

### **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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### **Green Beans**

**INGREDIENTS:** Green Beans (Beans).

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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.

### **Garden Peas**

**INGREDIENTS:** Garden Peas (peas 100%).

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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.

### 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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Cornflake Crisp

**INGREDIENTS:** Kellogg's Corn Flakes (Maize, Sugar, BARLEY Malt Flavouring, Salt, Niacin, Iron, Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic Acid, Vitamin D, Vitamin B12.), Golden Syrup (partially Inverted refiners Syrup), 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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Homemade Flapjack

**INGREDIENTS:** Porridge Oats (100% Wholegrain OAT Flakes), 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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### **Mexican Vegetable Chilli Con Carne with Steamed Rice**

**INGREDIENTS:** Red Kidney Beans (red kidney beans, water), Rice (Parboiled Long Grain Rice), Water, Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Water, Brown (Onion), Mixed Peppers (Red and Green Peppers in varying proportions), Diced Carrots (Carrot), Ratatouille Mix (Tomatoes (35%), Courgettes (20%), Aubergines (20%), Peppers (15%), Onions (10%)), Tomato Paste (Tomatoes, Salt), Sweetcorn (Sweetcorn), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Garlic Puree (Water, Garlic Granules, Citric Acid,), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Chilli Powder (Chilli Powder), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### **Jacket Potato with Salmon Mayonnaise**

**INGREDIENTS:** Baking (Potatoes), Pink Salmon (Pink Salmon (FISH) (99%), Salt), Hellmann's Mayonnaise (Rapeseed oil (50%), water, spirit vinegar, pasteurised EGG yolk (3,4%), modified starch, sugar, salt, thickener (xanthan gum), lemon juice concentrate, preservative (potassium sorbate), flavourings, antioxidant (calcium disodium Edta), paprika extract).

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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.

### **Pasta Primavera Ve**

**INGREDIENTS:** Penne Rigate (Durum WHEAT Semolina), Brown (Onion), Water, Garden Peas (peas 100%), Green (Courgette), Green (Broccoli), Mixed Peppers (Red and Green Peppers in varying proportions), Red Cherry (Tomato), 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), Fruit (Lemon), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### 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.

### Vegetarian Cottage Pie (VE)

**INGREDIENTS:** Washed (Potato), Water, Vegan Mince (Rehydrated Textured SOYA Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper]), 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), 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), 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.

### 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.

### Roasted Cauliflower, Chickpea & Coconut Korma with Steamed Rice

**INGREDIENTS:** Water, Rice (Parboiled Long Grain Rice), Coconut Milk (Water, Coconut Extract (35%), Stabilisers: Guar Gum, Carboxymethyl Cellulose; Emulsifier: Polysorbate 60), Water, Cauliflower (Cauliflower), Chick Peas (chickpeas, water), Brown (Onion), Vegteable (Sweet Potato), Red Split Lentils (Red Split lentils), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Lime Juice (Lime juice from concentrate, Preservative: Potassium METABISULPHITE), 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), Ground (White Pepper).

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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).

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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)), 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)).

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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)), 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).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Cheese & Tomato "Pizza" Mac n Cheese

**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), Tomato Sauce Base (Sun Ripened Chopped Tomato (48.5%), Sun Ripened Tomato Puree (41.5%), Onion, Sunflower Oil, Sugar, Salt, Herbs And Spices (Garlic, Basil, Oregano, Black Pepper)), Plain Flour (Fortified WHEAT Flour - (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), Round (Tomato), 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), Mild White Cheddar (Cheddar Cheese (MILK), Anti-caking Agent: Potato Starch), Natural Breadcrumbs (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Yeast, Salt), Grated Hard Cheese (Vegetarian Hard Cheese (MILK), Preservative: Lysozyme (EGG).Made with unpasteurised and pasteurised cow's milk), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parship (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Dried (Oregano), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

### Spicy Chicken Jalfrezi & Steamed Rice

**INGREDIENTS:** Water, Rice (Parboiled Long Grain Rice), Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Diced Chicken (100% Chicken), Chick Peas (chickpeas, water), Round (Tomato), Brown (Onion), Mixed Peppers (Green Peppers, Red Peppers, Yellow Peppers in varying proportions), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Tomato Paste (Tomatoes, Salt), Chilli Powder (Chilli Powder), Garam Masala (Ground Coriander, Ground Cumin, Ground Black Pepper, Ground Cassia Cinnamon, Ground Dill, Ground Ginger, Ground Cloves), Ginger Puree (Ginger (28%), water, maltodextrin, salt, palm fat, spirit vinegar, sugar, citrus fibre, thickener (xanthan gum)), Ground (Turmeric), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper).

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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.

### Beef Bolognese Pasta Pot

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Fajita Roasted Sweetcorn & Peppers

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Veggie Bolognese Pasta Pot

**INGREDIENTS:** Penne Rigate (Durum WHEAT Semolina), Water, Water, Vegan Mince (Rehydrated Textured SOYA Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper]), Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Brown (Onion), Red Split Lentils (Red Split lentils), Water, Tomato Paste (Tomatoes, Salt), Gravy Granules (Maltodextrin, starch, flavourings, salt, onion powder, sugar, caramel syrup, thickener (guar gum), sage), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Basil (Dried Basil), Dried (Oregano).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Asian Slaw

**INGREDIENTS:** Standard (Carrots), Red (Cabbage), White (Cabbage), 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)), Chinese 5 Spice (Ground Fennel, Ground Cassia Cinnamon, Ground Star Anise, Ground Cloves, Ground Black Pepper).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Sautéed Garlic Green Beans

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Lemon & Blueberry Slice

**INGREDIENTS:** Plain Flour (Fortified WHEAT Flour - (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), Sugar (White sugar), Water, Lion Brand Free Range Medium Eggs Ev Fav 180 (Hens EGGS), Blueberries (Blueberries, quick-frozen), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Fruit (Lemon), Baking Powder (Raising Agents (E 450 (Diphosphates), E 500 (Sodium Carbonates)), Maize 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), Vanilla Flavouring (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Iced Vanilla 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), 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), Vanilla Flavouring (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings).

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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.



### Chicken Nuggets (5) & Chips

**INGREDIENTS:** Battered Chicken Nuggets (Chicken Breast Meat (57%), WHEAT flour, Maize Flour, Breadcrumb (WHEAT Flour, Salt), Modified Starch: E1420, WHEAT Semolina, WHEAT Starch, Raising Agents: E341, E450(i), E500(ii), Salt, Pepper, Sugar, Dextrose, Pepper Extract, CELERY, Flavouring, Anti-caking Agent: E551, Bamboo Fibre, Yeast Extract, Sunflower Oil.), Oven Chips (Chips (Potatoes, Sunflower Oil, Salt)).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Roast Chicken, Roast Potatoes & Gravy

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

### Buffalo Burrito

**INGREDIENTS:** Five Bean Salad (Mixed beans (60%): Borlotti beans, Red Kidney beans, Butter beans, Cannelini beans, Chick Peas, Water, ascorbic acid ( antioxidant )), Water, 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), Brown Rice (Easy Cook Long Grain Brown Rice), Rice (Parboiled Long Grain Rice), Piri Piri "Buffalo" Sauce (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), Piri Piri Hot Sauce (Water, Salt, Cayenne Pepper, Red Chilli, Acidity Regulator (Acetic Acid), Modified Starch, Dried Onion, Crushed Chilli, Red Birds Eye Chillies, Concentrated Lemon Commminute (contains Preservative (SULPHUR DIOXIDE)), Rapeseed Oil, Preservative (Potassium Sorbate), Stabiliser (Xanthan Gum), Colour (Paprika Extract), Dried Garlic, Dried Marjoram), 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), Water, Sugar (White sugar)), Cauliflower (Cauliflower), Brown (Onion), 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), 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), Paprika (Ground Paprika), 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.

### Roast Pork with Gravy & Crispy Roasties

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Thai Yellow Vegetable Curry

**INGREDIENTS:** Water, Water, Chick Peas (chickpeas, water), Edamame SOYA Beans (Edamame SOYA Beans), Medium (Aubergine), Brown Rice (Easy Cook Long Grain Brown Rice), Rice (Parboiled Long Grain Rice), Coconut Milk (Water, Coconut Extract (35%), Stabilisers: Guar Gum, Carboxymethyl Cellulose; Emulsifier: Polysorbate 60), Red (Onion), Standard (Carrots), Green Beans (Beans), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Ginger Puree (Ginger (28%), water, maltodextrin, salt, palm fat, spirit vinegar, sugar, citrus fibre, thickener (xanthan gum)), Fresh (Coriander), Ground (Turmeric), Lime Juice (Lime juice from concentrate, Preservative: Potassium METABISULPHITE), 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), Ground (Black Pepper).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Thai Yellow Chicken & Vegetable Curry

**INGREDIENTS:** Water, Water, Chick Peas (chickpeas, water), Diced Chicken (100% Chicken), Brown Rice (Easy Cook Long Grain Brown Rice), Rice (Parboiled Long Grain Rice), Coconut Milk (Water, Coconut Extract (35%), Stabilisers: Guar Gum, Carboxymethyl Cellulose; Emulsifier: Polysorbate 60), Standard (Carrots), Red (Onion), Green Beans (Beans), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Ginger Puree (Ginger (28%), water, maltodextrin, salt, palm fat, spirit vinegar, sugar, citrus fibre, thickener (xanthan gum)), Fresh (Coriander), Ground (Turmeric), Lime Juice (Lime juice from concentrate, Preservative: Potassium METABISULPHITE), 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), Ground (Black Pepper).

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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.

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

### 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.

### Sticky Honey Pork Hotdog

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Halal Cheesy Meatball Arrabiata with Pasta

**INGREDIENTS:** Penne Rigate (Durum WHEAT Semolina), Chicken & Sweetcorn Meatball (Chicken, Chicken Skin, Sweetcorn, Water, Pea Flour, Potato Starch, Sea Salt, Onion Powder, Garlic Powder, Cracked Black Pepper, Ground Pimento), Arrabiata Sauce (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)), 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), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Roasted Sweet Potato & Cheese Tart

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Cheesy Veggie Meatball Arrabiata with Pasta

**INGREDIENTS:** Penne Rigate (Durum WHEAT Semolina), Devil'S Kitchen Plant Balls (Rehydrated Pea Protein, Rapeseed Oil, Diced Onions, Seasoning (Onion Powder, Yeast Extract, Tomato Powder, Fine Sea Salt, Natural Flavours, Garlic Powder, Ground Fennel, Smoked Paprika, Potassium Chloride, Ground Black Pepper, Porcini Powder, Ground Rosemary, Ground Marjoram, Ground Thyme, Ground Cardamom, , Ground Bay, Chilli Powder), Potato Starch, Methylcellulose, Apple Juice Concentrate, Date Syrup, Apple Extract, Lemon Juice, Citrus Fibre, Pumpkin Powder, Beetroot Powder), Arrabiata Sauce (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)), 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), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Beef Kashmiri

**INGREDIENTS:** Wholegrain & White Rice (Water, Rice (Parboiled Long Grain Rice), Brown Rice (Easy Cook Long Grain Brown Rice)), Water, Minced Beef (Beef), Red Split Lentils (Red Split lentils), Brown (Onion), Roselle (Skimmed MILK, Fully Hydrogenated Vegetable Oil (Palm), Dried Glucose Syrup, Sugar, Emulsifiers (Lactic Acid Esters of Mono and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids, Polysorbate 60, Mono and Diglycerides of Fatty Acids, Polysorbate 80), Stabilisers (Carrageenan, Locust Bean Gum), Salt, Colour (Beta Carotene)), Tomato Paste (Tomatoes, Salt), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Garam Masala (Ground Coriander, Ground Cumin, Ground Black Pepper, Ground Cassia Cinnamon, Ground Dill, Ground Ginger, Ground Cloves), Ground (Ginger), Ground (Turmeric), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Chilli Powder (Chilli Powder), Salt (Salt, Anti-Caking Agent: E535).

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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.

### Beef Kashmiri

**INGREDIENTS:** Wholegrain & White Rice (Water, Rice (Parboiled Long Grain Rice), Brown Rice (Easy Cook Long Grain Brown Rice)), Water, Minced Beef (Beef), Red Split Lentils (Red Split lentils), Brown (Onion), Roselle (Skimmed MILK, Fully Hydrogenated Vegetable Oil (Palm), Dried Glucose Syrup, Sugar, Emulsifiers (Lactic Acid Esters of Mono and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids, Polysorbate 60, Mono and Diglycerides of Fatty Acids, Polysorbate 80), Stabilisers (Carrageenan, Locust Bean Gum), Salt, Colour (Beta Carotene)), Tomato Paste (Tomatoes, Salt), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Garam Masala (Ground Coriander, Ground Cumin, Ground Black Pepper, Ground Cassia Cinnamon, Ground Dill, Ground Ginger, Ground Cloves), Ground (Ginger), Ground (Turmeric), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Chilli Powder (Chilli Powder), Salt (Salt, Anti-Caking Agent: E535).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Beef Kashmiri

**INGREDIENTS:** Wholegrain & White Rice (Water, Rice (Parboiled Long Grain Rice), Brown Rice (Easy Cook Long Grain Brown Rice)), Water, Minced Beef (100% Beef ), Red Split Lentils (Red Split lentils), Brown (Onion), Roselle (Skimmed MILK, Fully Hydrogenated Vegetable Oil (Palm), Dried Glucose Syrup, Sugar, Emulsifiers (Lactic Acid Esters of Mono and Diglycerides of Fatty Acids, Polyglycerol Esters of Fatty Acids, Polysorbate 60, Mono and Diglycerides of Fatty Acids, Polysorbate 80), Stabilisers (Carrageenan, Locust Bean Gum), Salt, Colour (Beta Carotene)), Tomato Paste (Tomatoes, Salt), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree (Water, Garlic Granules, Citric Acid,), Garam Masala (Ground Coriander, Ground Cumin, Ground Black Pepper, Ground Cassia Cinnamon, Ground Dill, Ground Ginger, Ground Cloves), Ground (Ginger), Ground (Turmeric), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel), Chilli Powder (Chilli Powder), Salt (Salt, Anti-Caking Agent: E535).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

## **Cheesy Meatball Arrabiata with Pasta**

**INGREDIENTS:** Penne Rigate (Durum WHEAT Semolina), Chicken & Sweetcorn (Chicken, Chicken Skin, Sweetcorn, Water, Pea Flour, Potato Starch, Sea Salt, Onion Powder, Garlic Powder, Cracked Black Pepper, Ground Pimento), Arrabiata Sauce (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)), 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), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane).

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Allergy advice: For allergens, see ingredients in UPPERCASE.