

SINGLE SERVE MEALS

INGREDIENTS AND ALLERGENS

Baked Beans	Water, Navy Beans (32%), Tomato Paste, Sugar, Thickener (1412), Salt, Onion Powder, Cayenne Pepper.
Beef Casserole	Beef (38%), Water, Vegetables [Potato, Carrot], Tomato Paste, Reconstituted Vegetable Broth [Flavour, Flavour Enhancers (627,631)], Thickener (1412), Garlic Paste [Acidity Regulator (330)], Spices.
Butter Chicken	Chicken (30%), Reconstituted Coconut Milk [Water, Coconut Milk Extract, Maltodextrin, Stabilisers (Sodium Caseinate (339))], Onion, Cooked Brown Rice, Tomato Paste, Thickener (1412), Spices, Sugar, Ginger, Salt, Chilli, Herbs, Garlic, Acidity Regulators (330,260). Contains Milk
Chicken and Chickpea Curry	Chicken (27%), Water, Chickpeas (17%), Vegetables [Onion, Carrot], Tomato Paste, Tomatoes, Lentils, Garlic, Sugar, Spices, Thickener (1412), Butter , Vegetable Oil, Salt Contains Milk and Gluten
Chicken Italiano	Tomato, Chicken (30%), Water, Cooked Pasta [Water, Durum Wheat], Vegetables [Onion, Capsicum, Mushroom, Eggplant, Zucchini], Reconstituted Vegetable Broth [Flavour, Flavour Enhancers (627,631)], Tomato Paste, Thickener (1412), Garlic Paste [Acidity Regulator (330)], Herbs, Pepper. Contains Wheat (Gluten) May be Present: Egg
Chilli Con Carne	Beef (32%), Water, Kidney Beans (18%), Vegetables [Tomato, Capsicum, Onion], Tomato Paste, Thickener (1412), Sugar, Salt, Chilli, Spices, Acidity Regulators (330, 260).
Chunky Chicken and Vegetables	Chicken (48%), Vegetables (24%) [Potato, Carrot, Corn, Celery, Onion], Water, Reconstituted Vegetable Broth [Flavour, Flavour Enhancers (627, 631)], Thickener (1412), Sugar, Salt, Herbs, Spice.
Spaghetti Bolognese	Beef (43%), Tomato, Water, Cooked Spaghetti (10%) [Water, Durum Wheat], Tomato Paste, Thickener (1412), Sugar, Garlic Paste, Salt, Canola Oil, Pepper, Acidity Regulator (330). Contains Wheat (Gluten) May be Present: Egg
Vegetable Curry	Vegetables (55%) [Potato, Peas, Spinach, Carrot, Onion], Water, Cooked Brown Rice [Water, Brown Rice], Tomato Paste, Soybean Oil , Coconut Milk Powder [Stabilisers (Sodium Caseinate , 339)] Thickeners (1412, 415), Herbs, Spices, Pea Protein, Sugar, Tamarind, Acidity Regulator (330). Contains Milk and Soy