



280g e

& LONG GRAIN RICE

CHICKEN CURRY

MILD



MILD CHICKEN CURRY & LONG GRAIN RICE

280g e
per serving (280g)



Typical values per 100g: Energy 571kJ/ 135kcal

MILD CHICKEN CURRY & LONG GRAIN RICE



Use by:

280g e



MILD CHICKEN CURRY & LONG GRAIN RICE

INGREDIENTS:

Cooked Long Grain Rice, Curry Sauce (Water, Curry Mix (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron and Thiamine), Sugar, Non-Hydrogenated Palm Fat, Flavours (contain **CELERY**), Curry Powder (Coriander, Turmeric, Cumin, Cassia, Chilli Powder, Fenugreek, Ginger, Clove, Salt, **MUSTARD** Seed, Black Pepper, Garlic Powder), Tomato Powder), Cream (**MILK**), Chicken Onion, Mixed Peppers), Chicken.

ALLERGEN INFORMATION:

For **allergens**, including cereals containing Gluten, see **BOLD** and underlined ingredients. May contain traces of **NUTS**.

STORAGE INSTRUCTIONS:

If chilled, keep refrigerated 0°C to 5°C. This product is not suitable for home freezing.

ADDITIONAL INFORMATION:

Although every care has been taken to remove bones and pepper stems, some small pieces may remain.

COOKING/REHEATING

INSTRUCTIONS:
Heating times may vary with appliance, the following are guidelines only.



MICROWAVE: Remove the sleeve and pierce the lid. Heat on full power for:

- 750 watts - 6 ½ minutes
- 850 watts - 5 minutes

Heat to a serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.



OVEN: Preheat oven to 170°C. Remove the sleeve and pierce the film lid. Place on baking tray. Heat for 25 minutes. Heat to serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.

NUTRITIONAL INFORMATION

NUTRIENT	TYPICAL VALUES per 100g
ENERGY (KJ)	570.9
ENERGY (KCAL)	135.2
FAT (G)	2.7
OF WHICH SATURATES (G)	0.5
CARBOHYDRATE (G)	13.1
OF WHICH SUGARS (G)	1.6
PROTEIN (G)	14.8
SALT (G)	0.31

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MILD CHICKEN CURRY & LONG GRAIN RICE



280g e

& LONG GRAIN RICE

KATSU CURRY CHICKEN



CHICKEN KATSU CURRY & LONG GRAIN RICE

280g e
per serving (280g)



Typical values per 100g: Energy 496kJ/ 117.3kcal

CHICKEN KATSU CURRY & LONG GRAIN RICE



Use by:



CHICKEN KATSU CURRY & LONG GRAIN RICE

280g e

INGREDIENTS:

Cooked Long Grain Rice, Katsu Sauce (Water, Coconut Milk, Curry Mix (**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron and Thiamine), Sugar, Non-Hydrogenated Palm Fat, Flavours (contain **CELERY**), Curry Powder (Coriander, Turmeric, Cumin, Cassia, Chilli Powder, Fenugreek, Ginger, Clove, Salt, **MUSTARD** Seed, Black Pepper, Garlic Powder), Tomato Powder), Mixed Peppers, Onion, Mushrooms), Breaded Chicken Breast (**WHEAT** Flour, Tapioca Starch, Palm Oil, Salt, Corn Starch, Sugar, Thicker) Yeast, **SOYA** Flour (contains **GLUTEN**).

ALLERGEN INFORMATION:
For **allergens**, including cereals containing Gluten, see **BOLD** and **underlined** ingredients. May contain traces of **NUTS**.

STORAGE INSTRUCTIONS:
If chilled, keep refrigerated 0°C to 5°C. This product is not suitable for home freezing.

ADDITIONAL INFORMATION:
Although every care has been taken to remove bones and pepper stems, some small pieces may remain.

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COOKING/REHEATING INSTRUCTIONS:

Heating times may vary with appliance, the following are guidelines only.

MICROWAVE: Remove the sleeve and pierce the lid. Heat on full power for:
• 750 watts - 6 ½ minutes
• 850 watts - 5 minutes

Heat to a serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.

OVEN: Preheat oven to 170°C. Remove the sleeve and pierce the film lid. Place on baking tray. Heat for 25 minutes. Heat to serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.

NUTRIENT	TYPICAL VALUES per 100g
ENERGY (KJ)	496
ENERGY (KCAL)	117.3
FAT (G)	1.6
OF WHICH SATURATES (G)	0.6
CARBOHYDRATE (G)	18
OF WHICH SUGARS (G)	2.6
PROTEIN (G)	7.8
SALT (G)	0.6



CHICKEN KATSU CURRY & LONG GRAIN RICE

POTATO & CARROTS
WITH GRAVY, MASHED

ROAST CHICKEN

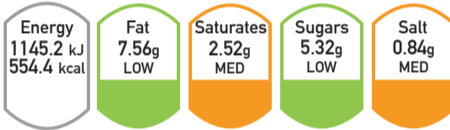


280g e



ROAST CHICKEN WITH GRAVY, MASHED POTATO & CARROTS

280g e
per serving (280g)



Typical values per 100g: Energy 409kJ/ 98kcal

ROAST CHICKEN WITH GRAVY, MASHED POTATO & CARROTS



Use by:

280g e



ROAST CHICKEN WITH GRAVY, MASHED POTATO & CARROTS

INGREDIENTS:

Mashed Potato [Potatoes (**SULPHITES**), **MILK**, Salt], Roast Chicken, Carrots, Gravy [Potato Starch, Glucose powder, Palm Oil, Modified Starch, Flavouring, Salt, Colour: Plain Caramel, Yeast Extract, Sugar, Roasted Onion Powder, Tomato Powder, Stabilizer: Guar Gum; Herb Extract].

ALLERGEN INFORMATION:

For **allergens**, including cereals containing Gluten, see **BOLD** and **underlined** ingredients. May contain traces of **NUTS**.

STORAGE INSTRUCTIONS:

If chilled, keep refrigerated 0°C to 5°C. This product is not suitable for home freezing.

ADDITIONAL INFORMATION:

Although every care has been taken to remove bones, some small pieces may remain.

COOKING/REHEATING

INSTRUCTIONS:

Heating times may vary with appliance, the following are guidelines only.



MICROWAVE: Remove the sleeve and pierce the lid. Heat on full power for:

- 750 watts - 6 ½ minutes
- 850 watts - 5 minutes

Heat to a serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.



OVEN: Preheat oven to 170°C. Remove the sleeve and pierce the film lid. Place on baking tray. Heat for 25 minutes. Heat to serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.

NUTRITIONAL INFORMATION

NUTRIENT	TYPICAL VALUES per 100g
ENERGY (KJ)	409
ENERGY (KCAL)	98
FAT (G)	2.7
OF WHICH SATURATES (G)	0.9
CARBOHYDRATE (G)	10.4
OF WHICH SUGARS (G)	1.9
PROTEIN (G)	7.8
SALT (G)	0.3

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ROAST CHICKEN WITH GRAVY, MASHED POTATO & CARROTS

WITH PENNE PASTA

TOMATO SAUCE

CHICKEN IN

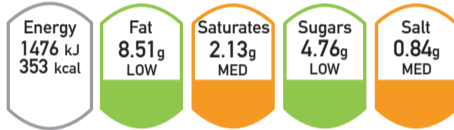


280g e



CHICKEN IN TOMATO SAUCE WITH PENNE PASTA

280g e
per serving (280g)



Typical values per 100g: Energy 527.2kJ/ 125.9kcal

CHICKEN IN TOMATO SAUCE WITH PENNE PASTA



Use by:

280g e



CHICKEN IN TOMATO SAUCE WITH PENNE PASTA

INGREDIENTS:

Penne Pasta [**WHEAT** Semolina (contains **GLUTEN**)], Tomato and Basil Sauce [Chopped Tomatoes, Tomato Puree, Vegetable Bouillon {Salt, Palm Oil, Yeast Extract, Flavour Enhancers, Dehydrated Vegetables (Onion, Garlic, Carrot, Leek), Colour: Plain Caramel; Spice Extract (contains **CELERY**)}, Potato Starch, Herbs}, Garlic Puree, Onion, Carrot, Oil, Basil, Black Pepper, Salt], Chicken.

ALLERGEN INFORMATION:

For **allergens**, including cereals containing Gluten, see **BOLD** and **underlined** ingredients. May contain traces of **NUTS**.

STORAGE INSTRUCTIONS:

If chilled, keep refrigerated 0°C to 5°C. This product is not suitable for home freezing.

ADDITIONAL INFORMATION:

Although every care has been taken to remove bones, some small pieces may remain.

COOKING/REHEATING

INSTRUCTIONS:

Heating times may vary with appliance, the following are guidelines only.



MICROWAVE: Remove the sleeve and pierce the lid. Heat on full power for:

- 750 watts - 6 ½ minutes
- 850 watts - 5 minutes

Heat to a serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.



OVEN: Preheat oven to 170°C. Remove the sleeve and pierce the film lid. Place on baking tray. Heat for 25 minutes. Heat to serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.

NUTRITIONAL INFORMATION

NUTRIENT	TYPICAL VALUES per 100g
ENERGY (KJ)	527.2
ENERGY (KCAL)	125.9
FAT (G)	3.00
OF WHICH SATURATES (G)	0.76
CARBOHYDRATE (G)	14.8
OF WHICH SUGARS (G)	1.7
PROTEIN (G)	9.5
SALT (G)	0.3

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CHICKEN IN TOMATO SAUCE WITH PENNE PASTA



280g e

SPAGHETTI BOLOGNESE



SPAGHETTI BOLOGNESE

SPAGHETTI BOLOGNESE

280g e

per serving (280g)



Typical values per 100g: Energy 436.7kJ/ 103.1kcal



Use by:

280g e



SPAGHETTI BOLOGNESE

INGREDIENTS:

Bolognese Sauce {Chopped Tomato, Minced Beef, Onion, Tomato Puree, Basil, Garlic Puree, Vegetable Bouillon (Salt, Palm Oil, Yeast Extract, Flavour Enhancers, Dehydrated Vegetables (Onion, Garlic, Carrot, Leek), Colour: Plain Caramel; Spice Extract (contains **CELERY**), Potato Starch, Herbs)}, Spaghetti Pasta (Durum **WHEAT** Semolina (contains **GLUTEN**)).

ALLERGEN INFORMATION:
For **allergens**, including cereals containing Gluten, see **BOLD** and **underlined** ingredients. May contain traces of **NUTS**.

STORAGE INSTRUCTIONS:
If chilled, keep refrigerated 0°C to 5°C.
Suitable for home freezing, use within one month. Defrost fully before use, do not refreeze once defrosted.
Defrost in refrigerator. Consume within 24 hours.

COOKING/REHEATING

INSTRUCTIONS:
Heating times may vary with appliance, the following are guidelines only.



MICROWAVE: Remove the sleeve and pierce the lid. Heat on full power for:

- 750 watts - 6 ½ minutes
- 850 watts - 5 minutes

Heat to a serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.



OVEN: Preheat oven to 170°C. Remove the sleeve and pierce the film lid. Place on baking tray. Heat for 25 minutes. Heat to serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.

NUTRITIONAL INFORMATION

NUTRIENT	TYPICAL VALUES per 100g
ENERGY (KJ)	436.7
ENERGY (KCAL)	103.1
FAT (G)	2.6
OF WHICH SATURATES (G)	1.0
CARBOHYDRATE (G)	15.1
OF WHICH SUGARS (G)	1.9
PROTEIN (G)	5.2
SALT (G)	0.10

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SPAGHETTI BOLOGNESE



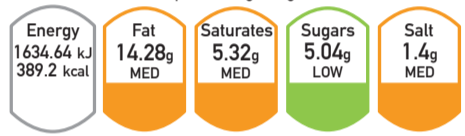
280g e

BEEF MEATBALLS WITH TOMATO SAUCE & PENNE PASTA



BEEF MEATBALLS WITH TOMATO SAUCE & PENNE PASTA

280g e per serving (280g)



Typical values per 100g: Energy 583.8kJ/ 139kcal

BEEF MEATBALLS WITH TOMATO SAUCE & PENNE PASTA



Use by:



BEEF MEATBALLS WITH TOMATO SAUCE & PENNE PASTA

280g e

INGREDIENTS:
Penne Pasta [Durum **WHEAT** Semolina (Contains **GLUTEN**)], Tomato Sauce [Chopped Tomatoes, Tomato Puree, Clearam CH20, Vegetable Bouillon (Salt, Palm Oil, Yeast Extract, Flavour Enhancers, Dehydrated Vegetables (Onion, Garlic, Carrot, Leek), Colour: Plain Caramel; Spice Extract (contains **CELERY**), Potato Starch, Herbs), Garlic Puree, Onion, Carrots, Oil, Black Pepper, Salt], Meatballs [Beef Mince, Breadcrumbs (contains **GLUTEN**)].

ALLERGEN INFORMATION:
For **allergens**, including cereals containing Gluten, see **BOLD** and **underlined** ingredients. May contain traces of **NUTS**.

STORAGE INSTRUCTIONS:
If chilled, keep refrigerated 0°C to 5°C.
Suitable for home freezing, use within one month. Defrost fully before use, do not refreeze once defrosted.
Defrost in refrigerator. Consume within 24 hours.

ADDITIONAL INFORMATION:
Although every care has been taken to remove bones and pepper stems, some small pieces may remain.

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COOKING/REHEATING INSTRUCTIONS:
Heating times may vary with appliance, the following are guidelines only.

MICROWAVE: Remove the sleeve and pierce the lid. Heat on full power for:

- 750 watts - 6 ½ minutes
- 850 watts - 5 minutes

Heat to a serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.

OVEN: Preheat oven to 170°C. Remove the sleeve and pierce the film lid. Place on baking tray. Heat for 25 minutes. Heat to serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.

NUTRIENT	TYPICAL VALUES per 100g
ENERGY (KJ)	583.8
ENERGY (KCAL)	139
FAT (G)	5.1
OF WHICH SATURATES (G)	1.9
CARBOHYDRATE (G)	17
OF WHICH SUGARS (G)	1.8
PROTEIN (G)	7
SALT (G)	0.5



BEEF MEATBALLS WITH TOMATO SAUCE & PENNE PASTA



280g e

IRISH COTTAGE PIE WITH MASHED POTATO & CARROTS



IRISH COTTAGE PIE WITH MASHED POTATO & CARROTS

280g e
per serving (280g)



Typical values per 100g: Energy 315.8kJ/ 75.2kcal

IRISH COTTAGE PIE WITH MASHED POTATO & CARROTS



Use by:

Blank space for 'Use by' date.



IRISH COTTAGE PIE WITH MASHED POTATO & CARROTS

280g e

INGREDIENTS:

Meat Sauce [Water, Mince Beef, Peas, Onion, Carrot, Gravy (Potato Starch, Glucose powder, Palm Oil, Modified Starch, Flavouring, Salt, Colour: Plain Caramel, Yeast Extract, Sugar, Roasted Onion Powder, Tomato Powder, Stabilizer: Guar Gum; Herb Extract), Garlic, Black pepper, Salt], Mashed Potato [Potato (Potato (**SULPHITES**), **MILK**, Salt), Carrots.

ALLERGEN INFORMATION: For **allergens**, including cereals containing Gluten, see **BOLD** and **underlined** ingredients. May contain traces of **NUTS**.

STORAGE INSTRUCTIONS: If chilled, keep refrigerated 0°C to 5°C. **Suitable for home freezing, use within one month. Defrost fully before use, do not refreeze once defrosted.** Defrost in refrigerator. Consume within 24 hours.

ADDITIONAL INFORMATION: Although every care has been taken to remove bones and pepper stems, some small pieces may remain.

COOKING/REHEATING

INSTRUCTIONS: Heating times may vary with appliance, the following are guidelines only.



MICROWAVE: Remove the sleeve and pierce the lid. Heat on full power for:

- 750 watts - 6 ½ minutes
- 850 watts - 5 minutes

Heat to a serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.



OVEN: Preheat oven to 170°C. Remove the sleeve and pierce the film lid. Place on baking tray. Heat for 25 minutes. Heat to serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.

NUTRITIONAL INFORMATION

NUTRIENT	TYPICAL VALUES per 100g
ENERGY (KJ)	315.8
ENERGY (KCAL)	75.2
FAT (G)	2.8
OF WHICH SATURATES (G)	1.2
CARBOHYDRATE (G)	8.5
OF WHICH SUGARS (G)	1.4
PROTEIN (G)	4.4
SALT (G)	0.52

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IRISH COTTAGE PIE WITH MASHED POTATO & CARROTS



280g e

POTATO & CARROTS
WITH GRAVY, MASHED

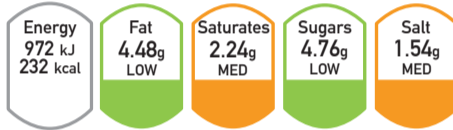
SLICED TURKEY



SLICED TURKEY

WITH GRAVY,
MASHED POTATO
& CARROTS

280g e
per serving (280g)



Typical values per 100g: Energy 347kJ/ 83kcal

SLICED TURKEY WITH GRAVY, MASHED POTATO & CARROTS



Use by:



SLICED TURKEY

280g e

WITH GRAVY, MASHED
POTATO & CARROTS

INGREDIENTS:

Mashed Potato [Potato (**SULPHITES**), **MILK**, Salt], Sliced Turkey, Carrots, Gravy {Potato Starch, Glucose Powder, Palm Oil, Modified Starch, Flavouring, Salt, Colour: Plain Caramel, Yeast Extract, Sugar, Roasted Onion Powder, Tomato Powder, Stabilizer: Guar Gum; Herb Extract}.

ALLERGEN INFORMATION:

For **allergens**, including cereals containing Gluten, see **BOLD** and **underlined** ingredients. May contain traces of **NUTS**.

STORAGE INSTRUCTIONS:

If chilled, keep refrigerated 0°C to 5°C. **Suitable for home freezing, use within one month. Defrost fully before use, do not refreeze once defrosted.** Defrost in refrigerator. Consume within 24 hours.

ADDITIONAL INFORMATION:

Although every care has been taken to remove bones some small pieces may remain.

COOKING/REHEATING

INSTRUCTIONS:

Heating times may vary with appliance, the following are guidelines only.



MICROWAVE: Remove the sleeve and pierce the lid. Heat on full power for:

- 750 watts - 6 ½ minutes
- 850 watts - 5 minutes

Heat to a serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.



OVEN: Preheat oven to 170°C. Remove the sleeve and pierce the film lid. Place on baking tray.

Heat for 25 minutes. Heat to serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.

NUTRITIONAL INFORMATION

NUTRIENT	TYPICAL VALUES per 100g
ENERGY (KJ)	347
ENERGY (KCAL)	83
FAT (G)	1.6
OF WHICH SATURATES (G)	0.8
CARBOHYDRATE (G)	9.3
OF WHICH SUGARS (G)	1.7
PROTEIN (G)	8.6
SALT (G)	0.55

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SLICED TURKEY WITH GRAVY, MASHED POTATO & CARROTS



280g e

BANGERS & MASH WITH GRAVY



BANGERS & MASH WITH GRAVY

BANGERS & MASH WITH GRAVY

280g e
per serving (280g)



Typical values per 100g: Energy 805.4kJ/ 192.6kcal



Use by:



BANGERS & MASH WITH GRAVY

280g e

INGREDIENTS:

Mashed Potato [Potato (Potato (**SULPHITES**), **MILK**, Salt), sausage (Pork EU, Water, Rusk (**WHEAT** Flour, Salt), Seasoning), Gravy (Potato Starch, Glucose powder, Palm Oil, Modified Starch, Flavouring, Salt, Colour: Plain Caramel, Yeast Extract, Sugar, Roasted Onion Powder, Tomato Powder, Stabilizer: Guar Gum; Herb Extract).

ALLERGEN INFORMATION:

For **allergens** including cereals containing Gluten, see **BOLD** and **underlined** ingredients. May contain traces of **NUTS**.

STORAGE INSTRUCTIONS:

If chilled, keep refrigerated 0°C to 5°C. **Suitable for home freezing, use within one month. Defrost fully before use, do not refreeze once defrosted.** Defrost in refrigerator. Consume within 24 hours.

ADDITIONAL INFORMATION:

Although every care has been taken to remove bones and pepper stems, some small pieces may remain.

COOKING/REHEATING

INSTRUCTIONS:

Heating times may vary with appliance, the following are guidelines only.



MICROWAVE: Remove the sleeve and pierce the lid. Heat on full power for:

- 750 watts - 6 ½ minutes
- 850 watts - 5 minutes

Heat to a serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.



OVEN: Preheat oven to 170°C. Remove the sleeve and pierce the film lid. Place on baking tray. Heat for 25 minutes. Heat to serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.

NUTRITIONAL INFORMATION

NUTRIENT	TYPICAL VALUES per 100g
ENERGY (KJ)	805.4
ENERGY (KCAL)	192.6
FAT (G)	11.0
OF WHICH SATURATES (G)	4.7
CARBOHYDRATE (G)	14.2
OF WHICH SUGARS (G)	1.8
PROTEIN (G)	9.4
SALT (G)	1.2

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BANGERS & MASH WITH GRAVY



280g e

& LONG GRAIN RICE

DHAL
SRI LANKAN



SRI LANKAN
DHAL
& LONG GRAIN RICE
· VEGAN ·

SRI LANKAN DHAL & LONG GRAIN RICE

280g e
per serving (280g)



Typical values per 100g: Energy 376.8kJ/90kcal



Use by:

280g e



SRI LANKAN
DHAL
& LONG GRAIN RICE

INGREDIENTS:

Dhal: [Water, Coconut Milk, Curry Mix ((**WHEAT** Flour, Calcium Carbonate, Niacin, Iron and Thiamine), Sugar, Non-Hydrogenated Palm Fat, Flavourings (contain **CELERY**), Curry Powder (Coriander, Turmeric, Cumin, Cassia, Chilli Powder, Fenugreek, Ginger, Clove, Salt, **MUSTARD** Seed, Black Pepper, Garlic Powder), Tomato Powder)} Chopped Tomatoes, Green Lentils, Onion, Mixed Peppers, Potato (**SULPHITES**), Carrots, Garlic, Cumin, Oil, Salt, Chilli Flakes, Vegetable Boullion (contain **CELERY**), Fresh Parsley), Long Grain Rice.

ALLERGEN INFORMATION:
For **allergens**, including cereals containing Gluten, see **BOLD** and **underlined** ingredients. May contain traces of **NUTS**.

STORAGE INSTRUCTIONS:
If chilled, keep refrigerated 0°C to 5°C.
Suitable for home freezing, use within one month. Defrost fully before use, do not refreeze once defrosted.
Defrost in refrigerator. Consume within 24 hours.

ADDITIONAL INFORMATION:
Although every care has been taken to remove pepper stems, some small pieces may remain.

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COOKING/REHEATING

INSTRUCTIONS:
Heating times may vary with appliance, the following are guidelines only.

MICROWAVE: Remove the sleeve and pierce the lid. Heat on full power for:
• 750 watts - 6 ½ minutes
• 850 watts - 5 minutes

Heat to a serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.

OVEN: Preheat oven to 170°C. Remove the sleeve and pierce the film lid. Place on baking tray. Heat for 25 minutes. Heat to serving temperature of 75°C. Stir after cooking. Leave to stand for 1 minute.

NUTRITIONAL INFORMATION

NUTRIENT	TYPICAL VALUES per 100g
ENERGY (KJ)	376.8
ENERGY (KCAL)	90
FAT (G)	1.1
OF WHICH SATURATES (G)	0.5
CARBOHYDRATE (G)	12
OF WHICH SUGARS (G)	5.2
PROTEIN (G)	0.9
SALT (G)	0.56



SRI LANKAN DHAL & LONG GRAIN RICE