

Water	55g	Cholesterol	4.4mg	Riboflavin (B ₂) 2% RI	
Water from Drinks	0g			Niacin total (B ₃) 17% RI	2.7mg
Alcohol (0% ABV)	0g	MINERALS & TRACE ELEMENTS			
CARBOHYDRATE					
Starch	17.5g	Sodium 6% RI	147mg	Niacin	-
Oligosaccharide	-	Potassium 6% RI	125mg	Tryptophan	-
Fibre 11% RI	2.9g	Chloride 28% RI	223mg	Pantothenic Acid (B ₅) 3% RI	0.1636mg
NSP	2.2g	Calcium 7% RI	52mg	Vitamin B ₆ 4% RI	0.06mg
Sugars 1% RI	0.5364g	Phosphorus 16% RI	109mg	Folates (B ₉) Total 10% RI	20.2ug
Glucose	0.1636g	Magnesium 7% RI	26.2mg	Vitamin B ₁₂	0ug
Galactose	-	Iron 7% RI	0.9818mg	Biotin (B ₇) 1% RI	0.5455ug
Fructose	0.0545g	Zinc 8% RI	0.8182mg	Vitamin C	0mg
Sucrose	0.3655g	Copper 16% RI	0.1582mg	OTHER	
Maltose	0.7792g	Manganese 22% RI	0.4364mg	GI (estimated)	42
Lactose	0g	Selenium	-	GL	7.5
		Iodine	0ug	Caffeine	-

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

Grated Cheese March '25..

CATHEDRAL CITY

U

15g

½ x per 30g serving

unchanged

Pasta Actual March '25..

PASTA

U

150g

2.4 x 1 serving

unchanged

Gourmet White Sauce..

U

30g

unchanged

Marinara Sauce..

MARINARA SAUCE

U

10g

unchanged

Meat Free Mince (Quorn)..

MEAT

U

70g

N/A

PORTIONS / PACK SIZES ...

1 Serving



275g / 391kcal

INGREDIENT LIST (QUID) ...

Pasta (54.5%) [Pasta, Durum **Wheat**], Meat (25.5%) [Mycoprotein (91%), Rehydrated Free Range **Egg** White, Pea Fibre, Gluten Free **Barley** Malt Extract], Gourmet White Sauce (10.9%) [**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 (5.5%) [Pasteurised **Milk**, Salt, Microbial Rennet, Starter Culture, Colour (E160b(ii))], Marinara Sauce (3.6%) [Tomato Puree 62%, Water, Sugar, Salt, Modified Corn Starch, Sunflower Oil And Spices]

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)
- 10g** Marinara Sauce
- 70g** Meat
- 150g** Pasta (2.4 x 1 serving)

METHOD

No Cooking Instructions