PROCEEDS FROM THE SALE OF THIS PRODUCT ARE USED TO PROVIDE MEALS TO THE MOST VULNERABLE MEMBERS OF OUR COMMUNITY. PASTA BOI OGNESE PREPARATION GUIDE: ~ MEAL FOR 4 ~ RECIPE SUGGESTION: Cook all ingredients with Add a tin of mixed tomato approx. 6 cups (1.5 L) and onion to increase

NUTRITIONAL INFO Energy (kJ) Protein (a) Carbohydrates (g) of which total sugar (g) Total Fat of which total Saturated Fat Dietary Fibre (g) Sodium (g) Cholesterol (mg)

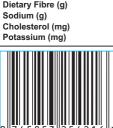
volume and a fresh flavour.

Extend with some extra

cooked mince







32 36.5 8 9.3 0.7 0.8

TOTAL (a)

Serving / 100

boiling water. Cook until

the pasta is cooked to

your liking.

STIR WHILE COOKING.

739

11

844

12.2

Soy, Beans & Pulses, Pasta, Flavourings, Spices, Dehydrated Vegetables.

Allergens: Soy, Gluten, Eaa. PACKED AT THE GARDEN ROUTE FOOD PANTRY • GEORGE WESTERN CAPE • 071 427 5638 • WWW.FOODSOCK.CO.ZA