

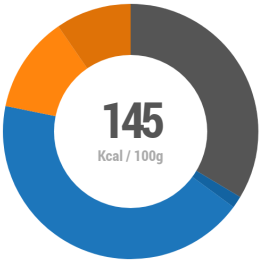
Lasagne April '25

Hot School Meals

By Sinead Bradbury

OVERVIEW ...

U / 12808228



CALORIES:
44.6% Carbs
33.6% Protein
21.8% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 295G SERVING	%RI
Energy(Kj)	622 kJ	7%	1834 kJ	22%
Energy(kcal)	147 kcal	7%	435 kcal	22%
Fat	3.5 g	5%	10 g	14%
of which saturates	1.5 g	8%	4.6 g	23%
Carbohydrate	16 g	6%	48 g	18%
of which sugars	0.5 g	1%	1.6 g	2%
Fibre	1.1 g	4%	3.2 g	13%
Protein	12 g	24%	36 g	72%
Salt	0.97 g	16%	2.9 g	48%

CONTAINS:



NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 7% RI	145kcal	Saturated Fat 8% RI	1.5g	Vitamin A (ret eq)	0ug
Energy(Kj) 7% RI	613kJ	Monounsaturated fat 0% RI	0.1119g	Retinol	0ug
MACRONUTRIENTS		cis-Mono	-	Carotene	0ug
Carbohydrate 6% RI	16.2g	Polyunsaturated fat	-	Vitamin D	0ug
Protein 24% RI	12.2g	Omega3(n-3) 1% RI	0.0305g	Vitamin E	0mg
Fat 5% RI	3.5g	Omega6(n-6) 3% RI	0.4271g	Vitamin K ₁	-
Water	56g	cis-Poly	-	Thiamin (B ₁) 23% RI	0.2492mg
Water from Drinks	0g	Trans-fatty acids	0g	Riboflavin (B ₂) 2% RI	0.0305mg
Alcohol (0% ABV)	0g	Cholesterol	4.1mg	Niacin total (B ₃) 16% RI	2.5mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Niacin	-
Starch	15.7g	Sodium 16% RI	389mg	Tryptophan	-
Oligosaccharide	-	Potassium 6% RI	117mg	Pantothenic Acid (B ₅) 3% RI	0.1525mg
Fibre 4% RI	1.1g	Chloride 74% RI	590mg	Vitamin B ₆ 4% RI	0.0559mg
NSP	0.8475g	Calcium 6% RI	49mg	Folates (B ₉) Total 9% RI	18.8ug
Sugars 1% RI	0.5475g	Phosphorus 15% RI	102mg	Vitamin B ₁₂	0ug
Glucose	0.1525g	Magnesium 7% RI	24.4mg	Biotin (B ₇) 1% RI	0.5085ug
		Iron 7% RI	0.9153mg	Vitamin C	0mg
		Zinc 8% RI	0.7627mg		
		Copper 15% RI	0.1475mg		

Galactose	-	Manganese 20% RI	0.4068mg	OTHER	
Fructose	0.0508g	Selenium	-		
Sucrose	0.3407g	Iodine	0ug	GI (estimated)	43
Maltose	0.7264g			GL	7
Lactose	0g			Caffeine	-

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
Lasagne Mix Actual.. LASAGNE	U 100g		N/A
Gourmet White Sauce.. 	U 30g		unchanged
Pasta Actual March '25.. PASTA	U 150g	2.4 x 1 serving	unchanged
Grated Cheese March '25.. CATHEDRAL CITY	U 15g	½ x per 30g serving	unchanged

PRODUCTS / PACK SIZES ...

1 Serving





 295g / 435kcal
 1.0

INGREDIENT LIST (QUID) ...

Pasta (50.8%) [Pasta, Durum **Wheat**], Lasagne (33.9%) [Chopped Tomato, Tomato Puree, Minced Beef, Onion, Bouillon[Beef Lard, Paprika, Parsnip, Colour(Caramel)], Carrot, Rosemary, Pepper, Mushroom, All Spice, Coriander, Turmeric, Fennel, Fenugreek Seed, Cumin, Ginger, Cinnamon, Chili, Garlic, Italian_herbs, Paprika, Bay Leaves]], Gourmet White Sauce (10.2%) [Milk (Milk), Cream (Milk), Water, Onion, Butter (Cream (Milk), Milk, Salt), Wheat Flour (Calcium Carbonate, Niacin, Iron, Thiamine), Modified Maize Starch, Vegetable Bouillon (Salt, Caster Sugar, Potato Starch, Yeast Extract, Leek Powder, Carrot Powder, White Onion Powder, Garlic Powder, Ground Cumin, Acid (Citric Acid), Ground Black Pepper, Rubbed Parsley, Turmeric Powder, Garlic Cloves, Garlic Powder, Parsley)], Grated Cheese March '25 (5.1%) [Pasteurised **Milk**, Salt, Microbial Rennet, Starter Culture, Colour (E160b(ii))]

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

30g

Gourmet White Sauce ()

15g

Grated Cheese March '25 (½ x per 30g serving)

100g

Lasagne ()

150g

Pasta (2.4 x 1 serving)