

Continental Nutrition Information -

Per serve as consumed



Product Name	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium	Serving Size
			Total	Saturated	Trans	Polyunsaturated	Monounsaturated							
MEAL BASES	kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg	
Continental Hot Pot*														
Curry	1818 / 434	30.7	13.3	4.3	-	-	-	45.8	27.9	-	690	-	-	320g
French Onion	1215 / 289	28.1	10.2	2.8	-	-	-	20.1	9.6	-	755	645	-	275g
Savoury	1157 / 276	29.1	10.4	2.9	-	-	-	15.3	4.9	-	690	675	-	260g
Sweet & Sour	1669 / 399	25.6	15.7	3.9	-	-	-	37.2	25.3	-	620	-	-	300g
Continental Meal Bases*														
Apricot Chicken Curry	2070 / 496	50.6	23.1	6.8	-	-	-	20.0	13.9	-	695	-	-	400g
Bangers & Mash	3430 / 821	28.4	57.4	24.9	-	-	-	44.1	7.7	-	1790	-	-	450g
Beef & Red Wine Casserole	1070 / 256	28.9	9.7	3.3	-	-	-	12.0	4.7	-	665	-	-	275g
Beef Goulash	1290 / 308	30.2	10.0	3.4	-	-	-	21.8	6.1	-	755	-	-	350g
Beef Stroganoff	1170 / 279	28.1	13.8	6.2	-	-	-	10.0	5.1	-	685	-	-	260g
Butter Chicken	1670 / 399	42.0	21.0	10.0	-	-	-	9.6	6.9	-	890	-	-	255g
Chilli Con Carne	1330 / 318	30.8	12.0	4.0	-	-	-	18.4	6.7	-	805	-	-	324g
Chow Mein Mince	1570 / 377	30.0	11.9	4.1	-	-	-	33.1	7.1	-	625	-	-	350g
Chunky Beef Pie	2170 / 520	44.2	25.4	10.4	-	-	-	27.6	5.9	-	730	-	-	257g
Creamy Bacon Carbonara	1610 / 385	19.1	10.1	4.0	-	-	-	52.2	5.7	-	835	-	-	270g
Creamy Chicken Curry	1940 / 464	32.4	11.8	3.8	-	-	-	53.6	4.5	-	605	-	-	360g
Creamy Chicken & Vegetables	1930 / 462	39.8	17.8	5.6	-	-	-	32.5	7.3	-	810	-	-	410g
Creamy Mushroom Chicken	1330 / 318	29.7	17.1	7.1	-	-	-	10.5	5.4	-	650	-	-	240g
Creamy Potato Bake	1570 / 376	10.9	21.7	13.9	-	-	-	32.7	5.8	-	640	-	-	271g
Creamy Tuna Mornay	1780 / 444	25.2	5.7	2.8	-	-	-	30.8	4.4	-	480	-	-	220g

* When prepared as directed using listed recipe ingredients.

Where "-" is used, no data is available.

For full nutrition and ingredient information, please refer to the information on-pack.

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			Total	Saturated	Trans	Polyunsaturated	Monounsaturated							
MEAL BASES	kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg	
Continental Meal Bases*														
Curried Sausages	2650 / 634	23.6	50.7	23.3	-	-	-	18.3	9.1	-	1800	-	-	347g
Devilled Sausages	2750 / 659	23.6	50.6	23.3	-	-	-	25.0	16.6	-	1830	-	-	300g
Homestyle Meatloaf	1220 / 293	31.7	14.8	6.8	-	-	-	7.1	3.1	-	590	-	-	188g
Italian Tomato & Beef Pasta	1990 / 475	33.9	12.2	4.1	-	-	-	54.0	5.8	-	645	-	-	406g
Lamb & Potato Casserole	1450 / 346	31.2	13.1	4.3	-	-	-	23.6	5.4	-	470	-	-	329g
Lite Beef Stroganoff	1040 / 250	29.3	9.5	4.6	-	-	-	10.4	5.5	-	470	885	-	296g
Lite Beef & Vegetable Casserole	1250 / 299	30.5	7.3	3.0	-	-	-	25.0	6.9	-	560	1190	-	327g
Lite Country Chicken Casserole	1210 / 290	31.1	7.4	2.2	-	-	-	22.5	5.4	-	375	975	-	348g
Lite Mediterranean Chicken	1050 / 251	30.2	7.4	2.1	-	-	-	14.0	7.9	-	555	785	-	342g
Malaysian Creamy Satay	1400 / 343	32.3	18.0	4.1	-	-	-	10.3	4.3	-	600	-	-	225g
Mild Mince Curry	1140 / 272	27.5	12.8	4.6	-	-	-	10.0	3.8	-	535	-	-	220g
Mushroom Boscaiola Pasta	2000 / 478	33.5	13.2	5.0	-	-	-	53.5	6.6	-	410	-	-	360g
Pasta Alfredo with Chicken	1990 / 475	33.9	12.9	4.7	-	-	-	53.6	6.3	-	435	-	-	350g
Rich Beef Casserole	1130 / 271	30.5	7.4	3.0	-	-	-	17.8	7.0	-	670	-	-	360g
Rich Beefy Mince	1160 / 289	27.1	11.6	4.0	-	-	-	14.7	2.5	-	655	-	-	200g
Rissoles	1170 / 281	28.0	15.3	4.7	-	-	-	7.5	3.9	-	545	-	-	131g
Shepherd's Pie	1860 / 444	32.4	15.7	5.5	-	-	-	40.1	8.7	-	690	-	-	425g
Smoky Beef Casserole	1640 / 292	42.8	16.3	5.2	-	-	-	16.9	10.9	-	565	-	-	378g
Spaghetti Bolognaise	2040 / 489	34.3	12.2	4.1	-	-	-	57.4	9.4	-	545	-	-	450g

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