RUMBLE TUMS

SWISHY WISHY
FISH PIE DISHY

Protein is needed for the growth and development of bones in children

No additives or preservatives

Nutritionist designed

Flash frozen for freshness

Lovingly handmade

Recyclable paper sleeve, cellulose pulp biodegradable tray

SWISHY WISHY FISH PIE DISHY

Ingredients: Potato (26%), Cauliflower (23%), Oat Drink (Water, **Oats**, Sea Salt), Salmon (**Fish**) (10%), Haddock (**Fish**) (10%), Carrot (9%), Sweetcorn (6%), Extra Virgin Olive Oil, Lemon Juice, Sea Salt.

For allergens including cereals containing gluten: see ingredients in **bold**. We pack all our meals in the same place so this meal may contain celery, other cereals containing gluten, crustaceans, egg, lupin, milk, molluscs, mustard, nuts, peanuts, sesame, soya and sulphites. Absolutely no nasties **Warning:** Although every care has been taken to remove all bones some may remain.

Nutrition information per 100g / per pack (This pack contains 1 serving): Energy: 337kJ/80kcal, 677kJ/162kcal, Fat: 3.4g/6.8g, of which saturates: 0.6g/1.1g, Carbohydrate: 6.3g/12.7g, of which sugars: 1.3g/2.6g, Fibre: 1.3g/2.6g, Protein: 5.5g/11.1g, Salt: 0.18g/0.37g.

Store: Freeze immediately on arrival and keep frozen at -18°C. Should meal defrost, keep refrigerated and eat within 24 hours.

Heating Instructions: Heat from frozen. Guidelines only. All appliances may vary. Adjust instructions according to the power rating of your appliance.
Oven 180°C Fan: Recommended Pre-heat oven, remove sleeve, remove film and heat for 35 mins until piping hot. Leave to rest before serving.
Microwave 700W: Not suitable for microwave.

Preparation: Further preparation of meals required for younger children. Never leave a child unattended while eating.

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