

Expedition Foods: High Energy Meal Information

	Asian Noodles with Beef	Asian Noodles with Chicken	Beef and Potato Hotpot	Beef Stroganoff with Noodles	Chicken Korma with Rice
SKU	004-0231	004-0232	004-0220	004-0241	004-0202
Net Weight	165 grams / 5.82 ounces	172 grams / 6.07 ounces	148 grams / 5.22 ounces	135 grams / 4.76 ounces	150 grams / 5.29 ounces
Type	Beef	Chicken	Beef	Beef	Chicken
Serving Size	1	1	1	1	1
Servings per Container	1	1	1	1	1
Calories per serving	3,364 kJ / 805 kcal	3,371 kJ / 805 kcal	3,355 kJ / 805 kcal	3350 kJ / 802 kcal	3,361 kJ / 807 kcal
Total Fat per serving	41.4 g	35.9 g	52.2 g	53.8 g	50.4 g
Saturated Fat per serving	7.4 g	2.8 g	7.8 g	14.5 g	13.6 g
Protein per serving	26.2 g	32.9 g	20.3 g	17.7 g	24.9 g
Sodium per serving	1.0 g	1.0g	0.2 g	0.8 g	0.4 g
Total Carbohydrates per serving	77.6 g	82.4 g	62.3 g	53.8 g	60.5 g
Dietary Fibre per serving	8.9 g	10.0 g	5.1 g	4.18 g	5.7 g
Sugars per serving	8.6 g	10.0 g	17.6 g	10.5 g	21.3 g
Vegetarian	No	No	No	No	No
May contain Nuts	Yes	Yes	Yes	No	Yes
Gluten Free	No	No	Yes	No	Yes
Dairy Free	No	No	Yes	No	No
Ingredients	Dried Egg Noodles (51%), Freeze Dried Sauce (49%) (Mince Beef (17%), Onions (17%), Mixed Peppers (13%), Green Beans (13%), Sweetcorn (9%), Vegetable Oil (9%), Red Chilli Paste (Red Chilli, Sugar, Garlic, Sunflower Oil, Lemon Juice, Ginger Puree, Lemongrass, Salt, Coriander) (5%)), Cornflour, Garlic, Caramel Colour, Salt, Pepper).	Dried Egg Noodles (51%), Freeze Dried Sauce (49%) (Chicken, (18%), Onions (18%), Mixed Peppers (13%), Green Beans (13%), Sweetcorn (9%), Vegetable Oil (9%), Red Chilli Paste (Red Chilli, Sugar, Garlic, Sunflower Oil, Lemon Juice, Ginger Puree, Lemongrass, Salt, Coriander) (5%)), Cornflour, Garlic, Caramel Colour, Salt, Pepper).	Diced potato (31%), onions, minced beef (9.4%), vegetable oil, brown lentils, carrots, swede, chicken stock, tomato puree, cornflour, sugar, chives, parsley, salt, pepper.	Pasta 36.6%, Yoghurt, Cream 6.37%, Vegetable Oil, Diced Beef 5.39%, Sliced Mushrooms 5.39%, Diced Onions, Stroganoff Paste (Onion Puree, Paprika, Lemon Juice, Sugar, Parsley, Sunflower Oil, Salt, Black Pepper, Lemon Zest, Tarragon), Cornflour, Salt, Parsley, Black Pepper.	Rice, Onions, Tomatoes, Cream, Chicken (10%), Vegetable Oil, Tomato Puree, Yoghurt, Korma Curry Paste (Vegetable Oil, Water, Desiccated Coconut, Sugar, Concentrated Tomato Puree, Salt, Ginger, Garlic, Coriander, Cumin, Onion Powder, Turmeric, Paprika, Cornflour, Spices (Contains Mustard), Acetic Acid, Lactic Acid, Dried Coriander Leaf), Sugar, Cornflour, Garlic, Chilli.

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	Chicken Tikka with Rice	Chilli Con Carne with Rice	Fish & Potato with Parsley Sauce	Granola with Raspberries	Macaroni and Cheese
SKU	004-0210	004-0212	004-0215	004-0237	004-0233
Net Weight	140 grams / 4.94 ounces	155 grams / 5.47 ounces	144 grams / 5.08 ounces	190 grams / 6.70 ounces	180 grams / 6.34 ounces
Type	Chicken	Beef	Fish	Vegetarian	Vegetarian
Serving Size	1	1	1	1	1
Servings per Container	1	1	1	1	1
Calories per serving	3,365 kJ / 809 kcal	3,375 kJ / 809 kcal	3,374 kJ / 810 kcal	3387 kJ / 807 kcal	3,380 kJ / 804 kcal
Total Fat per serving	56.8 g	45.4 g	55.0 g	44.6 g	30.4 g
Saturated Fat per serving	13.9 g	8.8 g	17.1 g	3.4 g	14.8 g
Protein per serving	20.2 g	24.2 g	21.2 g	23.6 g	28.6 g
Sodium per serving	0.4 g	0.1 g	0.4 g	0.2 g	0.6 g
Total Carbohydrates per serving	51.2 g	73.0 g	55.4 g	129.0 g	101.0 g
Dietary Fibre per serving	6.0 g	5.4 g	4.6 g	17.5 g	5.6 g
Sugars per serving	6.8 g	10.8 g	20.6 g	51.9 g	7.4 g
Vegetarian	No	No	No	Yes	Yes
May contain Nuts	Yes	No	Yes	No	No
Gluten Free	Yes	Yes	Yes	No	No
Dairy Free	No	Yes	No	No	No
Ingredients	Rice, Onions, Tomatoes, Chicken (9.6%), Cream, Vegetable Oil, Tikka Massala Curry Paste (vegetable oil, water, tomato paste, salt, coriander, turmeric, sugar, dried onion, garlic, ginger, lemon juice, desiccated coconut, maize starch, spices, acetic acid, dried coriander leaf, lactic acid), colour (paprika extract), Yoghurt, Cornflour, Garlic, Chilli.	Rice, Tomatoes, Onions, Red Kidney Beans, Minced Beef (8.1%), Tomato Puree, Vegetable Oil, Sugar, Garlic, Chilli Con Carne with Rice.	Potato, Milk, Onions, White Fish (13.6%), Cream, Sweetcorn, Vegetable Oil, Cornflour, Sugar, Parsley.	Toasted Oat Clusters (73%), (Oats, Sugar, Rapeseed Oil, Honey), Whole Milk Powder (23%), Freeze Dried Raspberries (4%)	Macaroni Pasta (68%), Whole Milk, Single Cream, Cheese Blend (Red Leicester (Annatto) 41%, Cheddar 41%, Mozzarella 18%) (7%), Onions, Vegetable Oil, Cornflour, Black Pepper, Salt.

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	Mediterranean Vegetable Pasta	Mild Curried Beef with Rice	Savoury Beef with Rice	Spaghetti Bolognese	Spicy Vegetable Noodles
SKU	004-0207	004-0214	004-0213	004-0203	004-0236
Net Weight	138 grams / 4.87 ounces	152 grams / 5.36 ounces	153 grams / 5.40 ounces	160 grams / 5.64 ounces	190 grams / 6.70 ounces
Type	Vegetarian	Beef	Beef	Beef	Vegetarian
Serving Size	1	1	1	1	1
Servings per Container	1	1	1	1	1
Calories per serving	3,357 kJ / 808 kcal	3,372 kJ / 808 kcal	3,369 kJ / 807 kcal	3,369 kJ / 808 kcal	3,376 kJ / 804 kcal
Total Fat per serving	58.6 g	50.0 g	48.2 g	47.4 g	26.0 g
Saturated Fat per serving	29.9 g	8.4 g	9.9 g	7.0 g	2.1 g
Protein per serving	13.8 g	25.1 g	25.2 g	21.9 g	19.2 g
Sodium per serving	0.3 g	0.2 g	0.3 g	0.2 g	1.5 g
Total Carbohydrates per serving	52.7 g	61.9 g	65.1 g	69.4 g	129.0 g
Dietary Fibre per serving	7.0 g	5.5 g	5.7 g	8.0 g	12.2 g
Sugars per serving	16.0 g	19.2 g	11.3 g	27.4 g	11.6 g
Vegetarian	Yes	No	No	No	Yes
May contain Nuts	No	No	No	No	No
Gluten Free	No	Yes	Yes	No	No
Dairy Free	No	No	Yes	Yes	Yes
Ingredients	Wheat Pasta Shells, Milk, Cream, Onion, Green Beans (6%), Mixed Bell Pepper (6%), Brown Lentils (Brown Lentils, Salt) (6%), Vegetable Oil, Sweetcorn, Sliced Black Olives (Black Olives, Salt, Lactic Acid, Ferrous Gluconate), Cornflour, Sugar, Garlic, Mixed Herbs (Oregano, Summer Savory, Basil, Thyme, Rosemary, Marjoram)	Rice, onions, minced beef (9.5%), tomato puree, carrots, vegetable oil, green beans, potato, yoghurt, sugar, cornflour, garlic, curry powder, salt, pepper.	Rice (30%), Onion, Minced Beef (10%), Canned Tomato (Tomato, Tomato Juice, Citric Acid), Tomato Purée, Vegetable Oil, Mixed Bell Pepper, Brown Lentils (Brown Lentils, Salt), Carrot, Chicken Stock, Garlic, Sugar, Herb Mix, Cayenne Pepper, Ground Black Pepper, Colour (Caramel), Salt.	Wheat Spaghetti, Canned Tomato (Tomato, Tomato Juice, Citric Acid), Onions, Tomato Puree, Minced Beef (8.2%), Vegetable Oil, Cornflour, Sugar, Garlic, Italian Herb Mix (Oregano, Summer Savory, Basil, Thyme, Rosemary, Marjoram), Salt.	Dried Egg Noodles (55%) Freeze Dried Vegetables and Sauce (45%); Oriental Vegetable Mix (Bean Sprouts, Spring Onion, Green Beans, Red Sliced Peppers, Sweetcorn, Carrot Batons, Bamboo Shoots), Onions, Sweetcorn, Lentils, Bell Peppers, Vegetable Oil, Tomato Puree, Red Chilli Sauce (Red Chillies, Sugar, Garlic, Sunflower Oil, Lemon Juice, Ginger Puree, Lemongrass, Salt, Coriander), Cornflour, Garlic, Sugar, Salt.

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	Sweet & Sour Chicken with Rice	Vegetable Tikka with Rice	Hot Cereal Start with Mango High Energy Serving	Porridge with Strawberries High Energy Serving
SKU	004-0211	004-0209	004-0216	004-0201
Net Weight	173 grams / 6.10 ounces	148 grams / 5.22 ounces	186 grams / 6.56 ounces	165 grams / 5.82 ounces
Type	Chicken	Vegetarian	Breakfast	Breakfast
Serving Size	1	1	1	1
Servings per Container	1	1	1	1
Calories per serving	3,390 kJ / 808 kcal	3,381 kJ / 812 kcal	3,452 kJ / 822 kcal	3,370 kJ / 805 kcal
Total Fat per serving	33.2 g	53.3 g	30.9 g	37.1 g
Saturated Fat per serving	31.1 g	14.6 g	17.5 g	21.9 g
Protein per serving	22.3 g	13.0 g	34.9 g	18.3 g
Sodium per serving	0.1 g	0.4 g	0.3 g	0.1 g
Total Carbohydrates per serving	101.5 g	67.3 g	92.6 g	96.8 g
Dietary Fibre per serving	7.1 g	5.5 g	7.8 g	5.0 g
Sugars per serving	51.2 g	24.7 g	54.5 g	57.4 g
Vegetarian	No	Yes	Yes	Yes
May contain Nuts	No	Yes	No	No
Gluten Free	No	Yes	No	No
Dairy Free	Yes	No	No	No
Ingredients	Rice, Pineapple Juice , Chicken (9.5%), Onions, Tomato Puree, Malt Vinegar (from Barley), Sugar, Green Beans, Bell Pepper, Vegetable Oil, Cornflour, Garlic.	Rice (23%), Canned Tomato (Tomato, Tomato Juice, Citric Acid), Onions (12.8%), Peas (7.8%), Cream, Vegetable Oil, Sweetcorn (4.9%), Mixed Bell Pepper (4.9%), Sliced Green Beans (4.9%), Cauliflower (4.8%), Tomato Puree, Tikka Massala Curry Paste (Vegetable Oil, Water, Tomato Paste, Salt, Coriander, Turmeric, Sugar, Dried Onion, Garlic, Ginger, Lemon Juice, Desiccated Coconut, Maize Starch, Spices (Contains Mustard), Acetic Acid, Dried	Whole Milk Powder, Oats (38.7%), Sugar, Freeze Dried Diced Mango (3.2%).	Milk, Cream, Porridge Oats, Sugar, Freeze Dried Diced Strawberry (0.4%).

Expedition Foods: High Energy Meal Information

	Oats with Blueberries	Oats with Sultanas	Scrambled Eggs, Potato and Mixed Peppers
SKU	004-0235	004-0234	004-0230
Net Weight	180 grams / 6.34 ounces	180 grams / 6.34 ounces	175 grams / 6.17 ounces
Type	Breakfast	Breakfast	Breakfast
Serving Size	1	1	1
Servings per Container	1	1	1
Calories per serving	3,398 kJ / 813 kcal	3,366 kJ / 801 kcal	3,465 kJ / 828 kcal
Total Fat per serving	35.5 g	29.5 g	38.0 g
Saturated Fat per serving	21.1 g	17.3 g	15.9 g
Protein per serving	14.2 g	17.8 g	22.2 g
Sodium per serving	0.3 g	0.2 g	1.2 g
Total Carbohydrates per serving	119.9 g	110.7 g	92.9 g
Dietary Fibre per serving	21.8 g	7.9 g	12.7 g
Sugars per serving	51.7 g	40.1 g	10.5 g
Vegetarian	Yes	Yes	Yes
May contain Nuts	No	No	No
Gluten Free	No	No	No
Dairy Free	No	No	No
Ingredients	Whole Milk, Cream, Porridge Oats (16.4%), Sugar, Blueberries (3%)	Whole Milk, Cream, Porridge Oats (16.4%), Sugar, Sultanas (8.5%)	Fried Potato (75%) (Potato, Vegetable Oil, Dextrose (Wheat), Stabilizer (E450i)), Vegetable Oil, Black Pepper, Scrambled Egg (20%) (Pasteurised Whole Egg (66%), Vegetable Oil, Buttermilk Powder, Modified Starch, Salt, White Pepper Extract, Antioxidant (E330), Stabilizer (E415), Preservative (E270)), Mixed Peppers (5%)