



Contents, Allergens & Nutritional Information

CHICKEN MIXED MEALS PACK (20 meals) 20 MRES - Menu 5A



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ALLERGENS & INGREDIENTS		
FOOD ITEM	Allergens*	Ingredients
Biryani Chicken	Sulphur Dioxide	Water (22%). Chicken (20%). Coconut Milk [Coconut Extract (81%), Water (18%), Stabiliser (E412) (0.1%), Stabiliser (E466), Emulsifier (E435), Antioxidant Citric Acid, Antioxidant (E223) (Sulphur Dioxide)](12%). Tomato. Rice. Carrot. Potato. Onion. Sunflower Oil. Brown Sugar. Green Beans. Tomato Paste (Tomatoes, Salt). Lentils. Salt. Garlic. Thickener (Xanthan Gum). Spices.
Chicken and Vegetable Casserole	None	Water. Chicken (20%). Potato (6%). Rice (6%). Carrot. Sunflower Oil. Onion. Sweetcorn. Peas. Modified Starch (E1422). Vegetable Flavouring. Brown Sugar. Tomato Paste (Tomatoes, Salt). Salt. Garlic. Thickener (Xanthan Gum). Spices.
Chicken and Vegetable Curry	Sulphur Dioxide	Chicken (20%). Water (15%). Carrots (12%). Potato (12%). Tomato. Coconut Milk [Coconut Extract (81%), Water (18%), Stabiliser (E412) (0.1%), Stabiliser (E466), Emulsifier (E435), Antioxidant (E330 Citric Acid), Antioxidant (E223) (Sulphur Dioxide)]. Green Beans. Sunflower Oil. Onion. Brown Sugar. Modified Starch (E1422). Garlic. Masala. Vegetable Flavouring. Spices.
Mild and Spicy Tomato Chicken Pasta	Gluten/Wheat	Water (24%). Chicken (20%). Tomato (16%). Pasta (Wheat Flour, Water (Gluten) (7%). Carrot. Red Peppers. Tomato Paste (Tomatoes, Salt). Marrow. Sunflower Oil. Onion. Brown Sugar. Modified Starch (E1422). Salt. Garlic. Vegetable Flavouring. Thickener: Xanthan Gum (E415). 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
Biryani Chicken	300	5
Chicken and Vegetable Casserole	300	5
Chicken and Vegetable Curry	300	5
Mild and Spicy Tomato Chicken Pasta	300	5
TOTAL		20

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NUTRITIONAL INFORMATION (per pack)				
FOOD ITEM	KCAL	CARBS (g)	FAT (g)	PROTEIN (g)
Biryani Chicken	1875	154,5	78	127,5
Chicken and Vegetable Casserole	1665	168	61,5	102
Chicken and Vegetable Curry	1800	93	99	127,5
Mild and Spicy Tomato Chicken Pasta	1545	154,5	51	106,5
TOTAL	6885	570	289,5	463,5