



ready to eat Greek meals cooked with traditional recipes and exceptional ingredients

KOBATSIARIS BROS S.A.

AMALTHEA







55 YEARS OF HISTORY AND EXPERIENCE IN CATERING SERVICES

Amalthea – Kobatsiaris Bros S.A. has been offering high quality catering services for more than 5 decades. Important and demanding public and private organizations all over Greece trust our company for their catering needs.

The Like Sunday meal range was developed after extensive Research and Development (R&D), focusing on the Mediterranean diet. It consists of a range of cook & chill, 60 traditional Greek exceptional meals, designed to meet the needs and desires of our customers. They offer a time - saving solution and convenience through serving high quality meals with natural ingredients and great taste, at competitive prices.

We carefully select ingredients from Greek producers, honoring our country's tradition and culinary history. Extra virgin olive oil, spices, legumes and fine vegetables from the fertile Greek lands and cheeses from local producers are some of the ingredients we are using in our recipes that have no preservatives and no additives!

We cook our meals in our state-of-the-art kitchen facilities, in our production units, both in Athens and Thessaloniki, ensuring that the strictest food hygiene and safety standards are followed.

Our recipes provide solutions to professionals in all sectors of mass catering, retail, food service companies, as well as the Ho.Re.Ca. sector, by selecting and designing the ideal menu with them to meet their needs.

COOK AND CHILL MEALS

- Ready to eat meals chilled and packed in modified atmosphere
- 28 days shelf life from production date
- Storage conditions: (0-5°C)





VEGETARIAN MOUSSAKA

INGREDIENTS

Potatoes, aubergines, full fat cow MILK, mushrooms, zucchini, sweet red peppers, 70% type flour (soft WHEAT flour, amylase, E300, E330), sunflower oil, frozen diced onion, liquid pasteurized whole EGG, extra virgin olive oil, water, grated KEFALOTYGI – hard CHEESE (pasteurized cow MILK, salt, lactic culture, rennet), feta CHEESE PDO (Greek pasteurized sheep and goat MILK, salt, lactic acid culture, rennet), salt, parsley, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), black ground pepper, nutmeg.

ALLERGENS STATEMENT

The product contains: MILK, GLUTEN, EGG.



For heating purposes pierce the plastic film in 4 spots and heat in a standard oven or microwave. Following the heating time remove the plastic film.

Temperature of the product should be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.

13.0g



HEATING TIME



Microwave oven

750watt



UTRITION INFO PER 100g	
	6.111

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

12.1g



751kl

181kcal





STUFFED AUBERGINES WITH **ONIONS IN TOMATO SAUCE**

(IMAM) **INGREDIENTS**

Aubergines, onion, tomato, water, extra virgin olive oil, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), tomato paste, parsley, salt, garlic, sugar, black ground pepper, laurel leaves.





NUTRIT	ION INF	O PER 100g				
ENERGY 341kJ 82kcal	FAT 4.9 g	of which SATURATES 0.7 g	CARBOHYDRATES 6.5 g	of which SUGARS 5.3 g	PROTEINS 1.3g	SALT 0.71 g
4*	7*	3*	2*	6*	3*	12*

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









GREEN PEAS

INGREDIENTS

Frozen green peas, water, extra virgin olive oil, frozen diced onion, frozen diced carrots, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), tomato paste, dill, salt, garlic, sugar, black ground pepper.



HO.RE.CA TRAY



Preparation and heating instructions

For heating purposes pierce the plastic film in **4 spots** and heat in a standard oven Following the heating time remove the plastic film. Temperature of the product should be at least 75°C/167°F throughout.
The product is consumed warm at a temperature of 60°C/140°F.



Standard

170°C HEATING TIME





Microwave

750watt HEATING TIME





NUTRIT	NUTRITION INFO PER 100g										
ENERGY 391kJ 94kcal	FAT 6.8 g	of which SATURATES 2.8 g	CARBOHYDRATES 3.5g	of which SUGARS 3.1 g	PROTEINS 3.1g	SALT 0.67 g					
5*	10*	14*	1*	3*	6*	11*					









STUFFED AUBERGINES WITH ONIONS AND

FETA CHEESE IN TOMATO SAUCE

(IMAM WITH FETA CHEESE)

INGREDIENTS

Aubergines, onion, tomato, water, extra virgin olive oil, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), feta CHEESE PDO (pasteurized sheep and goat MILK, salt, lactic acid culture, rennet), tomato paste, parsley, salt, garlic, sugar, black ground pepper, laurel leaves.

ALLERGENS STATEMENT

The product contains: MILK.



For heating purposes pierce the plastic film in **4 spots** and heat in a standard oven or microwave. Following the heating time remove the plastic film.

Temperature of the product should be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.





Microwave oven

RETAIL TRAY HO.RE.CA TRAY

750 watt	
HEATING TIME	3'-4'

NUTRITION INFO PER 100g									
ENERGY 592kJ 143kcal	FAT 13.2 g	of which SATURATES 1.7g	CARBOHYDRATES 4.3g	of which SUGARS 3.8 g	PROTEINS 1.7g	SALT 0.66 g			
7*	19*	9*	2*	4*	3*	11*			









MIXED VEGETABLE **CASSEROLE**

INGREDIENTS

Fresh potatoes, aubergines, zucchini, carrot, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), extra virgin olive oil, green pepper, onions, sweet red peppers, tomato paste, parsley, sugar, spearmint, salt, garlic, dill, black ground pepper.



RETAIL TRAY HO.RE.CA TRAY



NUTRITION INFO PER 100g SATURATES CARBOHYDRATES **477**kJ **7.6**g 1.1g 8.8g **3.3**g 1.6g 0.68g 115kcal

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









SPINACH WITH RICE

INGREDIENTS

Frozen spinach, water, frozen onions, extra virgin olive oil, rice, dill, fresh lemon juice, salt, corn flour, garlic, black ground pepper.



HO.RE.CA TRAY



Preparation and heating instructions

the plastic film in 4 spots and heat in a standard oven

Following the heating time remove the plastic film. Temperature of the product should be at least 75°C/167°F throughout.
The product is consumed warm at a temperature of 60°C/140°F.



Standard

170°C HEATING TIME





Microwave

750watt HEATING TIME



SERVING SUGGESTION
SERVING

NUTRIT	NUTRITION INFO PER 100g											
ENERGY 400kJ 96kcal	FAT 7.1 g	of which SATURATES 1.0 g	CARBOHYDRATES 5.7 g	of which SUGARS 1.4 g	PROTEINS 1.7g	SALT 1.46 g						









GREEN PEPPERS STUFFED WITH **FETA CHEESE**

INGREDIENTS

Green sweet peppers, feta CHEESE PDO (Greek pasteurized sheep and goat MILK, salt, lactic acid culture, rennet), tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), tomato paste, extra virgin olive oil, frozen diced onion, spearmint, parsley, sugar, salt, garlic, dried basil, black ground pepper.

ALLERGENS STATEMENT

The product contains: MILK.



For heating purposes pierce the plastic film in **4 spots** and heat in a standard oven or microwave. Following the heating time remove

the plastic film. Temperature of the product should be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.



170°C HEATING TIME



RETAIL TRAY HO.RE.CA TRAY



Microwave oven

750watt HEATING TIME



NUTRITION INFO PER 100g

ENERGY 504kJ 121kcal	FAT 8.4 g	of which SATURATES 4.6 g	CARBOHYDRATES 4.9g	of which SUGARS 4.7 g	PROTEINS 5.7g	SALT 1.30g
6*	12*	22*	2*	5*	11*	21*









GREEN BEANS CASSEROLE

INGREDIENTS

Frozen green beans, fresh potatoes, frozen onions, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), carrots, extra virgin olive oil, tomato paste, parsley, salt, sugar, garlic, black ground



HO.RE.CA TRAY

1.39g



NUTRITION INFO PER 100g CARBOHYDRATES **419**kJ **6.5**g **0.9**g **7.5**g 1.6g 101kcal

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









GABBAGE WITH RICE

INGREDIENTS

Cabbage, water, frozen diced onion, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), rice, extra virgin olive oil, salt, sugar, black ground pepper, parsley.



RETAIL TRAY HO.RE.CA TRAY



Preparation and heating instructions

For heating purposes pierce the plastic film in **4 spots** and heat in a standard oven Following the heating time remove the plastic film. Temperature of the product should be at least 75°C/167°F throughout.
The product is consumed warm at a temperature of 60°C/140°F.



Standard

170°C HEATING TIME





Microwave

750watt HEATING TIME





NUTRITION INFO PER 100g											
ENERGY 413kJ 99kcal	FAT 3.5 g	of which SATURATES 0.5 g	CARBOHYDRATES 13.3g	of which SUGARS 8.2 g	PROTEINS 1.8g	SALT 0.92 g					
5*	5*	3*	5*	9*	4*	15*					









STUFFED TOMATOES AND PEPPERS WITH **RICE AND OVEN BAKED POTATOES**

INGREDIENTS

Rice-stuffed tomatoes & peppers: Tomatoes, green peppers, rice, water, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), extra virgin olive oil, tomato paste, frozen onions, parsley, salt, mint, dill, garlic, sugar, black ground pepper. Baked potatoes: fresh potatoes, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), extra virgin olive oil, salt, sugar, black ground pepper.





the plastic film.

For heating purposes pierce the plastic film in **4 spots** and heat in a standard oven or microwave. Following the heating time remove

Temperature of the product should be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.



Standard

170°C HEATING TIME





Microwave oven

750watt HEATING

TIME





NUTRITION INFO PER 100g

ENERGY 993kJ 238kcal	FAT 14.0 g	of which SATURATES 2.1 g	CARBOHYDRATES 23.2g	of which SUGARS 5.8 g	PROTEINS 2.7g	SALT 0.96 g
11*	20*	10*	9*	6*	5*	16*









CHICKPEAS SOUP

INGREDIENTS

Water, chickpeas, frozen diced onion, extra virgin olive oil, MUSTARD (water, MUSTARD SEEDS, vinegar, sugar, salt, natural coloring: curcumin, stabilizers: xanthan gum, aromatic compounds) natural lemon juice, garlic, salt, corn starch, dill, black ground pepper, laurel leaves.

RETAIL TRAY

HO.RE.CA TRAY

ALLERGENS STATEMENT

The product contains: MUSTARD.



NUTRIT	ION INF	O PER 100g				
ENERGY 589kJ 141kcal	FAT 7.9 g	of which SATURATES 1.1g	CARBOHYDRATES 11.7g	of which SUGARS 1.5 g	PROTEINS 4.3g	SALT 1.01g
7*	11*	6*	5*	2*	9*	17*

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









WHITE BEAN SOUP **INGREDIENTS**

Preparation and heating 'instructions

the plastic film in 4 spots and heat in a standard oven

Following the heating time remove the plastic film. Temperature of the prod-

uct should be at least 75°C/167°F throughout.
The product is consumed warm at a temperature of 60°C/140°F.

Standard

Microwave

SSS **170°**C **HEATING** TIME

750watt HEATING TIME

Water, white beans, carrots, frozen diced onions, extra virgin olive oil, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), tomato paste, CELERY, salt, black ground pepper, sugar.



RETAIL TRAY HO.RE.CA TRAY

ALLERGENS STATEMENT

The product contains: CELERY.



NUTRITION INFO PER 100g										
ENERGY 468kJ 113kcal	FAT 6.1 g	of which SATURATES 1.2g	CARBOHYDRATES 7.0 g	of which SUGARS 0.6 g	PROTEINS 4.3g	SALT 0.60 g				
6*	9*	6*	3*	1*	9*	9*				













GIANT BEANS IN TOMATO SAUCE

INGREDIENTS

Water, giant beans, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), frozen diced onion, extra virgin olive oil, tomato paste, salt, dill, parsley, sugar, garlic, black ground pepper, oregano.



RETAIL TRAY HO.RE.CA TRAY



NUTRITION INFO PER 100g SATURATES CARBOHYDRATES **525**kJ 1.4g 8.1g **0.8**g **4.9**g **0.71**g **7.1**g **126**kcal

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











LENTIL SOUP

INGREDIENTS

Water, lentils, frozen diced onion, extra virgin olive oil, tomato paste, salt, garlic, oregano, black ground pepper, laurel leaves.



RETAIL TRAY HO.RE.CA TRAY



Preparation and heating ' instructions

For heating purposes pierce the plastic film in **4 spots** and heat in a standard oven Following the heating time remove the plastic film.

Temperature of the prod-

retriberative of the product should be at least 75°C/167°F throughout.

The product is consumed warm at a temperature of 60°C/140°F.



Standard

170°C HEATING TIME





Microwave over

750watt **HEATING** TIME





NUTRITION INFO PER 100g										
ENERGY 401kJ 97kcal	FAT 5.2 g	of which SATURATES 1.2g	CARBOHYDRATES 4.2g	of which SUGARS <0.5g	PROTEINS 5.5g	SALT 0.79 g				
E4	74	C+	20	.10	110	120				











MOUSSAKA WITH FETA CHEESE

INGREDIENTS

Minced meat sauce: frozen beef minced meat, water, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), frozen diced onion, tomato paste, extra virgin olive oil, feta CHEESE PDO (pasteurized sheep and goat MILK, salt, lactic acid culture, rennet), salt, parsley, garlic, sugar, black ground pepper, nutmeg, laurel leaves. Béchamel crème: full fat cow MILK, 70% type flour (soft WHEAT flour, amylase, E300, E330), sunflower oil, pasteurized whole EGG, salt, nutmeg, black ground pepper. Aubergines: aubergines, sunflower oil. Potatoes: potatoes, sunflower oil. Coating: grated KEFALOTYRI - hard CHEESE (pasteurized cow MILK, salt, lactic culture, rennet).

ALLERGENS STATEMENT

The product contains: MILK, GLUTEN, EGG.



Preparation and heating instructions

For heating purposes pierce the plastic film in 4 spots and heat in a standard oven or microwave. Following the heating time remove the plastic film.

Temperature of the product should be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.



Standard

170°C HEATING TIME



RETAIL TRAY HO.RE.CA TRAY



Microwave



HEATING



750watt TIME

NUTRITION INFO PER 100g

ENERGY 793kJ 191kcal	FAT 13.0g	of which SATURATES 3.0g	CARBOHYDRATES 11.3g	of which SUGARS 3.6 g	PROTEINS 6.3g	SALT 0.93 g
9*	19*	15*	4*	4*	13*	15*





TRADITIONAL GREEK MEATBALLS IN TOMATO SAUCE (SOUTZOUKAKIA) WITH

OVEN BAKED POTATOES

INGREDIENTS

Traditional meatballs in tomato sauce: frozen meatballs [beef minced meat, pork minced meat, ground WHEAT rusk, water, onion, salt, black ground pepper, cumin, oregano, garlic powder, seasoning (salt, maltodextrin, aromatic compounds, spices), tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), frozen diced onion, tomato paste, extra virgin olive oil, water, sugar, salt, black ground pepper, garlic, basil. Baked potatoes: fresh potatoes, extra virgin olive oil, mustard (water, MUSTARD SEEDS, vinegar, sugar, salt, natural coloring: curcumin, stabilizer: xanthan gum, aromatic compounds), natural lemon juice, garlic, salt, oregano, black ground pepper.



RETAIL TRAY HO.RE.CA TRAY



AUTOTO NAME OF THE

NOTATION IN O LET 1005									
ENERGY 658kJ 158kcal	FAT 9.2 g	of which SATURATES 2.7g	CARBOHYDRATES 13.1g	of which SUGARS 3.2g	PROTEINS 5.0g	SALT 1.45g			
8*	13*	14*	5*	4*	10*	24*			

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



SCAN ME



Preparation and heating instructions

For heating purposes pierce the plastic film in 4 spots and heat in a standard oven or microwave.

Following the heating time remove the plastic film.

remove the plastic film. Temperature of the product should be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.



Standard oven

170°C HEATING





Microwave oven

750watt
HEATING
TIME



SPAGHETI BOLOGNESE

INGREDIENTS

Boiled spaghetti pasta: water, SPAGHETTI made by durum WHEAT semolina flour, extra virgin olive oil, salt. Bolognese sauce: frozen beef minced meat, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), frozen diced onion, water, tomato paste, extra virgin olive oil, salt, sugar, corn flour, garlic, black ground pepper, laurel leaves.



ALLERGENS STATEMENT

The product contains: GLUTEN.

RETAIL TRAY HO.RE.CA TRAY



NUTRITI	ON INF	O PER 100g				
ENERGY 676kJ 161kcal	FAT 6.3 g	of which SATURATES 1.6g	CARBOHYDRATES 19.4g	of which SUGARS 2.6 g	PROTEINS 6.1g	SALT 0.52 g
8*	9*	8*	8*	2*	12*	8*









AUBERGINES WITH MINCED MEAT AND **BÉCHAMEL CREAM**

(PAPOUTSAKI)

INGREDIENTS

Aubergines, full fat cow MILK, frozen beef minced meat, water, sunflower oil, 70% type flour (soft WHEAT flour, amylase, E300, E330), frozen diced onion, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), liquid pasteurized whole EGG, grated KEFALOTYRI - hard CHEESE (pasteurized cow MILK, salt, lactic acid culture, rennet), tomato paste, extra virgin olive oil, grated WHEAT rusk (WHEAT flour, salt, yeast), salt, parsley, garlic, sugar, nutmeg, black ground pepper, laurel leaves.

ALLERGENS STATEMENT

The product contains: MILK, GLUTEN, EGG. The product may contain traces of: SOY, SESAME, MUSTARD, CELERY, NUTS WITH OUTER SHELL.



For heating purposes pierce the plastic film in 4 spots and heat in a standard oven or microwave. Following the heating time remove the plastic film.

Temperature of the product should be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.





Microwave

750_W HEATII TIME



RETAIL TRAY HO.RE.CA TRAY

vatt	
NG	3'-4'

ı	NUTRITION INFO PER 100g									
	ENERGY 722kJ 174kcal	FAT 13.2g	of which SATURATES 3.0 g	CARBOHYDRATES 7.7g	of which SUGARS 2.9g	PROTEINS 5.1g	SALT 0.99 g			
	9*	19*	15*	3*	3*	10*	17*			





PORK IN LEMON SAUCE WITH RICE

INGREDIENTS

Pork in lemon sauce: frozen pork shoulder, frozen diced onion, water, extra virgin olive oil, carrot, mustard (water, MUSTARD SEEDS, vinegar, sugar, salt, natural coloring: curcumin, stabilizer: xanthan gum, aromatic compounds), salt, 70% type flour (soft WHEAT flour, amylase, E300, E330), natural lemon juice, garlic, oregano, black ground pepper, laurel leaves. Rice: water, rice, frozen diced vegetable mix (green peas, carrots, green beans, flambe peppers, corn), extra virgin olive oil, MUSTARD (water, MUSTARD SEEDS, vinegar, sugar, salt, natural coloring: curcumin, stabilizers: xanthan gum, aromatic compounds), salt, black ground pepper, laurel leaves.

ALLERGENS STATEMENT

The product contains: MUSTARD, GLUTEN.



Preparation and heating instructions

For heating purposes pierce the plastic film in 4 spots and heat in a standard oven or microwave. Following the heating time remove the plastic film.

Temperature of the product should be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.





Microwave

750watt

HEATING TIME



RETAIL TRAY HO.RE.CA TRAY

NUTRITION INFO PER 100g										
ENERGY 734kJ 176kcal	FAT 8.9 g	of which SATURATES 2.6 g	CARBOHYDRATES 13.9g	of which SUGARS 0.8g	PROTEINS 9.9g	SALT 0.78 g				
8*	12*	13*	5*	<1*	20*	13*				







BEEF IN TOMATO SAUCE WITH GREEN PEAS

INGREDIENTS

Frozen beef meat, frozen green peas, water, frozen diced onion, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), extra virgin olive oil, tomato paste, frozen diced carrots, dill, salt, sugar, garlic, black ground pepper, laurel leaves.





For heating purposes pierce the plastic film in **4 spots** and heat in a standard oven or microwave. Following the heating time remove the plastic film.

Temperature of the product should be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.



Standard

170°C HEATING TIME





Microwave

750watt HEATING TIME



NUTRITION INFO PER 100g

ENERGY 554kJ 133kcal	FAT 8.0 g	of which SATURATES 2.7g	CARBOHYDRATES 2.0g	of which SUGARS 1.6g	PROTEINS 12.0g	SALT 0.80 g
7*	11*	13*	1*	2*	24*	13*







BEEF IN TOMATO SAUCE WITH SPAGHETTI

INGREDIENTS

Boiled spaghetti: water, durum WHEAT semolina flour, extra virgin olive oil, salt. Beef in tomato sauce: frozen beef meat, water, frozen diced onion, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), tomato paste, extra virgin olive oil, salt, sugar, garlic, black ground pepper, laurel leaves.

ALLERGENS STATEMENT

The product contains: GLUTEN.



RETAIL TRAY HO.RE.CA TRAY



NUTRIT	NUTRITION INFO PER 100g									
ENERGY 853kJ 204kcal	FAT 11.7g	of which SATURATES 3.2g	CARBOHYDRATES 13.5g	of which SUGARS 1.7g	PROTEINS 10.6g	SALT 0.96 g				
10*	17*	16*	5*	2*	21*	16*				

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







heating instructions

the plastic film in 4 spots and heat in a standard oven



Standard

170°C TIME





Microwave

750watt TIME



TRADIDIONAL GREEK MEATBALLS IN TOMATO SAUCE WITH RICE (SOUTZOUKAKIA)

INGREDIENTS

Traditional Greek meatballs in tomato sauce: frozen meatballs (beef minced meat. pork minced meat, ground WHEAT rusk, water, onion, salt, black ground pepper, cumin, oregano, garlic powder, seasoning (salt, maltodextrin, aromatic compounds, spices), tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), frozen diced onion, tomato paste, extra virgin olive oil, water, sugar, salt, black ground pepper, garlic, basil. Boiled rice: water, rice, frozen vegetables mix (green peas, carrots, green beans, flambe peppers, corn), extra virgin olive oil, mustard (water, MUSTARD SEEDS, vinegar, sugar, salt, natural coloring: curcumin, stabilizers: xanthan gum, aromatic compounds), salt, black ground pepper, laurel leaves.



HO.RE.CA TRAY



The product contains: GLUTEN, MUSTARD.

The product may contain traces of: MILK, EGG, SESAME, SOY.

NUTRIT	ION INF	O PER 100g				
ENERGY 658kJ 157kcal	FAT 8.4 g	of which SATURATES 2.9g	CARBOHYDRATES 13.1g	of which SUGARS 1.9g	PROTEINS 7.2g	SALT 1.20 g
7*	12*	14*	5*	2*	15*	20*





PASTITSIO

INGREDIENTS

Minced meat sauce: frozen minced beef meat, frozen diced onion, pasteurized whole EGG, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), extra virgin olive oil, feta CHEESE PDO (pasteurized sheep and goat MILK, salt, lactic culture, rennet), grated KEFALOTYRI - hard CHEESE (pasteurized cow MILK, salt, lactic culture, rennet), tomato paste, water, salt, sugar, garlic, parsley, nutmeg, black ground pepper, laurel leaves. Béchamel crème: full fat cow MILK, 70% type flour (soft WHEAT flour, amylase, E300, E330), sunflower oil, pasteurized whole EGG, salt, nutmeg, black ground pepper. Pasta: water, thick macaroni (durum WHEAT semolina, water), sunflower oil, salt. Coating: grated KEFALOTYRI - hard CHEESE (pasteurized cow MILK, salt, lactic culture, rennet).

ALLERGENS STATEMENT

The product contains: MILK, GLUTEN, EGG



Preparation and heating instructions

For heating purposes pierce the plastic film in 4 spots and heat in a standard oven or microwave. Following the heating time remove the plastic film.

Temperature of the product should be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.



Standard

170°C HEATING TIME



RETAIL TRAY

HO.RE.CA TRAY



Microwave

750watt HEATING

TIME

	•
^ 3'-4'	

NUTRITION INFO PER 100g										
ENERGY 697kJ 167kcal	FAT 10.6g	of which SATURATES 3.3 g	CARBOHYDRATES 9.1g	of which SUGARS 2.1g	PROTEINS 8.2g	SALT 0.87 g				
0.0	0.00	4.74	4.6							





PORK STEW WITH **LEEK AND CELERY**

INGREDIENTS

Frozen pork shoulder, leek, CELERY, frozen diced onion, extra virgin olive oil, MUSTARD (water, MUSTARD SEEDS, vinegar, sugar, salt, natural coloring: curcumin, stabilizer: xanthan gum, aromatic compounds), liquid pasteurized whole EGG, salt, natural lemon juice, corn flour, garlic, black ground pepper.

ALLERGENS STATEMENT

The product contains: CELERY, MUSTARD, EGG.



For heating purposes pierce the plastic film in 4 spots and heat in a standard oven or microwave. Following the heating time remove the plastic film.

Temperature of the product should be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.



RETAIL TRAY HO.RE.CA TRAY



Microwave oven

750watt HEATING TIME

NUTRITION INFO PER 100g											
ENERGY 766kJ 184kcal	FAT 13.8g	of which SATURATES 3.9g	CARBOHYDRATES 1.9g	of which SUGARS 1.1g	PROTEINS 12.6g	SALT 1.06 g					
9*	20*	19*	1*	1*	25*	17*					







CHICKEN FILLET IN MUSTARD SAUCE WITH OVEN BAKED **POTATOES**

INGREDIENTS

Chicken fillet in mustard sauce: frozen chicken breast fillet, extra virgin olive oil, mustard (water, MUSTARD SEEDS, vinegar, sugar, salt, natural coloring: curcumin, stabilizer: xanthan gum, aromatic compounds), natural lemon juice, corn flour, salt, black ground pepper, oregano. Oven baked potatoes: fresh potatoes, extra virgin olive oil, mustard (water, MUSTARD SEEDS, vinegar, sugar, salt, natural coloring: curcumin, stabilizers: xanthan gum, aromatic compounds), natural lemon juice, garlic, salt, oregano, black ground pepper.

ALLERGENS STATEMENT

The product contains: MUSTARD.



For heating purposes pierce the plastic film in **4 spots** and heat in a standard oven or microwave. Following the heating time remove the plastic film.

Temperature of the product should be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.





Microwave



RETAIL TRAY

750 watt	1
HEATING TIME	3'-4'

NUTRIT	NUTRITION INFO PER 100g										
ENERGY 664kJ 158kcal	FAT 6.8 g	of which SATURATES 1.1g	CARBOHYDRATES 9.4g	of which SUGARS 1.1g	PROTEINS 14.3g	SALT 1.20g					
8*	10*	6*	4*	1*	29*	20*					







CHICKEN FILLET IN MUSTARD SAUCE WITH RICE

INGREDIENTS

Chicken fillet in mustard sauce: frozen chicken breast fillet, extra virgin olive oil, mustard (water, MUSTARD SEEDS, vinegar, sugar, salt, natural coloring: curcumin, stabilizer: xanthan gum, aromatic compounds), natural lemon juice, corn flour, salt, black ground pepper, oregano. Boiled rice: water, rice, frozen vegetables mix (green peas, carrots, green beans, flambe peppers, corn), extra virgin olive oil, mustard (water, MUSTARD SEEDS, vinegar, sugar, salt, natural coloring: curcumin, stabilizers: xanthan gum, aromatic compounds), salt, black ground pepper, laurel leaves.



RETAIL TRAY HO.RE.CA TRAY



NUTRIT	NUTRITION INFO PER 100g										
ENERGY 668kJ 159kcal	FAT 5.8 g	of which SATURATES 0.9 g	CARBOHYDRATES 14.3g	of which SUGARS <0.5g	PROTEINS 11.9g	SALT 0.73 g					
7*	8*	4*	5*	<1*	24*	12*					

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









Preparation and heating instructions

For heating purposes pierce the plastic film in **4 spots** and heat in a standard oven or microwave.

Following the heating time remove the plastic film. Temperature of the product should be at least 75°C/167°F throughout. The product is consumed with the product is consumed for C/140°C.



Standard Oven

170°C HEATING





Microwave oven

750watt HEATING TIME



TRADITIONAL GREEK MEATBALLS IN TOMATO SAUCE WITH MASH POTATOES (SOUTZOUKAKIA)

INGREDIENTS

Traditional Greek meatballs in tomato sauce: frozen meatballs (beef minced meat, pork minced meat, ground WHEAT rusk, water, onion, salt, black ground pepper, cumin, oregano, garlic powder, seasoning (salt, maltodextrin, aromatic compounds, spices), tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), frozen diced onion, tomato paste, extra virgin olive oil, water, sugar, salt, black ground pepper, garlic, basil. Mashed potatoes: Full fat cow MILK, water, mash potato powder, extra virgin olive oil, salt, black ground pepper, nutmeq.



RETAIL TRAY HO.RE.CA TRAY



The product may contain traces of: MUSTARD, EGG, SESAME, SOY.

NUTRIT	ION INF	O PER 100g				
ENERGY 618kJ 148kcal	FAT 8.9 g	of which SATURATES 3.1 g	CARBOHYDRATES 11.2g	of which SUGARS 4.0g	PROTEINS 5.4g	SALT 1.45 g
7*	13*	16*	4*	4*	11*	24*





CHICKEN SOUP

INGREDIENTS

Water, frozen chicken breast fillet, frozen diced onion, carrots, rice, natural lemon juice, extra virgin olive oil, salt, corn flour, black ground pepper.



RETAIL TRAY HO.RE.CA TRAY



NUTRITION INFO PER 100g

ENERGY 219kJ 52kcal	FAT 1.5 g	of which SATURATES 0.3 g	CARBOHYDRATES 3.0g	of which SUGARS 0.9 g	PROTEINS 6.5g	SALT 0.88 g
3*	2*	2*	3*	1*	13*	15*

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







BEEF SOUP

INGREDIENTS

Beef meat (frozen), water, fresh potatoes, carrots, CELERY, corn flour, natural lemon juice, extra virgin olive oil, salt, black ground pepper.

ALLERGENS STATEMENT

The product contains: CELERY.

instructions

SSS 170°C TIME







NUTRITION INFO PER 100g

ENERGY 451kJ 108kcal	FAT 7.0 g	of which SATURATES 2.6 g	CARBOHYDRATES 2.4g	of which SUGARS 0.4 g	PROTEINS 8.6g	SALT 0.88 g
5*	10*	13*	1*	1*	17*	15*









PERCH FILLET IN LEMON SAUCE WITH RICE

INGREDIENTS

Perch fillet in lemon sauce: frozen PERCH fillet, mustard (water, MUSTARD SEED, vinegar, sugar, salt, natural pigment: curcumin, stabilizer: xanthan gum, aromatic substances), extra virgin olive oil, corn flour, salt, natural lemon juice, parsley, sweet paprika, black ground pepper, oregano. Boiled rice: water, rice, frozen vegetables mix (green peas, carrots, green beans, flambe peppers, corn), extra virgin olive oil, mustard (water, MUSTARD SEEDS, vinegar, sugar, salt, natural coloring: curcumin, stabilizers: xanthan gum, aromatic compounds), salt, black ground pepper, laurel leaves.

ALLERGENS STATEMENT

The product contains: CONTAINS FISH, MUSTARD. The product may contain traces of: MOLLUSKS, CRUSTACEANS.



For heating purposes pierce the plastic film in 4 spots and heat in a standard oven or microwave. Following the heating time remove

the plastic film. Temperature of the product should

be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.



Microwave oven

750watt HEATING



RETAIL TRAY HO.RE.CA TRAY

NUTRITION INFO PER 100g									
ENERGY 534kJ 127kcal	FAT 3.8 g	of which SATURATES 0.6 g	CARBOHYDRATES 13.0g	of which SUGARS <0.5g	PROTEINS 10.0g	SALT 1.10g			
6*	5*	3*	5*	<1*	20*	18*			







OCTOPUS STEW

INGREDIENTS

Frozen baby onions, frozen OCTAPUS, (OCTAPUS, water, acidity regulator: sodium citrate), tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), frozen diced onions, extra virgin olive oil, tomato paste, salt, corn flour, dill, sugar, garlic, black ground pepper, laurel leaves.

ALLERGENS STATEMENT

The product contains: MOLLUSKS.

The product may contain traces of: FISH, CRUSTACEANS.



RETAIL TRAY HO.RE.CA TRAY



NUTRITION INFO PER 100g CARBOHYDRATES 242kJ **2.5**g **0.4**g **3.5**g **4.9**g 1.50g 58kcal

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







SCAN ME

INGREDIENTS

Preparation and

heating instructions

Standard

Microwave

SSS 170°C **HEATING** TIME

750watt **HEATING** TIME

Water, frozen perch fillet, fresh potatoes, carrot, frozen diced onion, CELERY, extra virgin olive oil, salt, natural lemon juice, corn flour, garlic, black ground pepper.

ALLERGENS STATEMENT

FISH SOUP

The product contains: FISH, CELERY.

The product may contain traces of: MOLLUSKS, CRUSTACEANS.



RETAIL TRAY HO.RE.CA TRAY



NUTRIT	NUTRITION INFO PER 100g									
ENERGY 439kJ 105kcal	FAT 5.5 g	of which SATURATES 0.8 g	CARBOHYDRATES 7.3 g	of which SUGARS 3.8 g	PROTEINS 6.5 g	SALT 0.93 g				
5*	7*	4*	3*	4*	13*	15*				







SALMON FILLET IN LEMON SAUCE **WITH RICE**

INGREDIENTS

Salmon in lemon sauce: frozen salmon fillet, mustard (water, MUSTARD SEEDS, vinegar, sugar, salt, natural coloring: curcumin, stabilizer: xanthan gum, aromatic compounds), extra virgin olive oil, natural lemon juice, corn flour, salt, dill, sweet paprika, black ground pepper, oregano. Boiled rice: water, rice, frozen vegetables mix (green peas, carrots, green beans, flambe peppers, corn), extra virgin olive oil, mustard (water, MUSTARD SEEDS, vinegar, sugar, salt, natural coloring: curcumin, stabilizers: xanthan gum, aromatic compounds), salt, black ground pepper, laurel leaves.

ALLERGENS STATEMENT

The product contains: FISH, MUSTARD.

The product may contain traces of: MOLLUSKS, CRUSTACEANS.



and heating

For heating purposes pierce the plastic film in 4 spots and heat in a standard oven or microwave. Following the heating time remove the plastic film.

Temperature of the product should be at least 75°C/167°F throughout. The product is consumed warm at a temperature of 60°C/140°F.



Standard

170°C HEATING TIME



RETAIL TRAY

HO.RE.CA TRAY





Microwave oven

750watt HEATING TIME



NUTRITION INFO PER 100g										
ENERGY 686kJ 164kcal	FAT 8.4 g	of which SATURATES 1.4g	CARBOHYDRATES 12.8g	of which SUGARS <0.5g	PROTEINS 9.1g	SALT 1.0 g				
8*	12*	7*	5*	<1*	18*	17*				









WHOLE GRAIN PASTA WITH VEGETABLE SAUCE

INGREDIENTS

Pasta: water, whole WHEAT semolina spaghetti, extra virgin olive oil, salt. Vegetable sauce: tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), zucchini, water, carrot, pepper, mushrooms, frozen diced onion, extra virgin olive oil, tomato paste, sugar, garlic, salt, corn flour, basil, black ground pepper.

ALLERGENS STATEMENT

The product contains: GLUTEN.



RETAIL TRAY



ENERGY 604kJ 144kcal	FAT 5.6 g	of which SATURATES 0.8 g	CARBOHYDRATES 17.9g	of which SUGARS 2.3 g	PROTEINS 3.7 g	SALT 1.09 g
7*	8*	4*	7*	3*	7*	18*

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









Preparation and heating instructions

the plastic film in **4 spots** and heat in a standard oven

60°C/140°F



170°C HEATING





750watt



CEREAL LINGUINE WITH VEGETABLE SAUCE

INGREDIENTS

Linguine: water, 5 cereals pasta (durum WHEAT semolina, OAT flour, maize flour, BARLEY flour, DINKEL flour, water), extra virgin olive oil, salt. Vegetable sauce: tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), zucchini, water, carrot, pepper, mushrooms, frozen diced onion, extra virgin olive oil, tomato paste, sugar, garlic, salt, corn flour, basil, black ground pepper.



ALLERGENS STATEMENT

The product contains: GLUTEN.

RETAIL TRAV HO.RE.CA TRAY



NUTRITION INFO PER 100g CARBOHYDRATES PROTFINS SALT **639**kJ **5.5**g **20.5**g 1.09g 152kcal









PACKAGING & PALLETISATION



RETAIL TRAY



CPET CONTAINER*
Net weight: 330g, 350g, 400g
Dimensions (LxWxH):
18.7cm x 13.7cm x 5.0cm



CARTON BOX
Contains: 12 CPET containers
Dimensions (LxWxH):
39.0cm x 28.6cm x 18.0cm



PALLET (EURO PALLET)
Contains: 80 carton boxes
Dimensions (LxW):
1.2m x 0.8m



HO.RE.CA. TRAY



CPET CONTAINER*
Net weight: 1.8-3 kg
Dimensions (LxWxH):
32.5cm x 26.5cm x 6.0cm



CARTON BOX
Contains: 3 CPET containers
Dimensions (LxWxH):
34.0cm x 28.0cm x 21.0cm



PALLET (EURO PALLET)
Contains: 72 carton boxes
Dimensions (LxWxH):
1.2m x 0.8m



STORAGE CONDITIONS

Keep frozen at ≤-5°C



SUITABLE FOR

It can be consumed by all consumer groups except for children under the age of one and people who are allergic or intolerant to its ingredients.



PRODUCT SHELF LIFE

28 days shelf life from production date in storage conditions 0-5°C. After opening the package, keep the product refrigerated at ≤-5°C for two days (without exceeding the indicated final use by date).



PACKAGING DETAILS

Packaged in food-grade CPET plastic containers sealed with plastic film PET/ EVOH/PA/PP in modified atmosphere using a mixture of nitrogen gases and carbon dioxide



PACKAGING DETAILS/ LABELLING

According to Regulation (EU) No 1169/2011 and its amendments & Regulation (USA) 21 CFR Part 101

HEALTH AND SAFETY STANDARDS HELP US COOK WITH PROFESSIONALISM, WITHOUT COMPROMISING OUR VALUES FOR HIGH QUALITY AND GREAT TASTE.

The Company holds certifications for the following standards:

ISO 22000 for the Food Safety Management systems applied to the Production Units in Assiros - Thessaloniki and in Acharnes - Athens (certified by EQA Hellas S.A.).

ISO 22005 for the food traceability Management systems applied to the Production Units in Assiros - Thessaloniki and in Acharnes - Athens (certified by EQA Hellas S.A.)

ISO 9001 for the Quality Management systems applied to the Company and to the Production Units in Assiros - Thessaloniki and in Acharnes - Athens (certified by EQA Hellas S.A.).

ISO 9001 for the Quality Management system with scope Catering Services of KOMPATSIARI BROS SA (certified by EQA Hellas S.A,)

ISO 14001 for the Environmental Management systems applied to the Production Units in Assiros-Thessaloniki and in Acharnes - Athens (certified by TUV HELLAS (TUV NORD) S.A.).

ISO 45001 for the Occupational Health and Safety Management systems applied to the Production Units in Assiros - Thessaloniki and in Acharnes - Athens (certified by TUV HELLAS (TUV NORD) S.A.).

ISO/IEC 27001 for the Information Security Management System with scope Catering Services of KOMPATSIARI BROS SA (certified by EQA Hellas S.A.)

ISO 37001 for the Management System against Bribery with scope Catering Services of KOMPATSIARI BROS SA (certified by EQA Hellas S.A.)

IFS FOOD for Food Safety based on the International standards in the unit of Assiros -Thessaloniki (certified by TUV NORD S.A.). GR

HALAL for the production, packaging and distribution of meals produced with methods and HALAL materials from the North Greece and South Greece production units (certified by HALAL BALKANS).







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