

PASTA KING Nutritional Values Allergens

Product Description	Energy		protein	carbohydrate	of which sugars	fat	of which saturates	fibre	sodium	salt	Wheat Gluten	Oat Gluten	Rye Gluten	Barley Gluten	Soya	Milk	Eggs	Crustaceans	Fish	Celery	Mustard	Sesame Seeds	Sulphites	Lupin	Molluscs	Nuts such as almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia	Vegetarians	Vegans	Coeliacs	
	kJ	kcal																												
Red Thai Curry.	415	99	5.3	10.2	5.3	4.3	2.7	0.8	0.26	0.650	X					X		X										X	X	X
Smoky Pepperoni	423	102	3.4	7.3	5.5	6.7	2.3	0.6	0.27	0.675																	X	X	✓	
Spicy Sausage	302	72	2.5	9.4	6.5	2.7	8.3	0.5	0.21	0.513	X																X	X	X	
Sweet Chilli Chicken	246	58	5.9	7.1	6.7	1.0	0.2	1.2	0.16	0.395																	X	X	✓	
Sweet & Sour Chicken	284	67	3.9	10.9	9.6	1.1	0.2	0.9	0.15	0.365																	X	X	✓	
Sweet and Sour Quorn	265	63	3.3	11.3	8.0	0.9	0.2	1.8	0.13	0.315							X									✓	X	✓		
Texan BBQ Meatballs.	351	83	3.8	12.3	7.5	2.3	0.6	0.9	0.18	0.450	X		X														X	X	X	
Tomato & Mascarpone	317	76	1.3	7.7	5.6	4.7	1.1	1.1	0.15	0.368					X											✓	X	✓		
Vegan Italiano	80	333	4.6	8.1	5.1	3.6	0.3	1.8	0.24	0.610				X												✓	✓	✓		
Vegetable Tikka	229	55	2.1	10.3	5.4	1.2	0.2	2.9	0.18	0.450				X												✓	✓	✓		
Vegetable Chilli.	265	63	5.6	9.4	5.0	1.1	0.4	3.4	0.12	0.290	X		X	X												✓	✓	X		
Veggie Bolognese	285	68	4.1	8.5	6.6	1.9	0.6	0.1	0.14	0.338	X		X	X												✓	✓	X		
Veggie Sausage	339	81	4.5	9.1	6.2	3.1	0.3	0.6	0.16	0.400	X		X	X												✓	✓	X		
Zingy Peppers	186	44	1.3	8.4	7.5	0.9	0.1	1.7	0.16	0.400												X				✓	✓	✓		

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	kJ	kcal																											
Cooked Pasta (Spirals, Quills, Twists).	668	158	5.5	33.3	0.8	0.6	0.1	1.7	<3	<3	X																✓	✓	X
Cooked Wholewheat Pasta	475	113	4.7	23.2	1.1	0.9	0.1	3.5	0	0.01	X																✓	✓	X
Cooked rice.	516	121	2.3	27.7	<.01	0.2	0.1	<0.05	<3	<3																	✓	✓	✓
Cooked noodles	264	62	2.2	13.0	0.2	0.5	0.1	0.6	0.07	0.18	X															✓	✓	X	