

A. Chicken Curry Long Grain Rice		per 100g	per 260g (serving)
Allergens: Milk, Celery, Mustard	Energy(kJ)	409	1064
Curry Sauce: Water, Curry Powder (Modified Maize Starch, Sugar, Fat Powder (Refined palm oil, Whey Powder (MILK), Milk protein, Stabilizer (Pentasodium triphosphate), Anti-caking agent (Silicon dioxide)), Tomato Powder, Yeast Extract, Salt, Spices (Pepper, Coriander, Fenugreek, Cumin, Turmeric, Cayenne, Cinnamon, Clove, CELERY , Ginger, MUSTARD), Flavouring, Garlic Powder, Colour (Turmeric Extract), Dried Glucose Syrup, Anticaking Agent (Calcium Silicate), Acidity Regulator (Citric Acid) White Rice: Long grain rice, boiled Chicken: Chicken Breasts, Water, Salt, Emulsifier E451i. Peas, Carrots	Energy(Kcal)	97	252
	Fat(g)	1	2.7
	Fat Saturates(g)	0.4	1.1
	Carbs(g)	16.6	43.3
	Carbs Sugars(g)	2.1	5.4
	Fibre(g)	0.9	2.3
	Protein(g)	5.5	14.4
	Salt(g)	0.6	1.7

low in fat

low in Sat fat

low in sugar

D. Roast Chicken Breast Mash Veg Gravy		per 100g	per 240g (serving)
Allergens: Milk	Energy(kJ)	588	1412
Chicken: Chicken Breast, Water, Salt. GLUTEN FREE GRAVY: Water, Gravy Mix (Modified Maize Starch, Maltodextrin, Salt, Potato Starch, Yeast Extracts, Tomato Powder, Sugar, Rice Flour, Flavouring, Colour (E150 a), Onion Powder, Spices (Paprika, Pepper)), Modified Maize starch. MASH: Potato (100%), Carrot & Parsnip: Carrot (49%), Parsnip (49%), Butter (Butter (MILK), Salt), Salt, Cracked Black Pepper.	Energy(Kcal)	85	206
	Fat(g)	1.5	3.6
	Fat Saturates(g)	0.4	1
	Carbs(g)	11.1	26.6
	Carbs Sugars(g)	2.3	5.6
	Fibre(g)	1.6	3.8
	Protein(g)	7.8	18.6
	Salt(g)	0.3	0.8

Low in fat

low in sat fat

low in sugar

low in salt

E. Vegetable Curry Brown Rice		per 100g	per 230g (serving)
Allergen: Milk, Celery, Mustard	Energy(kJ)	413	952
Curry Sauce: Water, Curry Powder(modified maize starch, sugar, fat powder (refined palm oil, WHEY POWDER (MILK), MILK protein, stabilizer (Pentasodium triphosphate), anti-caking agent (silicon dioxide)), tomato powder, yeast extract, salt, Spiced (Pepper, coriander, fenugreek, cumin, turmeric, cayenne, cinnamon, clove, CELERY , ginger, MUSTARD), Flavouring, Garlic powder, colour (Turmeric extract), Dried glucose syrup, anti-caking agent (Calcium Silicate), Acidity Regulator (Citric acid). Peas. Carrots. Chickpeas: Chickpeas (60%), Water (40%) Brown Rice: Long grain rice, boiled	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

Low in fat

Low in sat fat

Low in sugar

F. Swedish Meatballs Mash Peas Gravy		per 100g	per 250g (serving)
Allergens: none	Energy(kJ)	771	928
Meatballs: PORK and Beef, water, onion, potato, potato flour, salt, potato fiber, spices. GLUTEN FREE GRAVY: Water, Gravy Mix (Modified Maize Starch, Maltodextrin, Salt, Potato Starch, Yeast Extracts, Tomato Powder, Sugar, Rice Flour, Flavouring, Colour (E150 a), Onion Powder, Spices (Paprika, Pepper)), Modified Maize starch. MASH: 100% potatoes. Peas.	Energy(Kcal)	88	220
	Fat(g)	3.3	8.3
	Fat Saturates(g)	1.4	3.5
	Carbs(g)	12.2	30.4
	Carbs Sugars(g)	1.4	3.6
	Fibre(g)	2	5
	Protein(g)	2.5	6.3
	Salt(g)	0.4	1.1

Low in sugar

G. Meatballs Tomato Sauce Penne Pasta		per 100g	per 230g (serving)
Allergens: Gluten (Wheat)	Energy(kJ)	506	1164
Meatballs: PORK and Beef, water, onion, potato, potato flour, salt, potato fiber, spices. Pasta: Water, Durum WHEAT Flour, Water, Vegetable Oil. Tomato Sauce: Tomato (57%), Onion (7%), Sweet Potato (7%), Courgette (7%), Red Pepper (7%), Aubergine (7%), Tomato Paste, Garlic Puree, Herbs, Corn Starch, Concentrated Lemon Juice, Extra Virgin Olive Oil, Salt, Spice.	Energy(Kcal)	119	274
	Fat(g)	0.8	1.9
	Fat Saturates(g)	1.1	2.6
	Carbs(g)	17.3	39.7
	Carbs Sugars(g)	1.8	4.1
	Fibre(g)	1.7	4
	Protein(g)	6.3	14.5
	Salt(g)	0.2	0.5

Low in sugar

J. Shreded Chicken Breast Spice Bag		per 100g	per 200g (servings)
Allergens: none	Energy(kJ)	488	975
Chicken: Chicken Breast, Water, Salt. Pepppers: 100% peppers. Spice Bag Seasoning: Spices (Chilli, Coriander Cayenne, Aniseed, Star Anise, Fenne, Cinnamon), Salt, Sugar, Dried, Garlic, Dried Onion, Black Pepper, Yeast Extract, Herb, Acidity Regulator, Lactic Acid. Cubes: Potatoes, sunflower oil, seasoning (rice flour, modified potato starch, salt, garlic powder, onion powder, spices (black pepper, paprika), raising agent (E450, E500), maize dextrose, stabilizer (xanthan gum), spice extract (paprika, sunflower seed oil)	Energy(Kcal)	138	276
	Fat(g)	3.4	6.8
	Fat Saturates(g)	1.8	3.7
	Carbs(g)	12.5	25
	Carbs Sugars(g)	1.4	2.8
	Fibre(g)	1.7	3.4
	Protein(g)	9.2	18.4
	Salt(g)	0.7	1.3

K. Italian Beef Lasagna Side of Veg		per 100g	per 200g (serving)
Allergens: Gluten (Wheat), Milk, Celery	Energy(kJ)	626	1252
Beef Lasagna: Chopped Tomatoes (24%) (Tomato, Tomato Juice, Acidity Regulator (E301)), Minced Beef (22%), Water, Red Cheddar Cheese (MILK), Lasagne (6%) (Durum WHEAT Semolina), Onion, Tomato Puree, Wheat Flour (WHEAT Flour, Calcium, Iron, Niacin (B3), Thiamin (B1)), Red Peppers, Palm Oil Powder (Refined palm oil, Glucose Syrup, Caseinate (MILK)), Cake Margarine (Vegetable Oils and Fats (Segregated Palm & Rapeseed Oil), Water, Salt Acidity Regulator (E301)), Garlic Puree, Salt, Corn flour, Vegetable Bouillon (Celery), Basil, Oregano, Black Pepper, Thyme Mixed Veg: Carrot (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2%)	Energy(Kcal)	149	299
	Fat(g)	7.4	14.9
	Fat Saturates(g)	3.4	6.8
	Carbs(g)	11.4	22.8
	Carbs Sugars(g)	3.7	7.5
	Fibre(g)	1.8	3.7
	Protein(g)	8.3	16.7
	Salt(g)	0.8	1.5

Low in sugar

M. Plain Penne Pasta		per 100g	per 180g (serving)
Allergens: Gluten (Wheat)	Energy(kJ)	376	677
Pasta (Water, Durum WHEAT Flour), Water, Vegetable Oil, Olive Oil, Mixed Herbs	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

Low in fat
low in sat fat
Low in sugar
Low in salt

N. Classic Beef Bolognese Penne Pasta		per 100g	per 220g (serving)
Allergen: Gluten (Wheat)	Energy(kJ)	549	1257
Bolognese: Chopped Tomatoes (36%)(Tomato, Tomato Juice, Acidity Regulator (Citric Acid), Minced Beef (33%), Water, Onions, Tomato Puree, Red Peppers, Wheat Flour (WHEAT flour, calcium iron niacin B3, Thiamin B1), Garlic Puree, Salt, Basil, Oregano. Pasta: Pasta (Water, Durum WHEAT Flour), Water, Vegetable Oil. Tomato Sauce: Tomato (57%), Onion (7%), Sweet Potato (7%), Courgette (7%), Red Pepper (7%), Aubergine (7%), Tomato Paste, Garlic Puree, Herbs, Corn Starch, Concentrated Lemon Juice, Extra Virgin Olive Oil, Salt, Spice	Energy(Kcal)	130	274
	Fat(g)	3.4	6.9
	Fat Saturates(g)	1.3	2.6
	Carbs(g)	18.8	39.5
	Carbs Sugars(g)	1.7	4.1
	Fibre(g)	1.4	3.7
	Protein(g)	7	15.1
	Salt(g)	0.2	0.5

Low in sat fat

Low in Sugar

Low in salt

O. Penne Pasta Tomato Mozzarella		per 100g	per 190g (serving)
Allergen: Gluten (wheat), Milk	Energy(kJ)	613	1165
Mozarella Cheese: Mozzarella 98%, Starch 2% (MILK) Pasta: Pasta (Water, Durum WHEAT Flour), Water, Vegetable Oil. Tomato Sauce: Tomato (57%), Onion (7%), Sweet Potato (7%), Courgette (7%), Red Pepper (7%), Aubergine (7%), Tomato Paste, Garlic Puree, Herbs, Corn Starch, Concentrated Lemon Juice, Extra Virgin Olive Oil, Salt, Spice.	Energy(Kcal)	145	276
	Fat(g)	4.5	8.5
	Fat Saturates(g)	3.5	6.7
	Carbs(g)	19.2	36.6
	Carbs Sugars(g)	1.6	3
	Fibre(g)	1.6	3.1
	Protein(g)	4.3	8.2
	Salt(g)	0.2	0.35

Low in sugar

Low in salt

V. Delicious Vegetarian Lasagna Extra Veg		per 100g	per 200g (serving)
Allergen: Gluten (Wheat), Milk, Celery	Energy(kJ)	421	843
Vegetarian Lasagna: Water, Chopped Tomato (20%) (Tomato, Tomato Juice, Acidity Regulator (Citric Acid)), Peppers, Lasagne (7%) (Durum Wheat Semolina), Carrot, Aubergine, Red Cheddar Cheese (8%) (Milk), Courgette, Palm Oil Powder (Refined palm oil, Glucose Syrup, Caseinate (Milk)), Onion, Tomato Puree, Spring Onion, Wheat Flour (Wheat Flour, Calcium, Iron, Niacin (B3), Thiamin (B1), Spinach, Cake Margarine (Vegetable Oils and Fats (Segregated Palm & Rapeseed Oil), Water, Salt Acidity Regulator (Citric Acid)), Garlic Puree, Vegetable Oil, Salt, Corn flour, Vegetable Bouillon (Celery), Parsley, Basil, Black Pepper, Thyme. Mixed Veg: Carrot (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2%)	Energy(Kcal)	100	201
	Fat(g)	4.4	8.9
	Fat Saturates(g)	1.9	3.9
	Carbs(g)	11.4	22.8
	Carbs Sugars(g)	3.2	6.5
	Fibre(g)	1.8	3.6
	Protein(g)	3.2	6.4
	Salt(g)	0.4	0.9

Low in sugar

Y. Traditional Cottage Pie Side of Veg		per 100g	per 200g (serving)
Allergen: Milk, Gluten (Barley), Fish, Mustard	Energy(kJ)	408	816
Cottage Pie: Potato (40%), Minced Beef (20%), Water, Onions, Carrots (8%), Peas (4%), Milk, Cornflour, Butter[Cream (Milk), salt], Salt, Gravy browning [Water, Colour: (ammonia Caramel), salt, acidity Regulator: (Citric Acid), Stabiliser: (Xanthan Gum), Preservative:(Potassium Sorbate)], Worcestershire Sauce [Malt Vinegar (from Barley), Spirit vinegar, Molasses, Sugar, Salt, Anchovies (Fish), Tamarind Extract, Onions, Garlic, Spice, Flavourings], Mustard Powder, Pepper. Mixed veg: Carrot (65%), Peas (22%), Green Beans (6%), Sweetcorn (5%), Broad Beans (2%)	Energy(Kcal)	97	195
	Fat(g)	4.1	8.3
	Fat Saturates(g)	1.9	3.9
	Carbs(g)	10.6	21.2
	Carbs Sugars(g)	2	4.1
	Fibre(g)	1.6	3.1
	Protein(g)	4.7	9.5
	Salt(g)	0.7	1.4

Low in sugar

P. Sausages, Mash and Beans		per 100g	per 220g (serving)
Allergens: Gluten (Wheat), Milk	Energy(kJ)	532	1171
Sausages: Pork (60%), Water, Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Pork Fat, Potato Starch, Salt, Spices, Yeast Extract, Spice Extracts. Filled into Beef Collagen Casing. Mashed Potato: 73% potatoes, whey permeate (milk), 8,8% cream (milk), skimmed milk, salt, spices, pepper extract. Baked Beans: Navy beans (49%), Tomatoes (31%), Water, Sugar, Modified maize starch, Salt, Wine vinegar, Acidity regulator: ascorbic acid, Flavourings, Paprika extract.	Energy(Kcal)	127	279
	Fat(g)	5.8	12.7
	Fat Saturates(g)	2.3	5
	Carbs(g)	13	28.6
	Carbs Sugars(g)	2.4	5.2
	Fibre(g)	2.3	5
	Protein(g)	4.6	10.2
	Salt(g)	0.9	1.9

Low in Sugar

C. Chick Curry Super Noodle		per 100g	per 200g (serving)
Allergens: Gluten (wheat), Milk	Energy(kJ)	429	857
Noodles: water (51,2 %), durum wheat semolina (47,7 %), sunflower oil (0,5 %), salt (0,5 %), milled turmeric root: colouring food (0,1 %) Chicken: Chicken Breasts, Water, Salt, Emulsifier E451i. Curry Sauce C: Water, Apple Puree, Sugar, Red Peppers, Pineapple, Onions, Modified Starch, Cream (Milk), Rapeseed Oil, Spices, Whey Protein Concentrate (Milk), Concentrated Lemon Juice, Salt, Flavourings, Acidity Regulator: Lactic Acid; Colour: Paprika Extract.	Energy(Kcal)	102	204
	Fat(g)	1.1	2.2
	Fat Saturates(g)	0.3	0.5
	Carbs(g)	12,5	27
	Carbs Sugars(g)	4.4	8.8
	Fibre(g)	1.5	2.9
	Protein(g)	8.7	17.4
	Salt(g)	0.7	1.4

Low in fat

Low in sat fat

Low in sugar

L. Mini Margherita Pizza and Corn Ribs		per 100g	per 200g (serving)
Allergens: Gluten (wheat), Milk	Energy(kJ)	487	973
Pizza: Whole WHEAT Flour, Mozzarella Cheese 23.5% (MILK, Salt, Microbial Rennet), Tomato Puree 19%, Water, Extra Virgin Olive Oil, Olive Oil, Salt, Yeast, Oregano, Sugar. Corn Rib: 100% Corn	Energy(Kcal)	116	232
	Fat(g)	3.2	6.3
	Fat Saturates(g)	0.9	1.8
	Carbs(g)	24.2	48.4
	Carbs Sugars(g)	2.4	4.7
	Fibre(g)	3.6	7.2
	Protein(g)	4.9	9.9
	Salt(g)	0.4	0.7

Low in sat fat

Low in sugar

Source of Fibre

T. Gluten Free Pasta with Tomato Sauce		per 100g	per 250g (serving)	
Gluten Free Pasta: Water (51.7%), maize flour, chickpea flour, emulsifier E471 mono- and diglycerides of fatty acid. Tomato Sauce: Tomato (57%), Onion (7%), Sweet Potato (7%), Courgette (7%), Red Pepper (7%), Aubergine (7%), Tomato Paste, Garlic Puree, Herbs, Corn Starch, Concentrated Lemon Juice, Extra Virgin Olive Oil, Salt, Spice.	Energy(kJ)	448	1119	
	Energy(Kcal)	106	265	Low in fat
	Fat(g)	1.2	3.1	Low in sat fat
	Fat Saturates(g)	0.2	0.5	Low in sugars
	Carbs(g)	20.7	51.8	Low in salt
	Carbs Sugars(g)	2.7	6.8	
	Fibre(g)	1.8	4.4	
	Protein(g)	2.2	5.4	
	Salt(g)	0.3	0.8	
H. Rainbow Bites with Quinoa Mix		per 100g	per 200g (serving)	
Allergens: Soya	Energy(kJ)	693	1385	low in sat fat
Insalata Eldorado: Quinoa (water, white quinoa, red quinoa), vegetables [beans (soy bean, black bean), sweet corn, grilled red pepper, tomato, spring onion], dressing [water, sunflower oil, seasoning (salt, coconut powder (coconut milk, maltodextrin, modified starch), tomato, spices, sugar, lemon juice powder (lemon juice concentrated, maltodextrin), citrus fibre, herbs, natural cucumber flavouring, spice extract), white wine vinegar (water, white wine vinegar)], fruit [mango, dried cranberry (cranberries, sugar, cranberry powder, sunflower oil)]. Orange vegetable fingers: Carrot 29%, crumbs (potato, carrot 34%, curcuma, yeast), sweet potato 10%, butternut squash 9%, sunflower and rapeseed oil, corn starch, water, onion, pea flour, chickpea flour, potato flakes, salt, dried vegetables (onion, tomato, garlic), black pepper. Red crusted broccoli fingers: Broccoli 44%, crumbs (beetroot 50%, potato), water, rapeseed oil and sunflower oil, potatoes, corn starch, pea flour, chickpea flour, dried vegetables (onion, tomato, garlic), onion, potato flakes, salt. Golden corn fingers: corn 38%, corn semolina 16%, yellow carrots, water, rapeseed oil and sunflower oil, corn starch, onion, chickpea flour, potato flakes, salt, dried vegetables (onion, tomato, garlic), spices.	Energy(Kcal)	166	331	low in sugars
	Fat(g)	6.8	13.6	
	Fat Saturates(g)	0.9	1.9	
	Carbs(g)	20.7	41.4	
	Carbs Sugars(g)	4.1	8.1	
	Fibre(g)	3.2	6.3	
	Protein(g)	3.7	7.4	
	Salt(g)	0.8	1.5	
B. Baked Goujon with Mexican Corn and Cubes		per 100g	per 185g (serving)	
Allergens: Gluten (Wheat)	Energy(kJ)	442	817	
Mexican Corn: Roasted corn 37.5%, corn 37.5%, grilled red sweet pepper, red kidney beans, rapeseed and sunflower oil, salt, maltodextrin, garlic powder, paprika powder, dextrose chilli powder, vegetable and herb extracts, natural flavouring, smoke flavouring, emulsifier E 322. Potato Cubes: 99% potato, salt, spices, garlic powder, red paprika, potato starch, herbs, natural flavouring, smoked maltodextrin, sunflower oil, paprika concentrate. Chicken Goujon: 100% Chicken Breast, 32% Water, Stabilizer (E451), Glucose Syrup, Salt, Starch, Natural Flavour, Breadcrumbs ((Wheat flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt, Caramelised Sugar Syrup, Yeast), Potato Starch, Maize Starch, WHEAT Starch, Colour: Paprika E160c Colour: Curcumin E100 Methylcellulose E464, Rapeseed Oil	Energy(Kcal)	106	196	Low in Fat
	Fat(g)	1.4	2.5	Low in sat fat
	Fat Saturates(g)	0.2	0.4	Low in suagars
	Carbs(g)	16.9	31.3	
	Carbs Sugars(g)	1.7	3.2	
	Fibre(g)	1	1.9	
	Protein(g)	5.7	10.6	
	Salt(g)	0.6	1.1	

R. Golden Rice with Fiesta Corn Mix		per 100g	per 180g (serving)
Allergens: None	Energy(kJ)	413	744
Yellow Rice: Cooked Rice (Water, Long Grain Rice, Salt, Turmeric), Mixed Vegetables, (Peas, Carrots, Sweetcorn in varying proportions), Vegetable Oil (Rapeseed or Sunflower), Vegetable Stock Powder (Dextrose, Dried Vegetables (Carrot, Onion, Leek, Shallot), Salt, Paprika, Tomato Powder) Mexican Corn Mix: Roasted corn 37.5%, corn 37.5%, grilled red sweet pepper, red kidney beans, rapeseed and sunflower oil, salt, maltodextrin, garlic powder, paprika powder, dextrose chilli powder, vegetable and herb extracts, natural flavouring, smoke flavouring, emulsifier E 322.	Energy(Kcal)	98	177
	Fat(g)	1.9	3.4
	Fat Saturates(g)	0.3	0.5
	Carbs(g)	16.1	29
	Carbs Sugars(g)	2.8	5.1
	Fibre(g)	3	5.4
	Protein(g)	2.9	5.2
	Salt(g)	1.1	1.9

Low in fat
Low in sat fat
Low in sugars