

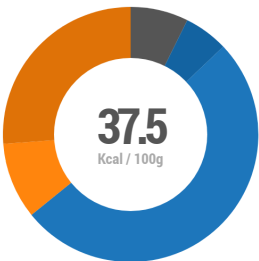
Cottage Pie March '25

Hot School Meals

By Sinead Bradbury

OVERVIEW ...

U / 12804856



CALORIES:
56.8% Carbs
7.3% Protein
35.8% Fat

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 218G SERVING	%RI
Energy(Kj)	163 kJ	2%	355 kJ	4%
Energy(kcal)	39 kcal	2%	85 kcal	4%
Fat	1.5 g	2%	3.3 g	5%
of which saturates	1.1 g	6%	2.4 g	12%
Carbohydrate	5.3 g	2%	12 g	5%
of which sugars	0.5 g	1%	1.1 g	1%
Fibre	0.6 g	2%	1.4 g	6%
Protein	0.7 g	1%	1.5 g	3%
Salt	0.19 g	3%	0.4 g	7%

CONTAINS:



MILK

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 2% RI	37.5kcal	Saturated Fat 5% RI	1.1g	Vitamin A (ret eq) 0% RI	1.7ug
Energy(Kj) 2% RI	158kJ	Monounsaturated fat 0% RI	0.0404g	Retinol	1.6ug
MACRONUTRIENTS		cis-Mono	-	Carotene	0.8073ug
Carbohydrate 2% RI	5.3g	Polyunsaturated fat 0% RI	0.0404g	Vitamin D	0ug
Protein 1% RI	0.6862g	Omega3(n-3)	0g	Vitamin E 0% RI	0.0242mg
Fat 2% RI	1.5g	Omega6(n-6)	0g	Vitamin K ₁	-
Water	31.6g	cis-Poly	-	Thiamin (B ₁) 6% RI	0.0646mg
Water from Drinks	0g	Trans-fatty acids	-	Riboflavin (B ₂) 1% RI	0.0161mg
Alcohol (0% ABV)	0g	Cholesterol	0.4037mg	Niacin total (B ₃) 2% RI	0.3593mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Niacin 1% RI	0.1736mg
Starch	4.8g	Sodium 3% RI	74mg	Tryptophan	11.1mg
Oligosaccharide	-	Potassium 5% RI	104mg	Pantothenic Acid (B ₅) 2% RI	0.1494mg
Fibre 3% RI	0.6459g	Chloride 14% RI	113mg	Vitamin B ₆ 8% RI	0.1171mg
NSP	0.4968g	Calcium 1% RI	9.7mg	Folates (B ₉) Total 5% RI	9.3ug
Sugars 1% RI	0.5248g	Phosphorus 2% RI	17mg	Vitamin B ₁₂ 1% RI	0.0283ug
Glucose	-	Magnesium 2% RI	5.7mg	Biotin (B ₇) 0% RI	0.2422ug
Galactose	-	Iron 1% RI	0.1372mg	Vitamin C 3% RI	2.1mg
Fructose	-	Zinc 1% RI	0.1292mg		
		Copper 2% RI	0.0242mg		
		Manganese 2% RI	0.0323mg		
				OTHER	

Sucrose
Maltose
Lactose

- Selenium 1% RI
- Iodine 1% RI
-

0.4037ug
2ug

GI (estimated)
GL
Caffeine

74
3.9
-

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
Mashed Potato Actual.. POTATOES 1% FAT MILK	U 88g	0.98 x 1 Scoop	unchanged
Cottage Pie Mix (actual).. 	U 130g		N/A

PRODUCTS / PACK SIZES ...

1 Serving



218g / 85kcal

1.0

INGREDIENT LIST (QUID) ...

Cottage Pie Mix (Actual) (59.6%) [Minced Beef(20%), Onion, Swede, Carrot, Garlic Gravy [Maltodextrin, Potato Starch, Sugar, Salt, Flavourings, Yeast Extract, Onion Powder, Tomato Puree Powder, Caramel Syrup, Palm Fat, Thickener(Guar Gum)] 1% Bouillon [Beef Lard, Paprika, Parsnip, Tomato, Colour(Caramel), Carrot, Rosemary, Bay Leaf, Pepper, Mushroom, Allspice, Coriander, Turmeric, Fennel, Fenugreek Seed, Cumin, Ginger, Cinnamon, Chili]], Potatoes 1% Fat **Milk** (40.4%) [Potato (89%), **Milk**, Butter (**Milk**), Salt, White Pepper]

ALLERGY ADVICE: For allergens, see ingredients in **Bold**

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

- 130g Cottage Pie Mix (actual) ()
- 88g Potatoes 1% fat milk (0.98 x 1 Scoop)