



Recipe Ingredients and Nutrition

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360 - CHEESE PASTA MAIN

Ingredients

Product	Quantity
Triple Lion Pasta Penne 4x3kg	100.00 g
Cheddar Cheese Sauce 12 x 1L	200.00 g
Speedibake Garlic Slices x150	60.00 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	Does Not Contain Sesame	Does Not Contain Celery	Contains 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

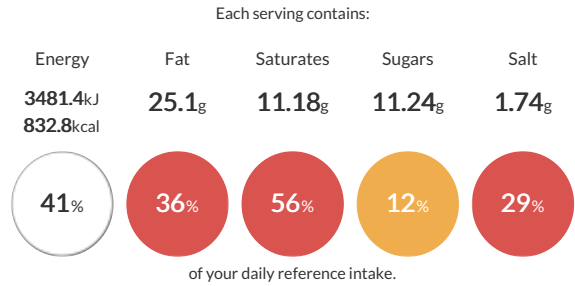
Ingredients
 Cheddar Cheese Sauce 12 x 1L (56%) (**Skimmed MILK**, Vegetable Stock (Water, Salt, Yeast Extract, Maltodextrin, Sugar, Onion, Carrot, Tomato, Herb), **Cheddar Cheese** (10%) (**MILK**), Modified Starch, Cheese Powder (3.5%) (**MILK**), Starch, Vegetable Oil (Palm), Acidity Regulator (Tri Sodium Citrate), Emulsifier (**SOYA Lecithin**), Colour (Beta-Carotene).). Triple Lion Pasta Penne 4x3kg (28%) (**DURUM WHEAT SEMOLINA**, WATER). Speedibake Garlic Slices x150 (17%) (**WHEAT Flour** (**WHEAT Flour**, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine [Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Carotenes)], Water, Garlic Purée (3.0%), Salt, Yeast, Parsley, Flour treatment agent (Ascorbic Acid), **WHEAT Flour**).

Method & Recipe Notes

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Reference Intake



Nutritional Summary

Energy	3481.4kJ 832.8kCal
Protein	28.33g
Carbohydrates	120.2g
of which sugars	11.24g
Non Milk Extrinsic Sugars	0g
Fat	25.1g
of which saturates	11.18g
Fibre	5.22g
Salt	1.74g
Sodium	0.22g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - COD GOUJONS & CHIPS MAIN

Ingredients

Product	Quantity
Whitby MSC Cod Fillet Goujons in Batter 450ge	150.00 g
CSBC 10312 Freeze Chill Straight Cut 12/12 Fries	160.00 g
Greens Choice Peas 10 x 1 kg	120.00 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:		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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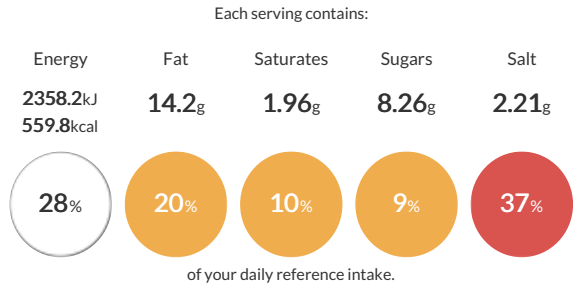
Label Information

Ingredients
 CSBC 10312 Freeze Chill Straight Cut 12/12 Fries (37%) (Potatoes (97%), Sunflower Oil). Whitby MSC Cod Fillet Goujons in Batter 450ge (35%) (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.). Greens Choice Peas 10 x 1 kg (28%) (Peas (100%)).

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Reference Intake



Nutritional Summary

Energy	2358.2kJ 559.8kCal
Protein	25.07g
Carbohydrates	77.28g
of which sugars	8.26g
Non Milk Extrinsic Sugars	0g
Fat	14.2g
of which saturates	1.96g
Fibre	10.68g
Salt	2.21g
Sodium	0.04g
Iron	1.92mg
Calcium	52.8mg
Zinc	1.44mg
Folate	0µg
Vitamin A	0.1µg
Vitamin C	24mg

360 - MIXED SALAD MAIN

Ingredients

Product	Quantity
CSBC 10030 Frozen Sweetcorn	30.00 g
Europa Salad Mix	30.00 g
Cucumber	35.00 g
Cherry Tomato	25.00 g
Coleslaw Mix 2.5kg	30.00 g
CSBC 10057 Real Mayonnaise 5l	10.00 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

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Label Information

Ingredients

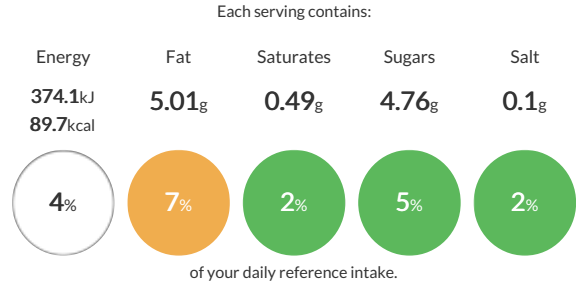
Cucumber (22%) (Cucumber). CSBC 10030 Frozen Sweetcorn (19%) (Sweetcorn (100%)). Europa Salad Mix (19%) (Lollo Rosso, Endive, Apollo, Red Chard). Coleslaw Mix 2.5kg (19%) (Cabbage, carrot). Cherry Tomato (16%) (Cherry Tomato). CSBC 10057 Real Mayonnaise 5l (6%) (Rapeseed oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, Salt, Pasteurised EGG, Preservative (Potassium sorbate)).

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Reference Intake



Nutritional Summary

Energy	374.1kJ 89.7kCal
Protein	2.13g
Carbohydrates	7.16g
of which sugars	4.76g
Non Milk Extrinsic Sugars	0g
Fat	5.01g
of which saturates	0.49g
Fibre	2.72g
Salt	0.1g
Sodium	0.04g
Iron	0.15mg
Calcium	3.3mg
Zinc	0.3mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - PESTO PASTA MAIN

Ingredients

Product	Quantity
Triple Lion Pasta Penne 4x3kg	100.00 g
CSBC 10055 Green Pesto 6 x 1.12kg	60.00 g
Speedibake Garlic Slices x150	90.00 g
CSBC 10370 Shredded Mozzarella Cheese/Cheddar Cheese 70%/30%	40.00 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	Does Not Contain Sesame	Does Not Contain Celery	May Contain 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

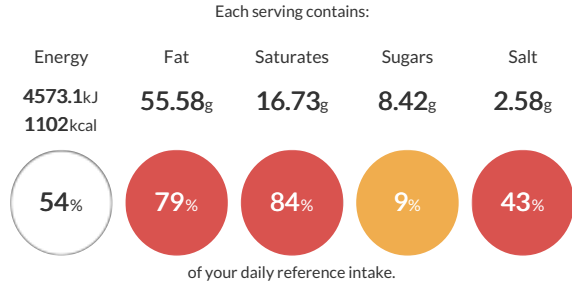
Ingredients
 Triple Lion Pasta Penne 4x3kg (34%) (**DURUM WHEAT SEMOLINA**, WATER). Speedibake Garlic Slices x150 (31%) (**WHEAT FLOUR (WHEAT FLOUR**, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine (15%) (Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- And Diglycerides Of Fatty Acids), Flavouring, Colours (Annatto Bixin, Curcumin)), Garlic Purée (2.5%), Salt, Yeast, Parsley, Flour treatment agent (Ascorbic Acid), **WHEAT FLOUR**). CSBC 10055 Green Pesto 6 x 1.12kg (21%) (Chopped Basil (41%), Rapeseed Oil, Olive Oil, Medium Fat Hard Cheese (**MILK**), Water, Sugar, Salt, Garlic Purée, Acidity Regulator (Lactic Acid), Potato Powder (**SULPHITES**), Black Pepper.). CSBC 10370 Shredded Mozzarella Cheese/**Cheddar Cheese** 70%/30% (14%) (**Mozzarella Cheese** (70%) (**MILK**), **Cheddar Cheese** (30%) (**MILK**), Anti-Caking Agent (Potato Starch)).

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Reference Intake



Nutritional Summary

Energy	4573.1kJ 1102kCal
Protein	30.66g
Carbohydrates	116.32g
of which sugars	8.42g
Non Milk Extrinsic Sugars	0g
Fat	55.58g
of which saturates	16.73g
Fibre	7.26g
Salt	2.58g
Sodium	0.36g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - TIKKA MASALA MAIN

Ingredients

Product	Quantity
Holy Cow! Delhi Tikka Masala Curry Sauce/Marinade	1Kg x 3180.00 g
CSBC 10272 Frozen Chicken Breast Strips 12mm (4 x 2.5kg)	150.00 g
250g Tilda Steamed Pure Basmati Rice	125.00 g
Mini Tear Drop Naan 65g (1 x 40)	65.00 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	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
 Holy Cow! Delhi Tikka Masala Curry Sauce/Marinade 1Kg x 3 (35%) (Onion, **Yoghurt (MILK)**, Diced Tomato (12%), Double Cream (**MILK**), Tomato Puree (8%), Water, Rapeseed Oil, Honey, Ginger Paste, Garlic Paste, Salt, **Butter (MILK)**, Green Chilli, **Spices**, Colour: Paprika Extract.), CSBC 10272 Frozen Chicken Breast Strips 12mm (4 x 2.5kg) (29%) (Chicken, Salt Made with 114g of raw chicken per 100g of finished product), 250g Tilda Steamed Pure Basmati Rice (24%) (Cooked Basmati Rice, Rice Bran Oil.), Mini Tear Drop Naan 65g (1 x 40) (13%) (**WHEAT Flour** (Fortified with Calcium, Iron, Thiamin, Niacin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Yeast, Salt, Kalonji Seeds (0.5%), Dextrose).

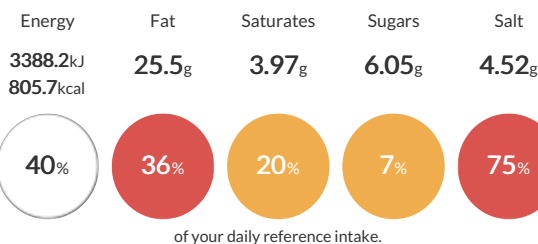
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Reference Intake

Each serving contains:



Nutritional Summary

Energy	3388.2kJ 805.7kCal
Protein	58.07g
Carbohydrates	85.51g
of which sugars	6.05g
Non Milk Extrinsic Sugars	0g
Fat	25.5g
of which saturates	3.97g
Fibre	6.51g
Salt	4.52g
Sodium	0.66g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - TOMATO AND HERB PASTA MAIN

Ingredients

Product	Quantity
Triple Lion Pasta Penne 4x3kg	200.00 g
Knorr Professional Tomato & Basil Sauce 2.2L	100.00 g
Speedibake Garlic Slices x150	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	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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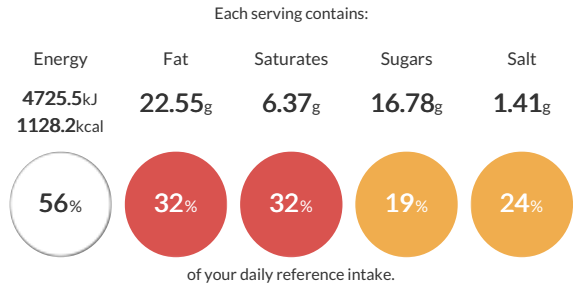
Label Information

Ingredients
 Triple Lion Pasta Penne 4x3kg (51%) (**DURUM WHEAT SEMOLINA**, WATER). Knorr Professional Tomato & Basil Sauce 2.2L (26%) (Water, tomatoes* (24%), tomato paste* (20%), onions, sugar, glucose-fructose syrup, modified corn starch, basil (1%), sunflower oil, natural basil flavouring, garlic (0.2%), lemon juice concentrate, salt. *Made from sustainably grown ingredients.). Speedibake Garlic Slices x150 (23%) (**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**).

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Reference Intake



Nutritional Summary

Energy	4725.5kJ 1128.2kCal
Protein	31.4g
Carbohydrates	195.04g
of which sugars	16.78g
Non Milk Extrinsic Sugars	0g
Fat	22.55g
of which saturates	6.37g
Fibre	9.94g
Salt	1.41g
Sodium	0.37g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

360 - VEGGIE CURRY MAIN

Ingredients

Product	Quantity
GF VEGAN PENANG CURRY	300.00 g
250g Tilda Steamed Pure Basmati Rice	125.00 g
Mini Tear Drop Naan 65g (1 x 40)	65.00 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:		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

GF VEGAN PENANG CURRY (61%) (INGREDIENTS: coconut milk (45%) [coconut, water], cauliflower (13%), green beans (13%), mange tout (7%), red peppers (6%), yellow peppers (6%), red curry paste [red chilli (25%), galangal, salt, garlic, lemongrass, coriander, shallots, kaffir lime, cumin, pepper, yeast extract, antioxidant (E330)], demerara sugar, lemongrass puree, water, modified maize starch, kaffir lime leaves. ALLERGY ADVICE: For allergens, see ingredients in CAPITALS.). 250g Tilda Steamed Pure Basmati Rice (26%) (Cooked Basmati Rice, Rice Bran Oil.). Mini Tear Drop Naan 65g (1 x 40) (13%) **WHEAT Flour** (Fortified with Calcium, Iron, Thiamin, Niacin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Yeast, Salt, Kalonji Seeds (0.5%), Dextrose.).

Method & Recipe Notes

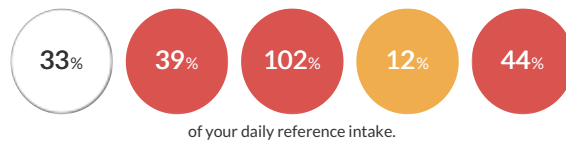
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Reference Intake

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
2783.1kJ 664.4kcal	27.15g	20.39g	11.22g	2.61g



Nutritional Summary

Energy	2783.1kJ 664.4kCal
Protein	14.03g
Carbohydrates	93.13g
of which sugars	11.22g
Non Milk Extrinsic Sugars	0g
Fat	27.15g
of which saturates	20.39g
Fibre	8.97g
Salt	2.61g
Sodium	0.26g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg