



Contents, Allergens & Nutritional Information

MIXED MEALS PACK (20 meals) 20 MREs - Menu 3A



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ALLERGENS & INGREDIENTS		
FOOD ITEM	Allergens*	Ingredients
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.
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.
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.
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.
Spaghetti Bolognese	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.
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.
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.

*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
Tomato Beef Pasta	300	2
Biryani Chicken	300	2
Mild and Spicy Tomato Chicken Pasta	300	3
Pasta with Peppersteak	300	3
Spaghetti Bolognese	300	3
Beef and Vegetable Casserole	300	2
Chicken and Vegetable Casserole	300	3
Chicken and Vegetable Curry	300	2
TOTAL		20

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NUTRITIONAL INFORMATION (per pack)				
FOOD ITEM	KCAL	CARBS (g)	FAT (g)	PROTEIN (g)
Tomato Beef Pasta	738	66	27,6	56,4
Biryani Chicken	750	61,8	31,2	51
Mild and Spicy Tomato Chicken Pasta	927	92,7	30,6	63,9
Pasta with Peppersteak	1089	71,1	44,1	74,7
Spaghetti Bolognese	1134	90	53,1	51,3
Beef and Vegetable Casserole	642	57	25,8	31,8
Chicken and Vegetable Casserole	999	100,8	36,9	61,2
Chicken and Vegetable Curry	720	37,2	39,6	51
TOTAL	6999	576,6	288,9	441,3