



Roast Chicken & Gravy - NEW

Juicy, boneless and skinless chicken with a potato mash, roast pumpkin, green beans and gravy.



Ingredients

Chicken (29%), Potato Mash (29%) (Potato (19%) (Preservative (220)), Water, Skim Milk Powder (Milk Solids), Tapioca Starch, Low Sodium Salt (Potassium Chloride), Salt, Pepper), Gravy Mix (23%) (Water, Gravy (Modified Tapioca Starch (1442)), Maize Maltodextrin, Modified Starch (1422), Yeast Extract, Onion Powder, Tomato Paste (Acidity Regulator (330)), Dried Rosemary, Garlic Powder, Bay Leaves), Roast Pumpkin (11%) (Pumpkin, Canola Oil, Salt, Paprika), Green Bean (9%).

CONTAINS MILK.

Nutritional Details

| Nutritional Details | Regular Size 350g Per Serve | |
|---------------------|------------------------------|---------------------------|
| | Average Quantity per Serving | Average Quantity per 100g |
| Energy: | 1106kJ (265Cal) | 316kJ (76Cal) |
| Protein: | 27.3g | 7.8g |
| --Gluten: | Nil Detected | Nil Detected |
| Fat, Total: | 4.3g | 1.2g |
| --Saturated: | 1.2g | 0.3g |
| Carbohydrates: | 26.2g | 7.5g |
| --Sugars: | 6.2g | 1.8g |
| Dietary Fibre: | 3.6g | 1g |
| Sodium: | 690mg | 197mg |
| Potassium: | 889mg | 254mg |

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.