

BREAKFAST

Toffee pecan granola 40g

Allergen Advice:

May contain traces of gluten, milk, peanuts and sesame

*Oligofructose is a natural soluble fibre derived from chicory. As a prebiotic it helps maintain a healthy digestive system.

Typical Nutritional Values

	Per 100g	Per 40g
Energy	501 kcal	200 kcal
Energy kJ	2105	842
Fat	27.8	11.1g
- (of which saturates)	7.0	2.8
Carbohydrate	48.2	19.3
- (of which sugars)	12.6	5.0
Fibre	11.1	4.4g
Protein	9.9	4g
Salt	0.058	0.023g

Ingredients

Jumbo rolled oats, rapeseed oil, desiccated coconut, fructose, pecan pieces (5%), black treacle (4%), oligofructose*, pumpkin seeds, sunflower seeds, golden linseed, natural flavouring.

Storage – Store in a cool dry place.

Country of Origin – UK

Jane's classic granola 40g

Allergen Advice:

May contain traces of gluten, milk, peanuts and sesame

Typical Nutritional Values

	Per 100g	Per 40g
Energy	489	196 kcal (822 kJ)
Energy kJ	2055	822
Fat	29.3	11.7g
- (of which saturates)	7.5	3.0
Carbohydrate	42.6	18.5g
- (of which sugars)	9.1	3.6
Fibre	10.6	4.2g
Protein	10.9	4.4g
Salt	0.03	0.012g

Ingredients

Jumbo rolled **oats**, rapeseed oil, desiccated coconut, fructose, black treacle, oligofructose, **cashew nut** pieces, pumpkin seeds, sunflower seeds, golden linseeds, chopped **almonds**, chopped **walnuts**, chopped **hazelnuts**

Storage – Store in a cool dry place.

Country of Origin – UK

Pure porridge oats 40g

Allergen Advice:

Please see allergens in **bold**.

May contain **soya**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 40g (per portion)
Energy	370kcal	148kcal
Energy kJ	1559	623.6
Fat	8g	3.2g
- (of which saturates)	2g	0.8g
Carbohydrate	60g	24g
- (of which sugars)	1.1g	0.44g
Fibre	7g	2.8g
Protein	11g	4.4g
Salt	0.025g	0.01g (sodium)

Ingredients

Oats 100%.

Storage – Store in a cool dry place.

Country of Origin – UK

Luxury muesli with apple, banana and nuts 40g

Allergen Advice:

Please see allergens in **bold**.

Packed in a facility that handles peanuts

Typical Nutritional Values

	Per 100g	Per 40g (per portion)
Energy	362kcal	145kcal (611 kJ)
Energy kJ	1528	611.2
Fat	6g	2.4g
- (of which saturates)	1g	0.4g
Carbohydrate	63g	25.2g
- (of which sugars)	16g	6.4g
Fibre	9g	3.6g
Protein	10g	4g
Salt	0.01g (sodium)	0.004g (sodium)

Ingredients

Oat flakes, malted **wheat** flakes (**wheat**, **barley**, malt), **barley** flakes, sultanas, currants, raisins, dried diced fruit (dates, apple, apricot, banana), **hazelnuts**, flaked **almonds**, coconut chips, sunflower seeds, cardamom, preservatives (**sulphur dioxide**), vegetable oil.

Storage – Store in a cool dry place.

Country of Origin – UK

Organic Branberry with Strawberries 40g

Allergen Advice:

Please see allergens in **bold**.

Produced in an environment where nuts, soya, peanuts and sesame seeds are handled.

Typical Nutritional Values

	Per 100g	Per 40g
Energy	330	132 kcal (536.8 kJ)
Energy kJ	1342	330
Fat	1.6	0.64
- (of which saturates)	0.06	0.024
Carbohydrate	65	26
- (of which sugars)	21	8.4
Fibre	9.8	3.92
Protein	7.7	3.8
Salt	0.02	0.008

Ingredients

Toasted **wheat** flakes (56%), sultanas (20%, coated with sunflower oil), bran flakes (12%), raisins (9%, coated with sunflower oil), freeze-dried strawberries (2.5%).

Storage – Store in a cool dry place.

Country of Origin – UK

LUNCH

Mushroom soup with porcini 300g

Allergen Advice:

For allergens please see ingredients in **bold**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 300g (per portion)
Energy	35kcal	105kcal
Energy kJ	147	441
Fat	2.4g	7.2g
- (of which saturates)	1.3g	3.9g
Carbohydrate	2.7g	8.1g
- (of which sugars)	1.0g	3.0g
Fibre	0.6g	1.8g
Protein	0.6g	1.8g
Salt	0.5g	1.5g

Ingredients

Water, mushrooms, double cream (contains **milk**), onions, tapioca starch, vegetable stock (contains carrot, onion, leek), porcini mushroom stock (contains mushroom concentrate, porcini mushroom powder, yeast extract, salt, sugar, cornflour), olive oil, salt, black pepper.

Conditions of Use: Heating Instructions: Microwave - Tear of the top of the pouch and heat as desired. Hob - Empty pouch contents into a pan and heat as desired. Storage Instructions: Unopened - Store in a cool dry place. Discard any pack that is leaking, puffed up or damaged. Opened - Refrigerate & consume within 24 hours.

Country of origin: UK

Carrot and coriander soup 300g

Allergen Advice:

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 300g (per portion)
Energy	28kcal	84kcal
Energy kJ	116	348
Fat	1.3g	3.9g
- (of which saturates)	0.2g	0.6g
Carbohydrate	2.9g	8.7g
- (of which sugars)	1.8g	5.4g
Fibre	1.4g	4.2g
Protein	0.5g	1.5g
Salt	0.4g	1.2g

Ingredients

Water, carrot, onion, tapioca starch, olive oil, vegetable stock (contains carrot, onion, leek) coriander, salt, ground coriander, black pepper.

Conditions of Use: Heating Instructions: Microwave - Tear of the top of the pouch and heat for 2 minutes at full power. Hob - Empty pouch contents into a pan and heat until hot throughout. Storage Instructions: Unopened - Store in a cool dry place. Discard any pack that is leaking, puffed up or damaged. Opened - Refrigerate & consume within 24 hours.

Country of origin: UK

Pea and Wiltshire ham soup 300g

Allergen Advice:

For allergens please see ingredients in **bold**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 300g (per portion)
Energy	44kcal	132kcal
Energy kJ	186	559
Fat	0.9g	2.6g
- (of which saturates)	0.2g	0.6g
Carbohydrate	4.6g	13.9g
- (of which sugars)	0.6g	1.8g
Fibre	1.3g	3.8g
Protein	3.9g	11.8g
Salt	0.4g	1.2g

Ingredients

Water, peas, Wiltshire ham (pork 87%, salt, water, preservatives E250, E252), maize starch, vegetable stock (concentrated vegetable juices (83%) (carrot, onion, leek). salt, ground white pepper), garlic, salted butter (contains **milk**), black pepper, salt.

Conditions of Use: Heating Instructions: Microwave - Tear of the top of the pouch and heat for 2 minutes at full power. Hob - Empty pouch contents into a pan and heat until hot throughout. Storage Instructions: Unopened - Store in a cool dry place. Discard any pack that is leaking, puffed up or damaged. Opened - Refrigerate & consume within 24 hours.

Country of origin: UK

Leek and potato soup 300g

Allergen Advice:

For allergens please see ingredients in **bold**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 300g (per portion)
Energy	46kcal	137kcal
Energy kJ	191	573
Fat	2.0g	6g
- (of which saturates)	1.0g	3.0g
Carbohydrate	5.7g	17.1g
- (of which sugars)	1.1g	3.3g
Fibre	0.8g	2.4g
Protein	0.9g	2.7g
Salt	0.7g	2.1g

Ingredients

Water, potato, leek, onion, cream (contains: **milk**), vegetable stock (contains: concentrated vegetable juices (carrot, onion, leek), salt, ground white pepper), garlic puree, tapioca starch, salt, black pepper.

Conditions of Use: Heating Instructions: Microwave - Tear of the top of the pouch and heat for 2 minutes at full power. Hob - Empty pouch contents into a pan and heat until hot throughout. Storage Instructions: Unopened - Store in a cool dry place. Discard any pack that is leaking, puffed up or damaged. Opened - Refrigerate & consume within 24 hours.

Country of origin: UK

Veggie and bean soup 300g

Allergen Advice:

For allergens please see ingredients in **bold**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 300g (per portion)
Energy	36kcal	108kcal
Energy kJ	151	453
Fat	0.8g	2.4g
- (of which saturates)	0.1g	0.3g
Carbohydrate	5.7g	17g
- (of which sugars)	1.2g	3.6g
Fibre	1.6g	4.8g
Protein	1.3g	3.9g
Salt	0.6g	1.8g

Ingredients

Winter vegetable broth (contains water, haricot beans, leeks, onions, green beans, vegetable stock (concentrated vegetable juices 83%)(carrot, onion, leek) salt (17%), ground white pepper (<1%)), sundried tomato paste (sundried tomato, sunflower oil, sugar, salt, basil, oregano, garlic), pinto beans, tapioca starch, carrot, red pepper, pearl **barley**, garlic, thyme.

Conditions of Use: Heating Instructions: Microwave - Tear of the top of the pouch and heat for 2 minutes at full power. Hob - Empty pouch contents into a pan and heat until hot throughout. Storage Instructions: Unopened - Store in a cool dry place. Discard any pack that is leaking, puffed up or damaged. Opened - Refrigerate & consume within 24 hours.

Country of origin: UK

Tomato and basil soup 300g

Allergen Advice:

For allergens please see ingredients in **bold**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 300g (per portion)
Energy	53kcal	158 kcal
Energy kJ	219	658
Fat	2.8g	8.5g
- (of which saturates)	1.1g	3.3g
Carbohydrate	5.6g	16.8g
- (of which sugars)	3.0g	8.9g
Fibre	1.0g	3g
Protein	0.9g	2.6g
Salt	0.2g	0.5g

Ingredients

Chopped tomato (contains: chopped tomatoes, tomato juice, citric acid), water, onion, carrot, cream (contains: **milk**), tapioca starch, olive oil, garlic puree, vegetable stock (contains: concentrated vegetable juices (carrot, onion, leek), salt, ground white pepper), basil.

Conditions of Use: Heating Instructions: Microwave - Tear of the top of the pouch and heat for 2 minutes at full power. Hob - Empty pouch contents into a pan and heat until hot throughout. Storage Instructions: Unopened - Store in a cool dry place. Discard any pack that is leaking, puffed up or damaged. Opened - Refrigerate & consume within 24 hours.

Country of origin: UK

Smoky bean chilli hot pot 220g

Allergen Advice:

For allergens including cereals containing gluten see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 220g (per portion)
Energy	112kcal	246kcal
Energy kJ	469kj	1031kj
Fat	3.4g	7.5g
- (of which saturates)	0.3g	0.7g
Carbohydrate	15g	33g
- (of which sugars)	2.0g	4.4g
Fibre	2.9g	6.4g
Protein	3.7g	8.1g
Salt	0.60g	1.2g

Ingredients

Water, Chopped Tomatoes, Brown Basmati Rice, Onion, Adzuki Beans (6.3%), Pinto Beans (5.6%), Cannellini Beans (5.6%), Kidney Beans (4.9%), Black Eyed Beans (4.9%), Tomato Purée, Rapeseed Oil, Green Pepper, Red Pepper, Modified Maize Starch, Garlic Purée, Vegetable Stock (Partially Rehydrated Vegetables (Potato, Onion, Leek), Salt, Yeast Extract, Concentrated Carrot, Sugar, Sunflower Oil, Lemon Juice Concentrate), Salt, Ground Cumin, Red Chilli Purée, Smoked Paprika, Ground Paprika, Dried Oregano, Chilli Powder, Ground Black Pepper.

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 2 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-heat. Storage: Unopened - Store in a cool, dry place

Country of origin: UK

Chicken arrabbiata hot pot 220g

Allergen Advice:

For allergens including cereals containing gluten see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 220g (per portion)
Energy	78kcal	171kcal
Energy kJ	327kj	719kj
Fat	2.4g	5.4g
- (of which saturates)	0.4g	0.8g
Carbohydrate	7.4g	16g
- (of which sugars)	2.9g	6.3g
Fibre	0.8g	1.8g
Protein	6.2g	14g
Salt	0.50g	1.1g

Ingredients

Chopped Tomatoes, Chicken (18%) (Chicken Breast, Salt), Water, Yellow Pepper, Cherry Tomatoes, Pasta (6%) (Durum **Wheat** Semolina, **Egg** Albumen Powder), Onion, Black Olives, Semi Dried Tomato Paste (Roasted Tomato, Sunflower Oil, Spirit Vinegar, Tomato Paste, Sugar, Water, Sea Salt, Dried Garlic, Ground Black Pepper, Ground Rosemary, Rubbed Basil), Tomato Purée, Garlic Purée, Agave Syrup, Olive Oil, Basil, Modified Maize Starch, Smoked Paprika, Oregano, Red Chilli Purée, Chilli Powder, Ground Black Pepper.

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 2 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-heat. Storage: Unopened - Store in a cool, dry place

Country of origin: UK

Channa dahl 220g

Allergen Advice:

For allergens including cereals containing gluten see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 220g (per portion)
Energy	148	326
Energy kJ	618	1360
Fat	8.4	18
- (of which saturates)	3.0	6.6
Carbohydrate	12	27
- (of which sugars)	2.9	.3
Fibre	4.4	9.7
Protein	3.9	8.7
Salt	0.68	1.5

Ingredients

Chickpeas (38%), Onion, Water, Tomato Purée concentrate, Rapeseed Oil, Coconut Cream Flake (Coconut Extract, Water), Garlic Purée, Ginger Purée, Agave Syrup, Modified Maize Starch, Green Chilli Purée, Salt, Cumin Seeds, Garam Masala (Spices), Ground Cumin, Ground Coriander, Lemon Juice concentrate, Ground Turmeric, Ground Black Pepper.

Heating: Guidelines only. MICROWAVE: 800Watt. Pierce film lid. Heat on full power for 2 minutes. Stand for 1 minute. Remove film lid and serve. OVEN BAKE: The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375C/Gas mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven, in accordance with the manufacturer's recommendations. Ensure the contents are piping hot before serving. Be careful when removing contents as steam may escape. Do not re-heat. Storage: Unopened, store in a cool dry place.

Country of origin: UK

Penne rigate 220g

Allergen Advice:

For allergens including cereals containing gluten see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 220g (per portion)
Energy	80	175
Energy kJ	334	735
Fat	2.5	5.5
- (of which saturates)	0.5	1.0
Carbohydrate	11	24
- (of which sugars)	3.7	8.1
Fibre	1.7	3.8
Protein	2.3	5.1
Salt	0.14	0.31

Ingredients

Chopped Tomatoes (45%), Water, Diced Yellow Peppers, Pasta (9%) (Water, Durum **Wheat** Semolina, **Egg** Albumen Powder), Cherry Tomatoes, Diced Onion, Sliced Black Olives (4%), Semi Dried Tomato Paste (Roasted Tomato, Sunflower Oil, Spirit Vinegar, Tomato Paste, Sugar, Water, Sea Salt, Dried Garlic, Ground Black Pepper, Ground Rosemary, Rubbed Basil), Tomato Purée concentrate, Agave Syrup, Garlic Purée, Olive Oil, Modified Maize Starch, Basil, Smoked Paprika, Oregano, Red Chilli Purée, Chilli Powder, Ground Black Pepper.

Heating: Guidelines only. MICROWAVE: 800Watt. Pierce film lid. Heat on full power for 2 minutes. Stand for 1 minute. Remove film lid and serve. OVEN BAKE: The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375C/Gas mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven, in accordance with the manufacturer's recommendations. Ensure the contents are piping hot before serving. Be careful when removing contents as steam may escape. Do not re-heat. Storage: Unopened, store in a cool dry place

Country of origin: UK

Three bean salad 160g

Allergen Advice:

Please see allergens in **bold**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 160g (per portion)
Energy	114kcal	182kcal
Energy kJ	481	770
Fat	3.8g	6.0g
- (of which saturates)	0.4g	0.6g
Carbohydrate	13.1g	20.9g
- (of which sugars)	3.2g	5.1g
Fibre	3.8g	6.1g
Protein	5.0g	8.0g
Salt	0.5g	0.9g

Ingredients

Carrot (32%), rehydrated lentils (18%) (lentils, water), onion, sweetcorn, French bean (9.5%), kidney beans (8%), rehydrated white beans (6%) (white beans, water), sunflower oil, **mustard** (water, **mustard** seeds, vinegar, salt, acidifier: citric acid, antioxidant: potassium **disulphite**), olive oil, salt, garlic, tarragon.

Storage: Unopened, store in a cool dry place

Country of origin: UK

Couscous salad 160g

Allergen Advice:

Please see allergens in **bold**.

May contain traces of **eggs, soy** and **sesame**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 160g (per portion)
Energy	161kcal	258kcal
Energy kJ	681	1090
Fat	6.6g	10.6g
- (of which saturates)	0.8g	1.3g
Carbohydrate	20.3g	32.5g
- (of which sugars)	1.3g	2.1g
Fibre	2.7g	4.3g
Protein	3.7g	6.0g
Salt	0.7g	1.1g

Ingredients

Precooked **couscous** (38%) (**couscous**, water, salt), kidney beans (16.5%), sweetcorn (14.5%), red peppers (12.5%), onion, olive oil, lemon juice, sunflower oil, salt, parsley, pepper.

Storage: Unopened, store in a cool dry place

Country of origin: UK

Wholegrain salad 160g

Allergen Advice:

Please see allergens in **bold**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 175g (per portion)
Energy	134kcal	234kcal
Energy kJ	566	990
Fat	5.1g	8.9g
- (of which saturates)	0.6g	1.1g
Carbohydrate	16.9g	29.6g
- (of which sugars)	2.7g	2.7g
Fibre	2.8g	4.9g
Protein	3.6g	6.4g
Salt	0.5g	0.9g

Ingredients

Precooked **wheat** (36.5%) (**wheat**, water, salt), water, sweetcorn (13.5%), carrots (11.5%), kidney beans (11.5%), onion (4.5%), olive oil, **mustard** (water, **mustard** seeds, vinegar, salt, acidifier: citric acid, antioxidant: potassium **sulphite**), sunflower oil, herbs and spices, salt, parsley (0.1%).

Storage: Unopened, store in a cool dry place

Country of origin: UK

DINNERS

Classic beef lasagne 300g

Allergen Advice:

Please see allergens in **bold**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 300g (per portion)
Energy	130kcal	390kcal
Energy kJ	546	1638
Fat	5.6g	16.8g
- (of which saturates)	2.8g	8.4g
Carbohydrate	12.9g	38.7g
- (of which sugars)	1.6g	4.8g
Fibre	0.9g	2.7g
Protein	6.6g	19.8g
Salt	0.51g	1.53g

Ingredients

Beef (21%), pasta sheet (durum **wheat** semolina, water, whole **egg** powder) (20%), water, skimmed **milk**, tomato, onion, cream (**milk**), carrot, tomato purée, cornflour, cheddar cheese (**milk**), skimmed **milk** powder, red wine (contains **sulphites**), mature cheddar (**milk**), salt, rapeseed oil, medium fat hard cheese (**milk**), beef stock (beef, water, salt, flavouring, molasses, tomato purée, onion, cornflour, concentrated lemon juice, dried carob, black pepper), garlic purée, basil, nutmeg, maize starch, agave syrup, oregano, marjoram, black pepper, white pepper.

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking

tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-heat. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of origin: UK

Penne Bolognese 300g

Allergen Advice:

For allergens, including cereals containing gluten, see ingredients in **bold**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 300g
Energy	99kcal	297kcal
Energy kJ	421	1262
Fat	1.6g	4.7g
- (of which saturates)	0.9g	2.7g
Carbohydrate	13.4g	40.1g
- (of which sugars)	2.9g	8.7g
Fibre	0.7g	2.1g
Protein	7.7g	23g
Salt	0.51g	1.53g

Ingredients

Cooked penne pasta (durum **wheat** semolina, **egg**, water) (26%), water, beef (16%), tomato, skimmed **milk**, onion, tomato purée, courgette, carrot, cornflour, cream (**milk**), skimmed **milk** powder, mild coloured cheddar cheese (**milk**)(contains colour: annatto), salt, medium fat hard cheese (**milk**), beef stock (beef, water, salt, flavouring, molasses, tomato purée, onion, concentrated lemon juice, dried carob, black pepper), garlic purée, maize starch, herbs, black pepper, white pepper, colour: carotene, oregano.

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-heat. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of origin: UK

Chicken tikka masala with a side of basmati rice 300g

Allergen Advice:

Please see allergens in **bold**.

Typical Nutritional Values

	Per 100g	Per 300g (per portion)
Energy	121kcal	364kcal
Energy kJ	509	1526
Fat	4.5g	13.6g
- (of which saturates)	2.6g	7.7g
Carbohydrate	12.4g	37.2g
- (of which sugars)	3.4g	10.3g
Fibre	0.7g	2.1g
Protein	7.3g	21.8g
Salt	0.55g	1.66g

Ingredients

Cooked Basmati rice (26%), chicken (21%) (chicken, salt), water, red and green peppers (8%), onion, tomato purée, single cream (**milk**), agave syrup, coconut cream (2%) (contains **sulphites**), coconut milk (2%) (contains **sulphites**), rapeseed oil, maize starch, garlic purée, ginger purée, coriander, salt, cumin, paprika, garam masala (coriander, cumin, cassia, black pepper, star anise, ginger, cardamom,

pimento, black cardamom, clove, bay, nutmeg), chilli powder, black pepper, methi leaves.

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-heat. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of origin: UK

Chicken korma with a side of basmati rice 300g

Allergen Advice:

For allergens, see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 300g
Energy	107kcal	322kcal
Energy kJ	451kJ	1354kJ
Fat	3.4g	10.2g
- (of which saturates)	2.6g	7.7g
Carbohydrate	12.2g	36.4g
- (of which sugars)	3.8g	11.3g
Fibre	1.6g	4.8g
Protein	6.2g	18.7g
Salt	0.47g	1.4g

Ingredients

Korma sauce (70%) [Water, Chicken (30%)(Chicken, salt) , Onion, Agave Syrup, Coconut Cream (11%) (Contains **Sulphites**), Maize Starch, Ginger Purée, Mango Chutney (Sugar, Mangoes, Salt, Acetic Acid, Spices), Garlic Purée, Cream (**Milk**), Desiccated Coconut (2%) (Contains **Sulphites**), Rapeseed Oil, Tomato Purée, Yoghurt (**Milk**), Garam Masala (Ground Coriander, Ground Cumin, Ground Cassia, Black Pepper Fine, Ground Star Aniseed, Ground Ginger, Ground Green Cardamom, Ground Pimento, Ground Black Cardamom, Ground Cloves, Ground Bay Leaves, Ground Nutmeg), Salt, Coriander, Cumin, Turmeric, Chilli Powder, Ground Coriander, Cloves], Cooked Rice (30%), (Basmati Rice, Water).

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-heat. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of origin: UK

Comforting vegetable cassoulet with a side of basmati rice 300g

Allergen Advice:

For allergens, see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 300g
Energy	85kcal	255kcal
Energy kJ	359kJ	1078kJ
Fat	0.9g	2.7g
- (of which saturates)	0.27g	0.8g
Carbohydrate	14.6g	43.7g
- (of which sugars)	3.3g	10.0g

	Per 100g	Per 300g
Fibre	2.3g	6.9g
Protein	3.5g	10.6g
Salt	0.35g	1.06g

Ingredients

Moroccan Sauce (70%)[Water, Red and yellow Peppers (11%), Chopped Tomato, Adzuki Beans, Pinto Beans, Onion, Tomato Purée, Sweet Potato, Carrot, Chickpeas, Red Lentils, Apricots (Contains **Sulphites**), Olive Oil, Cornflour, Harissa Paste (Glucose Syrup, Yeast Extract, Ground Spices, Water, Salt, Tomato Purée, Ground Mint), Raisins, Salt, Coriander, Ginger Purée, Garlic Purée, Mint, Concentrated Lemon Juice, Ground Cumin, Ground Paprika, Ground Cassia], Cooked Rice And Pepper Mix (30%) [Red Pepper, Basmati Rice, Water].

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-heat. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of origin: UK

Luxury lentil cottage pie with buttery mash 300g

Allergen Advice:

For allergens, see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 300g
Energy	95 kcal	285 kcal
Energy kJ	399 kJ	1197 kJ

	Per 100g	Per 300g
Fat	1.8g	5.4g
- (of which saturates)	0.9g	2.7g
Carbohydrate	15.3g	45.9g
- (of which sugars)	1.5g	4.5g
Fibre	2.8g	8.4g
Protein	2.9g	8.7g
Salt	0.62g	1.86g

Ingredients

Cooked Mashed Potato (52%) [Cooked Potato, Butter (**Milk**), **Milk**, Salt, White Pepper], Lentil Pie Gravy (48%) [Water, Carrot, Onion, Red Wine (contains **Sulphites**), Red Lentils, Speckled Lentils, Modified Maize Starch, Worcester Sauce (Water, Spirit Vinegar, Sugar, Salt, Tamarind, Onion Powder, Garlic Powder, Lemon Juice Concentrate, Ginger Powder, Cloves, Chilli Powder), Veg Stock (Partially Rehydrated Vegetables (Potato, Onion, Leek), Salt, Yeast Extract, Carrot Concentrate, Sugar, Sunflower Oil, Lemon Juice Concentrate), Tomato Purée, Agave Syrup, Garlic Purée, Rapeseed Oil, Caramel Powder (Burnt Sugar Syrup, Maltodextrin), Salt, Thyme, Ground Black Pepper].

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-heat. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of origin: UK

Root vegetable casserole 300g

Allergen Advice:

For allergens, see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 300g
Energy	65 kcal	195 kcal
Energy kJ	274 kJ	822 kJ
Fat	2.2g	6.6g
- (of which saturates)	0.8g	2.4g
Carbohydrate	8.3g	24.9g
- (of which sugars)	2.7g	8.1g
Fibre	2.3g	6.9g
Protein	2.0g	6.0g
Salt	0.46g	1.38g

Ingredients

Vegetable Casserole [Water, Parsnip, Carrot, Butter Beans, Swede, Savoy Cabbage, Onion, Leek, Vegetable Stock (partially Rehydrated Vegetables (Potato, Onion, Leek), Salt, Yeast Extract, carrot Concentrate, Sugar, Sunflower Oil, Lemon Juice Concentrate), Tomato Purée, Modified Mazie Starch, Butter (**Milk**), Rapeseed Oil, Caramel Powder (Burnt Sugar, Maltodextrin), Agave Syrup, Salt, Ground Black Pepper, Marjoram, Basil, Oregano, Thyme, Sage, Parsley].

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-heat. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of origin: UK

Classic Cottage Pie 300g

Allergen Advice:

For allergens, please see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 300g
Energy	83kcal	248kcal
Energy kJ	345kJ	1036kJ
Fat	3.0g	8.9g
- (of which saturates)	1.7g	5.0g
Carbohydrate	7.5g	22.6g
- (of which sugars)	0.8g	2.4g
Fibre	2.5g	7.4g
Protein	5.1g	15.3g
Salt	0.42g	1.25g

Ingredients

Beef and Onion Gravy (50%) (Water, Minced Beef (81%), Onion, Carrot, Cornflour, Worcester Sauce (Water, Spirit Vinegar, Sugar, Salt, Tamarind Paste, Onion Powder, Garlic Powder, Lemon Concentrate, Ground Ginger, Chilli Powder, Ground Cloves), Tomato Puree, Beef Stock (Beef, Water, Salt, Natural Flavouring, Molasses, Tomato Paste, Dried Onion, Cornflour, Concentrated Lemon Juice, Dried Carob, Black Pepper), Mushroom Stock (Mushroom Concentrate, Water, Mushroom Powder, Salt, Cornflour), Yeast Extract, Modified Maize Starch, Caramel Powder (Glucose syrup, Maltodextrin, Water, Sugar), Salt, Black Pepper, Thyme). Mashed Potato (50%) (Potato, Single Cream (**Milk**), Water, Butter (**Milk**), Salt, White Pepper).

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-

heat. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of origin: UK

Jane's aloo saag 300g

Allergen Advice:

For allergens, see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 300g
Energy	90 kcal	270 kcal
Energy kJ	376 kJ	1128 kJ
Fat	3.5g	10.5g
- (of which saturates)	1.6g	4.8g
Carbohydrate	11.4g	34.2g
- (of which sugars)	1.8g	5.4g
Fibre	2.6g	7.8g
Protein	1.8g	5.4g
Salt	0.65g	1.95g

Ingredients

Aloo Saag Sauce [Potato (27%), Spinach (25%), Onion (20%), Tomato Purée, Rapeseed Oil, Single Cream (**Milk**), Garlic Purée, Ginger Purée, Salt, Green Chilli Purée, Cumin Seed, Ground Cumin, Garam Masala (Spices), Ground Coriander, Ground Fenugreek, Ground Turmeric, Modified Maize Starch, **Mustard** Seed.

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-

heat. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of origin: UK

Chilli con carne 300g

Allergen Advice:

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 300g (per portion)
Energy	119kcal	357kcal
Energy kJ	494	1482
Fat	6.7g	20.1g
- (of which saturates)	2.7g	8.1g
Carbohydrate	6.0g	18g
- (of which sugars)	2.9g	8.7g
Fibre	2.9g	8.7g
Protein	7.0g	21g
Salt	0.8g	2.4g

Ingredients

Kidney beans (contains kidney beans, water, salt, calcium chloride), beef (19%), chopped tomatoes (contains chopped tomatoes, tomato juice, citric acid), onion, tomato purée, water, red pepper, olive oil, coriander, sugar, garlic purée, sea salt, cumin, chilli powder, black pepper.

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's

instructions. Important, ensure the contents are piping hot before serving. Do not re-heat. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of origin: UK

Pork meatballs 300g

Allergen Advice:

For allergens please see ingredients in **bold**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 300g (per portion)
Energy	109kcal	327kcal
Energy kJ	458	1374
Fat	4.8g	14.4g
- (of which saturates)	1.6g	4.8g
Carbohydrate	5.0g	15g
- (of which sugars)	2.4g	7.2g
Fibre	1.6g	4.8g
Protein	10.8g	32.4g
Salt	0.5g	1.5g

Ingredients

Pork (79%), **egg**, dried onion, red pepper, parsley, oregano, sage, salt, black pepper; sauce – chopped tomatoes (contains chopped tomatoes, tomato juice, citric acid), water, onions, butter beans (contains butter beans, water salt, antioxidant [ascorbic acid]), red peppers, tomato purée, olive oil, tapioca starch, garlic purée, pork stock (contains concentrated pork broth [60%], meat and water), cornstarch, salt, sage, concentrated onion juice, basil, muscovado sugar, salt, smoked paprika, chipotle chilli powder, black pepper.

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-heat. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of origin: UK

Chicken casserole 300g

Allergen Advice:

For allergens please see ingredients in **bold**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 300g (per portion)
Energy	52kcal	155kcal
Energy kJ	219	658
Fat	0.4g	1.1g
- (of which saturates)	0.1g	0.3g
Carbohydrate	3.3g	9.8g
- (of which sugars)	0.5g	1.5g
Fibre	1.0g	3.1g
Protein	8.8g	26.3g
Salt	0.6g	1.9g

Ingredients

Chicken casserole sauce (73%), (water, potato, onion, carrot, swede, white wine, peas, modified maize starch, roast chicken stock (water, yeast extract, roast chicken,

salt, chicken fat, potato flake), tomato puree, rapeseed oil, thyme, garlic, malt extract (from **barley**), ground black pepper, ground bay), chicken breast (27%) (chicken breast (98%), salt).

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-heat. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of origin: UK

Chicken with coconut, turmeric and ginger 300g

Allergen Advice:

For allergens please see ingredients in **bold**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 300g (per portion)
Energy	110kcal	330kcal
Energy kJ	459	1377
Fat	6.4g	19.2g
- (of which saturates)	3.6g	10.8g
Carbohydrate	5.2g	15.6g
- (of which sugars)	1.9g	5.7g
Fibre	0.7g	2.1g
Protein	7.6g	22.8g

	Per 100g	Per 300g (per portion)
Salt	0.7g	2.1g

Ingredients

Chicken (33%), sauce (water, coconut milk, onions), korma paste (contains chicken stock, water, sunflower oil, ground spices [turmeric, coriander, ginger, cumin]), coconut milk (contains coconut milk, maltodextrin, **milk** protein, sodium caseinate), salt, tomato purée, sugar, dried garlic, white wine vinegar, dried onion, **mustard** powder, tapioca starch, brown basmati rice, sugar, ginger purée, tomato purée, coriander, garlic purée, vegetable oil, sea salt, black pepper.

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-heat. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of origin: UK

Pasta Mediterranean 270g

Allergen Advice:

For allergens please see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 270g(per portion)
Energy	79kcal	213kcal
Energy kJ	334	901
Fat	1.4g	3.9g
- (of which saturates)	0.2g	0.6g
Carbohydrate	13.9g	37.5g

	Per 100g	Per 270g(per portion)
- (of which sugars)	5.1g	13.7g
Fibre	1.3g	3.5g
Protein	2.7g	7.2g
Salt	0.4g	1.1g

Ingredients

Chopped tomato (contains chopped tomato, tomato juice, citric acid), pasta (contains durum **wheat** semolina, **egg**), aubergine, red pepper, water, onion, green pepper, garlic puree, honey, sundried tomato paste [contains sundried tomatoes, tomato paste, sunflower oil, sugar, salt, basil, oregano, garlic)], tapioca starch, sugar, olive oil, apple juice concentrate, basil, salt, oregano, black pepper, smoked paprika

Conditions of Use: Heating Instructions: Microwave - Tear of the top of the pouch and heat for 2 minutes at full power. Hob - Empty pouch contents into a pan and heat until hot throughout. Storage Instructions: Unopened - Store in a cool dry place. Discard any pack that is leaking, puffed up or damaged. Opened - Refrigerate & consume within 24 hours.

Country of origin: UK

Sweet potato and lentil curry 300g

Allergen Advice:

For allergens please see ingredients in **bold**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 300g
Energy	75kcal	225kcal
Energy kJ	315	945
Fat	2.8g	8.4 g

	Per 100g	Per 300g
- (of which saturates)	0.2g	0.6g
Carbohydrate	10.3g	30.9g
- (of which sugars)	3.8g	11.4g
Fibre	2.2g	6.6g
Protein	1.6g	4.8g
Salt	0.7g	2.1g

Ingredients

Sweet potato (33%), water, chopped tomato (contains chopped tomatoes, tomato juice, citric acid), carrot, onion, yoghurt pellets (contains skimmed yoghurt, water, skimmed **milk** powder, modified potato starch), lentils (4%), rapeseed oil, garlic puree, tomato paste, maize starch, salt, madras curry powder [coriander, turmeric, rice flour, fenugreek, cumin, salt, ginger, paprika, black pepper, **mustard** powder, fennel, nutmeg, colour (paprika extract)], coriander, turmeric, bay leaf

Conditions of Use: Heating Instructions: Microwave - Tear of the top of the pouch and heat for 2 minutes at full power. Hob - Empty pouch contents into a pan and heat until hot throughout. Storage Instructions: Unopened - Store in a cool dry place. Discard any pack that is leaking, puffed up or damaged. Opened - Refrigerate & consume within 24 hours.

Country of origin: UK

Provençale vegetables 300g

Allergen Advice:

For allergens, see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 300g
Energy	97 kcal	291 kcal
Energy kJ	406 kJ	1218 kJ

	Per 100g	Per 300g
Fat	2.8g	8.4g
- (of which saturates)	0.7	2.1g
Carbohydrate	14.4g	43.2g
- (of which sugars)	3.1g	10.2g
Fibre	2.3g	6.9g
Protein	2.4g	7.2g
Salt	0.35g	1.05g

Ingredients

Cheese Sauce (48%) [Water, Skimmed **Milk**, Whipping Cream (**Milk**), Skimmed **Milk** Powder, Mild Coloured Cheddar Cheese (**Milk**) (Contains Colour: Anatto), Cornflour, Medium Fat Hard Cheese (**Milk**), Maize Starch, Salt, White Pepper], Provencal Sauce (22%) [Red, Green and Yellow Peppers (30%), Onion (25%), Water, Chopped Tomatoes, Tomato Purée, Courgettes, Olive Oil, Agave Syrup, Modified Maize Starch, Salt, Garlic Purée, Basil, Ground Black Pepper], Cooked Quinoa and Lentil Mix (30%) [Water, Quinoa, Speckled Lentils].

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Preheat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-heat. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of Origin: UK

Malaysian vegetable curry 300g

Allergen Advice:

For allergens, see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 300g
Energy	110 kcal	330 kcal
Energy kJ	460 kJ	1380 kJ
Fat	4.0g	12.0g
- (of which saturates)	2.8g	8.4g
Carbohydrate	15.6g	46.8g
- (of which sugars)	2.0g	6.0g
Fibre	0.7g	2.1g
Protein	2.5g	7.5g
Salt	0.42g	1.26g

Ingredients

Malaysian sauce (70%) [Water, Red and Yellow Peppers (16%), Coconut Milk, Onion, **Soya** Beans, Butternut Squash, Diced Potato, Coconut Cream (Contains **Sulphites**), Modified Maize Starch, Agave Syrup, Tamari Soy Sauce (Water, Soybeans (**Soya**), Salt, Spirit Vinegar), Ginger Purée, Vegetable Stock (Partially Rehydrated Vegetables (Potato, Onion, Leek), Salt, Yeast Extract, Carrot Concentrate, Sugar, Sunflower Oil, Lemon Juice Concentrate), Ground Galangal, Rapeseed Oil, Red Chilli Purée, Worcester Sauce (Water, Spirit Vinegar, Sugar, Salt, Tamarind, Onion, Garlic powder, Lemon Juice Concentrate, Ground Ginger, Cloves, Chilli Powder), Lemon Grass, Tomato Purée, Lime Juice, Ground Coriander, Ground Cumin, Garlic Purée, Ground Turmeric, Salt, Ground Paprika, Ground Cardamon, Ground Black Pepper, Crushed Chilli], Cooked Rice and Red Pepper Mix [Water, Basmati Rice, Red Pepper].

Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of Origin: UK

Mediterranean vegetable lasagne with aubergine 300g

Allergen Advice:

For allergens please see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 300g
Energy	69kcal	208kcal
Energy kJ	298	983
Fat	6.3g	20.7g
- (of which saturates)	0.7g	2.2g
Carbohydrate	2.8g	9.2g
- (of which sugars)	1.9g	6.1g
Fibre	0.6g	2.0g
Protein	0.4g	1.4g
Salt	0.5g	1.7g

Ingredients

Tomato sauce 33,5%, pasta12,5% (**wheat** semolina, **egg**, water), water, grilled aubergine 7%, onion 7%, sunflower oil, tomato 6%, carrot, red pepper, **celery**, herbs and spices, garlic, sugar, salt, modified maize starch.

Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes.

Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions.

Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of Origin: UK

Vegetable chilli 300g

Allergen Advice:

For allergens please see ingredients in **bold**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 300g
Energy	50kcal	150kcal
Energy kJ	211	633
Fat	0.4g	1.2g
- (of which saturates)	0.1g	0.3g
Carbohydrate	9.5g	28.5g
- (of which sugars)	3.1g	9.3g
Fibre	2.0g	6g
Protein	2.1g	6.3g
Salt	0.7g	2.1g

Ingredients

Tomatoes (contains chopped tomatoes, tomato juice, citric acid), potato (contains **sulphites**), red kidney beans (red kidney beans, water, salt, calcium chloride), onion, butternut squash, red pepper, cannellini beans [contains cannellini beans, water, salt, antioxidant (ascorbic acid)], tapioca starch, coriander, garlic puree, cumin, sea salt, sugar, cocoa powder (contains potassium carbonate), smoked paprika, cayenne, chilli powder, black pepper

Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions.

Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of Origin: UK

Pasta arrabiata 270g

Allergen Advice:

For allergens please see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 270g (per portion)
Energy	101kcal	272kcal
Energy kJ	426	1151
Fat	1.7g	4.5g
- (of which saturates)	0.3g	0.7g
Carbohydrate	18.2g	49.2g
- (of which sugars)	5.4g	14.7g
Fibre	1.3g	3.5g
Protein	3.5g	9.4g
Salt	0.5g	1.3g

Ingredients

Chopped tomato (contains chopped tomato, tomato juice, citric acid), pasta (contains durum **wheat** semolina, **egg**), water, onion, garlic puree, honey, sundried tomato paste [contains sundried tomatoes, tomato paste, sunflower oil, sugar, salt, basil, oregano, garlic], tapioca starch, sugar, olive oil, apple juice concentrate, basil, salt, oregano, IQF chilli flakes, black pepper, smoked paprika

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve.

Country of Origin: UK

Chickpea tagine 300g

Allergen Advice:

For allergens please see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 300g (per portion)
Energy	45kcal	135kcal
Energy kJ	190	570
Fat	1.4g	4.2g
- (of which saturates)	0.2g	0.6g
Carbohydrate	6.7g	20.1g
- (of which sugars)	2.9g	8.7g
Fibre	1.6g	4.8g
Protein	1.5g	4.5g
Salt	0.5g	1.5

Ingredients

Butternut squash, chopped tomatoes (chopped tomatoes, tomato juice, citric acid), water, chickpeas, potato, onion, carrot, tomato paste, apricots (dried apricots, rice flour, **sulphur dioxide**), ginger, coriander, maize starch, chilli, salt, cumin, natural sweetener

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve.

Country of Origin: UK

Classic vegetable curry with a side of basmati rice 300g

Allergen Advice:

For allergens, see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 300g
Energy	87 kcal	261 kcal
Energy kJ	367 kJ	1101 kJ
Fat	2.6g	7.8g
- (of which saturates)	0.9g	2.7g
Carbohydrate	12.8g	38.4g
- (of which sugars)	1.9g	5.7g
Fibre	1.7g	5.1g
Protein	2.3g	6.9g
Salt	0.46g	1.38g

Ingredients

Vegetable Curry Sauce (70%) [Water, Chopped Tomatoes, Single Cream (**Milk**), Onion, Potato, Carrot, Peas, Tomato Purée, Cauliflower, Yoghurt (**Milk**), Ginger Purée, Garlic Purée, rapeseed Oil, Modified Maize Starch, Coriander, Salt, Cumin Seeds, Agave Syrup, Ground Cumin, Ground Paprika, Ground Turmeric, Ground Coriander, Ground Ginger, Curry Leaves, Chilli Powder, Ground Black pepper, Ground Cassia, Ground Cardamom, Ground Bay, Cloves, Ground Nutmeg], Cooked Rice [Water, Basmati Rice].

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve.

Country of Origin: UK

Tuna pasta bake 300g

Allergen Advice:

For allergens including cereals containing gluten see ingredients in **bold**.

Typical Nutritional Values

	Per 100g	Per 300g
Energy	83 kcal	249 kcal

	Per 100g	Per 300g
Energy kJ	350 kJ	1050 kJ
Fat	2.6g	7.8g
- (of which saturates)	0.3g	0.9g
Carbohydrate	6.6g	19.8g
- (of which sugars)	2.6g	7.8g
Fibre	2.2g	6.6g
Protein	7.2g	21.6g
Salt	0.43g	1.29g

Ingredients

Tuna Sauce (94%) [Water, Tuna (21%) (**Fish**), Red and Yellow Peppers, Chopped Tomatoes, Sweetcorn, Onion, Tomato Purée, Rapeseed Oil, Agave Syrup, Maize Starch, Garlic Purée, **Barley** Malt Vinegar, Salt, Concentrated Lemon Juice, Basil, Ground Coriander, Red Chilli Purée, Oregano, Ground Paprika, Chilli Powder], Cooked Pasta (6%) [Water, Durum **Wheat**, Semolina, **Egg** Albumen].

Conditions of Use: Cooking: Microwave - 800Watt, pierce film lid. Heat on full power for 3 minutes. Stand for 1 minute. Remove film lid and serve. Oven Bake - The tray is not suitable for oven cooking. Remove the contents from the tray and place into an ovenproof container. Pre-heat oven to 190C/375F/Gas Mark 5. Place onto a baking tray in the middle of the oven and cook for 15-20 minutes. Reduce time and temperature when using a fan assisted oven in accordance with the manufacturer's instructions. Important, ensure the contents are piping hot before serving. Do not re-heat. Storage: Unopened - Store in a cool, dry place. Opened - Refrigerate and consume within 24 hours

Country of Origin: UK

SNACKS

Mini cracked black pepper oatcakes 8.3g

Allergen Advice:

Please see allergens in **bold**.

May contain traces of nut, seeds and milk. According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 8.3
Energy	484kcal	40 kcal per oatcake
Energy kJ	2022	168
Fat	20.8g	1.7g
- (of which saturates)	7.8g	0.6g
Carbohydrate	65.2g	5.4g
- (of which sugars)	3.7g	0.3g
Protein	8.9g	0.7g
Salt	0.5g	0.04g

Ingredients

Wholegrain **oats** (80%), vegetable oil, **wheat** flour, sugar, salt, raising agent (sodium bicarbonate) **black pepper** (1%)

Storage: Unopened - Store in a cool, dry place.

Country of Origin: UK

Mini original oatcakes 8.3g

Allergen Advice:

Please see allergens in **bold**.

May contain milk and traces of nuts and seeds According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 8.3g
Energy	487kcal	41 kcal per oatcake
Energy kJ	2036	170
Fat	20.6g	2g
- (of which saturates)	6.8g	0.6g
Carbohydrate	66.7g	5.6g
- (of which sugars)	2.3g	0.2g
Protein	8.7g	0.7g
Salt	0.53g	0.04g

Ingredients

Wholegrain **oats** (78%), vegetable oil, **wheat** flour, sugar, salt, raising agent (sodium bicarbonate)

Storage: Unopened - Store in a cool, dry place.

Country of Origin: UK

Mini cheese oatcakes 8.3g

Allergen Advice:

Please see allergens in **bold**.

May contain traces of nut, seeds. According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 8.3g
Energy	476kcal	40 kcal per oatcake

	Per 100g	Per 8.3g
Energy kJ	1989	166
Fat	21.0g	1.7g
- (of which saturates)	8.3g	0.7g
Carbohydrate	60g	5g
- (of which sugars)	3.6g	0.3g
Fibre		0.5g
Protein	11.7g	1g
Salt	0.57g	0.05g

Ingredients

Wholegrain **oats** (75%), vegetable oil, cheese powder (contains **milk**) (12%), **wheat** flour, sugar, salt, raising agent (sodium bicarbonate) black pepper.

Storage: Unopened - Store in a cool, dry place.

Country of Origin: UK

Vanilla crunch 12g

Allergen Advice:

Please see allergens in **bold**.

Typical Nutritional Values

	Per 100g	Per 12g (per portion)
Energy	486kcal	59kcal
Energy kJ	2036	244
Fat	22.2g	2.7g
- (of which saturates)	13.4g	1.6g
Carbohydrate	70g	8.4g

	Per 100g	Per 12g (per portion)
- (of which sugars)	33g	3.9g
Fibre	1.6g	0.2g
Protein	3.3g	0.4g
Salt	1.5g	0.18g

Ingredients

Light muscovado sugar (sugar, cane molasses, alkaline caramel), butter (contains **milk**) (22.7%), rice flour, maize flour, tapioca starch, vanilla extract (2.8%; water, organic alcohol, organic vanilla bean extract), raising agents, sea salt, emulsifier (xanthan gum).

Storage: Unopened - Store in a cool, dry place.

Country of Origin: UK

Lemon shortbread 12g

Allergen Advice:

Please see allergens in **bold**.

Typical Nutritional Values

	Per 100g	Per 12g (per portion)
Energy	539kcal	65kcal
Energy kJ	2251	270
Fat	31.6g	2.67g
- (of which saturates)	18.7g	2.2g
Carbohydrate	61.7g	7.5g
- (of which sugars)	18.2g	2g
Fibre	1.7g	0.2g
Protein	3.3g	0.4g

	Per 100g	Per 12g (per portion)
Salt	0.6g	0.07g

Ingredients

Butter (contains **milk**) (32.1%), rice flour, maize flour, icing sugar, maize starch, caster sugar, lemon juice (2.6%), lemon zest (1%), natural lemon extract (0.6%; sunflower oil, natural lemon flavouring), sea salt, emulsifier: xanthan gum.

Storage: Unopened - Store in a cool, dry place.

Country of Origin: UK

Spicy ginger cookie 12g

Allergen Advice:

Please see allergens in **bold**.

Typical Nutritional Values

	Per 100g	Per 12g (per portion)
Energy	475kcal	57kcal
Energy kJ	1989	239
Fat	20.1g	2.4g
- (of which saturates)	11.9g	1.42g
Carbohydrate	72.1g	8.6g
- (of which sugars)	35.6g	4.27g
Fibre	2g	0.24g
Protein	3.1g	0.4g
Salt	1.2g	0.14g

Ingredients

Rice flour, light muscovado sugar (sugar, cane molasses, alkaline caramel), butter (contains **milk**), crystallised stem ginger (15%; ginger, sugar), maize flour, tapioca starch, ground ginger (1.5%), raising agents, sea salt, emulsifier (xanthan gum).

Storage: Unopened - Store in a cool, dry place.

Country of Origin: UK

Luxury chocolate bar 18g

Allergen Advice:

Please see allergens in **bold**.

May contain milk, peanuts and other nuts.

Typical Nutritional Values

	Per 100g	Per 18g
Energy	514kcal	92kcal
Energy kJ	2152	387
Fat	31.5g	5.6g
- (of which saturates)	19.8g	3.56g
Carbohydrate	52.3g	9.4g
- (of which sugars)	49.1g	8.8g
Protein	4.8g	0.8g
Salt	0.01g	0.002g

Ingredients

Sugar, cocoa mass, cocoa butter, emulsifiers (**soy** lecithin, polyglycerol polyricinoleate), vanilla. Chocolate contains dry cocoa solids 55% minimum.

Storage: Unopened - Store in a cool, dry place.

Country of Origin: UK

Chocolate dipped biscuit bar 15g

Allergen Advice:

For allergens, including cereals containing gluten, see ingredients in **bold**.

Manufactured in an environment which handles nuts and eggs

Typical Nutritional Values

	Per 100g	Per 15g
Energy	530	79.5
Energy kJ	2225	333.75kj
Fat	29.3g	4.4g
- (of which saturates)	11.7g	1.76g
Carbohydrate	63.1g	9.47g
- (of which sugars)	32.7g	4.91g
Protein	4.4g	.66g
Salt	.83g	.12g

Ingredients

Flour (**Wheat** Flour, Calcium, Iron, Niacin, Thiamin), Vegetable Oils (Palm Oil, Rapeseed Oil, Water, Salt, Emulsifier: E475, Flavouring, Colours: Annatto, Curcumin), Sugar, Dark Chocolate (15%) (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), Raising Agent: Sodium Bicarbonate.

Storage: Unopened - Store in a cool, dry place.

Country of Origin: UK

BBQ curly corn chips 17g

Allergen Advice:

Please see allergens in **bold**. Packed in a factory that handles Peanuts, Nuts and Sesame Seeds.

Typical Nutritional Values

	Per 100g	Per 17g (per portion)
Energy	560.88kcal	95.2kcal
Energy kJ	2341.2	398
Fat	32g	5.44g
- (of which saturates)	4.16g	0.71g
Carbohydrate	58.49g	9.94g
- (of which sugars)	2.85g	0.48g
Protein	7.19g	1.22g
Salt	0.8g	0.14g

Ingredients

Corn, Sunflower oil, seasoning (006-1028): Salt, **milk** powder, onion powder, sugar, flavour enhancer (E-621), dextrose, flavour, spices, garlic powder, yeast extract, tomato powder, green pepper powder, red pepper powder, acidifier (E-330), colouring (E-160c), spices extract.

Storage: Unopened - Store in a cool, dry place.

Country of Origin: UK

Low salt popcorn 11g

Allergen Advice:

For allergens please see ingredients in **bold**.

According to NHS guidelines, this recipe is suitable for those following a low sugar diet.

Typical Nutritional Values

	Per 100g	Per 11g
Energy	486kcal	53kcal

	Per 100g	Per 11g
Energy kJ	2027kJ	223kJ
Fat	27.55g	3.03g
- (of which saturates)	2.24g	0.25g
Carbohydrate	46.01g	5.06g
- (of which sugars)	0.78g	0.09g
Fibre	12.85g	1.41g
Protein	7.19g	0.79g
Salt	1.77g	0.19g

Ingredients

Corn kernels, rapeseed oil, sea salt