



## VEGETABLE CURRY & RICE 300g

|   |   |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
|---|---|-------|----------|---------|-----|--------------------|---------------|-------------|-------|--------|---------|------|------|------|----------------------|
| <b>PRODUCT CODE</b>   | <b>DATE</b>   |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| ONEMEALVEGCURRY   | 23/04/2020  |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| <b>DESCRIPTION</b>  | <b>INGREDIENTS</b>  |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| Cauliflower, carrots, peas and potatoes in a spiced curry sauce with a side of long grain rice.<br><br><b>Microwave in pack – instructions on box</b>   | Vegetable Curry Sauce (70%) (Water, Cauliflower, Carrots, Peas, Onion, Single Cream ( <b>Milk</b> ), Potato, Tomato Puree, Low Fat Yoghurt ( <b>Milk</b> ), Rapeseed Oil, Ginger Puree, Garlic Puree, Coriander, Cornflour, Ground Spices (Cumin, Paprika, Turmeric, Coriander, Ginger, Chilli, Black Pepper, Cassia, Cardamom, Bay, Cloves, Nutmeg), Salt, Sugar, Cumin Seed), Cooked Rice (30%) (Water, Long Grain Rice). |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| <b>STORAGE</b>  | <b>THE PRODUCT</b>  |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| Store at ambient temperature<br>Best before: See print on pack<br>Shelf Life 12 months from production date   | Suitable for:<br><table border="0"> <tr> <td>HALAL</td> <td>YES</td> </tr> <tr> <td>COELIAC</td> <td>YES</td> </tr> <tr> <td>LACTOSE INTOLERANT</td> <td>NO</td> </tr> <tr> <td>VEGETARIANS</td> <td>YES</td> </tr> <tr> <td>VEGANS</td> <td>NO</td> </tr> </table>   | HALAL | YES      | COELIAC | YES | LACTOSE INTOLERANT | NO            | VEGETARIANS | YES   | VEGANS | NO      |      |      |      |                      |
| HALAL   | YES   |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| COELIAC   | YES   |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| LACTOSE INTOLERANT  | NO  |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| VEGETARIANS   | YES   |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| VEGANS  | NO  |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| <b>TYPICAL VALUES PER 100G</b>  | <b>ALLERGENS</b>  |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| <table border="0"> <tr> <td>Energy</td> <td>489KJ</td> </tr> <tr> <td>Calories</td> <td>116Kcal</td> </tr> <tr> <td>Fat</td> <td>4g</td> </tr> <tr> <td>Carbohydrates</td> <td>15.9g</td> </tr> <tr> <td>Fibre</td> <td>2.3g</td> </tr> <tr> <td>Protein</td> <td>3.2g</td> </tr> <tr> <td>Salt</td> <td>0.7g</td> </tr> </table> | Energy  | 489KJ | Calories | 116Kcal | Fat | 4g                 | Carbohydrates | 15.9g       | Fibre | 2.3g   | Protein | 3.2g | Salt | 0.7g | Contains <b>MILK</b> |
| Energy  | 489KJ   |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| Calories  | 116Kcal   |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| Fat   | 4g  |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| Carbohydrates   | 15.9g   |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| Fibre   | 2.3g  |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| Protein   | 3.2g  |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |
| Salt  | 0.7g  |       |          |         |     |                    |               |             |       |        |         |      |      |      |                      |

