

Primary School Meal Nutritional Values

Nutritional information per 100g

Meal	Recommended Portion Size	kJ/100g	Kcal/100g	Fat/100g	Fat of which saturates/100g	Carbohydrates/100g	Carbohydrate of which sugar/100g	Fibre	Protein/100g	Salt/100g
MEAT										
Bangers & Beans with Pasta	130g	511	121	2.1	0.6	20.5	3.1	2.1	4.5	0.38
BBQ Chicken Sauce with Pasta	130g	477	113	1.1	0.3	19.9	4.2	1.8	5.6	0.37
Beef Bolognese with Pasta	130g	494	117	2.4	0.8	19.0	3.4	2.1	4.4	0.28
Chicken & Basil with Pasta	130g	537	118	2.1	0.3	19.1	3.2	1.7	5.4	0.46
Chicken Tikka with Pasta	130g	472	112	1.3	0.3	19.2	3.4	1.8	5.5	0.39
Chilli Beef with Pasta	130g	517	123	2.3	0.8	20.3	3.2	2.4	4.8	0.27
Meatball Sauce with Pasta	130g	507	120	2.6	0.7	19.5	3.5	2.1	4.4	0.36
VEGETARIAN										
BBQ Quorn with Pasta	130g	459	108	1.0	0.2	19.9	4.2	2.4	4.4	0.36
Cheese Sauce with Pasta	130g	548	130	4.0	2.1	18.9	2.1	1.1	5.3	0.53
Tomato & Basil Sauce with Pasta	130g	514	122	2.1	0.4	19.4	3.6	1.0	3.3	0.43
Tomato Sauce with Pasta	130g	442	104	1.0	0.2	19.8	3.7	2.0	3.5	0.31
Vegetarian Bolognese with Pasta	130g	447	112	1.7	0.4	19.5	3.6	2.2	4.4	0.33
Veggie Sausage Stew with Pasta	130g	497	117	2.6	0.4	18.7	3.6	1.5	4.9	0.40
FISH										
Tuna & Sweetcorn with Pasta	130g	465	110	1.0	0.5	19.7	3.2	1.9	5.0	0.31

These figures do not account for garnishes or further seasonings not added by Pasta King

Pasta King may make changes to the specification of the sauces shown as we are constantly improving and updating our sauce range. Details are correct at the time of going to press July 2015.

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Don't forget to check out our website for all the latest meal information on: www.pastaking.co.uk