



Adventure Food

Ingredients and Nutrition

Expedition Breakfast

Ingredients Oat flakes, milk, sugar, hazelnuts, raisins, wheat flakes, apple, palm oil, salt

Nutritional Information

Energy	646 kcal
Carbohydrates	57g per 100g
Protein	10g per 100g
Fat	19g per 100g

Goulash

Ingredients Potato flakes, palm oil, milk, beef, bell pepper, peas, mushroom, bouillon, garlic, soya, onion, yeast extract, condiments, starch (E1422)

Nutritional Information

Energy	525 kcal
Carbohydrates	50g per 100g
Protein	14g per 100g
Fat	24g per 100g

Mince Hotpot

Ingredients Potato flakes, palm oil, milk, beef, leek, carrot, bouillon, garlic, pepper, salt, wheat starch, lemon acid (330), herbs

Nutritional Information

Energy	525 kcal
Carbohydrates	50g per 100g
Protein	11g per 100g
Fat	23g per 100g

Pasta Bolognese

Ingredients Pasta (wheat, egg, salt), tomato, palm oil, beef (7%), potato starch, onion, sugar, bouillon, peas, Italian herbs, pepper

Nutritional Information

Energy	560 kcal
Carbohydrates	61g per 100g
Protein	15g per 100g
Fat	13g per 100g

Pasta With Cheese and Ham

Ingredients Pasta (wheat, egg, salt), cheese (11%), ham (6%), palm oil, milk, potato starch, bell pepper, onion, leek, salt, pepper, wheat starch, herbs, glutamate (E620), preservative (E250), anti-oxidant (E330)

Nutritional Information

Energy	567 kcal
Carbohydrates	61g per 100g
Protein	12g per 100g
Fat	12g per 100g

Pasta with Cheese and Mushroom

Ingredients Pasta (wheat, egg, salt), cheese (12%), palm oil, milk, potato starch, bell pepper, onion, leek, mushroom, salt, pepper, glutamate (E620)

Nutritional Information

Energy	578 kcal
Carbohydrates	60g per 100g
Protein	12g per 100g
Fat	14g per 100g

Rice Satay

Ingredients Rice, peanuts (8.5%), green beans, palm oil, ham, onion, carrot, leek, salt, cayenne, bouillon, soya, corn starch, wheat meal, maltodextrin, whey powder, wheat starch, garlic, bell pepper, pepper, herbs, flavouring, glutamate (E621), caramel (E150c), anti-oxidant (E330), preservative (E250)

Nutritional Information

Energy	607 kcal
Carbohydrates	67g per 100g
Protein	10g per 100g
Fat	9.9g per 100g

Walnut Pasta

Ingredients Pasta (wheat, egg, salt), walnuts (11%), tomato, palm oil, potato starch, onion, sugar, bouillon, peas, Italian herbs, pepper

Nutritional Information

Energy	601 kcal
Carbohydrates	59g per 100g
Protein	12g per 100g
Fat	15g per 100g

Chicken Curry

Ingredients Rice, milk, pineapple, chicken (6%), potato starch, green beans, bouillon, palm oil, onion, bell pepper, curry, cayenne, starch, salt, sugar, anti-oxidant (E307, E304)

Nutritional Information

Energy	610 kcal
Carbohydrates	68g per 100g
Protein	12g per 100g
Fat	9.9g per 100g

Large Portion Meals

The ingredients for Adventure Food large portion meals are the same as for the single portion meals above, as are the carbohydrates, protein and fat per 100g figures. Energy per portion is as follows:

Pasta Bolognese	1023 kcal
Pasta with Cheese and Ham	1077 kcal
Rice Satay	1109 kcal
Walnut Pasta	1120 kcal

Ingredients and nutritional information are as supplied by Adventure Food