

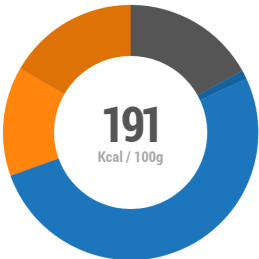
Mac and Cheese March '25

Hot School Meals

By Sinead Bradbury

OVERVIEW ...

U / 12808636



CALORIES:
52.5% Carbs
17% Protein
30.5% Fat

FOOD LABELLING...

EU Label values per 100g

Serves **1**

	PER 100G	%RI	PER 195G SERVING	%RI
Energy(Kj)	815 kJ	10%	1589 kJ	19%
Energy(kcal)	194 kcal	10%	378 kcal	19%
Fat	6.5 g	9%	13 g	19%
of which saturates	3.5 g	18%	6.9 g	35%
Carbohydrate	25 g	10%	49 g	19%
of which sugars	0.5 g	1%	1 g	1%
Fibre	1.5 g	6%	3 g	12%
Protein	8.1 g	16%	16 g	32%
Salt	0.55 g	9%	1.1 g	18%

CONTAINS:



WHEAT

MILK

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 10% RI	191kcal	Saturated Fat 18% RI	3.5g	Vitamin A (ret eq)	0ug
Energy(Kj) 10% RI	802kJ	Monounsaturated fat 1% RI	0.1692g	Retinol	0ug
MACRONUTRIENTS		cis-Mono	-	Carotene	0ug
Carbohydrate 10% RI	25.1g	Polyunsaturated fat	-	Vitamin D	0ug
Protein 16% RI	8.1g	Omega3(n-3) 2% RI	0.0462g	Vitamin E	0mg
Fat 9% RI	6.5g	Omega6(n-6) 5% RI	0.6462g	Vitamin K ₁	-
Water	57g	cis-Poly	-	Thiamin (B ₁) 34% RI	0.3769mg
Water from Drinks	0g	Trans-fatty acids	0g	Riboflavin (B ₂) 3% RI	0.0462mg
Alcohol (0% ABV)	0g	Cholesterol	6.2mg	Niacin total (B ₃) 24% RI	3.8mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Niacin	-
Starch	24.5g	Sodium 9% RI	218mg	Tryptophan	-
Oligosaccharide	-	Potassium 9% RI	177mg	Pantothenic Acid (B ₅) 4% RI	0.2308mg
Fibre 6% RI	-	Chloride 41% RI	331mg	Vitamin B ₆ 6% RI	0.0846mg
NSP	1.2g	Calcium 9% RI	74mg	Folates (B ₉) Total 14% RI	28.5ug
Sugars 1% RI	0.5308g	Phosphorus 22% RI	154mg	Vitamin B ₁₂	0ug
Glucose	0.2308g	Magnesium 10% RI	36.9mg	Biotin (B ₇) 2% RI	0.7692ug
Galactose	-	Iron 10% RI	1.4mg	Vitamin C	0mg
Fructose	0.0769g	Zinc 12% RI	1.2mg		
		Copper 22% RI	0.2231mg		
		Manganese 31% RI	0.6154mg		
				OTHER	

Sucrose
Maltose
Lactose

0.5154g
1.1g
0g

Selenium
Iodine

-
0ug

GI (estimated)
GL
Caffeine

42
10.6
-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Luxury Cheese Sauce..

CHEESE 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



195g

/

378kcal

1.0

INGREDIENT LIST (QUID) ...

Pasta (76.9%) [Pasta, Durum **Wheat**], Cheese Sauce (15.4%) [Water, Cheese (**Milk**), Butter (**Milk**), Modified Potato Starches, Emulsifying Salts (Polyphosphates, Sodium Phosphates, Trisodium Citrate), Natural Colour (Beta Carotene, Paprika Extract), Skimmed **Milk** Powder, Acidity Regulators (Glucono Delta Lactone, Lactic Acid), Preservative (Potassium Sorbate), Thickener (Xanthan Gum)], Grated Cheese March '25 (7.7%) [Pasteurised **Milk**, Salt, Microbial Rennet, Starter Culture, Colour (E160b(ii))]

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

15g Grated Cheese March '25 (½ x per 30g serving)

30g Cheese sauce ()

150g Pasta (2.4 x 1 serving)