Savoury Product Specification Index

Last Updated: Thursday, 26 August, 2010

ABOUT THESE SPECIFICATIONS:

These internal specifications are updated as per the update date (above) and may vary depending on the availability of some ingredients. Please check the 'update' date above and make sure you contact the Ferguson Plarre Bakehouses Head Office on 03 9336 3200 if you require further assistance or have any concerns about a particular ingredient.

Product availability may vary due to the time of year & availability of ingredients.

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Number of trees planted on behalf of Ferguson Plarre in 2008 to offset carbon emissions: 7315.

GREENHOUSE CHALLENGE MEMBER

Banksia environmental awards 2009

Origin Gold Banksia Award Winner

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GREENHOUSE CHALLENGE MEMBER

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Angus Beef Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Beef (31%), Water (26%), Flour (24%) (Wheat Flour, Vitamin (Thiamin)), Duo Vegetable (6%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Margarine (3.5%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Onion (3%), Starfirm 48 (2%), Butter (1.5%), Sauce (1%), Salt Fine 25kg (0.5%) (Salt), Vinegar White (0.5%) (Fermentad Spirit(260), Water), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Instant Ftd 449 (0%) (Thickener (1422 Maize)), Intense Savoury Flavour (0%) (Vegetable Protein Extract(Maize), Vegetable Oil(Rice Bran Oil)), Wheat Gluten (0%) (Wheat Gluten (0%)), Beef Booster (0%) (Salt, Sugar,Wheat Cereal,Flavour Enhancer(621,635),Wheaten Corn Flour,Colour(150d),Hydrolised Vegetable Protein,Wheat Fibre, Rice Bran Oil,Spices,Spice Extract(160c)), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), White Pepper (0%) (Ground Pepper), Garlic (0%), Castor Sugar (0%) (Sugar), Colour Yellow Egg (0%) (Colour (102, 123)

Nutrition Information:

Servings per package (average): 1

Serving size (average): 200g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1800kJ (429Cal)	898kJ (215Cal)
Protein	19.0g	9.5g
Fat, Total	22.4g	11.2g
- Saturated	14.0g	7.0g
Carbohydrate	39.8g	19.9g
- Sugars	1.0g	0.5g
Sodium	785mg	392mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

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Beef, Bacon & Cheese Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Water (37%), Flour (24%) (Wheat Flour, Vitamin (Thiamin)), Hamburger Mince(~15%fat) (13%), Diced Bacon (Pork(95%), Salt, Dextrose, Sucrose, Mineral Salts(450,451,452), Water, Antioxidant(316),Sodium Nitrite(250).), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Cheese Shredded Cheddar (4.5%) (Cheese(Milk,Cultures,Rennet,Salt), Tapioca Starch), Starfirm 48 (3%), Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Cheese (2%) (Cheese: [pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Preservative (200)), Butter, Unsalted (1%) (Cream, Salt), Bacon Booster (0.5%), Salt Fine 25kg (0.5%) (Salt), Vinegar White (Fermentad Spirit(260), Water), Pie Seasoning (Two) (Mineral Salt, Pepper,Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Paprika (0%) (Herbs & Spices), Wheat Gluten (Wheat Gluten), Blackjack (0%) (Colour (150c)), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Caramel Hgp (0%) (Colour (150c)), Colour Yellow Egg (0%) (Colour (102, 123))

Nutrition Information:

Servings per package (average): 1

Serving size (average): 200g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	2130kJ (509 Cal)	968kJ (231Cal)
Protein	15.9g	7.2g
Fat , total	31.6g	14.3g
- saturated	11.1g	5.0g
Carbohydrate	43.7g	19.8g
- sugars	.5g	0.2g
Sodium	1010mg	458mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

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Beef & Cheese Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Water (31%), Hamburger Mince(~15%fat) (26%), Flour (24%) (Wheat Flour, Vitamin (Thiamin)), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Liquid Cheese Sauce (5%) (Cheeddar Cheese, Water, Modified Starch (1422), Mineral Salts (451, 450), Salt, Food Acid (331), Vegetable Gum (415), Colour (160a)), Starfirm 48, Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Pie Seasoning (Two) (Mineral Salt, Pepper,Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Salt Fine 25kg (0.5%) (Salt), Vinegar White (Fermentad Spirit(260), Water), Baking Powder (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Caramel Hgp (0%) (Colour (150c)), Wheat Gluten (Wheat Gluten), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Colour Yellow Egg (0%) (Colour (102, 123)

Nutrition Information:

Servings per package (average): 1

Serving size (average): 200g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1820kJ (434Cal)	909kJ (217Cal)
Protein	15.5g	7.8g
Fat, Total	24.8g	12.4g
- Saturated	14.2g	7.1g
Carbohydrate	40.4g	20.2g
- Sugars	0.4g	0.2g
Sodium	965mg	483mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

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Beef Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Water (34%), Hamburger Mince(~15%fat) (27%), Flour (25%) (Wheat Flour, Vitamin (Thiamin)), Duo Vegetable (6%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Starfirm 48 (3%), Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Pie Seasoning (Two) (1%) (Mineral Salt, Pepper,Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Salt Fine 25kg (0.5%) (Salt), Vinegar White (0.5%) (Fermentad Spirit(260), Water), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Caramel Hgp (0%) (Colour (150c)), Wheat Gluten (0%) (Wheat Gluten (0%)), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Colour Yellow Egg (0%) (Colour (102, 123))

Nutrition Information:

Servings per package (average): 1

Serving size (average): 200g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1800kJ (429Cal)	898kJ (215Cal)
Protein	14.9g	7.5g
Fat, Total	24.1g	12.0g
- Saturated	13.5g	6.8g
Carbohydrate	41.5g	20.7g
- Sugars	0.4g	0.2g
Sodium	912mg	456mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

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Beef (Gourmet) Tiddly Oggie

Size: 240g

Shelf Life: 3 Days

Ingredients: Potato (25%), Flour (21%) (Wheat Flour, Vitamin (Thiamin)), Hamburger Mince(~15%fat) (17%), Margarine (13%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160b, 100), Flavours), Water (8%), Carrot (6%), Peas Frozen Edgells (5%) (Peas), Onion (2%), Am Soya Flour Full Fat (1%) (Soya Flour), Pie Seasoning (Ferg Plarre) (0.5%) (Msg, Flavex Std, Paprika, Salt, Fibrosol, White Pepper, Cornflour, Wheaten Flour, Guar Gum, Onion, Black Pepper, Garlic), Pastie Premix (0.5%) (Pepper, Salt, Flavour, Msg(621)), Glaze (0.5%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Antelope (0%) (Mineral Salt (450), Wheat Flour), Thickener (0%) (Thickener (1422, Maize Starch))

Nutrition Information:

Servings per package (average): 1

Serving size (average): 240g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	2260kJ (540Cal)	942kJ (225Cal)
Protein	15.9g	6.6g
Fat , total	30.9g	12.9g
- saturated	15.1g	6.3g
Carbohydrate	47.8g	19.9g
- sugars	1.8g	0.8g
Sodium	661mg	276mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

Tree nuts and sesame seeds and their products

May contain Peanuts and soybeans, and their products

Milk and Milk products

Contains preservative

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Breakie Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Egg Raw Whole (35%) (Whole Egg), Flour (18%) (Wheat Flour, Vitamin (Thiamin)), Tomatoes Chopped (12%) (Tomatoes, Tomato Juice), Cheese (12%) (Cheese: [pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Preservative (200)), Diced Bacon (Pork(95%), Salt, Dextrose, Sucrose, Mineral Salts(450,451,452), Water, Antioxidant(316),Sodium Nitrite(250).), Duo Vegetable (5%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Sage & Onion Filling (2.5%) (Onion(41%), Sugar (Brown & White), Vinegar(Balsamic & White), Thickner(1442 From Maize),Mustard(Seeds & Flour), Dried Sage(0.5%), Salt, Spices, Stabilser(415), Preservative(202), Flavour.), Salt Fine 25kg (0.5%) (Salt), Vinegar White (0.5%) (Fermentad Spirit(260), Water), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Colour Yellow Egg (0%) (Colour (102, 123)

Nutrition Information:

Servings per package (average): 1

Serving size (average): 200g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1410kJ (336Cal)	704kJ (168Cal)
Protein	22.9g	11.5g
Fat, Total	31.1g	15.6g
- Saturated	16.9g	8.4g
Carbohydrate	28.6g	14.3g
- Sugars	3.3g	1.6g
Sodium	882mg	441mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

Milk and Milk products

Egg and egg products

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Cheese & Onion Tiddly Oggie

Size: 250g

Shelf Life: 3 Days

Ingredients: Potato, Wheat Flour, Margarine: [Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160B, 100), Flavours], Cheese (10%): [Milk, Cultures, Rennet, Salt, Tapioca Starch, Anticaking Agent (460), Preservative (200)], Onion (7%), Water, Soya Flour, Thickener (1422 Maize), Breadcrumbs: [Wheat Flour, Bakers Yeast, Salt, Vegetable Oil, Gluten, Soy Flour, Emulsifiers (481, 471), Sugar, Sesame Seeds, Tuna Oil, Preservative (282), Food Acid (330), Vitamin (Thiamine)], Spice, Salt, Potato, Mineral Salt (450), Herbs, Milk Solids, Sugar, Colours (102, 124), Emulsifiers (471, 450), Preservative (220), Food Acid (330), Flavour, Flavour Enhancer (621), Vitamin (Thiamine)

Nutrition Information:

Servings per package (average): 1

Serving size (average): 250g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	2500kJ (597Cal)	999kJ (239Cal)
Protein	16.6g	6.6g
Fat , total	33.7g	13.5g
- saturated	19.4g	7.8g
Carbohydrate	53.8g	21.5g
- sugars	1.7g	0.7g
Sodium	714mg	286mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

Tree nuts and sesame seeds and their products

May contain Peanuts and soybeans, and their products

Milk and Milk products

Contains preservative

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Country Chicken Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Chicken (21%), Water (19%), Flour (18%) (Wheat Flour, Vitamin (Thiamin)), Am Hi Ratio Cake Flour (8%) (Wheat Flour), Leek (8%), Vantage 15kg (5%) (Vegetable Fats & Oils, Antioxidants[320(40mg/kg),310(12mg/kg)] And Flavour), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160b, 100), Flavours), Bulla Sour Light Cream (4.5%) (Light Cream, Halal Gelatine, Sour Cream Cultures), Canola Oil (3%) (Canola Oil, Antioxidant (306)), Celery (2%), Spinach (2%), Onion (1.5%), Chicken Booster (1%) (Salt,Sucrose,Flavour Enhancers (621,627,631) Chicken,Vegetable Powders,Wheat Starch, Hydrolyed Vegetable Protein,Herbs And Spices), Bread Crumbs (0.5%) (Wheat Flour, Bakers Yeast, Salt, Vegetable Oil, Gluten Soy Flour, Emulsifiers (481, 471), Sugar, Sesame Seed, Tuna Oil, Preservative (282), Food Acid (330), Vitamin (Thiamin)), Butter, Unsalted (0.5%) (Cream, Salt), Am Soya Flour Full Fat (0.5%) (Soya Flour), Salt Fine 25kg (0.5%) (Salt), Chive Flakes (0%) (Chive Flakes (0%)), Aerobake Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Antelope (0%) (Mineral Salt (450), Wheat Flour), White Pepper (0%) (Ground Pepper), Garlic Melange (0%) (Garlic Powder,Onion Powder,Rice Flour,Pepper White, Chilli Powder,Parsley,Canola Oil,Salt), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Colour Yellow Egg (0%) (Colour (102, 123))

Nutrition Information:

Servings per package (average): 1

Serving size (average): 200g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	2160kJ (517Cal)	1080kJ (259Cal)
Protein	14g	7.0g
Fat , total	33g	16.5g
- saturated	8.1g	4.0g
Carbohydrate	41.2g	20.6g
- sugars	1.8g	0.9g
Sodium	788mg	394mg

Storage Conditions: Store below 5°C or above 60°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

Milk and Milk products

May contain Peanuts and soybeans, and their products

Tree nuts and sesame seeds and their products

Contains preservative

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Cottage Pie

Size: 312g

Shelf Life: 3 Days

Ingredients: Water (47%), Hamburger Mince(~15%fat), Milk Plain (Milk (11%)), Flour (10%) (Wheat Flour, Vitamin (Thiamin)), Potato Flakes Fino (Potato, Emulsifiers (471, 450), Preservative (220),Food Acid (33)).), Butter, Unsalted (Cream, Salt), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Starfirm 48, Salt Fine 25kg (0.5%) (Salt), Pie Seasoning (Two) (Mineral Salt, Pepper,Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Vinegar White (Fermentad Spirit(260), Water), Baking Powder (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (Milk (0%)), Caramel Hgp (Colour (150c)), Colour Yellow Egg (Colour (102, 123)

Nutrition Information:

Servings per package (average): 1

Serving size (average): 312g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	2160kJ (516Cal)	692kJ (165Cal)
Protein	13.2g	4.2g
Fat, Total	29.9g	9.6g
- Saturated	17.6g	5.7g
Carbohydrate	50.1g	16.0g
- Sugars	2.3g	0.8g
Sodium	1130mg	361mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

Contains preservative

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Curry Chicken Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Water (22%), Chicken (21%), Flour (18%) (Wheat Flour, Vitamin (Thiamin)), Am Hi Ratio Cake Flour (8%) (Wheat Flour), Leek (7%), Vantage 15kg (5%) (Vegetable Fats & Oils, Antioxidants[320(40mg/kg),310(12mg/kg)] And Flavour), Margarine (4.5%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160b, 100), Flavours), Sour Light Cream (4%) (Light Cream, Halal Gelatine, Sour Cream Cultures), Canola Oil (3%) (Canola Oil, Antioxidant (306)), Celery (2%), Spinach (2%), Onion (1%), Chicken Booster (1%) (Salt,Sucrose,Flavour Enhancers (621,627,631) Chicken,Vegetable Powders,Wheat Starch, Hydrolyed Vegetable Protein,Herbs And Spices), Butter, Unsalted (0.5%) (Cream, Salt), Am Soya Flour Full Fat (0.5%) (Soya Flour), Curry Masala Melange (0.5%) (Coriander,Blackpepper,Salt,Chilli,Cumin,Cinnamon,Rice Flour & Celery Seed), Salt Fine 25kg (0%) (Salt), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Antelope (0%) (Mineral Salt (450), Wheat Flour), White Pepper (0%) (Ground Pepper), Garlic Melange (0%) (Garlic Powder,Onion Powder,Rice Flour,Pepper White, Chilli Powder,Parsley,Canola Oil,Salt), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Colour Yellow Egg (0%) (Colour (102, 123))

Nutrition Information:

Servings per package (average): 1

Serving size (average): 200g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	2100kJ (502Cal)	1050kJ (251Cal)
Protein	13.6g	6.8g
Fat, Total	32.3g	16.1g
- Saturated	8.0g	4.0g
Carbohydrate	39.7g	19.8g
- Sugars	1.7g	0.9g
Sodium	772mg	386mg

Storage Conditions: Store below 5°C or above 60°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

Milk and Milk products

May contain Peanuts and soybeans, and their products

Tree nuts and sesame seeds and their products

Contains preservative

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Curry Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Water (28%), Flour (25%) (Wheat Flour, Vitamin (Thiamin)), Hamburger Mince(~15%fat) (20%), Diced / Sliced Apple (11%) (Apple, Food Acid (300), Firming Agent (509)), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Sultanas (3%) (Sultanas, Vegetable Oil, Glycerine), Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Starfirm 48, Curry Masala Melange (Coriander,Blackpepper,Salt,Chilli,Cumin,Cinnamon,Rice Flour & Celery Seed), Pie Seasoning (Two) (Mineral Salt, Pepper,Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Salt Fine 25kg (0.5%) (Salt), Vinegar White (Fermentad Spirit(260), Water), Butter, Unsalted (0.5%) (Cream, Salt), Baking Powder (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Wheat Gluten (Wheat Gluten), Caramel Hgp (0%) (Colour (150c)), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Colour Yellow Egg (0%) (Colour (102, 123)

Nutrition Information:

Servings per package (average): 1

Serving size (average): 200g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1820kJ (436Cal)	912kJ (218Cal)
Protein	13.1g	6.6g
Fat, Total	22.8g	11.4g
- Saturated	13.1g	6.6g
Carbohydrate	47.1g	23.6g
- Sugars	7.3g	3.6g
Sodium	850mg	425mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

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Curry Tiddly Oggie

Size: 240g

Shelf Life: 3 Days

Ingredients: Potato (26%), Flour (20%) (Wheat Flour, Vitamin (Thiamin)), Margarine (13%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160b, 100), Flavours), Hamburger Mince(~15%fat) (10%), Carrot (9%), Water (8%), Onion (3%), Parsnip (3%), Swede (3%), Peas Frozen Edgells (1.5%) (Peas), Am Soya Flour Full Fat (1%) (Soya Flour), Sugar (1%) (Brown Sugar), Curry Masala Melange (1%) (Coriander,Blackpepper,Salt,Chilli,Cumin,Cinnamon,Rice Flour & Celery Seed), Instant Ftd 449 (0.5%) (Thickener (1422 Maize)), Pastie Premix (0.5%) (Pepper, Salt, Flavour, Msg(621)), Potato Flakes Fino (0.5%) (Potato, Emulsifiers (471, 450), Preservative (220),Food Acid (33)).), Antelope (0%) (Mineral Salt (450), Wheat Flour), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information: **Servings per package (average): 1**

Serving size (average): 240g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	2190kJ (524Cal)	914kJ (218Cal)
Protein	13.5g	5.6g
Fat , total	29.2g	12.1g
- saturated	14.5g	6g
Carbohydrate	50.9g	21.2g
- sugars	5g	2.1g
Sodium	591mg	246mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

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Egg & Bacon Mini Oggies

Size: 50g

Shelf Life: 3 Days

Ingredients: Flour (31%) (Wheat Flour, Vitamin (Thiamin)), Egg Pulp Sunny Queen (16%) (Whole Egg Pulp Produced From Shell Hen Eggs), Milk Plain (Milk (14%)), Margarine (11%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Thickened Cream (Cream, Gelatine(Halal), Carrageenan(407)), Diced Bacon (Pork(95%), Salt, Dextrose, Sucrose, Mineral Salts(450,451,452), Water, Antioxidant(316),Sodium Nitrite(250).), Cheese (5%) (Cheese: [pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Preservative (200)), Pie Premix Fairmind (2.5%) (Wheaten Flour,Salt, White Pepper,Flavour,Vegetable Gum(412),Msg (621), Mineral Salts (450,452),Onion,Paprika,Garlic,Black Pepper), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Salt Fine 25kg (Salt), Wheat Gluten (Wheat Gluten), Chive Flakes (0%) (Chive Flakes (0%)), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Vinegar White (Fermentad Spirit(260), Water), Colour Yellow Egg (Colour (102, 123))

Nutrition Information:

Servings per package (average): 1

Serving size (average): 50g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	644kJ (154Cal)	1290kJ (308Cal)
Protein	4.4g	8.9g
Fat, Total	9.6g	19.1g
- Saturated	6.2g	12.3g
Carbohydrate	12.5g	25.0g
- Sugars	0.6g	1.2g
Sodium	210mg	420mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

Egg and egg products

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Contains preservative

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Family Beef Pie

Size: 800g

Shelf Life: 3 Days

Ingredients: Water (34%), Hamburger Mince(~15%fat) (30%), Flour (15%) (Wheat Flour, Vitamin (Thiamin)), Am Hi Ratio Cake Flour (8%) (Wheat Flour), Margarine (4.5%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160b, 100), Flavours), Vantage 15kg (3%) (Vegetable Fats & Oils, Antioxidants[320(40mg/kg),310(12mg/kg)] And Flavour), Maps 281 (3%), Margarine (1.5%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (Soya Lecithin, 435), Milk Solids, Antioxidants (306), Flavour, Colour (160b, 100)), Pie Seasoning Concentrate (1%) (Salt,Msg(621),Flavours & Spices), Am Soya Flour Full Fat (0.5%) (Soya Flour), Salt Fine 25kg (0%) (Salt), Aerobake Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Caramel Hgp (0%) (Colour (150c)), Antelope (0%) (Mineral Salt (450), Wheat Flour), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Colour Yellow Egg (0%) (Colour (102, 123)

Nutrition Information:

Servings per package (average): 4

Serving size (average): 200g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1710kJ (409Cal)	855kJ (204Cal)
Protein	14.8g	7.4g
Fat, Total	23.1g	11.5g
- Saturated	12.8g	6.4g
Carbohydrate	38.9g	19.4g
- Sugars	0.4g	0.2g
Sodium	898mg	449mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

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Family Chunky Veg Pie

Size: 1.1kg

Shelf Life: 3 Days

Ingredients: Vegetables (56%) (Pumpkin, Broccoli, Carrot, Potato, Zucchini, Onion), Corn In Brine (7%) (Corn (63%),Water,Sugar,Salt), Am Hi Ratio Cake Flour (6%) (Wheat Flour), Flour (6%) (Wheat Flour, Vitamin (Thiamin)), Egg Pulp Sunny Queen (5%) (Whole Egg Pulp Produced From Shell Hen Eggs), Cooking Cream Bulla 18% (5%) (Fresh Skim Milk,Fresh Cream,Acetylated Adipate (1422),Diacetyliartare And Fatty Acid Esters Of Glycol(472e), Xanthan Gum(415), Careageenan(407)), Vantage 15kg (4%) (Vegetable Fats & Oils, Antioxidants[320(40mg/kg) ,310(12mg/kg)] And Flavour), Potato Flakes Fino (3.5%) (Potato, Emulsifiers (471, 450), Preservative (220),Food Acid (33)).), Cheese (2%) (Cheese: [pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Preservative (200)), Onion (2%), Butter, Unsalted (2%) (Cream, Salt), Pastie Premix (0.5%) (Pepper, Salt, Flavour, Msg(621)), Salt Fine 25kg (0%) (Salt), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Colour Yellow Egg (0%) (Colour (102, 123))

Nutrition Information: **Servings per package (average): 4**

Serving size (average): 275g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1790kJ (428Cal)	651kJ (156Cal)
Protein	12.1g	4.4g
Fat , total	21.9g	8.0g
- saturated	6.3g	2.3g
Carbohydrate	44.5g	16.2g
- sugars	6.2g	2.3g
Sodium	508mg	185mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

Egg and egg products

Contains preservative

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Family Cottage Pie

Size: 1.2kg

Shelf Life: 3 Days

Ingredients: Water (39%), Hamburger Mince(~15%fat), Flour (16%) (Wheat Flour, Vitamin (Thiamin)), Milk Plain (Milk (5%)), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Potato Flakes Fino (Potato, Emulsifiers (471, 450), Preservative (220),Food Acid (33)).), Butter, Unsalted (Cream, Salt), Starfirm 48, Cheese Shredded Cheddar (Cheese(Milk,Cultures,Rennet,Salt), Tapioca Starch), Diced Bacon 2kg (Meat (79%), Water, Salt, Mineral Salt (451, 452,450),Sugars [Sucrose, Dextrose (Wheat Derived)] , Antioxidant (316), Preservative (250) , Hydrolysed Maize Protein,), Pie Seasoning (Two) (Mineral Salt, Pepper,Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Salt Fine 25kg (0.5%) (Salt), Vinegar White (Fermentad Spirit(260), Water), Baking Powder (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (Milk (0%)), Caramel Hgp (Colour (150c)), Colour Yellow Egg (Colour (102, 123)

Nutrition Information: **Servings per package (average): 4**

Serving size (average): 300g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	2370kJ (566Cal)	790kJ (189Cal)
Protein	19.5g	6.5g
Fat, Total	32.9g	11.0g
- Saturated	18.6g	6.2g
Carbohydrate	51.5g	17.2g
- Sugars	1.4g	0.5g
Sodium	1280mg	428mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

Contains preservative

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Family Tiddly Oggie

Size: 880g

Shelf Life: 3 Days

Ingredients: Potato, Wheat Flour, Carrot, Water, Meat, Vegetable Fat, Vegetable Oil, Margarine: [Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160b, 100), Flavours], Onion, Soy Flour, Yeast, Spice, Salt, Thickener (1422, Maize Starch), Milk Solids, Sugar, Flavour, Mineral Salt (170, 450, 500), Gluten, Sesame Seeds, Tuna Oil, Food Acid (330), Colour (102, 123, 124), Emulsifier (481, 471soy), Wheat Starch, Dough Conditioner (920), Antioxidant (320), Vitamin (Thiamine), Preservative (621, 282)

Nutrition Information:

Servings per package (average): 4

Serving size (average): 220g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1810kJ (433Cal)	823kJ (197Cal)
Protein	10.8g	4.9g
Fat , total	18.7g	8.5g
- saturated	8.9g	4.1g
Carbohydrate	52.8g	24.0g
- sugars	2.1g	0.9g
Sodium	361mg	164mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

Tree nuts and sesame seeds and their products

May contain Peanuts and soybeans, and their products

Milk and Milk products

Fish and fish products

Contains preservative

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Original Mini Oggie

Size: 60g

Shelf Life: 3 Days

Ingredients: Potato, Wheat Flour, Margarine: [Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160B, 100), Flavours], Carrot, Meat, Onion, Breadcrumbs: [Wheat Flour, Bakers Yeast, Salt, Vegetable Oil, Gluten, Soy Flour, Emulsifiers (481, 471), Sugar, Sesame Seeds, Tuna Oil, Preservative (282), Food Acid (330), Vitamin (Thiamine)], Soya Flour, Spice, Salt, Thickener (1422, Maize Starch), Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124), Flavour, Flavour Enhancer (621), Vitamin (Thiamine)

Nutrition Information:

Servings per package (average): 1

Serving size (average): 60g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	670kJ (160Cal)	1120kJ (267Cal)
Protein	3.5g	5.9g
Fat , total	8.9g	14.8g
- saturated	4.6g	7.5g
Carbohydrate	21.3g	26.7g
- sugars	.6g	0.9g
Sodium	192mg	319mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Tree nuts and sesame seeds and their products

Milk and Milk products

Fish and fish products

Contains preservative

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Party Pie Beef

Size: 65g

Shelf Life: 3 Days

Ingredients: Water (32%), Flour (29%) (Wheat Flour, Vitamin (Thiamin)), Hamburger Mince(~15%fat) (24%), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Margarine (3.5%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Starfirm 48, Pie Seasoning (Two) (Mineral Salt, Pepper,Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Salt Fine 25kg (0.5%) (Salt), Vinegar White (Fermentad Spirit(260), Water), Baking Powder (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Caramel Hgp (0%) (Colour (150c)), Wheat Gluten (Wheat Gluten), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Colour Yellow Egg (0%) (Colour (102, 123)

Nutrition Information:

Servings per package (average): 1

Serving size (average): 65g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	635kJ (152Cal)	977kJ (233Cal)
Protein	4.8g	7.4g
Fat, Total	8.4g	13.0g
- Saturated	4.9g	7.5g
Carbohydrate	15.0g	23.1g
- Sugars	0.1g	0.2g
Sodium	303mg	466mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

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Pastie Finger

Size: 100g

Shelf Life: 3 Days

Ingredients: Potato, Wheat Flour, Carrot, Meat, Margarine: [Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160B, 100), Flavours], Onion, Breadcrumbs: [Wheat Flour, Bakers Yeast, Salt, Vegetable Oil, Gluten, Soy Flour, Emulsifiers (481, 471), Sugar, Sesame Seeds, Tuna Oil, Preservative (282), Food Acid (330), Vitamin (Thiamine)], Spice, Salt, Soya Flour, Egg, Mineral Salt (450), Flavour, Flavour Enhancer (621),Vitamin (Thiamine)

Nutrition Information: **Servings per package (average): 1**

Serving size (average): 100g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	823kJ (197Cal)	823kJ (197Cal)
Protein	5.8g	5.8g
Fat , total	9.9g	9.9g
- saturated	4.8g	4.8g
Carbohydrate	20.2g	20.2g
- sugars	1.3g	1.3g
Sodium	189mg	189mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Tree nuts and sesame seeds and their products

Fish and fish products

Egg and egg products

Contains preservative

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Quiche Lorraine Large

Size: 750g

Shelf Life: 3 Days

Ingredients: Liquid Egg (18%), Milk Plain (Milk (18%)), Cheese Shredded Cheddar (Cheese(Milk,Cultures,Rennet,Salt), Tapioca Starch), Thickened Cream (Cream, Gelatine(Halal), Carrageenan(407)), Flour (11%) (Wheat Flour, Vitamin (Thiamin)), Diced Bacon (9%) (Pork(95%), Salt, Dextrose, Sucrose, Mineral Salts(450,451,452), Water, Antioxidant(316),Sodium Nitrite(250).), Duo Vegetable (3.5%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Am Hi Ratio Cake Flour (2%) (Wheat Flour), Full Cream Milk Powder (0.5%) (Milk (0.5%)), Salt Fine 25kg (0.5%) (Salt), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), White Pepper (0%) (Ground Pepper)

Nutrition Information: **Servings per package (average): 10**

Serving size (average): 75g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	850kJ (203Cal)	1130kJ (271Cal)
Protein	7.8g	10.3g
Fat, Total	14.9g	19.9g
- Saturated	9.7g	12.9g
Carbohydrate	8.6g	11.5g
- Sugars	1.4g	1.9g
Sodium	365mg	486mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

Egg and egg products

Contains preservative

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Quiche Lorraine Small

Size: 170g

Shelf Life: 3 Days

Ingredients: Liquid Egg (17%), Milk Plain (Milk (17%)), Cheese Shredded Cheddar (Cheese(Milk,Cultures,Rennet,Salt), Tapioca Starch), Thickened Cream (Cream, Gelatine(Halal), Carrageenan(407)), Flour (15%) (Wheat Flour, Vitamin (Thiamin)), Diced Bacon (8%) (Pork(95%), Salt, Dextrose, Sucrose, Mineral Salts(450,451,452), Water, Antioxidant(316),Sodium Nitrite(250).), Duo Vegetable (5%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Am Hi Ratio Cake Flour (3%) (Wheat Flour), Full Cream Milk Powder (0.5%) (Milk (0.5%)), Salt Fine 25kg (0.5%) (Salt), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), White Pepper (0%) (Ground Pepper)

Nutrition Information: **Servings per package (average): 1**

Serving size (average): 170g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1990kJ (475Cal)	1170kJ (279Cal)
Protein	16.9g	10.0g
Fat, Total	33.5g	19.7g
- Saturated	21.6g	12.7g
Carbohydrate	24.6g	14.5g
- Sugars	3.1g	1.8g
Sodium	810mg	476mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

Egg and egg products

Contains preservative

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Sausage Roll - Large

Size: 165g

Shelf Life: 3 Days

Ingredients: Water (31%), Minced Beef (31%), Flour (16%) (Wheat Flour, Vitamin (Thiamin)), Margarine (10%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160b, 100), Flavours), Breadcrumbs (Fine And White) (Wheat Flour, Bakers Yeast, Salt, Vegetable Oil, Gluten, Soy Flour, Emulsifiers (481, 471), Sugar, Sesame Seeds, Tuna Oil, Preservative (282), Food Acid (330), Vitamin (Thiamine)), Sausage Meal (3%) (Rice Flour, Salt, Mineral Salts (451, 450), Preservative (223), Spice Extracts), Onion (2.5%), Am Soya Flour Full Fat (1%) (Soya Flour), Pastie Premix (0.5%) (Pepper, Salt, Flavour, Msg(621)), Antelope (0%) (Mineral Salt (450), Wheat Flour), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information:

Servings per package (average): 1

Serving size (average): 165g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1400kJ (334Cal)	846kJ (202Cal)
Protein	14.3g	8.7g
Fat , total	19.4g	11.8g
- saturated	9.5g	5.8g
Carbohydrate	28.0g	17.0g
- sugars	0.7g	0.4g
Sodium	740mg	448mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Tree nuts and sesame seeds and their products

Milk and Milk products

Fish and fish products

Contains preservative

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Sausage Roll - Small

Size: 110g

Shelf Life: 3 Days

Ingredients: Water (30%), Minced Beef (26%), Flour (21%) (Wheat Flour, Vitamin (Thiamin)), Margarine (13%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160b, 100), Flavours), Breadcrumbs (Fine And White) (Wheat Flour, Bakers Yeast, Salt, Vegetable Oil, Gluten, Soy Flour, Emulsifiers (481, 471), Sugar, Sesame Seeds, Tuna Oil, Preservative (282), Food Acid (330), Vitamin (Thiamine)), Sausage Meal (2.5%) (Rice Flour, Salt, Mineral Salts (451, 450), Preservative (223), Spice Extracts), Onion (2%), Am Soya Flour Full Fat (1%) (Soya Flour), Pastie Premix (0.5%) (Pepper, Salt, Flavour, Msg(621)), Antelope (0%) (Mineral Salt (450), Wheat Flour), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information:

Servings per package (average): 1

Serving size (average): 110g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1060kJ (253Cal)	962kJ (230Cal)
Protein	9.0g	8.2g
Fat , total	15.1g	13.8g
- saturated	7.5g	6.9g
Carbohydrate	21.4g	19.5g
- sugars	0.4g	0.4g
Sodium	499mg	454mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Tree nuts and sesame seeds and their products

Milk and Milk products

Fish and fish products

Contains preservative

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Spinach & Tomato Quiche (large)

Size: 850g

Shelf Life: 3 Days

Ingredients: Liquid Egg (18%), Milk Plain (Milk (18%)), Thickened Cream (Cream, Gelatine(Halal), Carrageenan(407)), Flour (15%) (Wheat Flour, Vitamin (Thiamin)), Tomato (9%), Rindless Tasty Cheddar Cheese Shredded 2kg (9%) (Milk, Culture, Salt, Rennet), Spinach (7%), Duo Vegetable (4.5%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Salt Fine 25kg (0.5%) (Salt), Vinegar White (0%) (Fermentad Spirit(260), Water), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk (0%)), White Pepper (0%) (Ground Pepper)

Nutrition Information:

Servings per package (average): 10

Serving size (average): 85g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	824kJ (197Cal)	969kJ (232Cal)
Protein	6.4g	7.5g
Fat, Total	14.1g	16.6g
- Saturated	8.9g	10.5g
Carbohydrate	10.9g	12.8g
- Sugars	1.6g	1.9g
Sodium	315mg	371mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Tree nuts and sesame seeds and their products

Milk and Milk products

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Spinach & Tomato Quiche (small)

Size: 165g

Shelf Life: 3 Days

Ingredients: Liquid Egg (18%), Milk Plain (18%) (Milk), Thickened Cream (17%) (Cream, Gelatine(Halal), Carrageenan(407)), Flour (15%) (Wheat Flour, Vitamin (Thiamin)), Rindless Tasty Cheddar Cheese Shredded 2kg (12%) (Milk, Culture, Salt, Rennet), Spinach (6%), Duo Vegetable (5%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Am Hi Ratio Cake Flour (3%) (Wheat Flour), Tomato (3%), Full Cream Milk Powder (0.5%) (Milk), Salt Fine 25kg (0.5%) (Salt), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), White Pepper (0%) (Ground Pepper)

Nutrition Information:

Servings per package (average): 1

Serving size (average): 165g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1770kJ (422Cal)	1070kJ (256Cal)
Protein	14.0g	8.5g
Fat, Total	29.5g	17.9g
- Saturated	18.7g	11.3g
Carbohydrate	24.8g	15.0g
- Sugars	3.2g	2.0g
Sodium	617mg	374mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Tree nuts and sesame seeds and their products

Milk and Milk products

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Spinach Roll (Large)

Size: 175g

Shelf Life: 3 Days

Ingredients: Spinach (32%), Flour (18%) (Wheat Flour, Vitamin (Thiamin)), Fetta Cheese (11%) (Milk, Starter Culture, Rennet,Salt, Water), Riccotta Cheese (11%) (Whey, Solids Non Fat,Milk,Salt,Food Acid(260),Preservative(202)), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Egg Pulp Sunny Queen (6%) (Whole Egg Pulp Produced From Shell Hen Eggs), Water (5%), Onion (4.5%), Potato Flakes Fino (3.5%) (Potato, Emulsifiers (471, 450), Preservative (220),Food Acid (33)).), Seed (1%), Duo Vegetable (1%) (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Pie Seasoning (Ferg Plarre) (0.5%) (Msg, Flavex Std, Paprika, Salt, Fibrosol, White Pepper, Cornflour, Wheaten Flour, Guar Gum, Onion, Black Pepper, Garlic), Salt Fine 25kg (0%) (Salt), White Pepper (0%) (Ground Pepper), Wheat Gluten (0%) (Wheat Gluten (0%)), Vinegar White (0%) (Fermentad Spirit(260), Water), Colour Yellow Egg (0%) (Colour (102, 123))

Nutrition Information:

Servings per package (average): 1

Serving size (average): 175g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1550kJ (369Cal)	883kJ (211Cal)
Protein	37.6g	21.5g
Fat, Total	20.7g	11.8g
- Saturated	13.3g	7.6g
Carbohydrate	29.6g	16.9g
- Sugars	1.9g	1.1g
Sodium	545mg	311mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Tree nuts and sesame seeds and their products

Milk and Milk products

Egg and egg products

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Fish and fish products

Contains preservative

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Steak & Cracked Pepper

Size: 200g

Shelf Life: 3 Days

Ingredients: Water (33%), Hamburger Mince(~15%fat) (27%), Flour (25%) (Wheat Flour, Vitamin (Thiamin)), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Starfirm 48, Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Black Pepper Kibbled (2%) (Black Pepper), Pie Seasoning (Two) (Mineral Salt, Pepper,Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Salt Fine 25kg (0.5%) (Salt), Vinegar White (Fermentad Spirit(260), Water), Baking Powder (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Caramel Hgp (0%) (Colour (150c)), Wheat Gluten (Wheat Gluten), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Colour Yellow Egg (0%) (Colour (102, 123))

Nutrition Information: **Servings per package (average): 1**

Serving size (average): 200g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1810kJ (433Cal)	905kJ (216Cal)
Protein	15.0g	7.5g
Fat, Total	23.9g	11.9g
- Saturated	13.4g	6.7g
Carbohydrate	42.1g	21.0g
- Sugars	1.4g	0.7g
Sodium	899mg	449mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

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Steak & Mushroom Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Water (26%), Flour (25%) (Wheat Flour, Vitamin (Thiamin)), Mushroom (19%) (Mushrooms, Thickener (1412), Salt, Butter, Vegetable Oil, Colour (150), Spices, Water), Hamburger Mince(~15%fat) (18%), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Starfirm 48, Seed (0.5%), Pie Seasoning (Two) (Mineral Salt, Pepper,Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Salt Fine 25kg (0.5%) (Salt), Vinegar White (Fermentad Spirit(260), Water), Mushroom Booster (0%) (Wheat Starch, Wheat Flour,Salt,Vegetable Oil, Dehydrated Mushrooms, Flavour Enhancer(621),Vegetable Powders, Sugar,Dried Yeast,Hydrolysed Vegetable Protein, Spices,Vegetable Gum(415),Food Acid(330),Preservative (211)), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Caramel Hgp (0%) (Colour (150c)), Wheat Gluten (Wheat Gluten), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Colour Yellow Egg (0%) (Colour (102, 123)

Nutrition Information:

Servings per package (average): 1

Serving size (average): 200g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1700kJ (407Cal)	852kJ (204Cal)
Protein	12.3g	6.2g
Fat, Total	22.3g	11.1g
- Saturated	12.6g	6.3g
Carbohydrate	42.2g	21.1g
- Sugars	0.4g	0.2g
Sodium	899mg	450mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Tree nuts and sesame seeds and their products

Milk and Milk products

Contains preservative

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Steak & Onion Pie

Size: 200g

Shelf Life: 3 Days

Ingredients: Water (27%), Flour (25%) (Wheat Flour, Vitamin (Thiamin)), Hamburger Mince(~15%fat) (20%), Onion (14%), Duo Vegetable (Vegetable Fats & Oils, Emulsifiers(Soya Lecithin,(471),Antioxidant(306 From Soy Bean(200mg/kg) & Colours (160b,100))), Margarine (3%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Acidity Regulator(331),Antioxidants[306,From Soy Bean(160mg/kg)], Flavours And Colour(160a)), Starfirm 48, Sesame Seeds (1%) (Sesame Seed (1%)), Pie Seasoning (Two) (Mineral Salt, Pepper,Soy Protein,Colour,Dextrin,Yeast Extract,Onion Powder And Spices), Salt Fine 25kg (0.5%) (Salt), Vinegar White (Fermentad Spirit(260), Water), Baking Powder (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Caramel Hgp (0%) (Colour (150c)), Wheat Gluten (Wheat Gluten), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Colour Yellow Egg (0%) (Colour (102, 123)

Nutrition Information:

Servings per package (average): 1

Serving size (average): 200g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1760kJ (420Cal)	878kJ (210Cal)
Protein	13.4g	6.7g
Fat, Total	23.1g	11.6g
- Saturated	12.8g	6.4g
Carbohydrate	41.5g	20.8g
- Sugars	1.6g	0.8g
Sodium	793mg	397mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Tree nuts and sesame seeds and their products

Milk and Milk products

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Stockman's Pie

Size: 190g

Shelf Life: 3 Days

Ingredients: Meat (32%), Egg, Cheese: [Milk, Cultures, Rennet, Salt], Wheat Flour, Bacon: [Meat (79%), Water, Salt, Mineral Salt (451, 452, 450), Sugars (Sucrose, Dextrose (Wheat Derived), Antioxidant (316), Preservative (250), Hydrolysed Maize Protein], Tapioca Starch, Vegetable Fat, Vegetable Oil, Margarine: [Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160B, 100), Flavours], Soya Flour, Colour (150C, 102, 124, 123), Salt, Mineral Salt (450), Spice, Flavex Std, Fibrosol, Cornflour, Vegetable Gum (412), Onion, Milk Solids, Sugar, Mineral Salts (170, 450, 500), Emulsifier (471Soy), Wheat Starch, Dough Conditioner (920), Flavour Enhancer (621), Antioxidant (320),Vitamin (Thiamine)

Nutrition Information:

Servings per package (average): 1

Serving size (average): 190g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	2270kJ (541Cal)	1190kJ (285Cal)
Protein	29.1g	15.3g
Fat , total	32.9g	17.3g
- saturated	16.6g	8.7g
Carbohydrate	30.5g	16.1g
- sugars	0.2g	0.1g
Sodium	1100mg	577mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

Egg and egg products

Contains preservative

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Tiddly Oggie

Size: 225g

Shelf Life: 3 Days

Ingredients: Ingredients: Potato (42%), Flour (20%) (Wheat Flour, Vitamin (Thiamin)), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160b, 100), Flavours), Carrot (9%), Hamburger Mince(~15%fat), Onion (3.5%), Am Soya Flour Full Fat (Soya Flour), Pastie Premix (1%) (Pepper, Salt, Flavour, Msg(621)), Thickener (0.5%) (Thickener (1422, Maize Starch)), Glaze (0.5%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124)), Antelope (0%) (Mineral Salt (450), Wheat Flour)

Nutrition Information: **Servings per package (average): 1**

Serving size (average): 225g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1940kJ (464Cal)	863kJ (206Cal)
Protein	11.0g	4.9g
Fat , total	24.6g	10.9g
- saturated	12.4g	5.5g
Carbohydrate	47.5g	21.1g
- sugars	2.2g	1.0g
Sodium	497mg	221mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

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Tuna Tiddly Oggie

Size: 250g

Shelf Life: 3 Days

Ingredients: Wheat Flour, Cheese: [Milk, Cultures, Rennet, Salt, Tapioca Starch], Tuna (10%): [Tuna (85%), Springwater, Vegetable Broth (Soy), Salt], Margarine: [Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160B, 100), Flavours], Water, Rice, Mushrooms, Cream: [Cream, Gelatine (Halal), Thickener (407)], Celery, Onion, Egg, Dijonnaise Mustard: [Mayonnaise: [Water, Sugar, Vegetable Oil, Glucose (From Wheat), Salt, Whey Powder, Food Acids (260, 330), Thickeners (Modified Cornstarches), Vegetable Gums (415, 412), Dijon Mustard [Water, Mustard Seeds, Sugar, Salt, Food Acid (260), Spice, Thickener (1412), Salt, Butter, Vegetable Oil, Colour (150), Spices, Water, Mustard Seeds], Black Pepper, Canola Oil, Soya Flour, Spice Salt, Wheat Flour, Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124), Flavour, Flavour Enhancer (621), Antioxidant (306), Vitamin (Thiamine)

Nutrition Information:

Servings per package (average): 1

Serving size (average): 250g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	2700kJ (645Cal)	1080kJ (258Cal)
Protein	22.1g	8.9g
Fat , total	42.5g	17.0g
- saturated	23.6g	9.4g
Carbohydrate	41.7g	16.7g
- sugars	3.3g	1.3g
Sodium	918mg	367mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

Egg and egg products

Fish and fish products

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Vegetable Pie

Size: 290g

Shelf Life: 3 Days

Ingredients: Vegetables (56%) (Pumpkin, Broccoli, Carrot, Potato, Zucchini, Onion), Corn In Brine (7%) (Corn (63%),Water,Sugar,Salt), Am Hi Ratio Cake Flour (6%) (Wheat Flour), Flour (6%) (Wheat Flour, Vitamin (Thiamin)), Egg Pulp Sunny Queen (5%) (Whole Egg Pulp Produced From Shell Hen Eggs), Cooking Cream Bulla 18% (5%) (Fresh Skim Milk,Fresh Cream,Acetylated Adipate (1422),Diacetyliartare And Fatty Acid Esters Of Glycol(472e), Xanthan Gum(415), Careageenan (407)), Vantage 15kg (3.5%) (Vegetable Fats & Oils, Antioxidants[320(40mg/kg),310(12mg/kg)] And Flavour), Cheese (3.5%) (Cheese: [pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Preservative (200)), Potato Flakes Fino (3.5%) (Potato, Emulsifiers (471, 450), Preservative (220),Food Acid (33)).), Onion (2%), Butter, Unsalted (2%) (Cream, Salt), Pastie Premix (0.5%) (Pepper, Salt, Flavour, Msg(621)), Salt Fine 25kg (0%) (Salt), Baking Powder (0%) (Wheat Flour, Mineral Salts (450, 500)), Full Cream Milk Powder (0%) (Milk), Colour Yellow Egg (0%) (Colour (102, 123))

Nutrition Information:

Servings per package (average): 1

Serving size (average): 290g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	1890kJ (451Cal)	651kJ (155Cal)
Protein	13.4g	4.6g
Fat , total	23.5g	8.1g
- saturated	7.4g	2.6g
Carbohydrate	45.4g	15.7g
- sugars	6.6g	2.3g
Sodium	541mg	187mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

Egg and egg products

Contains preservative

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Vegetable Slice

Size: 100g

Shelf Life: 3 Days

Ingredients: Vegetables (61%) (Pumpkin, Broccoli, Carrot, Potato, Zucchini, Onion), Corn In Brine (7%) (Corn (63%),Water,Sugar,Salt), Egg Pulp Sunny Queen (5%) (Whole Egg Pulp Produced From Shell Hen Eggs), Cooking Cream Bulla 18% (5%) (Fresh Skim Milk,Fresh Cream,Acetylated Adipate (1422),Diacetyliartare And Fatty Acid Esters Of Glycol(472e), Xanthan Gum(415), Careageenan (407)), Cheese (5%) (Cheese: [pasteurised Milk, Salt, Cultures, Enzyme (Rennet), Anticaking Agent (460), Preservative (200)), Flour (4.5%) (Wheat Flour, Vitamin (Thiamin)), Potato Flakes Fino (3.5%) (Potato, Emulsifiers (471, 450), Preservative (220),Food Acid (33)).), Margarine (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160b, 100), Flavours), Onion (2.5%), Butter, Unsalted (2%) (Cream, Salt), Pastie Premix (0.5%) (Pepper, Salt, Flavour, Msg(621)), Am Soya Flour Full Fat (0%) (Soya Flour), Antelope (0%) (Mineral Salt (450), Wheat Flour)

Nutrition Information:

Servings per package (average): 1

Serving size (average): 100g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	574kJ (137Cal)	574kJ (137Cal)
Protein	4.9g	4.9g
Fat , total	7.8g	7.8g
- saturated	4.4g	4.4g
Carbohydrate	11.5g	11.5g
- sugars	2.5g	2.5g
Sodium	157mg	157mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Milk and Milk products

Egg and egg products

Contains preservative

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Wholemeal Tiddly Oggie

Size: 250g

Shelf Life: 3 Days

Ingredients: Potato (32%), Flour (13%) (Wheat Flour, Vitamin (Thiamin)), Margarine (12%) (Vegetable Fats And Oils, Water, Salt, Emulsifiers (471, Soya Bean Lecithin), Antioxidants (320, 310), Colours (160b, 100), Flavours), Carrot (11%), Water (9%), Flour (7%) (Wholemeal Wheat Flour, Vitamin (Thiamin)), Onion (3.5%), Parsnip (3.5%), Swede (3.5%), Peas Frozen Edgells (2%) (Peas), Instant Ftd 449 (1%) (Thickener (1422 Maize)), Pastie Premix (0.5%) (Pepper, Salt, Flavour, Msg(621)), Potato Flakes Fino (0.5%) (Potato, Emulsifiers (471, 450), Preservative (220),Food Acid (33)).), Sesame Seeds (0.5%) (Sesame Seed (0.5%)), Antelope (0%) (Mineral Salt (450), Wheat Flour), Glaze (0%) (Milk Solids, Sugar, Mineral Salt (450), Colours (102, 124))

Nutrition Information:

Servings per package (average): 1

Serving size (average): 250g

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	2030kJ (485Cal)	811kJ (194Cal)
Protein	9.5g	3.8g
Fat , total	25.4g	10.2g
- saturated	12.8g	5.1g
Carbohydrate	51.6g	20.6g
- sugars	3.3g	1.3g
Sodium	541mg	216mg

Storage Conditions: Store in refrigeration below 5°C

GMO Status: To our knowledge and information the above product has not been derived from genetically modified raw ingredients.

Allergens: Cereals containing Gluten

May contain Peanuts and soybeans, and their products

Tree nuts and sesame seeds and their products

Milk and Milk products

Fish and fish products

Contains preservative

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