

Cheesy Bowtie with Alfredo Sauce Boxed Lunch

A delicious and satisfying meal, perfect for a convenient and nutritious lunch. Includes cheesy bowtie pasta with Alfredo sauce, garlic bread, fresh vegetables, a drink, and a treat.

Ingredients:

- **Cheesy Bowtie Pasta**

Pasta: Semolina, durum flour, niacin, iron (ferrous sulfate), thiamine mononitrate, riboflavin, folic acid. **Sauce:** Water, cream, butter, parmesan cheese, modified corn starch, skim milk powder, modified milk ingredients, salt, Romano cheese, flavour, spices. **Cheese Blend:** Modified milk ingredients, water, modified corn starch and/or potato starch, cheese (milk, bacterial culture, salt, microbial enzyme), salt, sodium phosphate, lactic acid, flavour, sodium citrate, potassium sorbate, caramel colour, beta-carotene, anticaking blend (potato starch, corn starch, dextrose, calcium sulfate, enzyme).

- **Garlic Bread**

Bread: Enriched wheat flour, water, soybean oil, yeast, sugar, salt, calcium propionate, microbial enzymes. **Spread:** Soybean oil, water, dried garlic, modified palm oil, modified milk ingredients, salt, vegetable monoglyceride, citrus flour, natural flavour, dried parsley, carotene.

- **Side Vegetables**

Carrot Sticks
Cucumber Sticks

- **Apple Juice Box**

Filtered water, concentrated apple juice, ascorbic acid (Vitamin C).

- **Granola Bar**

Quaker rolled oats, rolled whole wheat, brown sugar, barley flakes, sunflower oil, inulin, honey, natural flavour, modified milk ingredients, glucose, chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, salt, vanillin), whole grain brown rice crisps (whole grain brown rice flour, sugar, barley malt, salt, mixed tocopherols), glycerin, shortening (canola oil, modified palm and palm kernel oils), brown sugar, sorbitol, inulin, salt, natural and artificial flavour, soy lecithin, BHT (preservative).

Allergens:

- **Wheat** (Pasta, garlic bread, granola bar)
- **Milk** (Alfredo sauce, cheese blend, garlic bread, granola bar)
- **Soy** (Granola bar, garlic bread spread)
- **Barley** (Granola bar)
- **Oat** (Granola bar)

Nutrition Information (Approximate per Boxed Lunch):

- **Calories:** ~700-850 kcal
- **Protein:** ~20-25g
- **Carbohydrates:** ~90-100g
- **Fat:** ~30-35g
- **Fiber:** ~6-8g
- **Sodium:** ~800-1000mg
- **Sugar:** ~25-30g