



## Roast Lamb & Mint Gravy - NEW

A traditional roast dinner featuring lean slices of tender roast lamb served with mint-infused gravy, accompanied by roast potatoes, carrots, beans and peas.



### Ingredients

Roast Potato (26%) (Potato (25%) (Preservative (220)), Salt, Canola Oil, Paprika, Pepper), Lamb (23%), Mint Gravy (19%) (Gravy Mix (Water, Gravy (Modified Tapioca Starch (1442)), Natural Flavours, Maize Maltodextrin, Modified Starch (1422), Tomato Paste (Acidity Regulator (330))), Mint Jelly (3.5%) (Sugar, Water, Glucose, Acidity Regulator (260, 330, 331), Vegetable Gum (Pectin), Salt, Mint (0.2%), Vegetable Oil, Colour (141, 101), Natural Flavour, Herb Extracts.), Salt), Carrots (13%), Green Beans (11%), Peas (8%).

### Nutritional Details

Nutritional Details	Regular Size 350g Per Serve	
	Average Quantity per Serving	Average Quantity per 100g
Energy:	1358kj (326Cal)	388kJ (93Cal)
Protein:	30.4g	8.7g
--Gluten:	Nil Detected	Nil Detected
Fat, Total:	5.8g	1.6g
--Saturated:	1.9g	0.5g
Carbohydrates:	33.1g	9.4g
--Sugars:	12.1g	3.5g
Dietary Fibre:	7.2g	2.1g
Sodium:	693mg	198mg
Potassium:	861mg	246mg

#### 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.