



Contents, Allergens & Nutritional Information

BEEF MIXED MEALS PACK (20 meals) 20 MRES - Menu 4A



BEEF MIXED MEALS PACK (20 meals) 20 MRES - Menu 4A

CONTENTS		
FOOD ITEM	PER SERVING (grams)	QUANTITY
Spaghetti Bolognese	300	5
Pasta with Peppersteak	300	5
Biryani Beef	300	5
Beef and Vegetable Casserole	300	5

TOTAL

BEEF MIXED MEALS PACK (20 meals) 20 MRES - Menu 4A

ALLERGENS & INGREDIENTS		
FOOD ITEM	Allergens*	Ingredients
Spaghetti Bolognese	Gluten/Wheat	Water (27%). Tomato (17%). Beef Mince (15%) . Pasta (Wheat Flour, Water) (Gluten) (8%). Carrot. Green Beans. Sunflower Oil. Tomato Paste (Tomatoes, Salt). Onion. Brown Sugar. Sweetcorn. Modified Starch (E1422). Salt. Vegetable Flavouring. Garlic. Paprika. Thickener (Xanthan Gum). Spices.
Pasta with Peppersteak	Soybean, Sulphur Dioxide, Gluten/Wheat	Water (40%). Beef (15%). Peas (20%). Pasta (Wheat Flour, Water) (Gluten) (10%). Green Beans. Dehydrated Mushroom Pieces (Sulphur Dioxide). Sunflower Oil. Onion. Soya Creamer [Maltodextrin, Vegetable Fat (Palm Fruit; Antioxidant BHA), Emulsifier (E471), Soy Protein (Soybean), Stabiliser (E452), Anticaking agent (E551)]. Modified Starch (E1422). Vegetable Flavouring. Salt. Brown Sugar. Garlic. Black Pepper. Thickener (Xanthan Gum). Spices.
Biryani Beef	Sulphur Dioxide	Water (22%). Beef (20%).Coconut Milk [Coconut Extract (81%), Water (18%), Stabiliser (E412) (0.1%), Stabiliser (E466), Emulsifier (E435), Antioxidant Citric Acid, Antioxidant (E223) (Sulphur Dioxide)] (12%). Rice. Tomato. Carrot. Potato. Onion. Vegetable Oil (100% Sunflower Seed Oil). Green Beans. Brown Sugar. Green Beans. Tomato Paste (Tomatoes, Salt). Salt. Garlic. Spices. Xanthan Gum (415).
Beef and Vegetable Casserole	None	Water. Beef (15%). Tomato (11%). Potato. Rice. Carrot. Green Beans. Peas. Sunflower Oil. Onion. Tomato Paste (Tomatoes, Salt). Brown Sugar. Salt. Modified Starch (E1422). Garlic. Vegetable Flavouring. Black Pepper. Thickener: E415. Spices.

*Warning: These products have been made in a factory that uses Milk. Sulphur Dioxide. Peanuts. Tree Nuts [Almonds. Cashews. Hazelnuts]. Egg. Fish & Sesame Seeds.

BEEF MIXED MEALS PACK (20 meals) 20 MRES - Menu 4A

NUTRITIONAL INFORMATION (per pack)				
FOOD ITEM	KCAL	CARBS (g)	FAT (g)	PROTEIN (g)
Spaghetti Bolognese	1890	150	88.5	85.5
Pasta with Peppersteak	1815	118.5	73.5	124.5
Biryani Beef	1860	171	72	121.5
Beef and Vegetable Casserole	1605	142.5	64.5	79.5

TOTAL