



Beef Lasagne

Layers of fresh pasta with a traditional bolognese sauce, tasty cheese, peas, carrots and cauliflower.

Pasta is a great source of carbohydrates, which is essential to fuel our brain and muscles.

Tomato based sauces are rich in antioxidants which have many functions including playing a role in cardiovascular health.



Ingredients

Beef Lasagne (54%) (Water, Durum **Wheat**, Beef, Beef Stock, Crushed Tomato (Tomato, Tomato Juice, Food Acid (330)), Tomato Paste (Tomato, Salt), Textured Vegetable Protein (Hydrolysed Vegetable Protein (**Soy**), Water), Onions, Vegetable Stock, Corn Flour, Full Cream **Milk** Powder, Margarine, Plain Flour (**Wheat**), Sugar, Oregano, Salt, Carrot, Celery, Garlic, Pepper, Nutmeg, Cloves, Bay Leaves), Tomato Sauce (Tomatoes, Onions, Tapioca, Water, Celery, Olive Oil, Garlic, Basil, Salt, Pepper), Carrots, Peas, Cauliflower, Parmesan Cheese (**Milk**), Parsley.

CONTAINS GLUTEN, WHEAT, MILK, SOY. MAY CONTAIN CRUSTACEA, FISH, EGG, PEANUT, ALMOND, BRAZIL NUT, CASHEW, HAZELNUT, MACADAMIA, PECAN, PINE NUT, PISTACHIO, WALNUT. WE ADVISE CAUTION WHEN CONSUMING AS MAY CONTAIN BONES/ BONE FRAGMENTS.

Nutritional Details

	Regular Size 370g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1739kJ (417Cal)	470kJ (113Cal)
Protein:	20g	5.4g
Fat, Total:	11.1g	3g
--Saturated:	5.6g	1.5g
Carbohydrates:	60.3g	16.3g
--Sugars:	9.2g	2.5g
Dietary Fibre:	5.2g	1.4g
Folate:	48.1ug (24% RDI)	13ug
Sodium:	577mg	156mg
Potassium:	377mg	102mg
Phosphorus:	130mg (13% RDI)	35mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.