

Recipe Ingredients and Nutrition

Child's Meal Components

360 - CHILD TOMATO AND HERB PASTA



Ingredients Product

Triple Lion Pasta Penne 4x3kg Knorr Professional Tomato & Basil Sauce 2.2L Garlic Slices Grated Mozzarella/Cheddar 70/30

Quantity 60.00 g 60.00 g 30.00 g 60.00 g

Allergy Information



























Does Not		
Does Not		D ()
	Doe	es Not











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











Reference Intake

Each serving contains:					
Energy	Fat	Saturates	Sugars	Salt	
2358 kJ 564.6 kcal	22.39 _g	11.89 g	7.77 g	1.51 _g	
28%	32%	59%	9%	25%	
of your daily reference intake.					

Nutritional Summary	
Energy	2358kJ 564.6kCal
Protein	25.04g
Carbohydrates	64.08g
of which sugars	7.77g
Non Milk Extrinsic Sugars	Og
Fat	22.39g
of which saturates	11.89g
Fibre	3.33g
Salt	1.51g
Sodium	0.11g
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	Оµg
Vitamin A	0µg
Vitamin C	Omg

Label Information

Ingredients

 $Triple\ Lion\ Pasta\ Penne\ 4x3kg\ (29\%)\ (DURUM\ \textbf{WHEAT}\ SEMOLINA,\ WATER).\ Knorr\ Professional\ Tomato\ \&\ Basil\ Sauce\ 2.2L\ (29\%)\ (Water,\ tomatoes^*\ (24\%),\ tomato\ paste^*\ (20\%),\ onions,\ sugar,\ glucose-response to the paster of the pasta Professional\ Tomato\ Basil\ Sauce\ 2.2L\ (29\%)\ (Water,\ tomatoes^*\ (24\%),\ tomato\ paster^*\ (20\%),\ onions,\ sugar,\ glucose-response to the paster of the paster$ $fructose syrup, modified corn starch, basil (1\%), sunflower oil, natural basil flavouring, garlic (0.2\%), lemon juice concentrate, salt. *Made from sustainably grown ingredients.). Grated {\color{red}Mozzarella/Cheddar} (0.2\%), lemon juice concentrate, salt. *Made from sustainably grown ingredients.). Grated {\color{red}Mozzarella/Cheddar} (1\%), sunflower oil, natural basil flavouring, garlic (0.2\%), lemon juice concentrate, salt. *Made from sustainably grown ingredients.). Grated {\color{red}Mozzarella/Cheddar} (1\%), sunflower oil, natural basil flavouring, garlic (0.2\%), lemon juice concentrate, salt. *Made from sustainably grown ingredients.). Grated {\color{red}Mozzarella/Cheddar} (1\%), sunflower oil, natural basil flavouring, garlic (0.2\%), lemon juice concentrate, salt. *Made from sustainably grown ingredients.). Grated {\color{red}Mozzarella/Cheddar} (1\%), sunflower oil, natural basil flavouring, garlic (0.2\%), lemon juice concentrate, salt. *Made from sustainably grown ingredients.). Grated {\color{red}Mozzarella/Cheddar} (1\%), sunflower oil, natural basil flavouring, garlic (1$ 70/30 (29%) (mozzarella (MILK) 70%, cheddar (MILK) 30%, anti-caking agent (Potato Starch)). Garlic Slices (14%) (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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360 - CHILDS CHEESE BURGER KIDs NM22



Ingredients

Product

CSBC 10590 Mature White Cheddar Cheese Slices CSBC 10804 IQF Premium Beef Burger (97%) 2oz CSBC 10537 MK4 Frozen Floured Bap 4 x 12

Quantity 20.00 g 57.00 g 50.00 g

Serves: 1

Allergy Information



































N	uts:	

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

Cer	rea	s:	

vviicat.	165
Rye:	No
Spelt:	No
Oats:	No
Barley:	No
Kamut:	No

Dietary Information











Reference Intake

Each serving contains:					
Energy	Fat	Saturates	Sugars	Salt	
1498.7 kJ 358.96 kcal	20.26 g	9.46 g	1.78 g	1.17 g	
18%	29%	47%	2%	20%	
of your daily reference intake.					

lutritional Summary	
Energy	1498.7kJ 358.96kCal
Protein	19.56g
Carbohydrates	23.64g
of which sugars	1.78g
Non Milk Extrinsic Sugars	0g
Fat	20.26g
of which saturates	9.46g
Fibre	1.71g
Salt	1.17g
Sodium	0.18g
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	0μg
Vitamin A	0μg
Vitamin C	Omg

Label Information

Ingredients

 $CSBC\ 10804\ IQF\ Premium\ Beef\ Burger\ (97\%)\ 2oz\ (45\%)\ (Beef\ (97\%)\ (Beef\ Water, Salt), Seasoning\ (Pea\ Fibre, Stabiliser\ (Triphosphates), Salt, \textbf{Wheat}\ Flour\ (\textbf{WHEAT}\ Flour\ Carbonate, Iron, Niacin, Niacin$ Thiamin), Onion, Dextrose, Pepper, Flavouring (SOYA), Antioxidant (Sodium Ascorbate)), Salt.). 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 Acids and Diglycerides of Fatty Acids, Mono and Diacetyl Tartaric Acid Esters of Acids and Diglycerides of Fatty Acids, Mono and Diglycerides of Patty Acids, Mono and Diglycerides of Patty Acids, Mono and Diglycerides of Patty Acids, Mono and DMono and Diglycerides of Fatty Acids)). CSBC 10590 Mature White Cheddar Cheese Slices (16%) (Mature Cheddar Cheese (MILK)).

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360 - CHILDS CHEESE PASTA



Ingredients Product Quantity Cheddar Cheese Sauce 12 x 1L 125.00 g Triple Lion Pasta Penne 4x3kg 60.00 g

Serves: 1

Garlic Slices

Allergy Information













30.00 g















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

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

Dietary Information

Pistachio Nuts:











Reference Intake

	Ea	ch serving contai	ns:		
Energy	Fat	Saturates	Sugars	Salt	
2027.65 kJ 484.9 kcal	14.5 _g	6.74 _g	6.65g	1.26 _g	
24%	21%	34%	7%	21%	
of your daily reference intake.					

Nutritional Summary	
Energy	2027.65kJ 484.9kCal
Protein	16.98g
Carbohydrates	70.06g
of which sugars	6.65g
Non Milk Extrinsic Sugars	Og
Fat	14.5g
of which saturates	6.74g
Fibre	2.94g
Salt	1.26g
Sodium	0.11g
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	0µg
Vitamin A	0µg
Vitamin C	Omg

Label Information

Ingredients

 $\textbf{Cheddar Cheese} \ Sauce \ 12 \times 1L \ (58\%) \ (Reconstituted \ Skimmed \ \textbf{MILK}, Reconstituted \ Vegetable \ Stock \ [Water, Salt, Yeast Extract, Maltodextrin, Sugar, Dried \ Onion, Dried \ Carrot, Vegetable \ Oil \ (Sunflower), Sugar, Dried \ Onion, Dried \$ $Dried Herb], \textbf{Cheddar Cheese} \ (10\%) \ (\textbf{MILK}) \ , \ Modified Starch \ , \textbf{Cheese} \ Powder \ (3.5\%) \ (\textbf{MILK}), \ Starch, \ Vegetable \ Oil \ (Palm), \ Acidity \ Regulator \ (Tri Sodium Citrate), \ Emulsifier \ (\textbf{SOYA} \ Lecithin), \ Colour \ (Beta-lecithin), \ Colour \ (B$ Carotene),). Triple Lion Pasta Penne 4x3kg (28%) (DURUM WHEAT SEMOLINA, WATER). Garlic Slices (14%) (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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360 - CHILDS COD GOUJONS CHIPS PEAS



Ingredients

Product

Whitby MSC Cod Fillet Goujons in Batter 450ge CSBC 10312 Freeze Chill Straight Cut 12/12 Fries Greens Choice Peas 10 x 1 kg

Quantity 90.00 g 110.00 g 90.00 g

Serves: 1

Allergy Information



Nuts

















Fish











		Coro

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

Cereals:	

vviicat.	103
Rye:	No
Spelt:	No
Oats:	No
Barley:	No
Kamut:	No

Dietary Information









Reference Intake

Each serving contains:					
Energy	Fat	Saturates	Sugars	Salt	
1546.6 kJ 367.2 kcal	9.05 g	1.25 g	5.57 g	1.35 _g	
18%	13%	6%	6%	23%	
of your daily reference intake.					

Nutritional Summary	
Energy	1546.6kJ 367.2kCal
Protein	16.3g
Carbohydrates	51.18g
of which sugars	5.57g
Non Milk Extrinsic Sugars	Og
Fat	9.05g
of which saturates	1.25g
Fibre	7.53g
Salt	1.35g
Sodium	0.03g
Iron	1.44mg
Calcium	39.6mg
Zinc	1.08mg
Folate	Оµg
Vitamin A	0.07µg
Vitamin C	18mg

Label Information

Ingredients

 $CSBC\ 10312\ Freeze\ Chill\ Straight\ Cut\ 12/12\ Fries\ (38\%)\ (Potatoes\ (97\%),\ Sunflower\ Oil.).\ Whitby\ MSC\ \textbf{Cod}\ Fillet\ Goujons\ in\ Batter\ 450ge\ (31\%)\ (\textbf{Cod}\ (FISH)\ (50\%),\ batter\ (water,\ \textbf{WHEAT}\ flour\ [\textbf{WHEAT}\ flour\ flo$ calcium carbonate, iron, niacin, thiamin], salt, raising agents: E450i, E500ii, WHEAT starch, xanthan gum E415), breadcrumbs (WHEAT flour, Calcium carbonate, iron, niacin, thiamin], salt, raising agents: E450i, E500ii, WHEAT starch, xanthan gum E415), breadcrumbs (WHEAT flour, Calcium carbonate, iron, niacin, thiamin], salt, raising agents: E450i, E500ii, WHEAT starch, xanthan gum E415), breadcrumbs (WHEAT flour, Calcium carbonate, iron, niacin, thiamin], salt, raising agents: E450i, E500ii, WHEAT starch, xanthan gum E415), breadcrumbs (WHEAT flour, Calcium carbonate, iron, niacin, thiamin], salt, raising agents: E450i, E500ii, WHEAT starch, xanthan gum E415), breadcrumbs (WHEAT flour, Calcium carbonate, iron, niacin, thiamin), salt, raising agents: E450i, E500ii, WHEAT starch, xanthan gum E415), breadcrumbs (WHEAT flour, Calcium carbonate, iron, niacin, thiamin), salt, raising agents: E450i, E500ii, WHEAT starch, xanthan gum E415), breadcrumbs (WHEAT flour, Calcium carbonate), salt, raising agents: E450i, E500ii, which salt salt, sal oil), rapeseed oil.). Greens Choice Peas 10 x 1 kg (31%) (Peas (100%)).

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360 - CHILDS JACKET POTATO CHEESE & BEANS



Salt

1.93g

32%

2139.5kJ 510.7kCal

23.92g

63.81g

11.54g

14.84g

8.63g

12.94g

1.93g

0.63g 0mg

0mg

0mg

0μg

0μg

0mg

0g

Ingredients Reference Intake Product Quantity Each serving contains: 3 x 10* Extra Large Ready Baked Jacket Potatoes (2.8kg e) 250.00 g CSBC 10031 Baked Beans in Tomato Sauce 2620g 120.00 g Energy Fat Saturates Sugars Grated Mozzarella/Cheddar 70/30 50.00 g 2139.5kl 14.84g 8.63g 11.54g **510.7**kcal Serves: 1 Allergy Information 25% 43% of your daily reference intake. **Nutritional Summary** Milk Energy Protein

Carbohydrates

of which sugars

of which saturates

Fat

Fibre

Salt

Iron Calcium

Zinc

Folate

Vitamin A

Vitamin C

Sodium

Non Milk Extrinsic Sugars

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



Label Information

Ingredients

3 x 10* Extra Large Ready Baked Jacket Potatoes (2.8kg e) (60%) (British Potato (100%) MANUFACTURED IN AN ENVIRONMENT HANDLING DAIRY INGREDIENTS). CSBC 10031 Baked Beans in Tomato $Sauce 2620g (29\%) (Haricot Beans (49\%), Tomatoes (27\%), Water, Sugar, Modified Maize Starch, Salt, Glucose-Fructose Syrup, Onion Powder, Paprika, Flavourings.). Grated \\ \textbf{Mozzarella/Cheddar} 70/30 (12\%) (12\%$ (mozzarella~(MILK)~70%, cheddar~(MILK)~30%, anti-caking agent~(Potato Starch)).

Method & Recipe Notes

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360 - CHILDS JACKET POTATO CHEESE



Ingredients

Product

3 x 10* Extra Large Ready Baked Jacket Potatoes (2.8kg e) Grated Mozzarella/Cheddar 70/30

Quantity 250.00 g 50.00 g

Allergy Information















Cereals: Wheat: Rye:

Spelt:









No

Nο

Nuts:

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

Oats:	No	
Barley:	No	
Kamut:	No	
Gluten Content:		
CI		
Gluten < 20nnm		

Dietary Information



Vegetarian









Reference Intake

Each serving contains:					
Energy	Fat	Saturates	Sugars	Salt	
1731.5 kJ 413.5 kcal	14.36g	8.51 _g	5.3 _g	1.13 _g	
21% 21% 43% 6% 19%					
of your daily reference intake.					

Nutritional Summary	
Energy	1731.5kJ 413.5kCal
Protein	17.8g
Carbohydrates	49.05g
of which sugars	5.3g
Non Milk Extrinsic Sugars	Og
Fat	14.36g
of which saturates	8.51g
Fibre	8.5g
Salt	1.13g
Sodium	0.11g
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	0µg
Vitamin A	0µg
Vitamin C	Omg

Label Information

3 x 10* Extra Large Ready Baked Jacket Potatoes (2.8kg e) (83%) (British Potato (100%) MANUFACTURED IN AN ENVIRONMENT HANDLING DAIRY INGREDIENTS). Grated Mozzarella/Cheddar 70/30 $(17\%) \ (\textbf{mozzarella} \ (\textbf{MILK}) \ 70\%, \ \textbf{cheddar} \ (\textbf{MILK}) \ 30\%, \ \textbf{anti-caking agent} \ (\textbf{Potato Starch})).$

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360 - CHILDS JACKET POTATO TUNA



Ingredients

Product

3 x 10* Extra Large Ready Baked Jacket Potatoes (2.8kg e) CSBC 11116 Skipjack Tuna Chunks in Brine CSBC 10057 Real Mayonnaise 5I

Quantity 250.00 g 80.00 g 35.00 g

Serves: 1

Allergy Information



























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









Reference Intake

Each serving contains:					
Energy	Fat	Saturates	Sugars	Salt	
2006.7 kJ 479.2 kcal	17.35 _g	1.33 _g	6.12 _g	1.19 _g	
24% 25% 7% 7% 20%					
of your daily reference intake.					

Nutritional Summary	
Energy	2006.7kJ 479.2kCal
Protein	25.39g
Carbohydrates	50.92g
of which sugars	6.12g
Non Milk Extrinsic Sugars	Og
Fat	17.35g
of which saturates	1.33g
Fibre	8.61g
Salt	1.19g
Sodium	0.26g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0μg
Vitamin A	Оµg
Vitamin C	Omg

Label Information

Ingredients

3 x 10* Extra Large Ready Baked Jacket Potatoes (2.8kg e) (68%) (British Potato (100%) MANUFACTURED IN AN ENVIRONMENT HANDLING DAIRY INGREDIENTS). CSBC 11116 Skipjack Tuna Chunks in Brine (22%) (Skipjack Tuna (katsuwonus pelamis) (FISH), Water, Salt). CSBC 10057 Real Mayonnaise 5I (10%) (Rapeseed Oil, Water, Spirit Vinegar, Stabilisers (Modified Potato Starch, Xanthan Gum), Sugar, ${\sf Salt}, {\sf Pasteurised}\, \textbf{EGG}, {\sf Preservative}\, ({\sf Potassium}\, {\sf Sorbate}).).$

Method & Recipe Notes

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360 - CHILDS MAKHANI CHICKEN



Ingredients

Product Quantity CSBC 10272 Frozen Chicken Breast Strips 12mm (4 x 2.5kg) 100.00 g Mini Round G&C Naan 35g (1 x 80) 35.00 g 100.00 g Et Voila Makhani Sauce 2kg 150.00 g

Serves: 1

Allergy Information



























Spelt:

Oats:

Barley:

Kamut:



Yes

No

No

No

No

Nο

Nuts:	

Cereals: Almond Nuts: No Wheat:

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



Dietary Information













No

Reference Intake

Each serving contains:					
Energy	Fat	Saturates	Sugars	Salt	
1669.65 kJ 394.05 kcal	4.21 g	1 g	0.21 g	1.15 g	
20%	6%	5%	0%	19%	

of your daily reference intake.

Nutritional Summary	
Energy	1669.65kJ 394.05kCal
Protein	35.83g
Carbohydrates	52.17g
of which sugars	0.21g
Non Milk Extrinsic Sugars	Og
Fat	4.21g
of which saturates	1g
Fibre	2.08g
Salt	1.15g
Sodium	0.4g
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	0µg
Vitamin A	0μg

0mg

Label Information

Ingredients

80) (15%) (WHEAT Flour (Fortified with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Vegetable Ghee (Palm Oil, Rapeseed Oil), Garlic (1.5%), Yeast, Coriander (0.5%), Salt, Kalonji Seeds (0.5%), Dextrose.).

Vitamin C

Method & Recipe Notes

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360 - CHILDS MAKHANI QUORN



Ingredients Product Quantity Mini Round G&C Naan 35g (1 x 80) 35.00 g 100.00 g White rice Et Voila Makhani Sauce 2kg 160.00 g 150.00 g Quorn Pieces 1kg

Allergy Information

















Nuts









Cereals:

Spelt:

Oats:

Barley:

Kamut:



Yes

No

No

No

No

Nο

Fish		Celery

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

uts:	No	Wheat:
:	No	Rye:

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

Dietary Information











Reference Intake

Each serving contains:						
Energy Fat Saturates Sugars Salt						
2597.35 kJ 619.85 kcal	21.58g	9.56g	11.97 g	2.13 _g		
31%	31%	48%	13%	36%		
of your daily reference intake.						

F	0507.051.1
Energy	2597.35kJ 619.85kCal
	017.051.061.
Protein	30.48g
Carbohydrates	68.85g
of which sugars	11.97g
Non Milk Extrinsic Sugars	Og
Fat	21.58g
of which saturates	9.56g
Fibre	14.71g
Salt	2.13g
Sodium	0.8g
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	Оµg
Vitamin A	Оµg
Vitamin C	Omg

Label Information

Ingredients

 $Et\ Voila\ Makhani\ Sauce\ 2kg\ (36\%)\ (Passata,\ Double\ \textbf{Cream}\ (\textbf{MILK}),\ Sugar,\ Onion,\ Natural\ \textbf{Yoghurt}\ (\textbf{MILK}),\ Garlic\ Granules,\ Salted\ \textbf{Butter}\ (\textbf{MILK}),\ Cornflour\ Mix,\ Ginger\ Powder,\ Lemon\ Juice,\ Lactic\ Acid,\ Passata,\ Double\ \textbf{Cream}\ (\textbf{MILK}),\ Granules,\ Salted\ \textbf{Butter}\ (\textbf{MILK}),\ Cornflour\ Mix,\ Ginger\ Powder,\ Lemon\ Juice,\ Lactic\ Acid,\ Passata,\ Powder,\ Lemon\ Juice,\ Lactic\ Acid,\ Powder,\ Lemon\ Juice,\ Lactic\ Acid,\ Powder,\ Lemon\ Juice,\ Lactic\ Acid,\ Passata,\ Powder,\ Lactic\ Acid,\ Passata,\ Powder,\ Lactic\ Acid,\ Passata,\ Powder,\ Passata,\ Passata,\ Powder,\ Passata,\ Pas$ $Roasted \ Cumin, Salt, Mint, Cardamom\ ground, Roasted\ Coriander, Roasted\ Black\ pepper, Cinnamon\ Ground, Clove\ Ground, Nutmeg).\ Quorn\ Pieces\ 1kg\ (34\%)\ (Mycoprotein\ (94\%), Rehydrated\ Free\ Range (194\%), Rehydr$ EGG White, Flavouring, Firming Agents: Calcium Chloride, Calcium Acetate.). White rice (22%) (White rice). Mini Round G&C Naan 35g (1 x 80) (8%) (WHEAT Flour (Fortified with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Raising Agents (Monocalcium Phosphates, Sodium Bicarbonate), Vegetable Ghee (Palm Oil, Rapeseed Oil), Garlic (1.5%), Yeast, Coriander (0.5%), Salt, Kalonji Seeds (0.5%), Dextrose.).

Method & Recipe Notes

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360 - CHILDS PESTO PASTA



Ingredients Product Quantity Triple Lion Pasta Penne 4x3kg 60.00 g CSBC 10055 Green Pesto 6 x 1.12kg 60.00 g CSBC 10370 Shredded Mozzarella Cheese/Cheddar Cheese 60.00 g 70%/30% Garlic Slices 60.00 g

Serves: 1

Allergy Information

































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











Reference Intake

Each serving contains:						
Energy Fat Saturates Sugars Salt						
3717 kJ 900 kcal	51.97 _g	17.23 g	6.6 g	2.54 _g		
44%	74%	86%	7%	42%		
of your daily reference intake.						

Energy	3717kJ 900kCal
Protein	29.28g
Carbohydrates	76.56g
of which sugars	6.6g
Non Milk Extrinsic Sugars	Og
Fat	51.97g
of which saturates	17.23g
Fibre	5.04g
Salt	2.54g
Sodium	0.22g
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	0μg
Vitamin A	0µg
Vitamin C	Omg

Label Information

Ingredients

 $Triple\ Lion\ Pasta\ Penne\ 4x3kg\ (25\%)\ (DURUM\ \textbf{WHEAT}\ SEMOLINA,\ WATER).\ CSBC\ 10055\ Green\ Pesto\ 6\times 1.12kg\ (25\%)\ (Chopped\ Basil\ (41\%),\ Rapeseed\ Oil,\ Olive\ Oil,\ Medium\ Fat\ Hard\ \textbf{Cheese}\ (\textbf{MILK}),\ Rapeseed\ Oil,\ Olive\ Oil,\ Medium\ Fat\ Hard\ \textbf{Cheese}\ (\textbf{MILK}),\ Rapeseed\ Oil,\ Olive\ Oil,\ Medium\ Fat\ Hard\ \textbf{Cheese}\ (\textbf{MILK}),\ Rapeseed\ Oil,\ Olive\ Oil,\ Medium\ Fat\ Hard\ \textbf{Cheese}\ (\textbf{MILK}),\ Rapeseed\ Oil,\ Olive\ Oil,\ Medium\ Fat\ Hard\ \textbf{Cheese}\ (\textbf{MILK}),\ Rapeseed\ Oil,\ Olive\ Oil,\ Medium\ Fat\ Hard\ \textbf{Cheese}\ (\textbf{MILK}),\ Rapeseed\ Oil,\ Olive\ Oil,\ Medium\ Fat\ Hard\ \textbf{Cheese}\ (\textbf{MILK}),\ Rapeseed\ Oil,\ Oilve\ Oil,\ Medium\ Fat\ Hard\ \textbf{Cheese}\ (\textbf{MILK}),\ Rapeseed\ Oil,\ Oilve\ Oil\ Oi$ Water, Sugar, Salt, Garlic Purée, Acidity Regulator (Lactic Acid), Potato Powder (SULPHITES), Black Pepper.). CSBC 10370 Shredded Mozzarella Cheese / Cheddar Cheese 70%/30% (25%) (Mozzarella Cheese (70%) (MILK), Cheddar Cheese (30%) (MILK), Anti-Caking Agent (Potato Starch)). Garlic Slices (25%) (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

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

360 - CHILDS TRIO SAUSAGES CHIPS BEAN



Ingredients

Product CSBC 10312 Freeze Chill Straight Cut 12/12 Fries Greens Choice Peas 10 x 1 kg PENNY LANE PORK SAUSAGE 4.54 Pork 16s

Quantity 110.00 g 90.00 g 84.00 g

Serves: 1

Allergy Information

















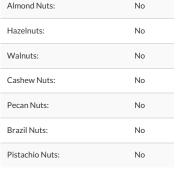








Nuts:	
Almond Nuts:	٨
Hazelnuts:	٨
Walnuts:	٨



Cereals:

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

Dietary Information











Reference Intake

Each serving contains.					
Energy	Fat	Saturates	Sugars	Salt	
1630.24 kJ 395.4 kcal	16.86 _g	4.98 _g	3.4 g	0.27 _g	
19% 24% 25% 4% 5%					
of your daily reference intake.					

Nutritional Summary	
Energy	1630.24kJ 395.4kCal
Protein	15.86g
Carbohydrates	42.5g
of which sugars	3.4g
Non Milk Extrinsic Sugars	Og
Fat	16.86g
of which saturates	4.98g
Fibre	6.79g
Salt	0.27g
Sodium	0.04g
Iron	1.69mg
Calcium	51.36mg
Zinc	1.5mg
Folate	1.68µg
Vitamin A	0.07µg
Vitamin C	18mg

Label Information

Ingredients

 $CSBC\ 10312\ Freeze\ Chill\ Straight\ Cut\ 12/12\ Fries\ (39\%)\ (Potatoes\ (97\%), Sunflower\ Oil.).\ Greens\ Choice\ Peas\ 10\ x\ 1\ kg\ (32\%)\ (Peas\ (100\%)).\ PENNY\ LANE\ PORK\ SAUSAGE\ 4.54\ Pork\ 16s\ (30\%)\ (Pork\ (42\%), Pork\ 16s\ (30\%)\ (Pork\ 16s\ ($ 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 Carbonate, Iron, Niacin, Vitamin B1), Dextrose, Stabiliser (Sodium Tri-polyphosphate Carbonate, Iron, Niacin, Vitamin B1), Dextrose, Stabiliser (Sodium Tri-polyphosphate Carbonate, Iron, Niacin, Vitamin B1), Dextrose, Stabiliser (Sodium Tri-polyphosphate Carbonate, Iron, Niacin, Vitamin B1), Dextrose, Stabiliser (Sodium Tri-polyphosphate Carbonate, Iron, Niacin, Vitamin B1), Dextrose, Stabiliser (Sodium Tri-polyphosphate Carbonate, Iron, Niacin, Vitamin B1), Dextrose, Stabiliser (Sodium Tri-polyphosphate Carbonate, Iron, Niacin, Vitamin B1), Dextrose, Stabiliser (Sodium Tri-polyphosphate), Stabiliser (Sodium Tri-polypho $(E451i)), Flavour enhancer (Monosodium Glutamate (E621)), Preservative (Sodium \\ \textbf{SULPHITE} (E221)), Hydrolysed vegetable protein (\textbf{SOYA}), Antioxidant: Ascorbic Acid (E300), Spice extracts.).$

Method & Recipe Notes

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360 - CHILDS CHICKEN NUGGETS SIDE



Ingredients Quantity Product Battered Chicken Fillet Bites 100.00 g

Allergy Information

























Nuts:



















	Not

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









Halal

Reference Intake

	Ea	ch serving contail	ns:			
Energy	Fat	Saturates	Sugars	Salt		
606 kJ 144 kcal	4.3 _g	1.7 g	0.6 g	0.6 g		
7%	6%	9%	1%	10%		
of your daily reference intake.						

Nutritional Summary	
Energy	606kJ 144kCal
Protein	15.8g
Carbohydrates	10.5g
of which sugars	0.6g
Non Milk Extrinsic Sugars	Og
Fat	4.3g
of which saturates	1.7g
Fibre	Og
Salt	0.6g
Sodium	Og
Iron	Omg
Calcium	0mg
Zinc	0mg
Folate	Оµg
Vitamin A	Оµg
Vitamin C	Omg

Label Information

Ingredients

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).).

Method & Recipe Notes

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360 - CHILDS VEGETABLE NUGGETS SIDE



Reference Intake Ingredients Product Quantity Each serving contains: Vegetable Nuggets 75.00 g Salt Energy Fat Saturates Sugars Serves: 1 690kl 8.18g 0.75g3.68g 0.4g **165**kcal Allergy Information 8% 4% of your daily reference intake. **Nutritional Summary** Energy 690kJ 165kCal 2.79g Protein Carbohydrates 18.98g Cereals: Nuts: of which sugars 3.68g Almond Nuts: No Wheat: Yes Non Milk Extrinsic Sugars 0g Hazelnuts: No Rye: No 8.18g Fat Walnuts: Nο Spelt: Nο of which saturates 0.75g Cashew Nuts: No Oats: No Fibre 2.18g Pecan Nuts: No Barley: No Salt 0.4g Brazil Nuts: No Kamut: No Sodium 0.16g Pistachio Nuts: No 0mg Iron Calcium 0mg **Dietary Information** Zinc Omg Folate 0μg Vitamin A 0μg Vitamin C 0mg

Label Information

Halal

Ingredients

Vegetable Nuggets (100%) (Vegetables (47%) (In varying proportions (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato)), Breadcrumb (19%) (Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt, Emulsifier (Mono- and Diacetyltartaric Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Enzymes), Water, Sunflower Oil, Fortified Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dehydrated Potato, Rapeseed Oil, Salt, Thickener (Methyl Cellulose), WHEAT Starch, Flavouring, Maltodextrin (WHEAT), White Pepper, Sugar, Yeast Extract, Onion Powder, Carrot Powder, Acid (Citric Acid), Parsley, Colour (Paprika Extract), Turmeric.).

Method & Recipe Notes

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360 - CHILDS VEGAN STRIPS SIDE



Ingredients Product Quantity Vegan Chick'n Strips 90.00 g Allergy Information





































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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











Halal

Reference Intake

Nutritional Summary

Energy	Fat	Saturates	Sugars	Salt
981.9 kJ 235.8 kcal	13.5 g	4.23 g	3.33 _g	1.62 g
12%	19%	21%	4%	27%
	of your	daily reference	intake.	

Each serving contains:

Energy	981.9kJ 235.8kCal
Protein	7.74g
Carbohydrates	18.9g
of which sugars	3.33g
Non Milk Extrinsic Sugars	Og
Fat	13.5g
of which saturates	4.23g
Fibre	4.95g
Salt	1.62g
Sodium	Og
Iron	Omg
Calcium	Omg

0mg

0µg

0μg

0mg

Label Information

Ingredients

Vegan Chick'n Strips (100%) (Rehydrated Pea Protein (30%), Water, WHEAT Flour, Oil (Palm, Rapeseed, Sunflower), Thickeners (Calcium Alginate, Methyl Cellulose), Plant Fibre (contains WHEAT), Flavouring, WHEAT Gluten, Starch (Pea, Maize), Yeast Extract, Salt, Raising Agents (Sodium Carbonates, Diphosphates), Spice Extracts (Paprika, Pepper), Modified Tapioca Starch, Vegetable Powder (Garlic, Onion), Spices (contains **CELERY**), Dextrose, Yeast.).

Zinc

Folate

Vitamin A

Vitamin C

Method & Recipe Notes

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

360 - CHILDS BEANS SIDE

CSBC 10031 Baked Beans in Tomato Sauce 2620g



Ingredients Product Quantity

Allergy Information















90.00 g







s Not

Nut













Cereals:

s:			

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

our cois.	
Wheat:	No
Rye:	No
Spelt:	No
Oats:	No
Barley:	No
Kamut:	No
Gluten Content:	

Gluten < 20ppm

Dietary Information













Reference Intake

Each serving contains:					
Energy	Fat	Saturates	Sugars	Salt	
306 kJ 72.9 kcal	0.36g	$0.09_{\rm g}$	4.68 g	0.6 g	
4%	1%	0%	5%	10%	
of your daily reference intake.					

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

Label Information

Vegan

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, Flavourings.).

Method & Recipe Notes

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

360 - CHILDS FRIES



Ingredients

Product CSBC 10312 Freeze Chill Straight Cut 12/12 Fries Quantity 110.00 g

Allergy Information































Cereals:





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302
Does Not

Nuts:			

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

Vheat:	No
Rye:	No
Spelt:	No
Dats:	No
Barley:	No
Kamut:	No
uten Content:	
iten Content:	

Gluten < 20ppm

Dietary Information







Vegan





Reference Intake

Each serving contains:					
Energy	Fat	Saturates	Sugars	Salt	
625.9 kJ 148.5 kcal	3.74g	0.44 g	0.44 g	0.11 g	
7%	5%	2%	0%	2%	

of your daily reference intake.

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

Label Information

Ingredients

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

Method & Recipe Notes

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

360 - CHILDS GARLIC BREAD SIDE



Salt

0.53g

Ingredients Reference Intake Product Quantity Garlic Slices 60.00 g Serves: 1 Allergy Information

























		SO ₂
1ay	Does Not	Does N

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

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











Nutritional Summary

Energy

974.4kJ

232.8kcal

12%

Natificial Saminary
Energy

Energy	974.4kJ 232.8kCal
Protein	5.4g
Carbohydrates	28.8g
of which sugars	2.34g
Non Milk Extrinsic Sugars	Og
Fat	10.2g
of which saturates	2.88g
Fibre	2.22g
Salt	0.53g
Sodium	0.21g
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	Оµg
Vitamin A	Оµg
Vitamin C	Omg

Each serving contains:

Saturates

2.88g

of your daily reference intake.

Sugars

2.34g

3%

Fat

10.2g

Label Information

Ingredients

Garlic Slices (100%) (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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360 - CHILDS JACKET POTATO SIDE



Ingredients

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

Allergy Information























Nuts:







Cereals:

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

Wheat:	No
Rye:	No
Spelt:	No
Oats:	No
Barley:	No
Kamut:	No
Gluten Content:	
Cluton < 20nnm	

Gluten < 20ppm

Dietary Information













Reference Intake

Each serving contains:					
Energy	Fat	Saturates	Sugars	Salt	
1032.5 kJ 245 kcal	1.25 g	O g	5 g	$0.35_{\rm g}$	
12%	2%	0%	6%	6%	
of your daily reference intake.					

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

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

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

360 - CHILDS PEAS SIDE



Product Quantity Greens Choice Peas 10 x 1 kg 90.00 g

Allergy Information

Ingredients















Cereals:













SO ₂	
Does Not	

Nuts:	

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

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

Gluten < 20ppm

Dietary Information











Reference Intake

Each serving contains:					
Energy	Fat	Saturates	Sugars	Salt	
260.1 kJ 62.1 kcal	0.27 g	0.09 g	2.79 _g	$0.07_{\rm g}$	
3%	O%	0%	3%	1%	
	or your daily reference intake.				

Nutritional Summary	
Energy	260.1kJ 62.1kCal
Protein	4.68g
Carbohydrates	8.1g
of which sugars	2.79g
Non Milk Extrinsic Sugars	Og
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

Label Information

Ingredients

Greens Choice Peas $10 \times 1 \text{ kg}$ (100%) (Peas (100%)).

Method & Recipe Notes

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

360 - CHILDS RICE SIDE



Ingredients Reference Intake Product Quantity Each serving contains: White rice 100.00 g Allergy Information

















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











Energy	Fat	Saturates	Sugars	Salt
633 kJ 149 kcal	$0.38_{\rm g}$	0.01 g	0_{g}	0.14 g
8%	1%	0%	0%	2%
	of your	daily reference	intake.	

Energy	633kJ
	149kCal
Protein	2.87g
Carbohydrates	33.2g
of which sugars	Og
Non Milk Extrinsic Sugars	Og
Fat	0.38g
of which saturates	0.01g
Fibre	0.67g
Salt	0.14g
Sodium	Og
Iron	Omg
Calcium	Omg
Zinc	Omg
Folate	Оµg
Vitamin A	Оµg

Label Information

Vegan

Ingredients

White rice (100%) (White rice).

Method & Recipe Notes

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.

Vitamin C

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360 - CHILDS SWEETCORN SIDE



Ingredients Product Quantity CSBC 10030 Frozen Sweetcorn 90.00 g

Allergy Information























No

es Not	Does Not	Does Not	Does Not	Does Not	
			Celery	Soya	M

Nuts:		Cereals:	
Almond Nuts:	No	Wheat:	
		_	

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
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Dietary Information













Reference Intake

Energy	Fat	Saturates	Sugars	Salt	
280.8 kJ 66.6 kcal	1.26 g	0.36 g	7.29 g	$0.01_{\rm g}$	
3%	2%	2%	8%	0%	
of your daily reference intake.					

Each serving contains:

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

Label Information

Ingredients

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

Method & Recipe Notes

The information on the Erudus System has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provide by Erudus One.