



Contents, Allergens & Nutritional Information

BEEF MIXED MEALS PACK (20 meals) 20 MRES - Menu 4A



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ALLERGENS & INGREDIENTS		
FOOD ITEM	Allergens*	Ingredients
Spaghetti Bolognaise	Gluten/Wheat	Water (27%). Beef Mince (20%). Tomato (16%). Pasta (Wheat Flour, Water) (Gluten) (8%). Carrot. Green Beans. Sunflower Seed Oil. Tomato Paste (Tomatoes, Salt). Onion. Brown Sugar. Sweetcorn. Modified Starch (E1422). Salt. Vegetable Flavouring. Garlic. Paprika. Thickener (Xanthan Gum). Spices.
Pasta with Peppersteak	Soybean, Sulphur Dioxide, Gluten/Wheat	Water (35%). Beef (28%). Peas (20%). Pasta (Wheat Flour, Water) (Gluten) (8%). Green Beans. Dehydrated Mushroom Pieces (Sulphur Dioxide). Sunflower Oil. Onion. Soya Creamer [Maltodextrin, Vegetable Fat (Palm Fruit; Antioxidant BHA), Emulsifier (E471), Soy Protein (Soybean), Stabiliser (E452), Anticaking agent (E551)]. Modified Starch (E1422). Vegetable Flavouring. Salt. Brown Sugar. Garlic. Black Pepper. Thickener (Xanthan Gum). Spices.
Tomato Beef Pasta	Gluten/Wheat	Water (25%). Beef (20%). Tomato (15%). Pasta (Wheat flour, Water) (7%). Carrot. Sweetcorn. Sunflower Oil. Tomato Paste (Tomatoes, Salt). Green Beans. Onion. Brown Sugar. Modified Starch (E1422). Salt. Vegetable Flavouring. Garlic. Thickener (Xanthan Gum). Spices.
Beef and Vegetable Casserole	None	Water (29%). Beef (20%). Tomato (10%). Potato. Rice. Carrot. Green Beans. Peas. Sunflower Oil. Onion. Tomato Paste (Tomatoes, Salt). Brown Sugar. Salt. Modified Starch (E1422). Garlic. Vegetable Flavouring. Black Pepper. Thickener (Xanthan Gum). Spices.

*Warning: These products have been made in a factory that uses Milk, Sulphur Dioxide, Peanuts, Tree Nuts [Almonds, Cashews, Hazelnuts], Egg, Fish & Sesame Seeds.

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CONTENTS		
FOOD ITEM	PER SERVING (grams)	QUANTITY
Spaghetti Bolognaise	300	5
Pasta with Peppersteak	300	5
Tomato Beef Pasta	300	5
Beef and Vegetable Casserole	300	5
TOTAL		20

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NUTRITIONAL INFORMATION (per pack)				
FOOD ITEM	KCAL	CARBS (g)	FAT (g)	PROTEIN (g)
Spaghetti Bolognaise	1890	150	88,5	85,5
Pasta with Peppersteak	1815	118,5	73,5	124,5
Tomato Beef Pasta	1845	165	69	141
Beef and Vegetable Casserole	1605	142,5	64,5	79,5
TOTAL	7155	576	295,5	430,5