



Lemon Fish & Wedges - NEW

Moist, baked fish fillet with a tasty lemon sauce served with potato wedges, carrots and broccoli



Ingredients

Fish (28%) (Mineral Salts (450, 451)), **Wedges** (26%) (Potato (Preservative (220)), Canola Oil, Low Sodium Salt (Potassium Chloride), Onion Powder, Garlic Powder, Salt, Pepper), **Lemon Sauce** (15%) (Bchamel Sauce (Water, **Milk** Powder, Butter (**Milk**), Cream (**Milk**), Tapioca Starch, Modified Corn Starch (1420), Salt, Vegetable Gum (Xanthan Gum)), Cream (**Milk**), Lemon Juice (1.5%) (Preservative (222), Antioxidant (300)), Water, Dijon Mustard (Acidity Regulator (260)), Modified Starch (1422), Salt, Yeast Extract, Pepper), **Broccoli** (15%), **Carrots** (14%), **Gremolata** (1.5%) (Gluten Free Bread Crumbs (Rice Flour, Maize Flour, Dextrose (Tapioca Maize), Salt, Mineral Salts (450, 500)), **Parmesan Cheese** (**Milk**, Anticaking Agent (Tapioca Starch), Preservative (200)), Parsley).

CONTAINS FISH, MILK.

Nutritional Details

Nutritional Details	Regular Size 400g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1448kj (347Cal)	362kJ (87Cal)
Protein:	22.4g	5.6g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	17.7g	4.4g
--Saturated:	8.8g	2.2g
Carbohydrates:	23.2g	5.8g
--Sugars:	7.6g	1.9g
Dietary Fibre:	6.7g	1.7g
Sodium:	788mg	197mg
Potassium:	1244mg	311mg

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.