

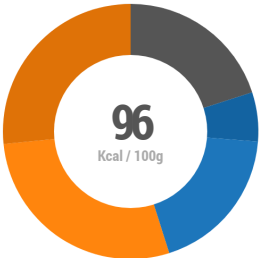
Meatballs with veg, mash & gravy April 2025

hot school meals

By Sinead Bradbury

OVERVIEW ...

U / 12809148



CALORIES:
25.1% Carbs
20% Protein
54.9% Fat

FOOD LABELLING...

EU Label values per 100g

Serves 1

	PER 100G	%RI	PER 238G SERVING	%RI
Energy(Kj)	414 kJ	5%	984 kJ	12%
Energy(kcal)	99 kcal	5%	236 kcal	12%
Fat	5.9 g	8%	14 g	20%
of which saturates	2.8 g	14%	6.8 g	34%
Carbohydrate	6 g	2%	14 g	5%
of which sugars	1.5 g	2%	3.6 g	4%
Fibre	1.5 g	6%	3.5 g	14%
Protein	4.8 g	10%	11 g	22%
Salt	0.49 g	8%	1.2 g	20%

CONTAINS:



MILK

NUTRIENT BREAKDOWN PER 100G...

ENERGY		LIPID COMPONENTS		VITAMINS	
Energy(kcal) 5% RI	96kcal	Saturated Fat 14% RI	2.8g	Vitamin A (ret eq) 16% RI	125ug
Energy(Kj) 5% RI	402kJ	Monounsaturated fat 0% RI	0.0277g	Retinol	1.1ug
MACRONUTRIENTS		cis-Mono	-	Carotene	0.5462ug
Carbohydrate 2% RI	6g	Polyunsaturated fat 0% RI	0.0277g	Vitamin D 0% RI	trace
Protein 10% RI	4.8g	Omega3(n-3)	0g	Vitamin E 0% RI	0.0167mg
Fat 8% RI	5.9g	Omega6(n-6)	0g	Vitamin K 1	-
Water	81g	cis-Poly	-	Thiamin (B ₁) 7% RI	0.079mg
Water from Drinks	0g	Trans-fatty acids	trace	Riboflavin (B ₂) 3% RI	0.0374mg
Alcohol (0% ABV)	0g	Cholesterol	0.2731mg	Niacin total (B ₃) 4% RI	0.6255mg
CARBOHYDRATE		MINERALS & TRACE ELEMENTS		Niacin 2% RI	0.3528mg
Starch	4.5g	Sodium 8% RI	198mg	Tryptophan	16.6mg
Oligosaccharide	trace	Potassium 5% RI	109mg	Pantothenic Acid (B ₅) 2% RI	0.1014mg
Fibre 6% RI	1.5g	Chloride 37% RI	299mg	Vitamin B ₆ 8% RI	0.1116mg
NSP	1.1g	Calcium 2% RI	16.9mg	Folates (B ₉) Total 3% RI	6.3ug
		Phosphorus 4% RI	28.4mg	Vitamin B ₁₂ 1% RI	0.0192ug
		Magnesium 2% RI	8.6mg	Biotin (B ₇) 0% RI	0.1642ug

Sugars 2% RI	1.5g	Iron 2% RI	0.3295mg	Vitamin C 7% RI	5.2mg
Glucose	0.1177g	Zinc 2% RI	0.205mg		
Galactose	0g	Copper 2% RI	0.0229mg		
Fructose	0.1177g	Manganese 4% RI	0.0817mg		
Sucrose	0.8236g	Selenium 0% RI	0.2735ug		
Maltose	0g	Iodine 1% RI	1.4ug		
Lactose	0g				

OTHER

GI (estimated)**57**
GL**3.6**
Caffeine**-**

RECIPE INGREDIENTS ...	QUANTITY:	DESCRIPTION:	METHOD:
Beef Meatballs Actual.. BEEF MEATBALLS	U 65g		N/A
Gravy Actual March '25.. GRAVY	U 8g	0.53 x 1 tablespoon	unchanged
Mixed Veg Actual.. MIXED VEG	U 70g	0.43 x 1 cup	unchanged
Mashed Potato Actual.. POTATOES 1% FAT MILK	U 65g	1/3 x Small Portion	unchanged
Mashed Carrots & Parsnip.. CARROTS PARSNIP	U 30g		unchanged

PRODUCTS / PACK SIZES ...

1 Serving



238g / 236kcal

1.0

INGREDIENT LIST (QUID) ...

Mixed Veg (29.4%), Beef Meatballs (27.3%) [Beef 71%, Onion, Pea Fiber, Pea Starch, Rapeseed Oil, Salt, Sugar, Spices, Dextrose, Glucose Syrup, Stabilisers, E451, E450], Potatoes 1% Fat Milk (27.3%) [Potato (89%), Milk, Butter (Milk), Salt, White Pepper], Carrots Parsnip (12.6%) [Carrots (59%), Parsnip (39%), Butter (Milk), Salt], Gravy (3.4%) [GRAVY: Maltodextrin, Potato Starch, Sugar, Salt, Flavourings, Yeast Extract, Onion Powder, Tomato Puree Powder, Caramel Syrup, Palm Fat, Thickener(Guar Gum), 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

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

COOKING INSTRUCTIONS & NOTES

INGREDIENTS

- 65g Beef meatballs ()
- 8g Gravy (0.53 x 1 tablespoon)
- 30g Carrots parsnip ()
- 65g Potatoes 1% fat milk (1/3 x Small Portion)

METHOD

No Cooking Instructions

70g Mixed Veg (0.43 x 1 cup)