

### **Broccoli**

**INGREDIENTS:** Broccoli (Broccoli).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### **Potato Wedges**

**INGREDIENTS:** Washed (Potato).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### **Savoy Cabbage**

**INGREDIENTS:** Savoy (Cabbage).

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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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Mixed Garden Salad

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Crispy Garlic Bread Slice

**INGREDIENTS:** Garlic & Herb Slice (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Margarine [Rapeseed Oil, Palm Oil, Water, Emulsifier (Mono- and Diglycerides of Fatty Acids), Flavouring, Colour (Beta Carotene)], Garlic Purée (2.0%), Salt, Yeast, Parsley, Marjoram, Sage, Oregano, Flour Treatment Agent (Ascorbic Acid), WHEAT Flour).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Pear and Chocolate Crumble

**INGREDIENTS:** Pears (Pear Halves, Water, Pear Juice from Concentrate, Acidity Regulator: Citric Acid, Antioxidant: Ascorbic Acid), Plain Flour (Fortified WHEAT Flour - (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), Phase Dawn Cooking & Baking Packet (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fatty acids), salt (1.1%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Sugar (White sugar), Porridge OATS (100% Wholegrain OAT Flakes), Cocoa Powder (Fat Reduced Cocoa Powder, (Contains Cocoa Butter 10% Minimum)).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Roast Winter Vegetables

**INGREDIENTS:** Standard (Carrots), Vegetable (Swede), Vegetable (Parsnip), Brown (Onion), Red (Onion), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Thai Green Vegetable Curry with noodles

**INGREDIENTS:** Water, Chop Suey Noodles (WHEAT Flour (With Thiamin, Niacin, Calcium And Iron), Salt, Turmeric, Paprika, Firming Agents: Potassium Carbonate, Sodium Carbonate, Acidity Regulator: Citric Acid), Coconut Milk (Water, Coconut Extract (35%), Stabilisers: Guar Gum, Carboxymethyl Cellulose; Emulsifier: Polysorbate 60), Savoy (Cabbage), Button (Mushroom), Brown (Onion), Green Beans (Beans), Water, Thai Green Curry Paste (Green Chilli 30%, Lemongrass, Salt, Garlic, Onion, Galangal, Chinese Ginger, Kaffir Lime Peel, Spices (Coriander Seed, Cumin, Turmeric), Acidity Regulator (Citric Acid)), Fresh (Coriander), Cornflour (Maize Starch), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Lime Juice (Lime juice from concentrate, Preservative: Potassium METABISULPHITE).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Pork in Shanghai Blackbean Sauce with Noodles

**INGREDIENTS:** Water, Chop Suey Noodles (WHEAT Flour (With Thiamin, Niacin, Calcium And Iron), Salt, Turmeric, Paprika, Firming Agents: Potassium Carbonate, Sodium Carbonate, Acidity Regulator: Citric Acid), Minced Pork (100% Pork), Black Bean Sauce (Water, Red Peppers (17%), Sugar, Black Beans (4.5%) (Black SOYA Beans, Salt), Modified Maize Starch, SOY Sauce (2.5%) (Water, Sugar, Rice Vinegar, SOYA Beans, WHEAT, Salt), Garlic Purée, BARLEY Malt Vinegar, Spirit Vinegar, Ginger Purée, Rapeseed Oil, Acidity Regulator (Lactic Acid), Colour (Plain Caramel), Ground White Pepper), Water, Brown (Onion), Mixed Peppers (Green Peppers, Red Peppers, Yellow Peppers in varying proportions), Edamame SOYA Beans (Edamame SOYA Beans), Bunch (Spring Onion), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Roast Gammon with Roast Potatoes & Gravy

**INGREDIENTS:** Roast Potatoes with Thyme (Washed (Potato), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Thyme (Dried Thyme)), Gammon Joint (Pork, Salt, Added water, Demerara sugar, Preservatives E250, E252, Antioxidant E301, Raising agent E500, Anti-caking agent E551), Water, Gravy Granules (Maltodextrin, starch, flavourings, salt, onion powder, sugar, caramel syrup, thickener (guar gum), sage).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Asian Noodles with Thai Green Broth

**INGREDIENTS:** Water, Water, Chop Suey Noodles (WHEAT Flour (With Thiamin, Niacin, Calcium And Iron), Salt, Turmeric, Paprika, Firming Agents: Potassium Carbonate, Sodium Carbonate, Acidity Regulator: Citric Acid), Beansprouts (Beansprouts), Standard (Carrots), Coconut Milk Powder (Coconut Extract (85%), Tapioca Maltodextrin, MILK Protein (Sodium Caseinate)), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid, Fresh (Coriander), Lime Juice (Lime juice from concentrate, Preservative: Potassium METABISULPHITE), Thai Green Curry Paste (Green Chilli 30%, Lemongrass, Salt, Garlic, Onion, Galangal, Chinese Ginger, Kaffir Lime Peel, Spices (Coriander Seed, Cumin, Turmeric), Acidity Regulator (Citric Acid)), Knorr Professional Ginger Puree (Ginger (75%), Water, Maltodextrin, Rapeseed Oil, Vinegar, Salt, Sugar, Citrus Fibres, Thickener (Xanthan Gum)), Sugar (White sugar), 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), Salt (Salt, Anti-Caking Agent: E535).

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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).

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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).

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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).

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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).

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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).

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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)), Tugo 12.5" Dough Disc (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) ), Tugo Value Blend (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), Tugo Pizza Sauce Pouches (Tomatoes,Salt,Sunflower Oil,Herbs & Spices , Garlic, Acidity Regulator E330), Habibi Halal Pepperoni Slices (Halal Beef (94%), Halal Beef Fat,SOYA protein, Salt, MUSTARD Powder, Dextrose, sunflower oil, Spice extracts, Antioxidant (E301), Colour (E160c) ,Preservative(E250)).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Pizza Margherita with Wedges

**INGREDIENTS:** Potato Wedges McCain (Skin on Wedges (Potatoes (95%), Sunflower Oil, Dextrose)), Tugo 12.5" Dough Disc (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) ), Tugo Value Blend (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), Tugo Pizza Sauce Pouches (Tomatoes,Salt,Sunflower Oil,Herbs & Spices , Garlic, Acidity Regulator E330).

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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).

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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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### **Lentil and Vegetable Tikka Curry & Rice**

**INGREDIENTS:** Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Water, Ratatouille (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).

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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).

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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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Vegetable Cheeseburger

**INGREDIENTS:** Gluten Free Vegetable Burgers 63G (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)).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Vanilla Cookie

**INGREDIENTS:** Plain Flour (Fortified WHEAT Flour - (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), Phase Dawn Cooking & Baking Packet (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fattyacids), salt (1.1%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Sugar (White sugar), 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).

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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 12X0.5Kg (Water, Garlic Granules, Citric Acid,), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Roast Gammon with Roast Potatoes & Gravy

**INGREDIENTS:** Roast Potatoes with Thyme (Washed (Potato), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Thyme (Dried Thyme)), Gammon Joint (Pork (87%), Water, Salt, Preservatives: Sodium Nitrite (E250), Potassium Nitrate (E252)), Water, Gravy Granules (Maltodextrin, starch, flavourings, salt, onion powder, sugar, caramel syrup, thickener (guar gum), sage).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Halal 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, 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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### 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).

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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, 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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Chicken Tikka Masala with Mixed Rice

**INGREDIENTS:** Wholegrain & White Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Easy Cook Long Grain Brown Rice (Easy Cook Long Grain Brown Rice)), Diced Chicken (100% Chicken), Mixed Peppers (Green Peppers, Red Peppers, Yellow Peppers in varying proportions), 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, Natural Yoghurt (MILK, Skimmed MILK Powder, Live Cultures (Lactobacillus bulgaricus, Streptococcus thermophilus)), Water, Tomato Paste (Tomatoes, Salt), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Fresh (Coriander), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid, Ground (Ginger).

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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).

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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).

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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).

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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).

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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).

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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)).

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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)).

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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)).

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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)).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Sticky Honey Pork Hotdog

**INGREDIENTS:** Pork Chipolata Sausage (Pork (65%), Water, Rusk [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt (Anti-Caking Agent (E535)), Raising Agent (E503(ii))], Seasoning [Salt (Anti-Caking Agent (E535))], Sugar, Spices (Black Pepper, White Pepper, Nutmeg, Mace) Yeast Extract, Dehydrated Onion, Preservative (E223) [SULPHITE]), Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Herb (Marjoram), Natural Onion Flavouring], Dextrose, Pea Protein, SOYA Protein, Beef Collagen Casing (Collagen, Glycerine, Cellulose, Water, Emulsifier (E472a)), Hotdog Roll (WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Vegetable Oils: Palm Oil, Rapeseed Oil; Salt, Emulsifiers: Mono- and Diacetyltartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Blossom Honey (Blend of honeys from more than one country), Crispy Fried Onions (Onion (76%) Palm Oil, WHEAT Flour, Salt).

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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).

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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), Phase Dawn Cooking & Baking Packet (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fattyacids), salt (1.1%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Plain Flour (Fortified WHEAT Flour - (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid.), Ground (Cassia Cinnamon), Salt (Salt, Anti-Caking Agent: E535), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Ground (Black Pepper).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Oriental Chicken & Vegetables with Rice

**INGREDIENTS:** White Rice (Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Water), Diced Chicken (100% Chicken), Brown (Onion), 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 12X0.5Kg (Water, Garlic Granules, Citric Acid,), Chinese Five Spice (Ground Fennel, Ground Cassia Cinnamon, Ground Star Anise, Ground Cloves, Ground Black Pepper), Knorr Professional Ginger Puree (Ginger (75%), Water, Maltodextrin, Rapeseed Oil, Vinegar, Salt, Sugar, Citrus Fibres, Thickener (Xanthan Gum)).

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), Phase Dawn Cooking & Baking Packet (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fattyacids), salt (1.1%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Plain Flour (Fortified WHEAT Flour - (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), Et Voila Garlic Puree 12X0.5Kg (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.

### Mediterranean Vegetable Pastitsio

**INGREDIENTS:** Penne Rigate (Durum WHEAT Semolina), Water, Ratatouille (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), Phase Dawn Cooking & Baking Packet (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fattyacids), salt (1.1%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Plain Flour (Fortified WHEAT Flour - (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree 12X0.5Kg (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.

### Halal Lamb Pasta Bake

**INGREDIENTS:** Penne Rigate (Durum WHEAT Semolina), Water, Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Lamb, Water, Brown (Onion), Arley Vegan Mince (Rehydrated SOYA Protein, Water, Rapeseed Oil, Spice Preparation (Citrus Fibre, Thickener E461 Methyl Cellulose, Flavour, Beetroot Powder (Maltodextrin, Beetroot Juice Concentrate, Acidity Regulator E330 Citric Acid), Tea Extract, Spice Extracts, Antioxidant E300 Ascorbic Acid, Paprika Extract), Salt, Yeast Extract, Spice (Cracked Black Pepper, White Pepper), Colour E150C Caramel), 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), Phase Dawn Cooking & Baking Packet (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fattyacids), salt (1.1%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Plain Flour (Fortified WHEAT Flour - (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), Et Voila Garlic Puree 12X0.5Kg (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.

### Sticky Honey Pork Hotdog

**INGREDIENTS:** Pork Chipolata Sausage (Pork (70%), Water, Rusk [ WHEAT ]Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt(Anti-Caking Agent (E535)), Raising Agent (E503(ii))), Seasoning [Salt (Anti-Caking Agent (E535)), Sugar, Spices (Black Pepper, White Pepper, Nutmeg, Mace) Yeast Extract, Dehydrated Onion, Preservative (E223)[SULPHITE ]), Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Marjoram, Natural Onion Flavouring], Pea Protein, Dextrose, SOYA Protein, Onion Powder, Mixed Herbs (Parsley, Basil, Thyme, Marjoram, Oregano), Beef Collagen Casing (Collagen, Water, Glycerol, Cellulose, Oil)), Hotdog Roll (WHEAT Flour (WHEAT Flour, Calcium, Iron, Niacin, Thiamin), Water, Sugar, Yeast, Vegetable Oils: Palm Oil, Rapeseed Oil; Salt, Emulsifiers: Mono- and Diacetyltartaric Acid Esters of Mono- and Diglycerides of Fatty Acids, Mono- and Diglycerides of Fatty Acids; Preservative: Calcium Propionate; Flour Treatment Agent: Ascorbic Acid), Blossom Honey (Blend of honeys from more than one country), Crispy Fried Onions (Onion (76%) Palm Oil, WHEAT Flour, Salt).

Allergy advice: For allergens, see ingredients in UPPERCASE.

### Rice Sides

**INGREDIENTS:** Vegetable Biryani Rice (Water, Easy Cook Long Grain Brown Rice (Easy Cook Long Grain Brown Rice), Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Brown (Onion), Garden Peas (peas 100%), Standard (Carrots), Mixed Peppers (Red and Green Peppers in varying proportions), Phase Dawn Cooking & Baking Packet (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fattyacids), salt (1.1%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Sweetcorn (Sweetcorn), Et Voila Garlic Puree 12X0.5Kg (Water,Garlic Granules, Citric Acid,), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Garam Masala (Ground Coriander, Ground Cumin, Ground Black Pepper, Ground Cassia Cinnamon, Ground Dill, Ground Ginger, Ground Cloves), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Ground (Turmeric)), Beak Street Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Garden Peas (peas 100%), Brown (Onion), 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,), Fresh (Coriander), Cumin Powder (Ground Cumin), Paprika (Ground Paprika), Ground Turmeric (Turmeric), Salt (Salt, Anti-Caking Agent: E535)).  
Jollof Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Brown (Onion), Tomato Paste (Tomatoes, Salt), Et Voila Garlic Puree 12X0.5Kg (Water,Garlic Granules, Citric Acid,), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Ground (Black Pepper), Thyme (Dried Thyme)), Egg Fried Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Lion Brand Free Range Medium Eggs Ev Fav 180 (Hens EGGS), Garden Peas (peas 100%), Bunch (Spring Onion), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree 12X0.5Kg (Water,Garlic Granules, Citric Acid,), Dark Soy Sauce (water, salt, Colour E150a, Sugar, SOYBEANS (10%), WHEAT flour)), Rice & Peas (Water, Easy Cook Long Grain Brown Rice (Easy Cook Long Grain Brown Rice), Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Red Kidney Beans (red kidney beans, water), Brown (Onion), Coconut Milk (Water, Coconut Extract (35%), Stabilisers: Guar Gum, Carboxymethyl Cellulose; Emulsifier: Polysorbate 60), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree 12X0.5Kg (Water,Garlic Granules, Citric Acid,), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Ground (Turmeric), Thyme (Dried Thyme), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535)), Cumin Pilau Style Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Brown (Onion), Phase Dawn Cooking & Baking Packet (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fattyacids), salt (1.1%), acidifier (lactic

### Korean Style Barbecue Plant Protein & Noodles

**INGREDIENTS:** Water, Chop Suey Noodles (WHEAT Flour (With Thiamin, Niacin, Calcium And Iron), Salt, Turmeric, Paprika, Firming Agents: Potassium Carbonate, Sodium Carbonate, Acidity Regulator: Citric Acid), Water, Brown (Onion), Eat Curious Dry Pieces (Textured Vegetable Protein (Pea Protein Concentrate, Faba Protein Concentrate, Salt)), Large (Cucumber), Standard (Carrots), Red (Onion), Dark Soy Sauce (water, salt, Colour E150a, Sugar, SOYBEANS (10%), WHEAT flour), Mixed Peppers (Green Peppers, Red Peppers, Yellow Peppers in varying proportions), Brown Sugar (Cane sugar, Cane molasses), Knorr Professional Ginger Puree (Ginger (75%), Water, Maltodextrin, Rapeseed Oil, Vinegar, Salt, Sugar, Citrus Fibres, Thickener (Xanthan Gum)), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), White Wine Vinegar (White Wine Vinegar), Et Voila Garlic Puree 12X0.5Kg (Water,Garlic Granules, Citric Acid,), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root).

Allergy advice: For allergens, see ingredients in UPPERCASE.

acid), fl avourings, colours (beta-carotene) and vitamins A and D), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Knorr Professional Ginger Puree (Ginger (75%), Water, Maltodextrin, Rapeseed Oil, Vinegar, Salt, Sugar, Citrus Fibres, Thickener (Xanthan Gum)), Cumin Powder (Ground Cumin)), Pilau Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Brown (Onion), Phase Dawn Cooking & Baking Packet (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fatty acids), salt (1.1%), acidifier (lactic acid), fl avourings, colours (beta-carotene) and vitamins A and D), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Knorr Professional Ginger Puree (Ginger (75%), Water, Maltodextrin, Rapeseed Oil, Vinegar, Salt, Sugar, Citrus Fibres, Thickener (Xanthan Gum)), Cumin Seeds (Whole cumin seed), Green Cardamom (Cardamom), Bay Leaves (Dried Bay Leaves)), White Rice (Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Water).

#### **Blackened Cajun Spice Marinated Chicken Drumstick with BBQ Glaze**

**INGREDIENTS:** 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), Salt (Salt, Anti-Caking Agent: E535).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

#### **Greek Filled Flatbread Master**

**INGREDIENTS:** List could not be automatically generated because some ingredients have not been enabled for use for this list ; Unable to compile list: missing ingredient weight(s)

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Allergy advice: For allergens, see ingredients in UPPERCASE.

#### **Roasted Butternut Squash**

**INGREDIENTS:** Butternut (Squash), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Salt (Salt, Anti-caking Agent: E535), Ground (Black Pepper).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Spiced Roasted Cauliflower

**INGREDIENTS:** Large (Cauliflower), Sri Lankan Curry Paste (Water, Coconut (11%), Curry Powder Blend (Turmeric, Paprika, Coriander Seeds, Cumin Seeds, Fenugreek Seeds, Black Pepper, Ground Fennel, Cinnamon, Star Anise, Cardamom, Ground Cloves), Sweet SOY Sauce (Sugar, Water, Salt, SOYABEANS, WHEAT), Tamarind Paste, Garlic, Onions, Rapeseed Oil, Sugar, Spirit Vinegar, Tomato Puree, Lemongrass, Ginger, Curry Leaves (1%), Salt, Chillies), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Lime Juice (Lime juice from concentrate, Preservative: Potassium METABISULPHITE), Salt (Salt, Anti-Caking Agent: E535).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Roast Chicken Drumstick, Roast Potatoes & Gravy

**INGREDIENTS:** Roast Potatoes with Thyme (Washed (Potato), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Thyme (Dried Thyme)), Chicken Drumstick (100% Chicken), 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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Oriental Chicken & Vegetable Noodles

**INGREDIENTS:** Chop Suey Noodles (WHEAT Flour (With Thiamin, Niacin, Calcium And Iron), Salt, Turmeric, Paprika, Firming Agents: Potassium Carbonate, Sodium Carbonate, Acidity Regulator: Citric Acid), Chinese 5 Spice Chicken (Chicken (76%), Water, Seasoning (Sugar, Salt, Modified Maize Starch, Colour [E162], Maltodextrin, Tomato Powder, Dehydrated Garlic, Green Pepper, Spices, Paprika Extract, Acid [E330], Yeast Extract, Spice, Colour [E150a], Rapeseed Oil, Spice, Thickener [E415]), Acidity Regulator [E261, E331], Emulsifier [E451, E450, E452], Dried Glucose Syrup, Acid [E330, E334], Stabiliser [E415], Potato Fibre, Potato Starch), Edamame SOYA Beans (Edamame SOYA Beans), Brown (Onion), Mixed Peppers (Green Peppers, Red Peppers, Yellow Peppers in varying proportions), Standard (Carrots), 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), Cornflour (Maize Starch).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Creamy Chicken & Lentil Curry Korma Style

**INGREDIENTS:** Wholegrain & White Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Easy Cook Long Grain Brown Rice (Easy Cook Long Grain Brown Rice)), Diced Chicken (100% Chicken), Vegetable (Sweet Potato), Coconut Milk (Coconut Extract (70%), Water, Stabilisers: Guar Gum, Carboxymethyl Cellulose; Emulsifier: Polysorbate 60), Brown (Onion), Water, Red Split Lentils (Red Split lentils), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Water, Fresh (Coriander), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Cornflour (Maize Starch), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid,), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Halal Creamy Chicken & Lentil Curry Korma Style

**INGREDIENTS:** Wholegrain & White Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Easy Cook Long Grain Brown Rice (Easy Cook Long Grain Brown Rice)), Diced Chicken (100% Chicken), Vegteable (Sweet Potato), Coconut Milk (Coconut Extract (70%), Water, Stabilisers: Guar Gum, Carboxymethyl Cellulose; Emulsifier: Polysorbate 60), Brown (Onion), Water, Red Split Lentils (Red Split lentils), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Water, Fresh (Coriander), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Cornflour (Maize Starch), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid, ), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Roasted Vegetable Casserole

**INGREDIENTS:** Roast Potatoes with Thyme (Washed (Potato), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Thyme (Dried Thyme)), Water, Arley Vegan Mince (Rehydrated SOYA Protein, Water, Rapeseed Oil, Spice Preparation (Citrus Fibre, Thickener E461 Methyl Cellulose, Flavour, Beetroot Powder (Maltodextrin, Beetroot Juice Concentrate, Acidity Regulator E330 Citric Acid), Tea Extract, Spice Extracts, Antioxidant E300 Ascorbic Acid, Paprika Extract), Salt, Yeast Extract, Spice (Cracked Black Pepper, White Pepper), Colour E150C Caramel), Brown (Onion), Baking (Potato), Vegetable (Swede), Vegteable (Parsnip), Standard (Carrots), Vegteable (Leek), Red Split Lentils (Red Split lentils), Tomato Paste (Tomatoes, Salt), 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), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid, ), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Creamy Vegetable Curry

**INGREDIENTS:** Wholegrain & White Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Easy Cook Long Grain Brown Rice (Easy Cook Long Grain Brown Rice)), Chick Peas (Chick peas, water, antioxidant: ascorbic acid), Coconut Milk (Coconut Extract (70%), Water, Stabilisers: Guar Gum, Carboxymethyl Cellulose; Emulsifier: Polysorbate 60), Vegteable (Sweet Potato), Brown (Onion), Water, Red Split Lentils (Red Split lentils), Prepacked (Spinach), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid, ), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Vegan Sausage Roll

**INGREDIENTS:** Potato Wedges (Washed (Potato)), Vegan Sausage Roll (Water, WHEAT Flour ( WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Vegetable Fat (Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier: Mono & Di-Glycerides Of Fatty Acids), Rusk [WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent: Ammonium Carbonate], Broad Bean Protein Isolate (2%), Pea Protein Concentrate (2%) ,Modified Maize Starch, Seasoning (Salt, Potato Starch, Herbs (Rubbed Sage, Rubbed Parsley, Ground Sage), Rice Flour, Ground Spices ( Black Pepper, Nutmeg, Coriander), Stabiliser: Modified Cellulose, Stabilisers: Diphosphates, Triphosphates; Antioxidants: Sodium acrobates, Sodium citrates; Spice Extracts (Pepper, Nutmeg, Cayenne), Herb Extracts (Sage ,Thyme)), Potato Starch, Dehydrated Onions, Stabiliser: Modified Cellulose, Breadcrumbs (Wheat Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt), Onion, Rapseed Oil, Flavouring, Parsley, Sage, WHEAT Protein, Salt, Black Pepper, Rosemary).

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Allergy advice: For allergens, see ingredients in UPPERCASE.



### Wings & Wedges

**INGREDIENTS:** Potato Wedges (Washed (Potato)), Chicken Wings (Chicken (100%)).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Halal Creamy Chicken & Lentil Curry Korma Style

**INGREDIENTS:** Wholegrain & White Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Easy Cook Long Grain Brown Rice (Easy Cook Long Grain Brown Rice)), Chicken, Vegteable (Sweet Potato), Coconut Milk (Coconut Extract (70%), Water, Stabilisers: Guar Gum, Carboxymethyl Cellulose; Emulsifier: Polysorbate 60), Brown (Onion), Water, Red Split Lentils (Red Split lentils), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Water, Fresh (Coriander), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Cornflour (Maize Starch), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid,), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Creamy Chicken & Lentil Curry Korma Style

**INGREDIENTS:** Wholegrain & White Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Easy Cook Long Grain Brown Rice (Easy Cook Long Grain Brown Rice)), Chicken, Vegteable (Sweet Potato), Coconut Milk (Coconut Extract (70%), Water, Stabilisers: Guar Gum, Carboxymethyl Cellulose; Emulsifier: Polysorbate 60), Brown (Onion), Water, Red Split Lentils (Red Split lentils), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Water, Fresh (Coriander), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Cornflour (Maize Starch), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid,), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

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Allergy advice: For allergens, see ingredients in UPPERCASE.