

800 g

# BEEF AND BACON LASAGNE

**COOK FROM FRESH:** Leave plastic film on and heat for 20 minutes at 180C. Remove film and cook for a further 10 minutes to brown the top.

**COOK FROM FROZEN:** Leave plastic film on and heat for 40 minutes at 160C. Remove film and cook for a further 10 minutes to brown the top.

**MICROWAVE INSTRUCTIONS:** Do not microwave unless you are re-heating. **MAKE SURE YOUR DISH IS THOROUGHLY HEATED, COOKING TIMES MAY VARY DEPENDING ON YOUR OVEN OR MICROWAVE.**

Store in the freezer below -18°C

Store in the refrigerator below 4°C

**Ingredients:** Beef Bolognaise [Beef, Crushed tomatoes, tomatoe puree, salt, citric acid, Onion, Holly Bacon [pork, salt, sugar, phosphate, sodium erythorbate, sodium citrate, sodium nitrate, sodium carbonate, spice extract, ponceau 4R], Carrot, Water, Tomatoes Paste, red cooking wine, Salt, Garlic, Black Pepper.], Bechamel Sauce [Full Fat Milk, Wheat Flour, Mainland Butter, Salt.], Lasagne Sheets [durum wheat semolina,egg, water], Grated Cheese [Pasteurised cow's milk, salt, vegetarian rennet, dairycultures, anticaking agent(460,starch), preservative(200)].

Contains: Milk, Egg, Gluten (Wheat), Gluten containing cereals

May Contain: Peanuts, Sesame, Tree Nuts

## NUTRITION INFORMATION

Servings per package: About 3

Serving size: 250 g

	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1820 kJ 436 Cal	730 kJ 174 Cal
Protein	30.0 g	12.0 g
Fat, total	20.6 g	8.2 g
- saturated	10.4 g	4.2 g
Carbohydrate	31.5 g	12.6 g
- sugars	5.8 g	2.3 g
Dietary Fibre	1.9 g	0.8 g
Sodium	788 mg	315 mg

MYLKFoodStore

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Made in New Zealand from local and imported ingredients