Non Milk Extrinsic Sugars	0g
Fat	17.92g
of which saturates	8.89g
Fibre	1.65g
Salt	1.4g
Sodium	0.41g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - CHILDS BEANS

Ingredients

Product
CSBC 10031 Baked Beans in Tomato Sauce 2620g

Quantity
90.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Does Not Contain Cereal	Does Not Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	No
Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

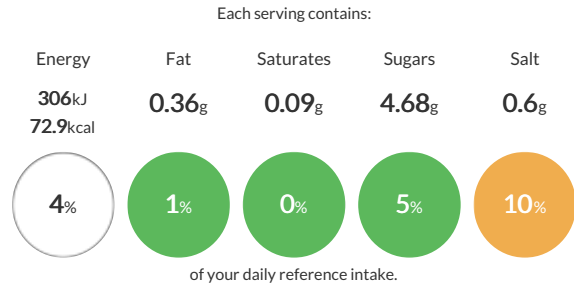
Ingredients
CSBC 10031 Baked Beans in Tomato Sauce 2620g (100%) (Haricot Beans (49%), Tomatoes (27%), Water, Sugar, Modified Maize Starch, Salt, Glucose-Fructose Syrup, Onion Powder, Paprika, Flavoursings.).

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Reference Intake



Nutritional Summary

Energy	306kJ 72.9kCal
Protein	4.59g
Carbohydrates	11.07g
of which sugars	4.68g
Non Milk Extrinsic Sugars	0g
Fat	0.36g
of which saturates	0.09g
Fibre	3.33g
Salt	0.6g
Sodium	0.36g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - CHILDS CHICKEN NUGGETS

Ingredients

Product
CSBC 10517 Battered Chicken Fillet Bites

Quantity
100.00g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains Cereal	Does Not Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	Yes
Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Dietary Information

Key: Suitable for

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Label Information

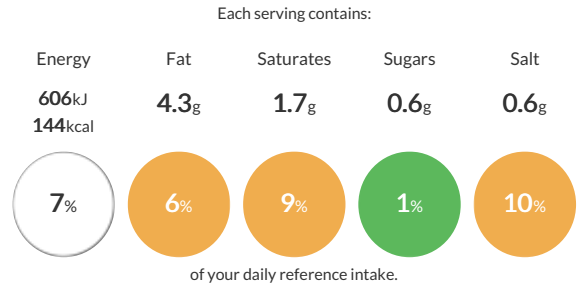
Ingredients
CSBC 10517 Battered Chicken Fillet Bites (100%) (Chicken Breast (71%), Water, Modified Tapioca Starch, **WHEAT Flour**, Palm Oil, Maize Starch, Salt, WHEAT Starch, Sugar, Raising Agents (Disodium Diphosphate, Sodium Bicarbonate), Garlic Powder, Yeast Extract, Black Pepper, Dextrose, Colour (Paprika Extract)).

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Reference Intake



Nutritional Summary

Energy	606kJ 144kCal
Protein	15.33g
Carbohydrates	10.5g
of which sugars	0.6g
Non Milk Extrinsic Sugars	0g
Fat	4.3g
of which saturates	1.7g
Fibre	0g
Salt	0.6g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Ingredients

Product
Whitby MSC Cod Fillet Goujons in Batter 450ge

Quantity
90.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains Cereal	May Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	May Contain Crustaceans	Does Not Contain Mustard
Contains Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	May Contain Molluscs	Does Not Contain SO2

Nuts:

Almond Nuts:	No
Hazelnuts:	No
Walnuts:	No
Cashew Nuts:	No
Pecan Nuts:	No
Brazil Nuts:	No
Pistachio Nuts:	No

Cereals:

Wheat:	Yes
Rye:	No
Spelt:	No
Oats:	No
Barley:	No
Kamut:	No

Dietary Information

Key: Suitable for

May not be suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

Ingredients

Whitby MSC Cod Fillet Goujons in Batter 450ge (100%) (Cod (FISH)(50%), batter (water, **WHEAT flour** [WHEAT flour, calcium carbonate, iron, niacin, thiamin], salt, raising agents: E450i, E500ii, WHEAT starch, xanthan gum E415), breadcrumbs (WHEAT flour [WHEAT flour, calcium carbonate, iron, niacin, thiamin], rapeseed oil), rapeseed oil).

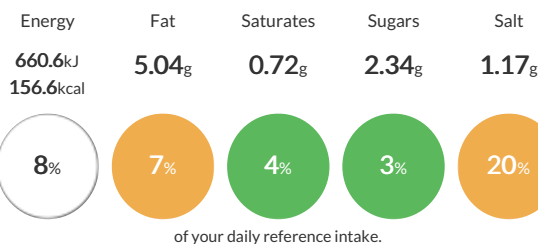
Method & Recipe Notes

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Reference Intake

Each serving contains:



Nutritional Summary

Energy	660.6kJ 156.6kCal
Protein	9.09g
Carbohydrates	18g
of which sugars	2.34g
Non Milk Extrinsic Sugars	0g
Fat	5.04g
of which saturates	0.72g
Fibre	1.08g
Salt	1.17g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - CHILDS CRISPY VEGETABLE STICKS

Ingredients

Product	Quantity
Vegetable Sausage 56g (1 x 48)	56.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains Cereal	Does Not Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:

Almond Nuts:	No
Hazelnuts:	No
Walnuts:	No
Cashew Nuts:	No
Pecan Nuts:	No
Brazil Nuts:	No
Pistachio Nuts:	No

Cereals:

Wheat:	Yes
Rye:	No
Spelt:	No
Oats:	No
Barley:	No
Kamut:	No

Dietary Information

Key: Suitable for

Suitable for Vegetarian	Suitable for Vegan	May not be suitable for Kosher	Suitable for Halal
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Label Information

Ingredients

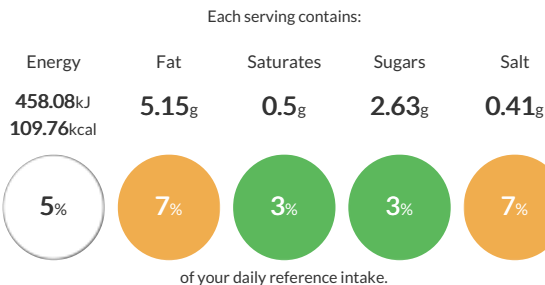
Vegetable Sausage 56g (1 x 48) (100%) (Vegetables (55%) (In varying proportions (Carrots, Green Peppers, Peas, Cooked Cannellini Beans, Potatoes, Onions, Sweetcorn)), Cooked White Rice, Dehydrated Potato, Fortified Wheat Flour (**WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Oil, Rapeseed Oil, Potato Starch, Rice Flour, Gram Flour, Salt, Yeast Extract, Herbs, Cocoa Butter, WHEAT Starch, Sugar, White Pepper, Onion Powder, **WHEAT GLUTEN**, Garlic Powder, Anti-caking Agent (Silicon Dioxide), Mace Extract, Onion Oil).

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Reference Intake



Nutritional Summary

Energy	458.08kJ 109.76kCal
Protein	2.3g
Carbohydrates	12.88g
of which sugars	2.63g
Non Milk Extrinsic Sugars	0g
Fat	5.15g
of which saturates	0.5g
Fibre	1.79g
Salt	0.41g
Sodium	0.17g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - CHILDS FRIES

Ingredients

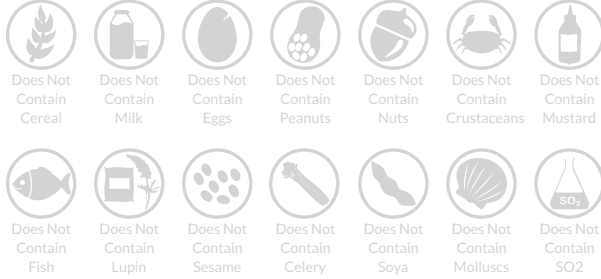
Product
CSBC 10312 Freeze Chill Straight Cut 12/12 Fries

Quantity
110.00 g

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	No
Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: Suitable for



Label Information

Ingredients

CSBC 10312 Freeze Chill Straight Cut 12/12 Fries (100%) (Potatoes (97%), Sunflower Oil).

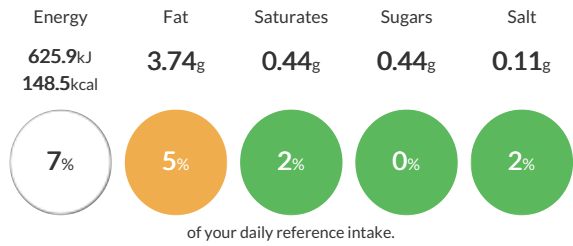
Method & Recipe Notes

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Reference Intake

Each serving contains:



Nutritional Summary

Energy	625.9kJ 148.5kCal
Protein	2.53g
Carbohydrates	25.08g
of which sugars	0.44g
Non Milk Extrinsic Sugars	0g
Fat	3.74g
of which saturates	0.44g
Fibre	2.31g
Salt	0.11g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - CHILDS JACKET POTATO

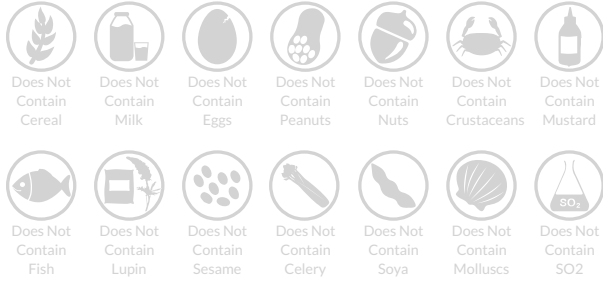
Ingredients

Product
3 x 10* Extra Large Ready Baked Jacket Potatoes (2.8kg e) **Quantity**
250.00 g

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	No
Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: Suitable for



Label Information

Ingredients

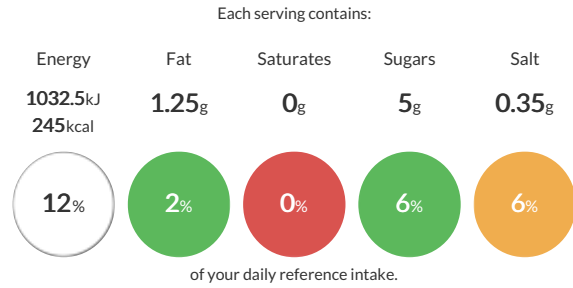
3 x 10* Extra Large Ready Baked Jacket Potatoes (2.8kg e) (100%) (British Potato (100%) MANUFACTURED IN AN ENVIRONMENT HANDLING DAIRY INGREDIENTS).

Method & Recipe Notes

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Reference Intake



Nutritional Summary

Energy	1032.5kJ 245kCal
Protein	5.25g
Carbohydrates	48.75g
of which sugars	5g
Non Milk Extrinsic Sugars	0g
Fat	1.25g
of which saturates	0g
Fibre	8.5g
Salt	0.35g
Sodium	0.15g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Ingredients

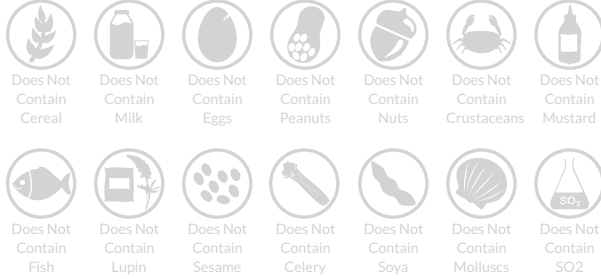
Product
Greens Choice Peas 10 x 1 kg

Quantity
90.00 g

Serves: 1

Allergy Information

Key: Contains May Contain



Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	No
Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Gluten Content:
Gluten < 20ppm

Dietary Information

Key: Suitable for



Label Information

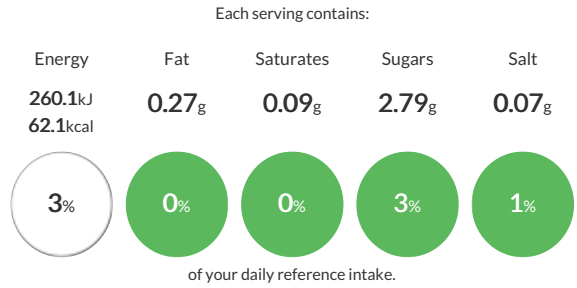
Ingredients
Greens Choice Peas 10 x 1 kg (100%) (Peas (100%)).

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Reference Intake



Nutritional Summary

Energy	260.1kJ 62.1kcal
Protein	4.68g
Carbohydrates	8.1g
of which sugars	2.79g
Non Milk Extrinsic Sugars	0g
Fat	0.27g
of which saturates	0.09g
Fibre	4.14g
Salt	0.07g
Sodium	0.03g
Iron	1.44mg
Calcium	39.6mg
Zinc	1.08mg
Folate	0µg
Vitamin A	0.07µg
Vitamin C	18mg

360 - CHILDS RICE

Ingredients

Product	Quantity
250g Tilda Steamed Pure Basmati Rice	125.00g

Serves: 1

Allergy Information

Key: Contains May Contain

Does Not Contain Cereal	Does Not Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	No
Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Dietary Information

Key: Suitable for

Suitable for Vegetarian	Suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

Ingredients

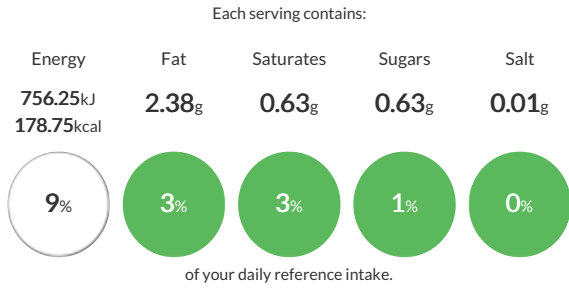
250g Tilda Steamed Pure Basmati Rice (100%) (Cooked Basmati Rice, Rice Bran Oil).

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Reference Intake



Nutritional Summary

Energy	756.25kJ 178.75kCal
Protein	3.63g
Carbohydrates	35.25g
of which sugars	0.63g
Non Milk Extrinsic Sugars	0g
Fat	2.38g
of which saturates	0.63g
Fibre	0.88g
Salt	0.01g
Sodium	0.01g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

Ingredients

Product	Quantity
CSBC 10030 Frozen Sweetcorn	15.00 g
Europa Salad Mix	15.00 g
Cucumber	20.00 g
Cherry Tomato	15.00 g
Coleslaw Mix 2.5kg	15.00 g
CSBC 10057 Real Mayonnaise 5l	5.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Does Not Contain Cereal	Does Not Contain Milk	Contains Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	No
Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Dietary Information

Key: Suitable for

Suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

Ingredients

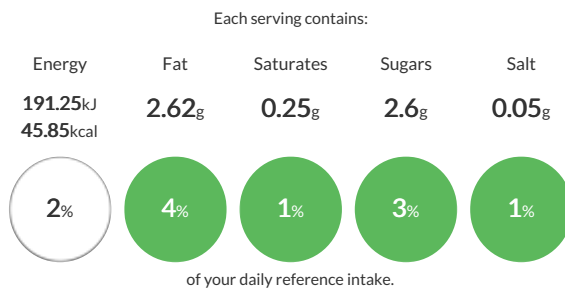
Cucumber (24%) (Cucumber). CSBC 10030 Frozen Sweetcorn (18%) (Sweetcorn (100%)). Europa Salad Mix (18%) (Lollo Rosso, Endive, Apollo, Red Chard). Cherry Tomato (18%) (Cherry Tomato). Coleslaw Mix 2.5kg (18%) (Cabbage, carrot). CSBC 10057 Real Mayonnaise 5l (6%) (Rapeseed oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised EGG, Preservative (Potassium sorbate)).

Method & Recipe Notes

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Reference Intake



Nutritional Summary

Energy	191.25kJ 45.85kCal
Protein	1.12g
Carbohydrates	3.7g
of which sugars	2.6g
Non Milk Extrinsic Sugars	0g
Fat	2.62g
of which saturates	0.25g
Fibre	1.41g
Salt	0.05g
Sodium	0.02g
Iron	0.08mg
Calcium	1.65mg
Zinc	0.15mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - CHILDS SWEETCORN

Ingredients

Product
CSBC 10030 Frozen Sweetcorn

Quantity
90.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Does Not Contain Cereal	Does Not Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain SO2

Nuts:

Almond Nuts:	No
Hazelnuts:	No
Walnuts:	No
Cashew Nuts:	No
Pecan Nuts:	No
Brazil Nuts:	No
Pistachio Nuts:	No

Cereals:

Wheat:	No
Rye:	No
Spelt:	No
Oats:	No
Barley:	No
Kamut:	No

Dietary Information

Key: Suitable for

Suitable for Vegetarian	Suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

Ingredients

CSBC 10030 Frozen Sweetcorn (100%) (Sweetcorn (100%)).

Method & Recipe Notes

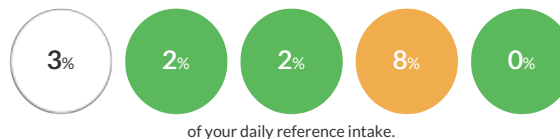
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Reference Intake

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
280.8kJ 66.6kcal	1.26g	0.36g	7.29g	0.01g



Nutritional Summary

Energy	280.8kJ 66.6kCal
Protein	2.25g
Carbohydrates	10.44g
of which sugars	7.29g
Non Milk Extrinsic Sugars	0g
Fat	1.26g
of which saturates	0.36g
Fibre	2.25g
Salt	0.01g
Sodium	0g
Iron	0.45mg
Calcium	9.9mg
Zinc	0.9mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - CHILDS TRIO SAUSAGES

Ingredients

Product
PENNY LANE PORK SAUSAGE 4.54 Pork 16s

Quantity
84.00 g

Serves: 1

Allergy Information

Key: Contains May Contain

Contains Cereal	Does Not Contain Milk	Does Not Contain Eggs	Does Not Contain Peanuts	Does Not Contain Nuts	Does Not Contain Crustaceans	Does Not Contain Mustard
Does Not Contain Fish	Does Not Contain Lupin	Does Not Contain Sesame	Does Not Contain Celery	Contains Soya	Does Not Contain Molluscs	Contains SO2

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	Yes
Hazelnuts:	No	Rye:	No
Walnuts:	No	Spelt:	No
Cashew Nuts:	No	Oats:	No
Pecan Nuts:	No	Barley:	No
Brazil Nuts:	No	Kamut:	No
Pistachio Nuts:	No		

Dietary Information

Key: Suitable for

May not be suitable for Vegetarian	May not be suitable for Vegan	May not be suitable for Kosher	May not be suitable for Halal
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Label Information

Ingredients
PENNY LANE PORK SAUSAGE 4.54 Pork 16s (100%) (Pork (42%), Water, Rusk (**WHEAT**), Mechanically recovered chicken, Vegetable starch, Pork fat, Salt, **WHEAT flour** (Contains Calcium Carbonate, Iron, Niacin, Vitamin B1), Dextrose, Stabiliser (Sodium Tri-polyphosphate (E451i)), Flavour enhancer (Monosodium Glutamate (E621)), Preservative (Sodium SULPHIYE (E221)), Hydrolysed vegetable protein (**SOYA**), Antioxidant: Ascorbic Acid (E300), Spice extracts.).

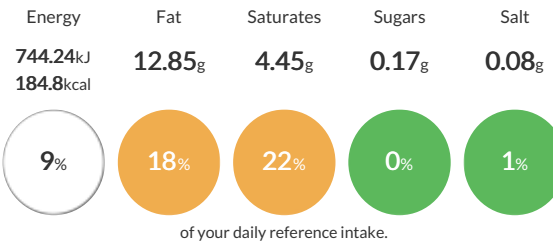
Method & Recipe Notes

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Reference Intake

Each serving contains:



Nutritional Summary

Energy	744.24kJ 184.8kCal
Protein	8.65g
Carbohydrates	9.32g
of which sugars	0.17g
Non Milk Extrinsic Sugars	0g
Fat	12.85g
of which saturates	4.45g
Fibre	0.34g
Salt	0.08g
Sodium	0.01g
Iron	0.25mg
Calcium	11.76mg
Zinc	0.42mg
Folate	1.68µg
Vitamin A	0µg
Vitamin C	0mg