

A. Chicken Breast Curry Long Grain Rice

Allergens: **Milk, Celery, Mustard**

	per 100g	per 220g (serving)
Energy(kJ)	437	962
Energy(Kcal)	99	218
Fat(g)	1.2	2.6
Fat Saturates(g)	0.5	1.1
Carbs(g)	18.7	41.1
Carbs Sugars(g)	2	4.4
Fibre(g)	0.3	0.7
Protein(g)	4.5	9.9
Salt(g)	0.72	1.6

B. Baked Chicken Goujon Potato Bite Peas

Allergens: **Gluten (Wheat), Soya Beans**

	per 100g	per 185g (serving)
Energy(kJ)	610	1128
Energy(Kcal)	144.9	268
Fat(g)	4.7	8.7
Fat Saturates(g)	0.7	1.4
Carbs(g)	16.9	31.4
Carbs Sugars(g)	0.7	1.3
Fibre(g)	0.9	1.7
Protein(g)	7.9	14.6
Salt(g)	0.4	0.7

C. Plant It Veggie Dippers Cubes Mix Veg

Allergens: **Gluten (Wheat and Barley), Soya**

	per 100g	per 182g (serving)
Energy(kJ)	695	1265
Energy(Kcal)	165	300
Fat(g)	7.3	13.3
Fat Saturates(g)	0.6	1.1
Carbs(g)	1.7	3.1
Carbs Sugars(g)	1.1	2
Fibre(g)	3.8	6.9
Protein(g)	5.1	9.2
Salt(g)	0.5	1

D. Roast Chicken Breast Mash Veg Gravy

Allergens: **Milk**

	per 100g	per 240g (serving)
Energy(kJ)	344	826
Energy(Kcal)	82	197
Fat(g)	1.6	3.9
Fat Saturates(g)	0.9	2.2
Carbs(g)	8.3	19.9
Carbs Sugars(g)	1.2	2.8
Fibre(g)	1.6	3.8
Protein(g)	7.7	18.6
Salt(g)	0.4	1

E. Chickpea and Veg Curry Brown Rice

Allergen: **Milk, Celery, Mustard**

	per 100g	per 230g (serving)
Energy(kJ)	413	952
Energy(Kcal)	98	225
Fat(g)	1.3	3.1
Fat Saturates(g)	0.9	2
Carbs(g)	18.3	42.1
Carbs Sugars(g)	2.3	5.4
Fibre(g)	1.4	3.2
Protein(g)	2.5	5.7
Salt(g)	0.7	1.7

F. NEW Swedish Meatballs Mash Peas Gravy

Allergens: **Milk**

	per 100g	per 200g (serving)
Energy(kJ)	417	833
Energy(Kcal)	109	218
Fat(g)	5.5	10.9
Fat Saturates(g)	2.6	5.2
Carbs(g)	10.9	21.8
Carbs Sugars(g)	0.8	1.5
Fibre(g)	1.5	2.9
Protein(g)	0.4	0.7
Salt(g)	0.7	1.3

G. Swedish Meatballs Pasta Tomato Sauce

Allergens: **Gluten (wheat)**

	per 100g	per 220g (serving)
Energy(kJ)	568	1249
Energy(Kcal)	134	295
Fat(g)	4.4	9.8
Fat Saturates(g)	1.7	3.7
Carbs(g)	19.3	42.4
Carbs Sugars(g)	3.2	7.1
Fibre(g)	1.3	2.8
Protein(g)	5.1	11.3
Salt(g)	0.6	1.3

H. Irish Pork Sausages in Rustic Roll

Allergens: **Gluten (Wheat), Sodium Sulphite**

	per 100g	per 190g (servings)
Energy(kJ)	1157	2198
Energy(Kcal)	276	525
Fat(g)	12.4	23.6
Fat Saturates(g)	4.3	8.2
Carbs(g)	31.7	60.3
Carbs Sugars(g)	0.8	1.5
Fibre(g)	0.7	1.4
Protein(g)	9.8	18.6
Salt(g)	2	3.8

J. NEW Shredded Chicken Breast Spice Bag
Allergens: None

	per 100g	per 200g (servings)
Energy(kJ)	512	1025
Energy(Kcal)	144	288
Fat(g)	3.5	7
Fat Saturates(g)	0.5	1
Carbs(g)	12.8	25.5
Carbs Sugars(g)	1.4	2.8
Fibre(g)	2.3	4.6
Protein(g)	9.9	19.8
Salt(g)	3.3	6.5

K. NEW Chilli Beef Burrito Bowl
Allergens: **Gluten (Wheat)**

	per 100g	per 180g (serving)
Energy(kJ)	548	987
Energy(Kcal)	118	212
Fat(g)	2.2	3.9
Fat Saturates(g)	0.8	1.5
Carbs(g)	19.8	35.7
Carbs Sugars(g)	1.6	2.8
Fibre(g)	1.3	2.3
Protein(g)	4.4	7.9
Salt(g)	1.7	3.1

L. Irish Pork Sausage Beans Potato Bites
Allergens: **Gluten (Wheat), Sodium Sulphite**

	per 100g	per 280g (serving)
Energy(kJ)	715	2004
Energy(Kcal)	171	480
Fat(g)	9.3	26
Fat Saturates(g)	4.2	11.9
Carbs(g)	15.5	43.5
Carbs Sugars(g)	0.3	1
Fibre(g)	2	5.7
Protein(g)	5.9	16.5
Salt(g)	1	2.9

M. Simply Penne Pasta
Allergens: **Gluten (Wheat)**

	per 100g	per 180g (serving)
Energy(kJ)	376	677
Energy(Kcal)	88	159
Fat(g)	0.8	1.5
Fat Saturates(g)	0.2	0.3
Carbs(g)	17.7	31.8
Carbs Sugars(g)	0.3	0.6
Fibre(g)	1	1.9
Protein(g)	3.7	6.6
Salt(g)	0.02	0.04

N. Classic Beef Bolognese Penne Pasta
Allergen: **Gluten (Wheat)**

	per 100g	per 200g (serving)
Energy(kJ)	549	1099
Energy(Kcal)	130	260
Fat(g)	3.4	6.9
Fat Saturates(g)	1.3	2.6
Carbs(g)	18.8	37.7
Carbs Sugars(g)	1.7	3.5
Fibre(g)	1.4	2.8
Protein(g)	7	14.1
Salt(g)	0.2	0.43

O. Penne Tomato Sauce Mozzarella Bake
Allergen: **Gluten (Wheat), Milk**

	per 100g	per 200g (serving)
Energy(kJ)	599	1198
Energy(Kcal)	141	283
Fat(g)	4.1	8.2
Fat Saturates(g)	2.3	4.6
Carbs(g)	19.7	39.4
Carbs Sugars(g)	3	6.1
Fibre(g)	1.3	2.7
Protein(g)	7.5	15.1
Salt(g)	0.3	0.7

P. NEW Baked Cod Goujon Sweet Potato Pea
Allergen: **Fish, Gluten (Wheat), Egg**

	per 100g	per 165g (serving)
Energy(kJ)	362	598
Energy(Kcal)	94	155
Fat(g)	3.3	5.5
Fat Saturates(g)	1.3	2.1
Carbs(g)	10.4	17.1
Carbs Sugars(g)	2.9	4.8
Fibre(g)	1.5	2.5
Protein(g)	4.2	7
Salt(g)	0.4	0.7

R. Hot Crispy Chicken Roll
Allergen: **Gluten (Wheat), Soya**

	per 100g	per 170g (serving)
Energy(kJ)	971	1652
Energy(Kcal)	230	391
Fat(g)	4.5	7.6
Fat Saturates(g)	0.9	1.6
Carbs(g)	34.9	59.3
Carbs Sugars(g)	0.9	1.6
Fibre(g)	0.8	1.4
Protein(g)	12	20.5
Salt(g)	1.3	2.2

S. Classic Italian Pasta Carbonara

Allergen: **Gluten (Wheat), Milk**

	per 100g	per 215g (serving)
Energy(kJ)	606	1304
Energy(Kcal)	143	308
Fat(g)	5.1	11
Fat Saturates(g)	2.7	5.9
Carbs(g)	14.8	31.9
Carbs Sugars(g)	1.8	3.9
Fibre(g)	0.9	1.9
Protein(g)	7.4	15.9
Salt(g)	0.7	1.5

T. Gluten Free Pasta with Tomato Sauce

Allergen: N/A

	per 100g	per 200g (serving)
Energy(kJ)	330	660
Energy(Kcal)	78	156
Fat(g)	1.4	2.9
Fat Saturates(g)	0.2	0.42
Carbs(g)	10.7	21.4
Carbs Sugars(g)	4.1	8.2
Fibre(g)	2	4
Protein(g)	1.4	2.8
Salt(g)	0.1	0.3

U. Potato Bites Curry Long Grain Rice

Allergen: **Milk, Celery, Mustard**

	per 100g	per 240g (serving)
Energy(kJ)	439	1054
Energy(Kcal)	103	247
Fat(g)	1.8	4.4
Fat Saturates(g)	0.5	1.2
Carbs(g)	20.2	48.4
Carbs Sugars(g)	2.4	5.7
Fibre(g)	0.6	1.5
Protein(g)	1.9	4.6
Salt(g)	0.9	2.1

V. NEW Vegan Bean Burrito Bowl

Allergen: none

	per 100g	per 170g (serving)
Energy(kJ)	464	789
Energy(Kcal)	109	185
Fat(g)	0.4	0.7
Fat Saturates(g)	0.09	0.16
Carbs(g)	23.3	39.6
Carbs Sugars(g)	1.2	2.1
Fibre(g)	1.6	2.8
Protein(g)	1.9	3.3
Salt(g)	0.5	0.9

W. Cheesy Ham Melt

Allergen: **Gluten (Wheat), Milk**

	per 100g	per 115g (serving)
Energy(kJ)	1469	1690
Energy(Kcal)	348	400
Fat(g)	13	15
Fat Saturates(g)	8.1	9.3
Carbs(g)	35.7	41.1
Carbs Sugars(g)	3	3.5
Fibre(g)	0.9	1
Protein(g)	22.9	26.3
Salt(g)	1.6	1.8

X. Pizza Roll Chicken and Cheese

Allergen: **Gluten (Wheat), Milk**

	per 100g	per 160g (serving)
Energy(kJ)	992	1587
Energy(Kcal)	236	377
Fat(g)	5.7	9.2
Fat Saturates(g)	3.1	5
Carbs(g)	31.9	51.1
Carbs Sugars(g)	0.9	1.5
Fibre(g)	0.9	1.5
Protein(g)	13.4	21.5
Salt(g)	1.4	2.3

Y. NEW Fresh Nut Free Pesto Pasta

Allergen: **Milk, Gluten (Wheat)**

	per 100g	per 160g (serving)
Energy(kJ)	1022	1636
Energy(Kcal)	243	389
Fat(g)	13.5	21.6
Fat Saturates(g)	1.9	3.4
Carbs(g)	25.8	41.3
Carbs Sugars(g)	0.5	0.8
Fibre(g)	1.6	2.5
Protein(g)	6.4	10.2
Salt(g)	0.2	0.35

Z. Pepperoni Pizza Roll

Allergen: **Gluten (Wheat), Milk, Celery**

	per 100g	per 150g (serving)
Energy(kJ)	1206	1809
Energy(Kcal)	286	429
Fat(g)	11.4	17.1
Fat Saturates(g)	5.5	8.2
Carbs(g)	34.1	51.2
Carbs Sugars(g)	1.8	2.7
Fibre(g)	1	1.5
Protein(g)	11.5	17.3
Salt(g)	1.9	2.9