



Homestyle Chicken Casserole - NEW

Our chicken casserole has tender chicken in a rich, creamy sauce, served with mashed potatoes and sweet corn with peas.



Ingredients

Chicken Casserole (63%) (Chicken Breast (35%), Water, Cream (**Milk**), Tomato Paste (Acidity Regulator (330)), Carrot, Mushroom, White Wine, Onion, Modified Starch (1422), Chicken Flavour Blend (Salt, Maize Maltodextrin, Yeast Extract, Natural Vegetable Flavours, Turmeric, Dehydrated Vegetables (Onion), Vegetable Oil, Cane Sugar), Canola Oil, Garlic, Low Sodium Salt (Potassium Chloride), Salt, Dried Chives, Parsley, Dried Rosemary, Pepper, Tarragon), Potato Mash (20%) (Potato (Preservative (220)), Water, Skim **Milk** Powder (**Milk Solids**), Tapioca Starch, Salt, Pepper), Sweet Corn (10%), Peas (8%).

CONTAINS MILK. MAY CONTAIN EGG.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1628kJ (390Cal)	407kJ (98Cal)
Protein:	38.4g	9.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	11.7g	2.9g
--Saturated:	5.7g	1.4g
Carbohydrates:	28.2g	7.1g
--Sugars:	6.9g	1.7g
Dietary Fibre:	5.6g	1.4g
Sodium:	848mg	212mg
Potassium:	1088mg	272mg

Disclaimer:

Nutrition analysis is prepared using our FOODWORKS© software system. To ensure dietary requirements are met, all nutritional claims are supported and reviewed independently. Meals are portion controlled to assist with healthy weight management.