

# FOOD RECALL

## Meals on Wheels Bathurst Steamed Barramundi with Lemon Sauce Mini meal 265g AND Main meal 400g

Best before: 28/9/24, 6/10/24, 16/10/24, 25/10/24, 13/11/24,  
21/11/24 and 6/12/24



Meals on Wheels  
Bathurst

4 Watt Drive, Bathurst NSW 2795  
Phone: 02 6331 8231 | ABN: 68 678 407 423  
Made from local and imported ingredients

### STEAMED BARRAMUNDI WITH LEMON SAUCE

Gluten Free | Low Salt | Main Meal

#### Heating Instructions

Do not pierce or remove film.

**Microwave:** Place in the centre of the microwave turntable. Use microwave defrost setting for 2-4 minutes, then heat on high for further 2-4 minutes, or until meal is heated through.

**Oven:** Preheat oven to 170°C and heat for 30-35 minutes.

**Do not leave microwave or oven unattended while cooking.**  
**As all microwaves and ovens are different, these times are a guide only. Please make sure your food is heated thoroughly before consuming.**

#### Best Before:

NUTRITION INFORMATION TYPICAL VALUES  
SERVINGS PER PACKAGE: 1  
SERVING SIZE Main Serving: 400g

	Per serving	Per 100g
Energy	1280kJ	2218J
	307Cal	77Cal
Protein	23.5g	4.4g
Fat, total	5.9g	1.5g
- saturated	1.8g	0.4g
Carbohydrate	27.5g	6.9g
- sugars	12.2g	3.1g
Sodium	171mg	43mg

All values are considered averages unless otherwise indicated.

Frozen product, store  
below -15°C.

**INGREDIENTS:**  
Barramundi (Barramundi (FISH)), Vegetables (Beans, Carrots, Broccoli, Cauliflower), Chat Potatoes (Potato (Potato)), Roast Pumpkin (Pumpkin), Lemon Sauce (Water, Lemon Juice [Reconstituted Lemon Juice (99.9%), Antioxidant (Ascorbic Acid), Natural Flavour, Preservative (222 (SULPHITES)], Margarine (Vegetable Oils, Water, Salt, Emulsifiers (322 (from SOY), 471), Preservative (202), Food Acid (270), Colour (160a), Flavour, Vitamin D), Honey, Starch (Modified Maize Starch (1422)), Cane Sugar, Chicken Stock Powder (Southern Ocean Sea Salt, Maize Maltodextrin, Cane Sugar, Natural Vegetable Flavours, Yeast Extract, Dehydrated Vegetables (Onion, Celery), Disodium Guanylate & Inosinate, Carola Oil), Ginger, Pepper)

CONTAINS: Fish, Soy, Sulphites

Bathurst Meals on Wheels Service Inc is conducting a recall of the above product. This Recall **only** applies to those products that do not declare the allergen(s) listed below. It is supplied to Meals on Wheels customers in NSW regional areas.

**Problem:** The recall is due to the presence of an undeclared allergen(s) Milk.

**Food safety hazard:** Any consumers who have a **Milk** allergy or intolerance may have a reaction if the product is consumed.

**What to do:** Consumers who have a **Milk** allergy or intolerance should not consume this product. Consumers should return the products to the place of purchase for a full refund. Any consumers concerned about their health should seek medical advice.

For further information please contact:

**Bathurst Meals on Wheels Service Inc**  
0263318231  
[www.bathurstmow.com](http://www.bathurstmow.com)

See [www.foodstandards.gov.au/recalls](http://www.foodstandards.gov.au/recalls)  
for Australian food recall information