

PORTION PACK FOODS

« LONG LIFE FOOD »

NEW ZEALAND CUSTOMERS ONLY

SINGLE SERVE MEALS & POTATO MASH

A maximum of 4 meal variants (5 of each) can be selected from the list below
We will confirm your selection when we respond to your order

MAIN MEAL (250g)	Ingredients and Allergen Statement
Baked Beans	Water, cranberry beans (29%), tomato paste, sugar, thickener (1412), salt, onion powder, cayenne pepper.
BBQ Beans	Cranberry Beans (24%), water, potato, tomato paste, onion, mushroom, peas, brown sugar, capsicum, pea protein, worcester sauce, vinegar, garlic, salt, spices, flavour. May be present: sesame, soy
Beef Casserole	Beef (38%), vegetables [potato, carrot], water, tomato paste, reconstituted vegetable broth [flavour, flavour enhancers (disodium guanylate, disodium inosinate)], thickener (1412), garlic, spices.
Beef Ragu	Beef (32%), cooked pasta (water, durum wheat), water, tomato, tomato paste, mushroom, capsicum, onion, thickener (1412), sugar, worcester sauce, salt, garlic, herbs and spice. Contains: wheat, gluten May be present: egg
Butter Chicken	Chicken (30%), onion, coconut cream, water, cooked brown rice, (water, brown rice), tomato paste, thickener (1412), spices, sugar, ginger, chilli, salt, garlic, herbs.
Chicken and Chickpea Curry	Chicken (27%), water, chickpeas (19%), onion, tomato paste, tomato, garlic, sugar, carrot, spices, thickener (1412), vegetable oil, salt. May be present: wheat, gluten
Chilli Con Carne	Beef (30%), water, kidney beans, tomato, cooked brown rice [water, brown rice], capsicum, tomato paste, onion, corn, thickener (1412), brown sugar, salt, spices. May be present: soy
Chunky Chicken and Vegetables	Chicken (48%), vegetables (26%) [potato, carrot, corn, celery, onion], water, reconstituted vegetable broth [flavour, flavour enhancers (disodium guanylate, disodium inosinate)], thickener (1412), sugar, salt, herbs, spice.
Potato and Chickpea Curry	Chickpeas (31%), water, onion, tomato paste, potato (6%), tomato, lentils, garlic, pea protein, carrot, spices, butter (milk), vegetable oil, thickener (1412), salt, sugar, spice extract. Contains: milk May be present: wheat, gluten
Spaghetti Bolognese	Beef (30%), tomato, water, spaghetti (10%) [water, durum wheat], tomato paste, reconstituted vegetable broth [flavour, flavour enhancers (disodium guanylate, disodium inosinate)], thickener (1412), brown sugar, garlic, vegetable oil, spice. Contains: wheat, gluten May be present: egg
Sweet Potato Thai Red Curry	Water, lentils, sweet potato (10%), coconut cream, onion, vegetable oil, pea protein, thai curry paste (2%), capsicum, garlic, ginger, coriander, sugar, vegetable stock powder [flavour, flavour enhancers (disodium guanylate, disodium inosinate)], herb, spice extracts. May be present: wheat, gluten
Vegetable Curry	Vegetables (55%) [potato, peas, spinach, carrot, onion], water, cooked brown rice [water, brown rice], coconut cream, tomato paste, thickener (1412), garlic, spices, soybean oil, ginger, pea protein, salt, brown sugar, tamarind [colour (150c)]. Contains: soy