

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)),	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),	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)),	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: Milk	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	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	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. Shredded Chicken Breast Spice Bag		per 100g	per 200g (servings)
Allergens: none	Energy(kJ)	488	975
Chicken: Chicken Breast,	Energy(Kcal)	138	276
Water, Salt, Pepppers: 100%	Fat(g)	3.4	6.8
peppers. Spice Bag Seasoning:	Fat Saturates(g)	1.8	3.7
Spices (Chilli, Coriander	Carbs(g)	12.5	25
Cayenne, Aniseed, Star Anise,	Carbs Sugars(g)	1.4	2.8
Fenne, Cinnomon), Salt,	Fibre(g)	1.7	3.4
Sugar, Dried, Garlic, Dried	Protein(g)	9.2	18.4
Onion, Black Pepper, Yeast	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	Energy(Kcal)	149	299
Tomatoes (24%) (Tomato,	Fat(g)	7.4	14.9
Tomato Juice, Acidity	Fat Saturates(g)	3.4	6.8
Regulator (E301)), Minced	Carbs(g)	11.4	22.8
Beef (22%), Water, Red	Carbs Sugars(g)	3.7	7.5
Cheddar Cheese (MILK),	Fibre(g)	1.8	3.7
Lasagne (6%) (Durum WHEAT	Protein(g)	8.3	16.7
Semolina), Onion, Tomato	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
	Energy(Kcal)	88	159
	Fat(g)	0.8	1.5
	Fat Saturates(g)	0.2	0.3
Pasta (Water, Durum WHEAT	Carbs(g)	17.7	31.8
Flour), Water, Vegetable Oil.	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	Energy(Kcal)	130	274
Tomatoes (36%)(Tomato,	Fat(g)	3.4	6.9
Tomato Juice, Acidity	Fat Saturates(g)	1.3	2.6
Regulator (Citric Acid),	Carbs(g)	18.8	39.5
Minced Beef (33%), Water,	Carbs Sugars(g)	1.7	4.1
Onions, Tomato Puree, Red	Fibre(g)	1.4	3.7
Peppers, Wheat Flour (WHEAT	Protein(g)	7	15.1
flour, calcium iron niacin B3,	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	Energy(Kcal)	145	276
98%, Starch 2% (MILK) Pasta:	Fat(g)	4.5	8.5
Pasta (Water, Durum WHEAT	Fat Saturates(g)	3.5	6.7
Flour), Water, Vegetable Oil.	Carbs(g)	19.2	36.6
Tomato Sauce: Tomato (57%),	Carbs Sugars(g)	1.6	3
Onion (7%), Sweet Potato	Fibre(g)	1.6	3.1
(7%), Courgette (7%), Red	Protein(g)	4.3	8.2
Pepper (7%), Aubergine (7%),	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	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	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%	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. Chicken 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 %)	Energy(Kcal)	102	204
Chicken: Chicken Breasts, Water, Salt, Emulsifier E451i.	Fat(g)	1.1	2.2
Curry Sauce C: Water, Apple	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	Energy(Kcal)	116	232
Puree 19%, Water, Extra Virgin Olive Oil, Olive Oil, Salt, Yeast, Oregano, Sugar. Corn Rib: 100% Corn	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)
Allergens: None	Energy(kJ)	448	1119
Gluten Free Pasta: Water (51,7%), maize flour, chickpea flour, emulsifier E471 mono- and diglycerides of fatty acid.	Energy(Kcal)	106	265
Tomato Sauce: Tomato (57%), Onion (7%), Sweet Potato (7%), Courgette (7%), Red	Fat(g)	1.2	3.1
	Fat Saturates(g)	0.2	0.5
	Carbs(g)	20.7	51.8
	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

Low in fat
Low in sat fat
Low in sugars
Low in salt

H. Rainbow Veggie Bites with Quinoa Mix		per 100g	per 200g (serving)
Allergens: Soya	Energy(kJ)	693	1385
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	Energy(Kcal)	166	331
	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

low in sat fat
low in sugars

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	Energy(Kcal)	106	196
	Fat(g)	1.4	2.5
	Fat Saturates(g)	0.2	0.4
	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

Low in Fat
Low in sat fat
Low in suagars

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	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