

## Nutrition Information

	Energy (kJ)	Protein (g)	Fat, Total (g)	Fat, Saturated (g)	Carbohydrate, Total (g)	Carbohydrate, Sugars (g)	Sodium (mg)
Alla Panna Sml	3850	24.1	59.9	40.3	71.5	4.8	714
Alla Panna Reg	5670	33.8	89.8	60.8	104	7.2	978
Amatriciana Sml	1890	16	12.6	2	67	11.7	1160
Amatriciana Reg	2820	23.6	17	2.8	104	15.6	1550
Bolognese Sml	2450	23.9	15.8	2.4	85.3	11.6	1220
Bolognese Reg	3530	36.4	21	3.6	125	14.7	1540
Carbonara Sml	3200	27.3	41.8	25.8	70	3.3	942
Carbonara Reg	4530	35.9	59.5	37.5	101	4.8	1280
Chicken Pesto Sml	3040	27.1	44.2	5.2	61.1	2.8	522
Chicken Pesto Reg	4680	40.1	67	7.8	96.9	4.1	734
Chicken Sml	2640	27.5	28.1	11.8	66	9.8	1270
Chicken Reg	3860	39.2	39	16.8	103	13.3	1710
Crab Sml	2900	25.8	31.3	2.9	76.3	9.3	1240
Crab Reg	4330	36.4	48.3	4.4	112	15.2	1960
Creamy Chicken Sml	3190	20.4	51.7	33.8	64.6	6.3	416
Creamy Chicken Reg	4950	32	78	51.4	102	9.2	629
Marinara Sml	2200	37.3	12.4	1.7	64.9	8.9	1430
Marinara Reg	3200	50.2	16.7	2.3	101	11.9	1890
Napolitana Sml	2050	14.7	10.7	1.2	82.5	8.9	903
Napolitana Reg	3170	22.5	17.6	2	125	14.7	1500
Prawns Sml	2660	22.6	31.1	3	65	8.9	1370
Prawns Reg	4160	33.4	48.2	4.6	104	14.8	2140
Puttanesca Sml	2220	16.3	13.8	1.6	83.3	9	1340
Puttanesca Reg	3330	24.1	20.7	2.4	126	14.8	1940
Ragu Sml	2330	19.5	23.6	3.1	64.9	8.9	1020
Ragu Reg	3540	30.2	34.2	4.7	101	12	1390
Salmon Sml	3970	23.9	63	42.2	72.2	4.7	727
Salmon Reg	5840	35.4	93.3	62.6	105	7.1	1070
Siciliana Sml	2340	14.1	23	3	71.9	12	1220
Siciliana Reg	3690	22.4	35.4	4.3	116	18.5	1920
Sopressa Sml	2540	17.6	29.7	4.8	66	9.6	1440
Sopressa Reg	4010	27.7	46.2	7.3	106	15.8	2300
Spicy Sausage Sml	2550	20.4	20.4	5.1	84.7	9	1230
Spicy Sausage Reg	3860	30.4	30.9	7.2	128	14.9	1960
Tuna Sml	2840	24.9	29	11.2	79.2	11.4	1200
Tuna Reg	4050	36.2	41	15.9	113	15.6	1650
Vegetarian Sml	1770	13.6	10.5	1.1	66.5	11.3	903
Vegetarian Reg	2670	20.5	14.3	1.6	103	15.2	1210

All sauces includes pasta from our standard pasta range