













preparation instructions

Take the container out of the deep freeze. Pierce the plastic film in 4 spot.

HO.RE.CA. TRAY



standard oven

190°C/374°F HEATING TIME





microwave oven

1800watt HEATING TIME



NUTRITION INFO PER 100g								
ENERGY 656kJ 158kcal	FAT 11.2g	of which SATURATES 3.8 g	CARBOHYDRATES 3.9g	of which SUGARS 2.8g	FIBRE 0.7 g	PROTEINS 10.1g	SODIUM 416mg	SALT 1.04g
8*	16*	19*	1*	3*	-	20*	-	17*





Times are indicative and may vary depending on the oven used, temperature of the food should be at least $75^{\circ}C/167^{\circ}F$ throughout.

At the end of the heating time, remove the plastic film.

The product after reheating is kept warm at a temperature of over 60°C/140°F. AFTER THE INITIAL REHEATING DO NOT REHEAT

"% adult RI per 100g RI = Reference intake of an average adult (8400 kj / 2000 kcal)"