



# MIXED VARIETY PACK

Each box contains 30 meals

## Bolognese Pasta Bake



**Ingredients:** Lean beef mince (17%), **pasta (durum wheat semolina)**, carrots, crushed tomatoes (8%) (tomatoes, tomato juice, food acid [citric]), brown lentils, tomato paste, **cream**, onions, gravy powder (yeast, garlic, rice, celery, corn, potato, onion), **cheddar cheese**, tapioca flour, rice flour, **milk powder**, canola oil, salt, vegetable stock powder (yeast, garlic, celery, corn, onion, potato) mixed herbs.

**Contains: Milk, Wheat (Gluten).**



## Butter Chicken with Rice



**Ingredients:** Long grain rice, chicken thighs (17%), crushed tomatoes (tomatoes, tomato juice, food acid [citric acid]), carrots, red lentils, **natural yoghurt**, tomato paste, onions, coconut milk, tapioca flour, butter chicken paste (**soy bean oil**, onion, salt, sugar, coriander, red chillies, garlic, vinegar, ginger, herbs, cayenne pepper), **milk powder**, sugar, garlic, canola oil, vegetable stock powder (yeast, garlic, celery, corn, onion, potato).

**Contains: Milk, Soy**



## Cheesy Vegetable Pasta Bake



**Ingredients:** **Pasta (durum wheat semolina)**, sweet potato, white beans, carrot, zucchini, eggplant, crushed tomato (tomatoes, tomato juice, acidity regulator, citric acid), tomato paste (concentrated tomato paste, acid regulator (330)), **milk, cream**, canola oil, onion, garlic, vegetable stock powder (potato, onion, yeast, corn), tapioca starch, mixed herbs, **breadcrumbs (wheat flour, baker yeast, iodised salt)**, parsley, **cheddar cheese**.

**Contains: Wheat (Gluten), Milk.**



## Macaroni Cheese



**Ingredients:** **Macaroni (68%) (durum wheat semolina)**, **milk powder**, onions, tapioca flour, **dried parmesan**, garlic, vegetable stock powder (yeast, garlic, celery, corn, onion, potato), canola oil, paprika, salt, peeled zucchini, butter beans, **cheddar cheese, breadcrumbs (wheat flour, bakers yeast)**, parsley.

**Contains: Wheat (Gluten), Milk**



## Thai Fried Rice with Chicken



**Ingredients:** Arborio rice, carrots, chicken breast & thigh meat (13%), corn kernels, green peas, broccoli, **edamame**, onions, sweet chilli sauce (chilli, garlic, vinegar, paprika, food acids), **tamari soy sauce, oyster sauce (oyster extract, flavour enhancers, wheat flour, salt)**, garlic, canola oil, ginger.

**Contains: Soy, Fish, Shellfish, Wheat (Gluten).**



## HEATING OPTIONS

### Microwave Oven

- Thaw food items in the refrigerator overnight to 5°C (optional).
- Heat, unopened, in the microwave.
- Heat until food item core temperature reaches above 75°C.

### Convection Oven

- Thaw food items in the refrigerator overnight to 5°C (optional).
- Set oven to 180°C.
- Transfer service trays, unopened, on to an appropriate oven tray.
- Heat until food item core temperature reaches above 75°C.