

Nutritional Info

Nutrients

	Fish meals						Lentil Pasta meals							
	Fish cakes		Hake fillet		Tuna Pasta		Lenil lasagne		Macaroni cheese		Spaghetti bolognais		Mushroom Lentil	
	100g	Serving 185g	100g	Serving 265g	100g	Serving 245g	100g	Serving 335g	100g	Serving 270g	100g	Serving 380g	100g	Serving 32g0g
Energy kJ	533	985	420	1120	469	1220	489	1641	521	1407	397	1593	348	1115
Protein g	11.9	22.0	9.4	25.2	6.8	17.7	6.5	22	6.6	17.9	6.3	25.2	4.2	13.3
Carbohydrate g	15	27	10	26	13	35	17	57	15	40	10	42	13	41
of which total sugar g	0.7	1.3	0	0.1	1.7	4.3	0	0	0.3	0.8	0	0	1.1	3.4
Total fat g	2.0	3.6	2.5	6.6	3.0	7.8	2.1	7.0	4.2	11.4	3.0	11.9	0.2	0.7
of which saturated fat (g)	0.4	0.8	1.3	3.4	1.7	4.4	0.9	3.1	1.9	5.2	1.2	4.8	0.0	0.1
of which trans fat (g)	0	0	0	0	0	0	0	0	0	0	0.0	0	0	0
of which monosaturated fat(g)	0.5	0.9	0.7	0.2	0.8	2.2	0.5	1.6	1.5	4.2	1.1	4.3	0	0.1
of which polyunsaturated fat (g)	0.8	1.4	0.2	0.7	0.2	0.6	0.1	0.5	0.4	1.2	0.2	0.8	0	0.1
Cholesterol mg	18	34	72	192	12	30	31	103	34	92	16	63	0	0
Dietary fibre	1.3	2.4	0.2	0.5	0.9	2.4	3.4	11.4	1.0	2.7	1.9	7.6	3.3	10.6
Total sodium mg	163	302	238	637	131	341	173	580	186	503	107	427	55	176
GL		13		9		19		23		37		19		30
GI	LOW		LOW		LOW		LOW		LOW		LOW		LOW	
Exchange value	1½ starch, 2½ protein, ½fat		1½ starch, 3 protein		2 starch, 2 protein		3 starch, 2 protein, ½fat, 1 vegetable		2½ starch, 2 protein, ½ fat		2½ starch, 2½ protein, ½fat, 1 vegetable		2 starch, 1 ½protein, 1 vegetable	
Added value	LOW FAT < 3g 100g		LOW FAT < 3g 100g		LOW SODIUM < 120mg 100g LOW CHOLESTEROL < 20mg 100g		LOW FAT < 3g 100g				LOW SODIUM < 120mg 100g LOW FAT < 3g 100g		LOW SODIUM < 120mg 100g LOW FAT < 3g 100g LOW CHOLESTEROL < 20mg 100g	
Gluten tree			Gluten free										Gluten free	
ALLERGENS	Wheat (gluten) Fish, Egg		Fish, Cow's milk		Wheat (gluten) Fish, Cow's milk		Wheat (gluten) Cow's milk		Wheat (gluten) Cow's milk		Wheat (gluten)		Gluten free None	
INGREDIENTS	Pilchards in tomato sauce(35%) [Pilchards, tomato paste, water, salt, thickener], basmati rice, hake, tomato, onion, oats, egg, balsamic vinegar, herbs		Hake fillet(37%), sauce (37%) (low-fat milk Mozzarella cheese, corn flour), basmati rice, stock powder, herbs		Macaroni(38%) (durum), low-fat milk, Mozzarella cheese, tuna(7%), onion, mushroom, corn flour, tomato puree, salt, pepper, parsley		Lentils(35%), sauce (low-fat milk, corn flour,salt), vegetables (18%)(carrot, onion, tomato puree), lasange(12%) (durum)(, Mozzarella cheese, stock powder, herbs garlic		Macaroni (44%) (durum), Sauce (low-fat milk, corn starch, salt), tomato, onion, Mozzerlla cheese(7%), bacon (pork, brine, curing agents), parsley		Tomato, onion, low fat topside mince, mushroom, spaghetti(24%) (durum), tomato puree, lentils, stock powder garlic, herbs		Lentils (37%), basmati rice, vegetables(carrots, onion, peppers, mushrooms(4%), tomato puree), herbs, stock powder, garlic	



Stock powder (salt, dehydrated veg[onion, carrot, mushroom, cornstarch, sugar, maltodextrin, herbs, yeast extract, veg oil {canola seed}, pepper, flavouring, colourant, spices, acid)