

64.77

284

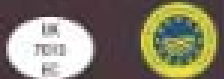
The co-operative truly irresistible
Welsh hill lamb chops.



Price per kg Price per lb Net weight (kg) Use by

£	£		
---	---	--	--

All The Co-operative meat and poultry is produced from livestock reared to our strict welfare standards. More at co-operative.co.uk



The co-operative truly irresistible
Welsh hill lamb chops.



Cooking Guidelines		Nutrition	
100g	350g	Energy	100g
100g	350g	Protein	100g
100g	350g	Fat	100g
100g	350g	Carbohydrate	100g
100g	350g	Fibre	100g
100g	350g	Sugar	100g
100g	350g	Salt	100g

Origin Product of Wales. Lamb is raised by the Co-operative Group in Wales. All other ingredients are sourced from the UK.

Advice Lamb chops are best served with a red wine sauce. Lamb is a rich source of iron and protein. Lamb is a good source of B vitamins.

Cooking Guidelines Lamb chops should be cooked to a minimum of 70°C. Lamb chops should be cooked to a minimum of 70°C. Lamb chops should be cooked to a minimum of 70°C.

Nutrition Lamb chops are a good source of protein and iron. Lamb chops are a good source of protein and iron.

Contact Us For more information, please contact our customer service team on 0800 000 737.

124

54

106

