

Mashed Potato

INGREDIENTS: Washed (Potato), 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), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Broccoli

INGREDIENTS: Broccoli (Broccoli).

Allergy advice: For allergens, see ingredients in UPPERCASE.

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.

Mixed Garden Salad

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

Allergy advice: For allergens, see ingredients in UPPERCASE.

Apple Crumble

INGREDIENTS: Everyday Favourites Solid Pack Apple Segments (Apples, Water, Acidity Regulator: Citric Acid), 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), Sugar (White sugar), Porridge OATS (100% Wholegrain OAT Flakes).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Chocolate 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), Cocoa Powder (Fat Reduced Cocoa Powder, (Contains Cocoa Butter 10% Minimum)), Baking Powder (Raising Agents (E 450 (Diphosphates), E 500 (Sodium Carbonates)), Maize Starch).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Oven Baked Sausages served with a Rich Onion Gravy & Roast Potatoes

INGREDIENTS: Roast Potatoes with Thyme (Washed (Potato), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Thyme (Dried Thyme)), Water, 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), Brown (Onion), Diced Carrots (Carrot), 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).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Home Made Onion 'Vegan' Bhaji Burger

INGREDIENTS: Skin on Wedges (Potatoes (95%), Sunflower Oil, Dextrose), Floured Bap (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin And Thiamin), Water, Sugar, Salt, Yeast, Rapeseed Oil, Emulsifiers: E471, E472(E); Flour Treatment Agents: E300, E920), Brown (Onion), Self Raising Flour (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate), Alpro Soya Plant Based Alternative To Yoghurt (SOYA base (Water, Hulled SOYA beans (10.7%)), Sugar, Calcium (Tri-calciumcitrate), Stabiliser (Pectins), Acidity regulators (Sodium citrates, Citric acid), Flavouring, Sea salt, Antioxidants (Tocopherol-rich extract, Fatty acid esters of ascorbic acid), Vitamins (B12, D2), Yogurt cultures (S. thermophilus, L. bulgaricus).), Standard (Carrots), Red (Onion), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Water, Mint Sauce (Water, Reconstituted Dried Mint (29%), Sugar, Acidity Regulator (Acetic Acid), Salt, Modified Maize Starch, Stabilisers (Guar Gum, Xanthan Gum), Colour (Copper Chlorophyllin), Flavouring), Fresh (Coriander), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Salt (Salt, Anti-Caking Agent: E535).

Allergy advice: For allergens, see ingredients in UPPERCASE.

'Vegan' Avocado Pulse Buddha Bowl (Ve)

INGREDIENTS: Water, Standard (Carrots), Green Lentils (Green Lentils), Round (Tomato), Avocado (Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Vegetable (CELERIAC), Pitted Apricots (Apricots (99.8%), Preservative: SULPHUR DIOXIDE), Red (Pepper), Baby (Spinach), Sunflower Seeds (Sunflower seeds).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Chicken Tikka Masala & Rice

INGREDIENTS: Chicken Tikka Masala (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 (Water, Garlic Granules, Citric Acid,), Ground (Ginger)), White Rice (Water, Rice (Parboiled Long Grain Rice)).

Allergy advice: For allergens, see ingredients in UPPERCASE.

'Vegan' Avocado Pulse Buddha Bowl (Added Carbs) (Ve)

INGREDIENTS: Water, Standard (Carrots), Green Lentils (Green Lentils), Round (Tomato), Avocado (Avocado Slices (99%), Salt, Acidity Regulator: Citric Acid; Antioxidant: Ascorbic Acid), Vegetable (CELERIAC), Pitted Apricots (Apricots (99.8%), Preservative: SULPHUR DIOXIDE), Red (Pepper), Baby (Spinach), Cous Cous (Durum WHEAT Semolina), Sunflower Seeds (Sunflower seeds).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Vegan Sausage Roll

INGREDIENTS: 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, Rapeseed Oil, Flavouring, Parsley, Sage, WHEAT Protein, Salt, Black Pepper, Rosemary).

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.

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.

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.

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.

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.

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.

Oven Baked Macaroni Cheese & Crispy Onions

INGREDIENTS: Water, Macaroni (Durum WHEAT Semolina), Water, 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), 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), Crispy Fried Onions (Onion (76%) Palm Oil, WHEAT Flour, Salt), 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).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Arrabiata Pasta Pot

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), Crushed Chillies (Crushed Chillies), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Sweet Chilli Chicken Pasta Pot

INGREDIENTS: Penne Rigate (Durum WHEAT Semolina), Water, Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Water, Cannellini Beans (cannellini beans, water, antioxidant, asorbic acid), Cooked Chicken (Chicken (98%), Salt), Sweet Chilli Sauce (Water, Glucose-Fructose Syrup, Sugar, Spirit Vinegar, Modified Maize Starch, Salt, Garlic Puree (1.2%) (Water, Dried Garlic, Acidity Regulator (Citric Acid)), Onion, Red Chilli (0.5%), Dried Red Pepper, Crushed Chilli, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Ground Chilli, Colour (Paprika Extract), Sweetener (Sodium Saccharin), Colour (Plain Caramel)), 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.

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.

Quorn Roast with Roast Potatoes & Onion Gravy

INGREDIENTS: Roast Potatoes with Thyme (Washed (Potato), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Thyme (Dried Thyme)), Quorn Roast (Mycoprotein (63%), Rehydrated Free Range EGG White, MILK Protein, Natural Flavouring, Pea Fibre.), 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).

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.

Country Mixed Vegetables

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

Allergy advice: For allergens, see ingredients in UPPERCASE.

Sri Lankan Vegetable Salad

INGREDIENTS: White (Cabbage), Standard (Carrots), Light SOY Sauce (water, salt, SOYBEANS (12%), WHEAT flour), Fresh (Coriander), Garlic Puree (Water, Garlic Granules, Citric Acid,), Ginger Puree (Ginger (28%), water, maltodextrin, salt, palm fat, spirit vinegar, sugar, citrus fibre, thickener (xanthan gum)), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Grilled Sausage (2) & Chips

INGREDIENTS: Pork 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) [SULPHITES]], Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Marjoram, Natural Onion Flavouring], Dextrose, Pea Protein, SOYA Protein, Beef Collagen Casing (Collagen, Water, Glycerol, Cellulose, Oil)), Oven Chips (Chips (Potatoes, Sunflower Oil, Salt)).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Grilled Chicken Sausages served with Mash & Rich Onion Gravy

INGREDIENTS: Mashed Potato (Washed (Potato), 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), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper)), 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), Water, Brown (Onion), 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).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Iced Vanilla Sponge & Sprinkles

INGREDIENTS: Water, Self Raising Flour (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate), Sugar (White sugar), Icing Sugar (Icing Sugar (97%), maize starch), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Baking Powder (ngci) (Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch), Sugar Strands (Sugar, Water, plant oils (Coconut, Shea), concentrates (Sweet Potato, Carrot, Beetroot, Apple, Spirulina, Hibiscus, Radish), Gum Acacia E414, glazing agents (Carnauba Wax E903), colours (Paprika Extract E160c, Lutein Extract E161b)), Vanilla Flavouring (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Iced Ginger Cake Homemade

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), 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.

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.

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.

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 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.

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.

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.

Savoury Cheese, Potato & Spring Onion Quesadilla with Tomato Salsa

INGREDIENTS: Maris Piper (Potatoes), 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), Grated Cheese (Mozzarella Cheese (MILK) (69%), Cheddar Cheese (MILK) (29%), Anti-caking Agent: Potato Starch), Salsa (Tomatoes (71%), Water, Spirit vinegar, Tomato Puree (4%), Jalapeno Peppers (Jalapeno Peppers, Water, Spirit Vinegar, Salt), Dried Onion, Modified Maize Starch, Sugar, Salt, Dried Red Pepper, Garlic Powder, Cumin, Preservative (Potassium Sorbate), Chilli Powder, Oregano, Ground Black Pepper), Brown (Onion), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Bunch (Spring Onion), 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), Ground (Black Pepper).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Shawarma Chicken, Bulgur Wheat Salad Bowl

INGREDIENTS: Shawarma Spiced Chicken (Diced Chicken (100% Chicken), Chick Peas (chickpeas, water), Water, Mixed Peppers (Green Peppers, Red Peppers, Yellow Peppers in varying proportions), Brown (Onion), 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)), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Lemon Juice (Lemon juice from concentrate 60%, water, Acidity regulator: CITRIC ACID; Preservative: POTASSIUM METABISULPHITE), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Cumin Powder (Ground Cumin), Garlic Powder (Garlic Powder), Ground (Turmeric), Ground (Coriander), Paprika (Ground Paprika), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535)), Persian Slaw (Standard (Carrots), Savoy (Cabbage), Chick Peas (chickpeas, water), Red (Onion), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Lemon Juice (Lemon juice from concentrate 60%, water, Acidity regulator: CITRIC ACID; Preservative: POTASSIUM METABISULPHITE), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Fresh (Coriander), Fresh (Mint), Ground (Cassia Cinnamon), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535)), White Rice (Rice (Parboiled Long Grain Rice), Water), Bulgur Wheat Salad (Water, Bulgur WHEAT (Durum (WHEAT)), Lemon Juice (Lemon juice from concentrate 60%, water, Acidity regulator: CITRIC ACID; Preservative: POTASSIUM METABISULPHITE), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Ground (Black Pepper), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), 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)), Mint Yoghurt (Natural Yoghurt (MILK, Skimmed MILK Powder, Live Cultures (Lactobacillus bulgaricus, Streptococcus thermophilus)), Mint Sauce (Water, Reconstituted Dried Mint (29%), Sugar, Acidity Regulator (Acetic Acid), Salt, Modified Maize Starch, Stabilisers (Guar Gum, Xanthan Gum), Colour (Copper Chlorophyllin), Flavouring), Cracked (Black Pepper), Salt (Salt, Anti-Caking Agent: E535)).

Oven Baked Chickpea Falafel, Bulgar Wheat Salad Bowl

INGREDIENTS: Persian Slaw (Standard (Carrots), Savoy (Cabbage), Chick Peas (chickpeas, water), Red (Onion), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Lemon Juice (Lemon juice from concentrate 60%, water, Acidity regulator: CITRIC ACID; Preservative: POTASSIUM METABISULPHITE), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Fresh (Coriander), Fresh (Mint), Ground (Cassia Cinnamon), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535)), White Rice (Rice (Parboiled Long Grain Rice), Water), Bulgar Wheat Salad (Water, Bulgar WHEAT (Durum (WHEAT))), Lemon Juice (Lemon juice from concentrate 60%, water, Acidity regulator: CITRIC ACID; Preservative: POTASSIUM METABISULPHITE), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Ground (Black Pepper), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), 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)), Oven Baked Falafel (Falafel (Chickpeas (56%), Onion (24%), Cotton Seed Oil, Potato Flakes, WHEAT Flour, Rice Flour, Coriander Leaves, Garlic, Lemon Juice, Raising Agent: Sodium Bicarbonate; Salt, Thickener: Carboxymethyl Cellulose; Yeast Extract, Cumin Seeds, Red Chilli Powder, Turmeric Powder, Black Pepper)), Hummus (Plain Houmous (Cooked Chickpeas [Water, Chickpeas], Rapeseed Oil, Tahini(14%) [SESAME Seed Paste], Water, Lemon Juice Concentrate(4%), Garlic Puree, Salt, Preservative: Potassium Sorbate)).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Paprika Chicken & Chickpea, Tomato Dhal with Steamed Mixed Rice

INGREDIENTS: Water, Water, Chick Peas (chickpeas, water), Diced Chicken (100% Chicken), Red Split Lentils (Red Split lentils), Brown Rice (Easy Cook Long Grain Brown Rice), Rice (Parboiled Long Grain Rice), Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Brown (Onion), Tomato Paste (Tomatoes, Salt), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Fresh (Coriander), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Paprika (Ground Paprika), Ground (Turmeric), Lime Juice (Lime juice from concentrate, Preservative: Potassium METABISULPHITE), Garam Masala (Ground Coriander, Ground Cumin, Ground Black Pepper, Ground Cassia Cinnamon, Ground Dill, Ground Ginger, Ground Cloves), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Roasted Coriander Sweet Potato & Sri Lankan Tomato Dhal with Steamed Mixed Rice

INGREDIENTS: Water, Water, Vegteable (Sweet Potato), Chick Peas (chickpeas, water), Red Split Lentils (Red Split lentils), Brown Rice (Easy Cook Long Grain Brown Rice), Rice (Parboiled Long Grain Rice), Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Brown (Onion), Tomato Paste (Tomatoes, Salt), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Fresh (Coriander), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Ground (Coriander), Ground (Turmeric), Lime Juice (Lime juice from concentrate, Preservative: Potassium METABISULPHITE), Garam Masala (Ground Coriander, Ground Cumin, Ground Black Pepper, Ground Cassia Cinnamon, Ground Dill, Ground Ginger, Ground Cloves), Salt (Salt, Anti-Caking Agent: E535), 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.

BBQ Pork Loaded Wedges with Roasted Sweetcorn

INGREDIENTS: Maris Piper (Potatoes), Minced Pork (100% Pork), Baked Beans (Beans (53%), Tomatoes (25%)), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoursings), Five Bean Salad (Mixed beans (60%): Borlotti beans, Red Kidney beans, Butter beans, Cannelini beans, Chick Peas, Water, ascorbic acid (antioxidant)), 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), Sweetcorn (Sweetcorn), 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), Brown (Onion), Mixed Peppers (Green Peppers, Red Peppers, Yellow Peppers in varying proportions), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Roast Vegetable Hummus Panini Ve

INGREDIENTS: Mediterranean Vegetables (Butternut (Squash), Standard (Carrots), Red (Onion), Green (Courgette), Red (Pepper), Medium (Aubergine), 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), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper)), Panini (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast, Flour Treatment Agent (Ascorbic Acid), WHEAT Flour), Plain Houmous (Cooked Chickpeas [Water, Chickpeas], Rapeseed Oil, Tahini(14%) [SESAME Seed Paste], Water, Lemon Juice Concentrate(4%), Garlic PurÃ©e, Salt, Preservative: Potassium Sorbate).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Chilli BBQ Beef & Beans with Penne

INGREDIENTS: Penne Rigate (Durum WHEAT Semolina), Water, Minced Beef (Beef), Baked Beans (Beans (53%), Tomatoes (25%)), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoursings), Brown (Onion), Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Red Kidney Beans (red kidney beans, water), Water, 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), Tomato Paste (Tomatoes, Salt), Et Voila Garlic Puree (Water,Garlic Granules, Citric Acid,), Red (Chillies), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper).

Allergy advice: For allergens, see ingredients in UPPERCASE.

Chilli BBQ Beef & Beans with Penne

INGREDIENTS: Penne Rigate (Durum WHEAT Semolina), Water, Minced Beef (100% Beef), Baked Beans (Beans (53%), Tomatoes (25%)), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavoursings), Brown (Onion), Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Red Kidney Beans (red kidney beans, water), Water, 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), Tomato Paste (Tomatoes, Salt), Et Voila Garlic Puree (Water,Garlic Granules, Citric Acid,), Red (Chillies), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper).

Allergy advice: For allergens, see ingredients in UPPERCASE.

