

### Mediterranean Vegetable Lasagne

**INGREDIENTS:** Ratatouille (Tomatoes (35%), Courgettes (20%), Aubergines (20%), Peppers (15%), Onions (10%)), Water, Water, Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Lasagne Sheets (Durum WHEAT Semolina), 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,

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Roast Potatoes with Thyme

**INGREDIENTS:** Washed (Potato), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Thyme (Dried Thyme).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Mashed Potato

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Broccoli

**INGREDIENTS:** Broccoli (Broccoli).

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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.

### **Potato Wedges**

**INGREDIENTS:** Washed (Potato).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### **Mushy Peas**

**INGREDIENTS:** Mushy Peas (Rehydrated Processed Peas (95%), Water, Sugar, Salt, Colours (Carotenes, Copper complexes of Chlorophyllins)).

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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.

### Apple Crumble

**INGREDIENTS:** Apple Segments (Apples, Water, Acidity Regulator: Citric 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 fattyacids), salt (1.1%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Sugar (White sugar), Porridge OATS (100% Wholegrain OAT Flakes).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Chocolate 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), Cocoa Powder (Fat Reduced Cocoa Powder, (Contains Cocoa Butter 10% Minimum)), 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.

### 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.

### 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).

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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.

### Oven Baked Vegetable Wellington

**INGREDIENTS:** Puff Pastry (Fortified WHEAT Flour (WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Water, Salt), Margarine (Palm and Rapeseed Oil, Water, Salt), Water, Preservative: Potassium Sorbate), Water, Butternut (Squash), Button (Mushroom), Brown (Onion), Garden Peas (peas 100%), 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), Cornflour (Maize Starch), Lion Brand Free Range Medium Eggs Ev Fav 180 (Hens EGGS), Water, Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid,), Smoked Paprika (Smoked Paprika (100%)), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Dried (Oregano), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

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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.

### 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.

### '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).

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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, Easy Cook Long Grain Rice (Parboiled Long Grain Rice)).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Fish Finger Bap

**INGREDIENTS:** Young'S Seafood Wild Alaska Pollock Fish Fingers (Minced Alaska Pollock (FISH) (58%), WHEAT Flour [WHEAT Flour, Calcium Carbonate, Iron, niacin (B3), Thiamin (B1)], Rapeseed Oil, Water, Yeast, Salt, Colours: Capsanthin, Curcumin, Turmeric), 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).

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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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### **Kung Pao Chicken**

**INGREDIENTS:** Diced Chicken (100% Chicken), Water, Brown (Onion), White Wine Vinegar (White Wine Vinegar), Mixed Peppers (Green Peppers, Red Peppers, Yellow Peppers in varying proportions), Vegteable (Leek), Cornflour (Maize Starch), Light SOY Sauce (water, salt, SOYBEANS (12%), WHEAT flour), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Sugar (White sugar), Et Voila Garlic Puree 12X0.5Kg (Water,Garlic Granules, Citric Acid,), Knorr Professional Ginger Puree (Ginger (75%), Water, Maltodextrin, Rapeseed Oil, Vinegar, Salt, Sugar, Citrus Fibres, Thickener (Xanthan Gum)), Fresh (Coriander), Crushed Chillies (Crushed Chillies).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### **Oven Baked Vegetable Wellington Ve**

**INGREDIENTS:** Puff Pastry (Fortified WHEAT Flour (WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Water, Salt), Margarine (Palm and Rapeseed Oil, Water, Salt), Water, Preservative: Potassium Sorbate), Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Butternut (Squash), Button (Mushroom), Brown (Onion), Garden Peas (peas 100%), Red Split Lentils (Red Split Lentils), Water, Tomato Paste (Tomatoes, Salt), Cornflour (Maize Starch), Water, Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree (Water,Garlic Granules, Citric Acid,), Smoked Paprika (Smoked Paprika (100%)), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Dried (Oregano), Ground (Black Pepper), 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.

### 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.

### Vegetarian Cottage Pie (VE)

**INGREDIENTS:** Washed (Potato), 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), Red Split Lentils (Red Split lentils), Standard (Carrots), Tomato Paste (Tomatoes, Salt), Gravy Granules (Maltodextrin, starch, flavourings, salt, onion powder, sugar, caramel syrup, thickener (guar gum), sage), 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), 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.

### 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.

### BBQ Vegetable Supreme Savoury Melt

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

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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.

### 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), 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)), 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).

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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.

### 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).

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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.

### 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).

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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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Country Mixed Vegetables

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### **Grilled Chicken Sausages served with Mash & Rich Onion Gravy**

**INGREDIENTS:** Mashed Potato (Washed (Potato), 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), 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).

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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.

### **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.

### **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.

### Cheese, Onion & Potato Pie

**INGREDIENTS:** Washed (Potato), Grated Cheddar (A blend of water, palm oil and modified starch (Water, Palm Oil, Modified Potato Starch, MILK Protein Powder, Potato Starch, Emulsifying Salt: Trisodium Citrate, Salt, Tricalcium Phosphate, Acidity Regulator: Citric Acid, Colour: Beta Carotene), Cheddar (MILK), Anti-caking Agent: Potato Starch), Plain Flour (Fortified WHEAT Flour - (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), 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), Brown (Onion), Lion Brand Free Range Medium Eggs Ev Fav 180 (Hens EGGS), Water, 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 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.

### 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.

### 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.

### 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.

### 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.

### **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.

### **Carrots**

**INGREDIENTS:** Sliced Carrots (Carrots).

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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.

### **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.

### **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)).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### **Jam Sponge**

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

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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, Flavourings), 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).

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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, Flavourings), 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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Chilli BBQ Lamb & Beans with Penne

**INGREDIENTS:** Penne Rigate (Durum WHEAT Semolina), Water, Baked Beans (Beans (53%), Tomatoes (25%), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavours), Red Kidney Beans (red kidney beans, water), Brown (Onion), Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Lamb, 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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### 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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Apple & Cinnamon Puff Rolls

**INGREDIENTS:** Puff Pastry (Fortified WHEAT Flour (WHEAT flour, Calcium Carbonate, Iron, Niacin, Thiamin), Margarine (Palm Oil, Water, Salt), Margarine (Palm and Rapeseed Oil, Water, Salt), Water, Preservative: Potassium Sorbate), Apple Segments (Apples, Water, Acidity Regulator: Citric Acid), Dates (Dates (96.5%), Rice Flour, Cotton Seed Oil), Icing Sugar (Icing Sugar (97%), maize starch), Lion Brand Free Range Medium Eggs Ev Fav 180 (Hens EGGS), Water, Water, Ground (Cassia Cinnamon).

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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

acid), flavourings, 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 fattyacids), salt (1.1%), acidifier (lactic acid), flavourings, 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:** 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.



### 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.

### 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.

### 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.

### 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.

### 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.

### Miso Roasted Butternut Squash

**INGREDIENTS:** Butternut (Squash), Miso Stock (Miso (62%) (Water, SOYA Beans, Rice, Salt, Alcohol), Water, Salt, Flavourings, Sugar, Yeast Extract, Ginger Puree, Rapeseed Oil, Onion Powder, Garlic Powder, Modified Maize Starch, Glucose Syrup, Ground Ginger), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Ground (Black Pepper).

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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), Satay Seasoning (Demerara Sugar, Dried Glucose Syrup, Yeast Extract, Salt, Garlic Powder, Cumin, Coriander, Chilli Flakes, Chilli Powder, Flavourings, Turmeric, Ginger), Ground (Black Pepper).

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Allergy advice: For allergens, see ingredients in UPPERCASE.