



Mountain House

Ingredients and Nutrition

Pasta in Lasagne Sauce

Ingredients

Canned Tomatoes (Tomato, Tomato Juice, Citric Acid), Pasta (19%), Minced Beef (16%), Onions, Tomato Puree, Mozzarella Cheese, Ricotta Cheese, Cheddar Cheese, Vegetable Oil, Garlic, Italian Herb Mix (Oregano, Savory, Basil, Thyme, Rosemary, Marjoram)

Nutritional Information

Energy	709	kcal	
Protein	41.4g		
Carbohydrate	58.4g	From sugars	6.4g
Fat	34.4g	From saturates	10.5g
Fibre	6.7g		
Sodium	870mg		

Chilli Con Carne with Rice

Ingredients

Rice (22%), Canned Tomatoes (Tomato, Tomato Juice, Citric Acid), Onions, Minced Beef (16%), Red Kidney Beans (14%), Tomato Puree, Chilli, Vegetable Oil, Salt, Garlic

Nutritional Information

Energy	533	kcal	
Protein	29.5g		
Carbohydrate	57.4g	From sugars	4.9g
Fat	20.4g	From saturates	4.9g
Fibre	7.4g		
Sodium	368mg		

Salmon and Potato in Dill Sauce

Ingredients

Potato, Milk, Onions, Salmon, Cream, Vegetable Oil, Cornflour, Dill, Pepper, Salt

Nutritional Information

Energy	609	kcal	
Protein	18.0g		
Carbohydrate	44.9g	From sugars	11.1g
Fat	39.7g	From saturates	12.6g
Fibre	< 0.5g		
Sodium	480mg		

Spaghetti Bolognese

Ingredients

Canned Tomatoes (Tomato, Tomato Juice, Citric Acid), Spaghetti (19%), Minced Beef (17%), Onions, Tomato Puree, Vegetable Oil, Salt, Garlic, Italian Herb Mix (Oregano, Savory, Basil, Thyme, Rosemary, Marjoram)

Nutritional Information

Energy	791	kcal	
Protein	44.9g		
Carbohydrate	76.1g	From sugars	8.3g
Fat	34.1g	From saturates	8.1g
Fibre	8.7g		
Sodium	917mg		

Chicken Korma with Rice

Ingredients Rice (24%), Onion, Chicken (14%), Canned Tomato (Tomato, Tomato Juice, Citric Acid), Cream, Yoghurt, Korma Curry Paste (Vegetable Oil, Water, Desiccated Coconut, Sugar, Concentrated Tomato Puree, Salt, Ginger, Garlic, Coriander, Cumin, Onion Powder, Turmeric, Paprika, Cornflour, Spices (Contains Mustard), Acetic Acid, Lactic Acid, Dried Coriander Leaf), Vegetable Oil, Garlic, Chilli, Cornflour

Nutritional Information

Energy	523 kcal		
Protein	26.8g		
Carbohydrate	45.8g	From sugars	10.4g
Fat	25.8g	From saturates	6.7g
Fibre	5.3g		
Sodium	706mg		

Chicken Tikka with Rice

Ingredients Rice (24%), Onion, Canned Tomato (Tomato, Tomato Juice, Citric Acid), Chicken (14%), Cream, Yoghurt, Vegetable Oil, Tikka Massala Curry Paste (Vegetable oil, water, tomato paste, salt, coriander, turmeric, sugar, dried onion, garlic, ginger, lemon juice, desiccated coconut, maize starch, spices, acetic acid, dried coriander leaf, lactic acid, colour (paprika extract)), Garlic, Chilli, Cornflour

Nutritional Information

Energy	505 kcal		
Protein	26.7g		
Carbohydrate	45.7g	From sugars	10.3g
Fat	24.0g	From saturates	5.6g
Fibre	6.4g		
Sodium	806mg		

Vegetable Tikka with Rice

Ingredients Canned Tomatoes (Tomato, Tomato Juice, Citric Acid), Rice (20%), Onion, Peas (6%), Green Beans (6%), Cauliflower (6%), Sweetcorn (6%), Mixed Bell Pepper (6%), Cream, Tikka Massala Curry Paste (Vegetable Oil, Water, Tomato Paste, Salt, Coriander, Turmeric, Sugar, Dried Onion, Garlic, Ginger, Lemon Juice, Desiccated Coconut, Maize Starch, Spices, Acetic Acid, Dried Coriander Leaf, Lactic Acid, Colour (Paprika Extract)), Vegetable Oil, Garlic, Chilli

Nutritional Information

Energy	382 kcal		
Protein	9.9g		
Carbohydrate	49.1g	From sugars	12.5g
Fat	16.2g	From saturates	4.2g
Fibre	8.8g		
Sodium	744mg		

Sweet and Sour chicken with Rice

Ingredients Rice (28%), Chicken (16%), Malt Vinegar, Onion, Bell Pepper, Tomato Puree, Pineapple, Green Beans, Pineapple Juice, Sugar, Salt, Vegetable Oil, Cornflour, Garlic

Nutritional Information

Energy	521 kcal		
Protein	28.6g		
Carbohydrate	73.4g	From sugars	28.6g
Fat	12.4g	From saturates	1.3g
Fibre	3.8g		
Sodium	608mg		

Custard with Mixed Fruit

Ingredients Milk, Single Cream, Custard Powder (Cornflour, Salt, Colour Annatto, Flavouring), Sugar, Blackberry, Blackcurrant, Raspberry

Nutritional Information	Energy	538 kcal		
	Protein	12.0g		
	Carbohydrate	78.9g	From sugars	43.7g
	Fat	21.2g	From saturates	12.5g
	Fibre	2.3g		
	Sodium	278mg		

Custard with Apple

Ingredients Milk, Single Cream, Custard Powder (Cornflour, Salt, Colour Annatto, Flavouring), Sugar, Apple

Nutritional Information	Energy	521 kcal		
	Protein	11.6g		
	Carbohydrate	76.5g	From sugars	40.5g
	Fat	21.3g	From saturates	13.1g
	Fibre	0.3g		
	Sodium	278mg		

Smooth Oatmeal with Raspberry

Ingredients Milk, Cream, Porridge Oats, Sugar, Raspberry

Nutritional Information	Energy	541 kcal		
	Protein	11.4g		
	Carbohydrate	57.8g	From sugars	34.4g
	Fat	29.3g	From saturates	16.9g
	Fibre	7.7g		
	Sodium	90mg		