Vegetable Cottage Pie - Pureed - NEW

Level 4 Pureed moulded vegetable cottage pie served with carrot, pea and pumpkin with a gravy sauce.

Ingredients

Moulded Vegetable Cottage Pie (32%) (Lentil Filling (58%) (Carrot (18%), Water, Green Split Peas (7%), Lentils (7%), **Soy** Protein Isolate, Onion (4.5%), Calcium Caseinate (Skim **Milk**), Bchamel Sauce (**Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Water, Modified Corn Starch (1420), Salt, Vegetable Gum (415)), Canola Oil), Mashed Potato (33%) (Water, Potato Flakes (5%) (Emulsifier (471), Acidity Regulator (330)), Skim **Milk** Powder (**Milk** Solids), **Egg**, Salt), Spinach (4%), Tomato Paste (Acidity Regulator (330)), Dijon Mustard (Acidity Regulator (260)), Garlic Powder, Worcestershire Sauce (Colour (150d)), Salt, Thyme), Gravy Sauce (23%) (Water, Gravy Granules (10%) (Flavour, Vegetable Gum (415), Food Colouring (Apple, Hibiscus Extract), Acidity Regulator (330)), Modified Starch (1422)), Moulded Carrot (15%) (Carrot (88%), Water, Bchamel Sauce (**Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Salt, Vegetable Gum (415)), Calcium Caseinate (Skim **Milk**), Modified Starch (1422), Vegetable Stock Blend (Flavour Enhancer (635)), Agar Agar, Salt, Vegetable Gum (412)), Moulded Pea (15%) (Peas (83%), Water, Bchamel Sauce (**Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (415)), Modified Starch (1422), Vegetable Stock Blend (Flavour Enhancer (635)), Salt, Agar Agar, Vegetable Gum (412)), Moulded Pumpkin (15%) (Pumpkin (93%), Bchamel Sauce (**Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (415)), Calcium Caseinate (Skim **Milk**, Acidity Regulator (513, 527, 526)), Modified Starch (1422), Vegetable Stock Blend (Flavour Enhancer (635)), Agar Agar, Vegetable Gum (412), Salt).

CONTAINS EGG, MILK, SOY. MAY CONTAIN GLUTEN, LUPIN.

Nutritional Details

	Regular Size 340g Per Serve	
Nutritional Details	Average Quantity per Serving	Average Quantity per 100g
Energy:	1183kj (284Cal)	348kJ (83Cal)
Protein:	20.1g	5.9g
Fat, Total:	6.5g	1.9g
--Saturated:	3.4g	1g
Carbohydrates:	30.6g	9g
--Sugars:	10.5g	3.1g
Dietary Fibre:	8.8g	2.6g
Sodium:	966mg	284mg
Potassium:	670mg	197mg

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.