RUMBLE TUMS

SWIRLY WHIRLY
SPAGHETTI BOLOGNESEY

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

SWIRLY WHIRLY SPAGHETTI BOLOGNESEY

Ingredients: Bolognese Base (67.5%) (Water, Chopped Tomatoes (Tomatoes, Tomato Juice), Grass-Fed Beef Mince (12%), Onion (10%), Carrot (6%), Red Pepper (5%), Mushrooms (2.6%), **Celery**, Garlic, Extra Virgin Olive Oil, Balsamic Vinegar (Wine Vinegar (**Sulphites**) Cooked Grape Must), Smoked Paprika, Bay Leaves, Thyme), Cooked Wholewheat Spaghetti (Durum **Wholewheat** Semolina, Water).

For allergens including cereals containing gluten: see ingredients in **bold**. We pack all our meals in the same place so this meal may contain other cereals containing gluten, crustaceans, egg, fish, lupin, milk, molluscs, mustard, nuts, peanuts, sesame and soya. Absolutely no nasties

Nutrition information per 100g / per pack (This pack contains 1 serving): Energy: 676kJ/162kcal, 1352kJ/323kcal, Fat: 7.4g/14.8g, of which saturates: 1.4g/2.9g, Carbohydrate: 15.5g/31.1g, of which sugars: 2.1g/4.2g, Fibre: 2.8g/5.6g, Protein: 6.8g/13.6g, Salt: 0.04g/0.09g.

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. **Microwave 700W: Recommended** Remove sleeve, pierce film with fork and place in microwave. Heat for 3.5 mins until piping hot. Leave to rest before serving. **Oven 180°C Fan:** Not suitable for oven.

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

rumbletums.com | @rumbletums
Rumble Tums HQ, Soho Works,
101 Wood Lane, London, W12 7FA

Swirly Whirly Spaghetti Bolognesey

RUMBLE TUMS