

Garden Peas

INGREDIENTS: Garden Peas (peas 100%).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Potato Wedges

INGREDIENTS: Washed (Potato).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Broccoli

INGREDIENTS: Broccoli (Broccoli).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Baked Beans

INGREDIENTS: Baked Beans (Beans (53%), Tomatoes (25%), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Mixed Garden Salad

INGREDIENTS: Iceberg (Lettuce), Round (Tomato), Large (Cucumber), Standard (Carrots), Red (Onion).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Pizza Margherita

INGREDIENTS: Pizza Dough (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, WHEAT Flour, Rapeseed Oil, Salt, Stabiliser (E412,E415), Malted WHEAT flour, Deactivated Yeast, Emulsifier (E471), Flour Treatment Agent (E300), Acidity Regulator (E516)), Grated Cheese Mix (Mozzarella (MILK), water, palm oil, MILK proteins, modified starch, potato starch, salt, acidity regulator: lactic acid, emulsifier: trisodium citrate, fibre, stabilisers: carrageenan & potassium chloride, preservative: potassium sorbate. Anticaking agent: cellulose), Pizza Sauce (Tomatoes,Salt,Sunflower Oil,Herbs & Spices , Garlic, Acidity Regulator E330).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Brazilian Vegetable Stew with Beans

INGREDIENTS: Beak Street Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Brown (Onion), Garden Peas (peas 100%), Mixed Peppers (Red and Green Peppers in varying proportions), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree (Water,Garlic Granules, Citric Acid,), Cumin Powder (Ground Cumin), Ground Turmeric (Turmeric), Paprika (Ground Paprika), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Salt (Salt, Anti-Caking Agent: E535)), Red Kidney Beans (red kidney beans, water), Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Butternut (Squash), Water, Brown (Onion), Mixed Peppers (Green Peppers, Red Peppers, Yellow Peppers in varying proportions), Coconut Milk (Water, Coconut Extract (35%), Stabilisers: Guar Gum, Carboxymethyl Cellulose; Emulsifier: Polysorbate 60), Red Split Lentils (Red Split lentils), Fruit (Limes), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree (Water,Garlic Granules, Citric Acid,), Cornflour (Maize Starch), Fresh (Coriander), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Chilli Powder (Chilli Powder), Ground (Ginger), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Baked Beans

INGREDIENTS: Baked Beans (Beans (53%), Tomatoes (25%), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Custard

INGREDIENTS: Water, MILK Powder (Skimmed MILK Powder (24%), Lactose (MILK) Whey Powder (MILK), Vegetable Oils (Coconut, Palm), Dried Glucose Syrup, Sodium Caseinate (MILK), Acidity Regulator E340(B), Emulsifier E471, Vitamins C, A And D), Custard Powder (Maize Starch, Colour: Annatto Norbixin, Flavouring), Sugar (White sugar).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Marble Sponge

INGREDIENTS: Water, Self Raising Flour (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate), Sugar (White sugar), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Cocoa Powder (Fat Reduced Cocoa Powder, (Contains Cocoa Butter 10% Minimum)), Vanilla Flavouring (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings), Baking Powder (Raising Agents (E 450 (Diphosphates), E 500 (Sodium Carbonates))), Maize Starch).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Vegan Lemon Drizzle Sponge

INGREDIENTS: Self Raising Flour (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate), Water, Sugar (White sugar), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Fruit (Lemon), Sugar (White sugar), Vanilla Flavouring (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings), Baking Powder (Raising Agents (E 450 (Diphosphates), E 500 (Sodium Carbonates))), Maize Starch).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Vegan Jam Sponge

INGREDIENTS: Water, Self Raising Flour (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate), Sugar (White sugar), Everyday Favourites Mixed Fruit Jam (Sugar, Apple, Plum, Raspberry, Rhubarb, Gelling Agent: Pectins; Colour: Anthocyanins; Acid: Citric Acid; Acidity Regulator: Trisodium Citrate; Caramelised Sugar.Prepared with 35g of fruit per 100g.Total sugar content 66g per 100g), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Vanilla Flavouring (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings), Baking Powder (Raising Agents (E 450 (Diphosphates), E 500 (Sodium Carbonates))), Maize Starch).

Allergy advice: For allergens, see ingredients in UPPERCASE.

BBQ Vegetable Supreme Savoury Melt

INGREDIENTS: Puff Pastry (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Water, Salt), Margarine (Palm And Rapeseed Oil, Water, Salt), Water, Preservative: Potassium Sorbate), Grated Cheddar (A blend of water, palm oil and modified starch (Water, Palm Oil, Modified Potato Starch, MILK Protein Powder, Potato Starch, Emulsifying Salt: Trisodium Citrate, Salt, Tricalcium Phosphate, Acidity Regulator: Citric Acid, Colour: Beta Carotene), Cheddar (MILK), Anti-caking Agent: Potato Starch), Tomato Sauce Base (Sun Ripened Chopped Tomato (48.5%), Tomato Puree (41.5%), Onion, Sunflower Oil, Sugar, Salt, Herbs and Spices (Garlic, Basil, Oregano, Black Pepper)), Mixed Peppers (Green Peppers, Red Peppers, Yellow Peppers in varying proportions), Round (Tomato), BBQ Sauce (Water, Glucose-Fructose Syrup, Sugar, Tomato Paste (10%), Modified Maize Starch, Acidity Regulators: Acetic Acid, Citric Acid; Spice Blend (Salt, Paprika, Garlic, Onion, Black Pepper, Cayenne), Apple Juice Concentrate, Caramelised Sugar Syrup, Preservative: Potassium Sorbate; Stabiliser: Xanthan Gum; BBQ Flavouring, Smoke Flavouring), Red (Onion), Sweetcorn (Sweetcorn), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Pasta & Veggie Mince Bolognaise

INGREDIENTS: Water, Penne Rigate (Durum WHEAT Semolina), Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Water, Quorn Mince (Mycoprotein (88%), Rehydrated Free Range EGG White, Pea Fibre, Natural Caramelised Sugar; Firming Agents: Calcium Chloride, CalciumAcetate; Gluten Free BARLEY Malt Extract), Brown (Onion), Tomato Paste (Tomatoes, Salt), Red Split Lentils (Red Split Lentils), Water, Et Voila Garlic Puree (Water,Garlic Granules, Citric Acid,), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Basil (Dried Basil), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Deep Fried Fish & Chips

INGREDIENTS: Chips (Everyday Favourites Freeze Chill Fries 14mm (9/16) (Potatoes, Sunflower oil, Dextrose), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane)), Battered Pollock (Pollock (FISH) (50%), WHEAT flour (WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, WHEAT Starch, Salt, Yeast Extract, Maize Starch, Yeast, Stabiliser: Xanthan Gum; Dextrose, Sunflower Oil, Emulsifier: Sunflower Lecithin; Raising Agent: Ammonium Carbonate), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Pizza Margherita with Wedges

INGREDIENTS: Potato Wedges McCain (Skin on Wedges (Potatoes (95%), Sunflower Oil, Dextrose)), Pizza Dough (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, WHEAT Flour, Rapeseed Oil, Salt, Stabiliser (E412,E415), Malted WHEAT flour, Deactivated Yeast, Emulsifier (E471), Flour Treatment Agent (E300), Acidity Regulator (E516)), Grated Cheese Mix (Mozzarella (MILK), water, palm oil, MILK proteins, modified starch, potato starch, salt, acidity regulator: lactic acid, emulsifier: trisodium citrate, fibre, stabilisers: carrageenan & potassium chloride, preservative: potassium sorbate. Anticaking agent: cellulose), Pizza Sauce (Tomatoes,Salt,Sunflower Oil,Herbs & Spices , Garlic, Acidity Regulator E330).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Pepperoni Perfection Pizza with Wedges

INGREDIENTS: Potato Wedges McCain (Skin on Wedges (Potatoes (95%), Sunflower Oil, Dextrose)), Pizza Dough (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, WHEAT Flour, Rapeseed Oil, Salt, Stabiliser (E412,E415), Malted WHEAT flour, Deactivated Yeast, Emulsifier (E471), Flour Treatment Agent (E300), Acidity Regulator (E516)), Grated Cheese Mix (Mozzarella (MILK), water, palm oil, MILK proteins, modified starch, potato starch, salt, acidity regulator: lactic acid, emulsifier: trisodium citrate, fibre, stabilisers: carrageenan & potassium chloride, preservative: potassium sorbate. Anticaking agent: cellulose), Pizza Sauce (Tomatoes,Salt,Sunflower Oil,Herbs & Spices , Garlic, Acidity Regulator E330), Pepperoni (Halal Beef (94%), Halal Beef Fat,SOYA protein, Salt, MUSTARD Powder, Dextrose, sunflower oil, Spice extracts, Antioxidant (E301), Colour (E160c) ,Preservative (E250)).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Pesto Pasta Pot

INGREDIENTS: Penne Rigate (Durum WHEAT Semolina), Water, Green Pesto (Basil (50%), Sunflower Oil (39%), Vegetarian Cheese (MILK) (8%), Sugar, Salt, Acidity Regulator: Lactic Acid, Garlic), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Tomato & Basil Penne Pasta

INGREDIENTS: Penne Rigate (Durum WHEAT Semolina), Water, Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Water, Brown (Onion), Tomato Paste (Tomatoes, Salt), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree (Water,Garlic Granules, Citric Acid,), Sugar (White sugar), Basil (Dried Basil), Dried (Oregano), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Beef Bolognese Pasta Pot

INGREDIENTS: Penne Rigate (Durum WHEAT Semolina), Water, Water, Minced Beef (Beef), Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Brown (Onion), Red Split Lentils (Red Split lentils), Water, Tomato Paste (Tomatoes, Salt), Gravy Granules (Maltodextrin, starch, flavourings, salt, onion powder, sugar, caramel syrup, thickener (guar gum), sage), Et Voila Garlic Puree (Water,Garlic Granules, Citric Acid,), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Basil (Dried Basil), Dried (Oregano).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Lentil and Vegetable Tikka Curry & Rice

INGREDIENTS: Water, Rice (Parboiled Long Grain Rice), Water, Ratatouille Mix (Tomatoes (35%), Courgettes (20%), Aubergines (20%), Peppers (15%), Onions (10%)), Red Split Lentils (Red Split Lentils), Water, Brown (Onion), Tikka Curry Paste (Water, Rapeseed Oil, Maize Starch, Salt, Cumin, Ground Coriander, Garlic Powder, Paprika, Tamarind Paste, Ginger, Black Pepper, Acidity Regulators (Acetic Acid, Lactic Acid), Chilli Powder, Preservative (Potassium Sorbate)), Mixed Peppers (Red and Green Peppers in varying proportions), Tomato Paste (Tomatoes, Salt), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Vegetable Cheeseburger

INGREDIENTS: Vegetable Burger (Vegetables (23%) [Onion, Peas, Carrots], Water, Cooked Beans (13%) [Red Kidney, Haricot], Cooked White Rice, Gluten-Free Breadcrumbs (11%) [Rice Flour, Gram Flour, Maize Starch, Salt, Dextrose], Vegetable Oils (Sunflower, Rapeseed) in varying proportions, Dehydrated Potato, Maize Starch, Maize Flour, Rice Flour, Salt, Tomato Powder, Spices [Black Pepper, Cayenne Pepper, Coriander Seed], Oregano, Thickener (Xanthan Gum)), Sandwich Bap (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin And Thiamin), Water, Sugar, Salt, Yeast, Dextrose, Rapeseed Oil, Emulsifiers: E471, E472 (E), Flour Treatment Agents: E300, E920), Burger Slice (Cheese (70%) (MILK) (Contains Acidity Regulator: Citric Acid), Palm Oil, Emulsifying Salt (Trisodium citrate), Natural Cheese Flavouring (MILK), Preservative (Sorbic acid), Colours (Beta-carotene, Paprika Extract), Anti-caking agent (Lecithins)).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Fajita Roasted Sweetcorn & Peppers

INGREDIENTS: Sweetcorn (Sweetcorn), Mixed Peppers (Red and Green Peppers in varying proportions), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Fajita Seasoning (Salt, Smoked Paprika, Onion Powder, Chilli Powder, Oregano, Garlic Powder, Cassia Cinnamon, Black Pepper, Citric Acid, Colour: Paprika Extract), Salt (Salt, Anti-Caking Agent: E535).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Sautéed Garlic Green Beans

INGREDIENTS: Green Beans (Beans), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Handmade Halal Chicken Sausage Roll

INGREDIENTS: Chicken Sausages (Chicken, Chicken Skin, Water, Pea Flour, Potato Starch, Salt, Rice Flour, Yeast Extract, Stabiliser E451, Sugar, Spices, Onion Powder, Antioxidant E301, Spice Extract, Herb Extract, Filled in to a Beef Collagen Casing), Puff Pastry (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Water, Salt), Margarine (Palm And Rapeseed Oil, Water, Salt), Water, Preservative: Potassium Sorbate), Lion Brand Free Range Medium Eggs Ev Fav 180 (Hens EGGS).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Country Mixed Vegetables

INGREDIENTS: Country Style Vegetables (Broccoli, Cauliflower, Carrots in varying proportions).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Vanilla Cookie

INGREDIENTS: Plain Flour (Fortified WHEAT Flour - (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), Sugar (White sugar), Vegetable Spread (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin , mono- and diglycerides from fatty acids, salt (1,5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Golden Syrup (partially Inverted refiners Syrup), Baking Powder (ngci) (Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch), Vanilla Flavouring (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Oven Baked Chicken Goujons (3) & Chips

INGREDIENTS: Oven Chips (Chips (Potatoes, Sunflower Oil, Salt)), Chicken Goujon (Chicken Breast Meat (49%), WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Sunflower Oil, Maize, Maize Flour, Maize Starch, Salt, Bamboo Fibre, Maize Starch, WHEAT Starch, Onion Powder, Yeast, Dextrose, Garlic Powder, Raising Agents (E450I, E500Ii), Flour Treatment Agent (E300), Yeast Extract, Natural Spices (Turmeric), Pepper, Yeast).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Beef Lasagne & Garlic Bread

INGREDIENTS: Water, Minced Beef (Beef), Water, Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Garlic & Herb Slice (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Water, Margarine [Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Beta Carotene)], Garlic PurÃ©e (2.0%), Salt, Yeast, Parsley, Marjoram, Sage, Oregano, Flour Treatment Agent (Ascorbic Acid), WHEAT Flour), Lasagne Sheets (Durum WHEAT Semolina), Brown (Onion), Grated Cheddar (A blend of water, palm oil and modified starch (Water, Palm Oil, Modified Potato Starch, MILK Protein Powder, Potato Starch, Emulsifying Salt: Trisodium Citrate, Salt, Tricalcium Phosphate, Acidity Regulator: Citric Acid, Colour: Beta Carotene), Cheddar (MILK), Anti-caking Agent: Potato Starch), Red Split Lentils (Red Split Lentils), Water, Tomato Paste (Tomatoes, Salt), Gravy Granules (Maltodextrin, starch, flavourings, salt, onion powder, sugar, caramel syrup, thickener (guar gum), sage), MILK Powder (Skimmed MILK Powder (24%), Lactose (MILK) Whey Powder (MILK), Vegetable Oils (Coconut, Palm), Dried Glucose Syrup, Sodium Caseinate (MILK), Acidity Regulator E340(B), Emulsifier E471, Vitamins C, A And D), Plain Flour (Fortified WHEAT Flour - (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), Vegetable Spread (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin , mono- and diglycerides from fatty acids, salt (1,5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Grated Hard Cheese (Vegetarian Hard Cheese (MILK), Preservative: Lysozyme (EGG).Made with unpasteurised and pasteurised cow's milk), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Basil (Dried Basil), Dried (Oregano).

Iced Orange & Ginger Cake

INGREDIENTS: Self Raising Flour (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate), Water, Sugar (White sugar), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Small (Orange), Icing Sugar (Icing Sugar (97%), maize starch), Sugar (White sugar), Water, Vanilla Flavouring (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings), Baking Powder (ngci) (Raising agents (E 450 (diphosphates), E 500 (sodium carbonates))), maize starch), Ground (Ginger).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Roast Chicken, Roast Potatoes & Gravy

INGREDIENTS: Roast Potatoes with Thyme (Washed (Potato), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Thyme (Dried Thyme)), Chicken (Chicken (100%)), Water, Gravy Granules (Maltodextrin, starch, flavourings, salt, onion powder, sugar, caramel syrup, thickener (guar gum), sage), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Roasted Cauliflower Cheese Tart

INGREDIENTS: Cauliflower (Cauliflower), Tart Case (WHEAT flour (GLUTEN), vegetable oil (palm), EGGS, invert sugar syrup, dehydrated glucose syrup, skimmed MILK powder, WHEAT (GLUTEN), stabilizer: sorbitol syrup, BARLEY malt extract (GLUTEN), salt), Grated Cheddar (A blend of water, palm oil and modified starch (Water, Palm Oil, Modified Potato Starch, MILK Protein Powder, Potato Starch, Emulsifying Salt: Trisodium Citrate, Salt, Tricalcium Phosphate, Acidity Regulator: Citric Acid, Colour: Beta Carotene), Cheddar (MILK), Anti-caking Agent: Potato Starch), Lion Brand Free Range Medium Eggs Ev Fav 180 (Hens EGGS), Water, Grated Hard Cheese (Vegetarian Hard Cheese (MILK), Preservative: Lysozyme (EGG).Made with unpasteurised and pasteurised cow's milk), MILK Powder (Skimmed MILK Powder (24%), Lactose (MILK) Whey Powder (MILK), Vegetable Oils (Coconut, Palm), Dried Glucose Syrup, Sodium Caseinate (MILK), Acidity Regulator E340(B), Emulsifier E471, Vitamins C, A And D), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Chicken Fajita Wrap

INGREDIENTS: Fajita Chicken Thigh (Chicken (74%), Water, Seasoning (Chilli Pepper, Spices and Herbs, Salt, Onion, Garlic, Sugar, Lime Juice Powder, Lemon Juice Powder, Anti-Caking Agent [E551], Natural Flavouring), Acidity Regulator [E261, E331], Emulsifier [E451, E450, E452], Dried Glucose Syrup, Acid [E330, E334], Stabiliser [E415], Potato Fibre, Potato Starch), Flour Tortilla (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin) (61%), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Raising Agents (E500, E450, E296), Salt), Iceberg (Lettuce), Round (Tomato), Mint & Yoghurt Dressing (Water, Sunflower Oil, Sugar, Yoghurt Powder (MILK) (1%), Salt, Modified Starch, Whole EGG Powder, Acid: Acetic Acid), Mint, Stabilisers (Xanthan Gum), Preservative (Potassium Sorbate), Acid: Citric Acid, Sweetener (Sucralose), Antioxidant (Calcium Disodium Ethylenediaminetetraacetic Acid)), Red (Onion).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Chicken Tikka Wrap

INGREDIENTS: Tikka Chicken (Chicken (77%), Water, Seasoning (Spices (Cumin, Coriander, Paprika, Ginger, Turmeric, Cumin Seeds, Cayenne, Black Pepper, Chilli, Cinnamon, Clove, Nutmeg, Pimento, Fennel), Modified Maize Starch [E1422], Salt, Acid [E330], Garlic, Onion, Natural Colour [E160c], Yeast Extract, Herb, Spice Extract, Garlic Extract, Onion Extract), Acidity Regulator [E261, E331], Emulsifier [E451, E450, E452], Dried Glucose Syrup, Acid [E330, E334], Stabiliser [E415], Potato Fibre, Potato Starch), Flour Tortilla (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin) (61%), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Raising Agents (E500, E450, E296), Salt), Iceberg (Lettuce), Round (Tomato), Mint & Yoghurt Dressing (Water, Sunflower Oil, Sugar, Yoghurt Powder (MILK) (1%), Salt, Modified Starch, Whole EGG Powder, Acid: Acetic Acid), Mint, Stabilisers (Xanthan Gum), Preservative (Potassium Sorbate), Acid: Citric Acid, Sweetener (Sucralose), Antioxidant (Calcium Disodium Ethylenediaminetetraacetic Acid)), Red (Onion).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Mediterranean Chicken Wrap

INGREDIENTS: Mediterranean Chicken Thigh (Chicken (80%), Water, Seasoning (Salt, Spices, Herbs, Yeast Extract, Garlic Powder, Sugar, Maltodextrin, Acidity Regulator [E262(ii)], Colour [E160c], Tomato Powder, Fructose, Maize Starch), Acidity Regulator [E261, E331], Emulsifier [E451, E450, E452], Dried Glucose Syrup, Acid [E330, E334], Stabiliser [E415], Potato Fibre, Potato Starch), Flour Tortilla (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin) (61%), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Raising Agents (E500, E450, E296), Salt), Iceberg (Lettuce), Round (Tomato), Mint & Yoghurt Dressing (Water, Sunflower Oil, Sugar, Yoghurt Powder (MILK) (1%), Salt, Modified Starch, Whole EGG Powder, Acid: Acetic Acid), Mint, Stabilisers (Xanthan Gum), Preservative (Potassium Sorbate), Acid: Citric Acid, Sweetener (Sucralose), Antioxidant (Calcium Disodium Ethylenediaminetetraacetic Acid)), Red (Onion).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Piri Piri Chicken Wrap

INGREDIENTS: Piri Piri Chicken Thigh (Chicken (78%), Water, Seasoning (Sugar, Spices, Salt, Garlic (1%), Modified Maize Starch [E1422], Glucose, Tomato, Onion, Natural Flavouring, Herb, Natural Colour [E160c], Garlic Extract), Acidity Regulator [E261, E331], Emulsifier [E451, E450, E452], Dried Glucose Syrup, Acid [E330, E334], Stabiliser [E415], Potato Fibre, Potato Starch), Flour Tortilla (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin) (61%), Water, Vegetable Oils (Palm Oil, Rapeseed Oil), Sugar, Raising Agents (E500, E450, E296), Salt), Iceberg (Lettuce), Round (Tomato), Mint & Yoghurt Dressing (Water, Sunflower Oil, Sugar, Yoghurt Powder (MILK) (1%), Salt, Modified Starch, Whole EGG Powder, Acid: Acetic Acid), Mint, Stabilisers (Xanthan Gum), Preservative (Potassium Sorbate), Acid: Citric Acid, Sweetener (Sucralose), Antioxidant (Calcium Disodium Ethylenediaminetetraacetic Acid)), Red (Onion).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Chicken Tikka Sub

INGREDIENTS: Tikka Chicken (Chicken (77%), Water, Seasoning (Spices (Cumin, Coriander, Paprika, Ginger, Turmeric, Cumin Seeds, Cayenne, Black Pepper, Chilli, Cinnamon, Clove, Nutmeg, Pimento, Fennel), Modified Maize Starch [E1422], Salt, Acid [E330], Garlic, Onion, Natural Colour [E160c], Yeast Extract, Herb, Spice Extract, Garlic Extract, Onion Extract), Acidity Regulator [E261, E331], Emulsifier [E451, E450, E452], Dried Glucose Syrup, Acid [E330, E334], Stabiliser [E415], Potato Fibre, Potato Starch), White Roll (Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, WHEAT Semolina, Palm Oil, Sugar, Yeast (Yeast, Deactivated Yeast), Salt, Malted WHEAT Flour, WHEATgerm Flour, WHEAT Flour, Flour Treatment Agent (E300)), Iceberg (Lettuce), Mint & Yoghurt Dressing (Water, Sunflower Oil, Sugar, Yoghurt Powder (MILK) (1%), Salt, Modified Starch, Whole EGG Powder, Acid: Acetic Acid), Mint, Stabilisers (Xanthan Gum), Preservative (Potassium Sorbate), Acid: Citric Acid, Sweetener (Sucralose), Antioxidant (Calcium Disodium Ethylenediaminetetraacetic Acid)).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Chicken Fajita Sub

INGREDIENTS: Fajita Chicken Thigh (Chicken (74%), Water, Seasoning (Chilli Pepper, Spices and Herbs, Salt, Onion, Garlic, Sugar, Lime Juice Powder, Lemon Juice Powder, Anti-Caking Agent [E551], Natural Flavouring), Acidity Regulator [E261, E331], Emulsifier [E451, E450, E452], Dried Glucose Syrup, Acid [E330, E334], Stabiliser [E415], Potato Fibre, Potato Starch), White Roll (Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, WHEAT Semolina, Palm Oil, Sugar, Yeast (Yeast, Deactivated Yeast), Salt, Malted WHEAT Flour, WHEATgerm Flour, WHEAT Flour, Flour Treatment Agent (E300)), Iceberg (Lettuce), Mint & Yoghurt Dressing (Water, Sunflower Oil, Sugar, Yoghurt Powder (MILK) (1%), Salt, Modified Starch, Whole EGG Powder, Acid: Acetic Acid), Mint, Stabilisers (Xanthan Gum), Preservative (Potassium Sorbate), Acid: Citric Acid, Sweetener (Sucralose), Antioxidant (Calcium Disodium Ethylenediaminetetraacetic Acid)).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Mediterranean Chicken Sub

INGREDIENTS: Mediterranean Chicken Thigh (Chicken (80%), Water, Seasoning (Salt, Spices, Herbs, Yeast Extract, Garlic Powder, Sugar, Maltodextrin, Acidity Regulator [E262(ii)], Colour [E160c], Tomato Powder, Fructose, Maize Starch), Acidity Regulator [E261, E331], Emulsifier [E451, E450, E452], Dried Glucose Syrup, Acid [E330, E334], Stabiliser [E415], Potato Fibre, Potato Starch), White Roll (Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, WHEAT Semolina, Palm Oil, Sugar, Yeast (Yeast, Deactivated Yeast), Salt, Malted WHEAT Flour, WHEATgerm Flour, WHEAT Flour, Flour Treatment Agent (E300)), Iceberg (Lettuce), Mint & Yoghurt Dressing (Water, Sunflower Oil, Sugar, Yoghurt Powder (MILK) (1%), Salt, Modified Starch, Whole EGG Powder, Acid: Acetic Acid), Mint, Stabilisers (Xanthan Gum), Preservative (Potassium Sorbate), Acid: Citric Acid, Sweetener (Sucralose), Antioxidant (Calcium Disodium Ethylenediaminetetraacetic Acid)).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Piri Piri Chicken Sub

INGREDIENTS: Piri Piri Chicken Thigh (Chicken (78%), Water, Seasoning (Sugar, Spices, Salt, Garlic (1%), Modified Maize Starch [E1422], Glucose, Tomato, Onion, Natural Flavouring, Herb, Natural Colour [E160c], Garlic Extract), Acidity Regulator [E261, E331], Emulsifier [E451, E450, E452], Dried Glucose Syrup, Acid [E330, E334], Stabiliser [E415], Potato Fibre, Potato Starch), White Roll (Wheat Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, WHEAT Semolina, Palm Oil, Sugar, Yeast (Yeast, Deactivated Yeast), Salt, Malted WHEAT Flour, WHEATgerm Flour, WHEAT Flour, Flour Treatment Agent (E300)), Iceberg (Lettuce), Mint & Yoghurt Dressing (Water, Sunflower Oil, Sugar, Yoghurt Powder (MILK) (1%), Salt, Modified Starch, Whole EGG Powder, Acid: Acetic Acid), Mint, Stabilisers (Xanthan Gum), Preservative (Potassium Sorbate), Acid: Citric Acid, Sweetener (Sucralose), Antioxidant (Calcium Disodium Ethylenediaminetetraacetic Acid)).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Blackened Cajun Spice Marinated Chicken Drumstick with BBQ Glaze , Beak Street Rice

INGREDIENTS: Beak Street Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Brown (Onion), Garden Peas (peas 100%), Mixed Peppers (Red and Green Peppers in varying proportions), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Cumin Powder (Ground Cumin), Ground Turmeric (Turmeric), Paprika (Ground Paprika), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Salt (Salt, Anti-Caking Agent: E535)), Chicken Drumstick (100% Chicken), BBQ Sauce (Water, Glucose-Fructose Syrup, Sugar, Tomato Paste (10%), Modified Maize Starch, Acidity Regulators: Acetic Acid, Citric Acid; Spice Blend (Salt, Paprika, Garlic, Onion, Black Pepper, Cayenne), Apple Juice Concentrate, Caramelised Sugar Syrup, Preservative: Potassium Sorbate; Stabiliser: Xanthan Gum; BBQ Flavouring, Smoke Flavouring), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Blackened Cajun Seasoning (Salt, Paprika, Chilli, Onion Powder, Cumin, Garlic Powder, Black Pepper, White Pepper, Oregano, Citric Acid, Colour: Paprika Extract), Crispy Fried Onions (Onion (76%) Palm Oil, WHEAT Flour, Salt), Salt (Salt, Anti-Caking Agent: E535).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Roast Chicken, Roast Potatoes & Gravy

INGREDIENTS: Roast Potatoes with Thyme (Washed (Potato), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Thyme (Dried Thyme)), Chicken Fillet (Chicken (100%)), Water, Gravy Granules (Maltodextrin, starch, flavourings, salt, onion powder, sugar, caramel syrup, thickener (guar gum), sage), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Layered Beef Pasta Bake

INGREDIENTS: Penne Rigate (Durum WHEAT Semolina), Water, Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Minced Beef (Beef), Water, Brown (Onion), Tomato Paste (Tomatoes, Salt), Red Split Lentils (Red Split lentils), Water, MILK Powder (Skimmed MILK Powder (24%), Lactose (MILK) Whey Powder (MILK), Vegetable Oils (Coconut, Palm), Dried Glucose Syrup, Sodium Caseinate (MILK), Acidity Regulator E340(B), Emulsifier E471, Vitamins C, A And D), Grated Cheddar (A blend of water, palm oil and modified starch (Water, Palm Oil, Modified Potato Starch, MILK Protein Powder, Potato Starch, Emulsifying Salt: Trisodium Citrate, Salt, Tricalcium Phosphate, Acidity Regulator: Citric Acid, Colour: Beta Carotene), Cheddar (MILK), Anti-caking Agent: Potato Starch), Plain Flour (Fortified WHEAT Flour - (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), Vegetable Spread (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin , mono- and diglycerides from fatty acids, salt (1,5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Ground (Cassia Cinnamon), Salt (Salt, Anti-Caking Agent: E535), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Ground (Black Pepper).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Oriental Chicken & Vegetables with Rice

INGREDIENTS: White Rice (Rice (Parboiled Long Grain Rice), Water), Diced Chicken (100% Chicken), Brown (Onion), Everyday Favourites Sliced Mixed Peppers (Green Peppers, Red Peppers, Yellow Peppers in varying proportions), Standard (Carrots), Edamame SOYA Beans (Edamame SOYA Beans), Malt Vinegar ((BARLEY) Malt Vinegar, Spirit Vinegar, Acidity Regulator: Acetic Acid), Sugar (White sugar), Water, Dark Soy Sauce (water, salt, Colour E150a, Sugar, SOYBEANS (10%), WHEAT flour), Tomato Paste (Tomatoes, Salt), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Chinese 5 Spice (Ground Fennel, Ground Cassia Cinnamon, Ground Star Anise, Ground Cloves, Ground Black Pepper), Ginger Puree (Ginger (28%), water, maltodextrin, salt, palm fat, spirit vinegar, sugar, citrus fibre, thickener (xanthan gum)).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Butter Chicken Chickpea Curry with Rice

INGREDIENTS: Wholegrain & White Rice (Water, Rice (Parboiled Long Grain Rice), Brown Rice (Easy Cook Long Grain Brown Rice)), Chick Peas (chickpeas, water), Diced Chicken (100% Chicken), Water, Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Brown (Onion), Tikka Curry Paste (Water, Rapeseed Oil, Maize Starch, Salt, Cumin, Ground Coriander, Garlic Powder, Paprika, Tamarind Paste, Ginger, Black Pepper, Acidity Regulators (Acetic Acid, Lactic Acid), Chilli Powder, Preservative (Potassium Sorbate)), Red Split Lentils (Red Split lentils), Water, Vegetable Spread (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin , mono- and diglycerides from fatty acids, salt (1,5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Single Cream (Lactose Free ButterMILK, Water, Vegetable Oil (Sunflower), Cream (3.3%) (MILK), Modified Starch E1442), Emulsifier (Sodium Stearoyl-2-Lactylate), Stabiliser (Guar Gum), Acidity Regulators (Trisodium Citrate, Disodium Phosphate), Colour (Beta Carotene)), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Sugar (White sugar), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Fresh (Coriander), Ginger Puree (Ginger (28%), water, maltodextrin, salt, palm fat, spirit vinegar, sugar, citrus fibre, thickener (xanthan gum)), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Mediterranean Vegetable Pastitsio

INGREDIENTS: Penne Rigate (Durum WHEAT Semolina), Water, Ratatouille Mix (Tomatoes (35%), Courgettes (20%), Aubergines (20%), Peppers (15%), Onions (10%)), Water, Water, Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Brown (Onion), Standard (Carrots), Tomato Paste (Tomatoes, Salt), Grated Cheddar (A blend of water, palm oil and modified starch (Water, Palm Oil, Modified Potato Starch, MILK Protein Powder, Potato Starch, Emulsifying Salt: Trisodium Citrate, Salt, Tricalcium Phosphate, Acidity Regulator: Citric Acid, Colour: Beta Carotene), Cheddar (MILK), Anti-caking Agent: Potato Starch), MILK Powder (Skimmed MILK Powder (24%), Lactose (MILK) Whey Powder (MILK), Vegetable Oils (Coconut, Palm), Dried Glucose Syrup, Sodium Caseinate (MILK), Acidity Regulator E340(B), Emulsifier E471, Vitamins C, A And D), Grated Hard Cheese (Vegetarian Hard Cheese (MILK), Preservative: Lysozyme (EGG).Made with unpasteurised and pasteurised cow's milk), Plain Flour (Fortified WHEAT Flour - (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Vegetable Spread (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin , mono- and diglycerides from fatty acids, salt (1,5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Sugar (White sugar), Basil (Dried Basil), Dried (Oregano), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Butter Roasted Cauliflower, Sweet Potato & Chickpea Curry with Rice

INGREDIENTS: Wholegrain & White Rice (Water, Rice (Parboiled Long Grain Rice), Brown Rice (Easy Cook Long Grain Brown Rice)), Cauliflower (Cauliflower), Chick Peas (chickpeas, water), Water, Red Split Lentils (Red Split lentils), Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Vegteable (Sweet Potato), Brown (Onion), Tikka Curry Paste (Water, Rapeseed Oil, Maize Starch, Salt, Cumin, Ground Coriander, Garlic Powder, Paprika, Tamarind Paste, Ginger, Black Pepper, Acidity Regulators (Acetic Acid, Lactic Acid), Chilli Powder, Preservative (Potassium Sorbate)), Vegetable Spread (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin , mono- and diglycerides from fatty acids, salt (1,5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Single Cream (Lactose Free ButterMILK, Water, Vegetable Oil (Sunflower), Cream (3.3%) (MILK), Modified Starch E1442), Emulsifier (Sodium Stearoyl-2-Lactylate), Stabiliser (Guar Gum), Acidity Regulators (Trisodium Citrate, Disodium Phosphate), Colour (Beta Carotene)), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Sugar (White sugar), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Fresh (Coriander), Ginger Puree (Ginger (28%), water, maltodextrin, salt, palm fat, spirit vinegar, sugar, citrus fibre, thickener (xanthan gum)), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Jam Sponge

INGREDIENTS: Self Raising Flour (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate), Sugar (White sugar), Lion Brand Free Range Medium Eggs Ev Fav 180 (Hens EGGS), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Mixed Fruit Jam (Sugar, Apple, Plum, Raspberry, Rhubarb, Gelling Agent: Pectins; Colour: Anthocyanins; Acid: Citric Acid; Acidity Regulator: Trisodium Citrate; Caramelised Sugar. Prepared with 35g of fruit per 100g. Total sugar content 66g per 100g), Baking Powder (Raising Agents (E 450 (Diphosphates), E 500 (Sodium Carbonates)), Maize Starch), Vanilla Flavouring (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Butter Chicken Chickpea Curry with Rice

INGREDIENTS: Wholegrain & White Rice (Water, Rice (Parboiled Long Grain Rice), Brown Rice (Easy Cook Long Grain Brown Rice)), Chick Peas (chickpeas, water), Diced Chicken (100% Chicken), Water, Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Brown (Onion), Tikka Curry Paste (Water, Rapeseed Oil, Maize Starch, Salt, Cumin, Ground Coriander, Garlic Powder, Paprika, Tamarind Paste, Ginger, Black Pepper, Acidity Regulators (Acetic Acid, Lactic Acid), Chilli Powder, Preservative (Potassium Sorbate)), Red Split Lentils (Red Split lentils), Water, Vegetable Spread (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin , mono- and diglycerides from fatty acids, salt (1,5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Single Cream (Lactose Free ButterMILK, Water, Vegetable Oil (Sunflower), Cream (3.3%) (MILK), Modified Starch E1442), Emulsifier (Sodium Stearoyl-2-Lactylate), Stabiliser (Guar Gum), Acidity Regulators (Trisodium Citrate, Disodium Phosphate), Colour (Beta Carotene)), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Sugar (White sugar), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Fresh (Coriander), Ginger Puree (Ginger (28%), water, maltodextrin, salt, palm fat, spirit vinegar, sugar, citrus fibre, thickener (xanthan gum)), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Layered Beef Pasta Bake

INGREDIENTS: Penne Rigate (Durum WHEAT Semolina), Water, Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Minced Beef (100% Beef), Water, Brown (Onion), Tomato Paste (Tomatoes, Salt), Red Split Lentils (Red Split lentils), Water, MILK Powder (Skimmed MILK Powder (24%), Lactose (MILK) Whey Powder (MILK), Vegetable Oils (Coconut, Palm), Dried Glucose Syrup, Sodium Caseinate (MILK), Acidity Regulator E340 (B), Emulsifier E471, Vitamins C, A And D), Grated Cheddar (A blend of water, palm oil and modified starch (Water, Palm Oil, Modified Potato Starch, MILK Protein Powder, Potato Starch, Emulsifying Salt: Trisodium Citrate, Salt, Tricalcium Phosphate, Acidity Regulator: Citric Acid, Colour: Beta Carotene), Cheddar (MILK), Anti-caking Agent: Potato Starch), Plain Flour (Fortified WHEAT Flour - (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), Vegetable Spread (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin , mono- and diglycerides from fatty acids, salt (1,5%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Ground (Cassia Cinnamon), Salt (Salt, Anti-Caking Agent: E535), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Ground (Black Pepper).

Allergy advice: For allergens, see ingredients in UPPERCASE.