

Product Specification

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Lamb & Vegetable Casserole Pureed Meal Code: NF469

Pureed lamb and vegetable casserole with gravy, side of mashed potato, mashed pumpkin and broccoli.

Ingredient Declaration

Lamb & Vegetable Casserole [Lamb Mince (37%), Water, Rice, Crushed Tomatoes, Onion, Tomato Paste, Starch, Potato Granules, Worcestershire Sauce, Carrot, Zucchini, Beef Flavour, Chicken Flavour, Garlic], Gravy (Water, GF Gravy Mix (Modified Starch (1420), Maltodextrin (From Corn), Iodised Salt, Sugar, Beverage Whitener [Mineral Salts (340, 451), Emulsifiers (471, 481), Anti-Caking Agent (551), Antioxidant (307b)], Yeast Extract, Onion Powder, Colour (150c), Vegetable Fat, Flavour, Food Acid (330), Flavour Enhancer (635), Spice), Starch).

Mashed Potato (Potato, Milk Mixture [Full Cream Milk Powder (Whole Milk, Milk Solids), Margarine (Animal Fat and Vegetable Oil, Water, Salt, Milk Solids, Emulsifiers (322, 471), Antioxidant (320), Flavour, Colour (160a)), Water], Salt, Pepper), Starch (1%).

Mashed Pumpkin, Starch (1%).

Broccoli, Starch (1%).

Unit Weight	350 g			Group	Individual Meals - Pureed		
Nutrition Information				Analysis Type	Theoretical		
Lamb & Vegetable Casserole with Gravy				Broccoli			
Servings per package: 1 • Serving Size: 140g				Servings per package: 1 • Serving Size: 60g			
	Average Quantity per Serving	Average Quantity per 100 g			Average Quantity per Serving	Average Quantity per 100 g	
Energy (kJ)	641 (153 Cal)	458 (109 Cal)		Energy (kJ)	81 (19 Cal)	135 (32 Cal)	
Protein (g)	10.8	7.7		Protein (g)	2.8	4.7	
Fat (g)	6.9	4.9		Fat (g)	0.2	0.3	
- Saturated (g)	0.1	less than 0.1		- Saturated (g)	0.0	0.0	
Carbohydrate (g)	11.7	8.3		Carbohydrate (g)	0.4	0.6	
- Sugars (g)	2.8	2.0		- Sugars (g)	0.2	0.4	
Sodium (mg)	729	521		Sodium (mg)	12	20	
Mashed Pumpkin				Mashed Potato			
Servings per package: 1 • Serving Size: 60g				Servings per package: 1 • Serving Size: 90 g			
	Average Quantity per Serving	Average Quantity per 100 g			Average Quantity per Serving	Average Quantity per 100 g	
Energy (kJ)	101 (24 Cal)	169 (40 Cal)		Energy (kJ)	268 (64 Cal)	297 (71 Cal)	
Protein (g)	1.3	2.1		Protein (g)	2.3	2.6	
Fat (g)	0.2	0.4		Fat (g)	0.4	0.4	
- Saturated (g)	0.2	0.3		- Saturated (g)	0.2	0.2	
Carbohydrate (g)	3.8	6.4		Carbohydrate (g)	10.7	11.9	
- Sugars (g)	2.5	4.2		- Sugars (g)	0.7	0.8	
Sodium (mg)	less than 1	1		Sodium (mg)	28	31	
Labelling				Rethurmulation Instructions			
Carton Label Applied	YES	Ingredient List	YES	1. Peel back film or pierce film above each compartment 2. Reheat frozen meal in microwave on high 6-7 minutes or in oven for 40 minutes at 160 degrees C. 3. Allow tray to stand for 2 minutes 4. Carefully remove film and serve CAUTION: PRODUCT MAY BE VERY HOT AFTER REHEATING.			
Product Label Applied	YES	Units per Carton	6				
Inner Barcode	9352380000783						
Carton Barcode	19352380000780						
Allergens	Contains Soy, Sulphites, Milk. May Contain Lupin, Sesame.						
Shelf Life	Frozen Product - Best Before 365 days from date of manufacture.			Nutrifresh Authorisation			
Storage	Store at -18 degrees C.			Jessica Pope Nutritionist & Product Development Officer BSc of Health Science MSc of Dietetics			
Food Safety HACCP	NutriFresh is committed to the production of high quality, safe food products. To this end we have developed and implemented a Quality System that meets the requirements of HACCP Certification and AS/NZS ISO 9001:2015.						

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