

### **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 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).

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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.

### Sweetcorn

**INGREDIENTS:** Sweetcorn (Sweetcorn).

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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.

### Savoy Cabbage

**INGREDIENTS:** Savoy (Cabbage).

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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.

### 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.

### Pork in Shanghai Blackbean Sauce with Noodles

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Roast Gammon with Roast Potatoes & Gravy

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Asian Noodles with Thai Green Broth

**INGREDIENTS:** Water, Water, Chop Suey Noodles (WHEAT Flour (With Thiamin, Niacin, Calcium And Iron), Salt, Turmeric, Paprika, Firming Agents: Potassium Carbonate, Sodium Carbonate, Acidity Regulator: Citric Acid), Beansprouts (Beansprouts ), Standard (Carrots), Coconut Milk Powder (Coconut Extract (85%), Tapioca Maltodextrin, MILK Protein (Sodium Caseinate)), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid, ), Fresh (Coriander), Lime Juice (Lime juice from concentrate, Preservative: Potassium METABISULPHITE), Thai Green Curry Paste (Green Chilli 30%, Lemongrass, Salt, Garlic, Onion, Galangal, Chinese Ginger, Kaffir Lime Peel, Spices (Coriander Seed, Cumin, Turmeric), Acidity Regulator (Citric Acid)), Knorr Professional Ginger Puree (Ginger (75%), Water, Maltodextrin, Rapeseed Oil, Vinegar, Salt, Sugar, Citrus Fibres, Thickener (Xanthan Gum)), Sugar (White sugar), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Salt (Salt, Anti-Caking Agent: E535), Salt (Salt, Anti-Caking Agent: E535).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Spaghetti with Roasted Vegetables in Herby Tomato Sauce

**INGREDIENTS:** Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Spaghetti (Durum WHEAT Semolina), Water, Chick Peas (Chick peas, water, antioxidant: ascorbic acid), Mediterranean Vegetables (Butternut (Squash), Standard (Carrots), Red (Onion), Green (Courgette), Red (Pepper), Medium (Aubergine), Tomato Paste (Tomatoes, Salt), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid, ), Sugar (White sugar), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper)), 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), Mixed Peppers (Red and Green Peppers in varying proportions), Brown (Onion), 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, ), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper).

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).

Allergy advice: For allergens, see ingredients in UPPERCASE.

### Chinese Chicken Hoi Sin Noodles

**INGREDIENTS:** Diced Chicken (100% Chicken), Chop Suey Noodles (WHEAT Flour (With Thiamin, Niacin, Calcium And Iron), Salt, Turmeric, Paprika, Firming Agents: Potassium Carbonate, Sodium Carbonate, Acidity Regulator: Citric Acid), Button (Mushroom), Beansprouts (Beansprouts ), Hoisin Sauce (sugar, water, fermented SOYBEAN paste (water, salt, SOYBEANS, WHEAT flour), salt, sweet potato powder, colour (Plain Caramel), modified corn starch, dehydrated garlic, SESAME Seed paste, spices, salted chilli peppers (Chilli Peppers, Salt), acid (acetic acid)), Baby (Sweetcorn ), Vegetable (Mangetout), Water, Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), 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)).

Allergy advice: For allergens, see ingredients in UPPERCASE.

### Roasted Vegetable & Lentil Loaf with Sticky Ketchup Glaze

**INGREDIENTS:** Water, Red Split Lentils (Red Split Lentils), Standard (Carrots), Vegteable (Sweet Potato), 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), Struffing Mix (Breadcrumbs (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt), Onion, Salt, Rapeseed Oil, Flavouring, Parsley, Sage), BBQ Sauce (Water, Glucose-Fructose Syrup, Sugar, Tomato Paste (10%), Modified Maize Starch, Acidity Regulators: Acetic Acid, Citric Acid; Spice Blend (Salt, Paprika, Garlic, Onion, Black Pepper, Cayenne), Apple Juice Concentrate, Caramelised Sugar Syrup, Preservative: Potassium Sorbate; Stabiliser: Xanthan Gum; BBQ Flavouring, Smoke Flavouring), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Tomato Paste (Tomatoes, Salt), Tomato Ketchup (Water, Glucose-Fructose Syrup, Tomato Paste (16%), Modified Maize Starch, Acidity Regulators (Acetic Acid, Citric Acid), Salt, Preservative (Potassium Sorbate), Natural Flavouring), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid, ), Vegetable Powder Bouillon (Salt, starch, flavourings, sugar, parsnip (4%), sunflower oil, carrot juice (1,5%), yeast extract, parsley root), Ground (Black Pepper), Salt (Salt, Anti-Caking Agent: E535).

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.

### Veggie Sausage & Baked Bean Hot Pot (Ve)

**INGREDIENTS:** Washed (Potato), Water, Baked Beans (Beans (53%), Tomatoes (25%), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings), Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Quorn Vegan Sausage (Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], WHEAT Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose; Stabiliser: Sodium alginate.), Brown (Onion), Red Split Lentils (Red Split Lentils), Water, Tomato Paste (Tomatoes, Salt), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory).

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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.

### Sticky Syrup Sponge Homemade

**INGREDIENTS:** Self Raising Flour (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Raising Agents: Monocalcium Phosphate, Sodium Bicarbonate), Water, Water, Sugar (White sugar), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Demerara Sugar (Demerara sugar), Golden Syrup (partially Inverted refiners Syrup), Lion Brand Free Range Medium Eggs Ev Fav 180 (Hens EGGS), 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.

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

**INGREDIENTS:** Water, Easy Cook Long Grain 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 12X0.5Kg (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.

### **Pepperoni Perfection Pizza with Wedges**

**INGREDIENTS:** Potato Wedges McCain (Skin on Wedges (Potatoes (95%), Sunflower Oil, Dextrose)), Tugo 12.5" Dough Disc (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, WHEAT Flour, Rapeseed Oil, Salt, Stabiliser (E412,E415), Malted WHEAT flour, Deactivated Yeast, Emulsifier (E471), Flour Treatment Agent (E300), Acidity Regulator (E516) ), Tugo Value Blend (Mozzarella (MILK), water, palm oil, MILK proteins, modified starch, potato starch, salt, acidity regulator: lactic acid, emulsifier: trisodium citrate, fibre, stabilisers: carrageenan & potassium chloride, preservative: potassium sorbate. Anticaking agent: cellulose), Tugo Pizza Sauce Pouches (Tomatoes, Salt, Sunflower Oil, Herbs & Spices , Garlic, Acidity Regulator E330), Habibi Halal Pepperoni Slices (Halal Beef (94%), Halal Beef Fat, SOYA protein, Salt, MUSTARD Powder, Dextrose, sunflower oil, Spice extracts, Antioxidant (E301), Colour (E160c) , Preservative (E250)).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### **Pizza Margherita with Wedges**

**INGREDIENTS:** Potato Wedges McCain (Skin on Wedges (Potatoes (95%), Sunflower Oil, Dextrose)), Tugo 12.5" Dough Disc (Fortified WHEAT Flour (WHEAT Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Yeast, WHEAT Flour, Rapeseed Oil, Salt, Stabiliser (E412,E415), Malted WHEAT flour, Deactivated Yeast, Emulsifier (E471), Flour Treatment Agent (E300), Acidity Regulator (E516) ), Tugo Value Blend (Mozzarella (MILK), water, palm oil, MILK proteins, modified starch, potato starch, salt, acidity regulator: lactic acid, emulsifier: trisodium citrate, fibre, stabilisers: carrageenan & potassium chloride, preservative: potassium sorbate. Anticaking agent: cellulose), Tugo Pizza Sauce Pouches (Tomatoes, Salt, Sunflower Oil, Herbs & Spices , Garlic, Acidity Regulator E330).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### 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)), 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)), Round (Tomato), 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  
Allergy advice: For allergens, see ingredients in UPPERCASE (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, Easy Cook Long Grain 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 12X0.5Kg (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), Ground (Turmeric), Knorr Professional Ginger Puree (Ginger (75%), Water, Maltodextrin, Rapeseed Oil, Vinegar, Salt, Sugar, Citrus Fibres, Thickener (Xanthan Gum)), 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.

### Sautéed Garlic Green Beans

**INGREDIENTS:** Green Beans (Beans), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid,), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Veggie Bolognese Pasta Pot

**INGREDIENTS:** Penne Rigate (Durum WHEAT Semolina), Water, 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), 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 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), Basil (Dried Basil), Dried (Oregano).

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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.



### Vanilla Cookie

**INGREDIENTS:** Plain Flour (Fortified WHEAT Flour - (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamine)), Phase Dawn Cooking & Baking Packet (Vegetable oils (palm, rapeseed, sunflower in varying proportions), water, emulsifier (lecithin, mono- and diglycerides from fattyacids), salt (1.1%), acidifier (lactic acid), flavourings, colours (beta-carotene) and vitamins A and D), Sugar (White sugar), Golden Syrup (partially Inverted refiners Syrup), Baking Powder (ngci) (Raising agents (E 450 (diphosphates), E 500 (sodium carbonates)), maize starch), Vanilla Flavouring (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings).

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### 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 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)), 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.

### 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.

### 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 Chicken, Roast Potatoes & Gravy

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Iced Vanilla Sponge & Sprinkles

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Chicken Katsu Burger

**INGREDIENTS:** Chicken Steak (Chicken Breast Meat (57%), WHEAT flour, Maize Flour, Breadcrumbs (WHEAT Flour, Salt), Modified Starch: E1420, WHEAT Semolina, WHEAT Starch, Raising Agents: E341, E450(i), E500(ii), Salt, Pepper, Sugar, Pepper Extract, CELERY, Flavouring, Anti-caking Agent: E551, Bamboo Fibre, Yeast Extract, Sunflower Oil.), 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), Katsu Mayo (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), Tomato Ketchup (Water, Glucose-Fructose Syrup, Tomato Paste (16%), Modified Maize Starch, Acidity Regulators (Acetic Acid, Citric Acid), Salt, Preservative (Potassium Sorbate), Natural Flavouring), Dark Soy Sauce (water, salt, Colour E150a, Sugar, SOYBEANS (10%), WHEAT flour), Honey (Honey), Lime Juice (Lime juice from concentrate, Preservative: Potassium METABISULPHITE), Madras Curry Powder (Coriander, Turmeric, Cumin, Fenugreek, Cardamom, Chilli Powder, Black Pepper, Fennel)).

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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 Tikka Wrap

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Mediterranean Chicken Wrap

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### 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.

### Chicken Fajita Sub

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Mediterranean Chicken Sub

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### 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.

### Carrots

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

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Allergy advice: For allergens, see ingredients in UPPERCASE.

### Roasted Vegetable Panini Ve

**INGREDIENTS:** Mediterranean Vegetables (Butternut (Squash), Standard (Carrots), Red (Onion), Green (Courgette), Red (Pepper), Medium (Aubergine), Tomato Paste (Tomatoes, Salt), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid.), Sugar (White sugar), Salt (Salt, Anti-Caking Agent: E535), Ground (Black Pepper)), Panini (WHEAT Flour (WHEAT Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Salt, Yeast, Flour Treatment Agent (Ascorbic Acid), WHEAT Flour), Chick Peas (Chick peas, water, antioxidant: ascorbic acid), Vegetable Oil (Refined Rapeseed Oil, Anti-Foaming Agent: Dimethyl Polysiloxane), Fruit (Lemon), Et Voila Garlic Puree 12X0.5Kg (Water, Garlic Granules, Citric Acid.), Salt (Salt, Anti-Caking Agent: E535), Cumin Powder (Ground Cumin), Ground (Black Pepper).

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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.

### Beef Kashmiri

**INGREDIENTS:** Wholegrain & White Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Easy Cook Long Grain Brown Rice (Easy Cook Long Grain Brown Rice)), 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 12X0.5Kg (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.

### Sausage, mash & Rich Onion Gravy (Pork)

**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)), 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)), Water, Brown (Onion), Gravy Granules (Maltodextrin, starch, flavourings, salt, onion powder, sugar, caramel syrup, thickener (guar gum), sage).

Allergy advice: For allergens, see ingredients in UPPERCASE.

### Beef Kashmiri

**INGREDIENTS:** Wholegrain & White Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Easy Cook Long Grain Brown Rice (Easy Cook Long Grain Brown Rice)), 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 12X0.5Kg (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).

Allergy advice: For allergens, see ingredients in UPPERCASE.

### Sausage, mash & Rich Onion Gravy (Pork)

**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)), Pork Chipolata Sausage (Pork (70%), Water, Rusk [WHEAT] Flour (Calcium Carbonate, Iron, Niacin, Thiamin), Salt (Anti-Caking Agent (E535)), Raising Agent (E503(ii))], Seasoning [Salt (Anti-Caking Agent (E535)), Sugar, Spices (Black Pepper, White Pepper, Nutmeg, Mace) Yeast Extract, Dehydrated Onion, Preservative (E223) [SULPHITE]), Emulsifier (E450), Dextrose, Rice Flour, Antioxidant (E300), Marjoram, Natural Onion Flavouring], Pea Protein, Dextrose, SOYA Protein, Onion Powder, Mixed Herbs (Parsley, Basil, Thyme, Marjoram, Oregano), Beef Collagen Casing (Collagen, Water, Glycerol, Cellulose, Oil), Water, Brown (Onion), Gravy Granules (Maltodextrin, starch, flavourings, salt, onion powder, sugar, caramel syrup, thickener (guar gum), sage).

Allergy advice: For allergens, see ingredients in UPPERCASE.

### Halal Lamb & Lentil Kashmiri Curry & Rice

**INGREDIENTS:** Wholegrain & White Rice (Water, Easy Cook Long Grain Rice (Parboiled Long Grain Rice), Easy Cook Long Grain Brown Rice (Easy Cook Long Grain Brown Rice)), Water, Lamb, 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 12X0.5Kg (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).

Allergy advice: For allergens, see ingredients in UPPERCASE.

### Fruity Flapjack

**INGREDIENTS:** Porridge OATS (100% Wholegrain OAT Flakes), Dates (Dates (96.5%)), Rice Flour, Cotton Seed Oil), 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), Golden Syrup (partially Inverted refiners Syrup), Sugar (White sugar), Water, Mixed Spice (Ground Cassia Cinnamon, Ground Coriander, Ground Cloves, Ground Pimento, Ground Ginger, Ground Nutmeg), Vanilla Flavouring (Water, Propylene Glycol, Colour: Plain Caramel; Flavourings).

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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.

### Oaty Date Cookie

**INGREDIENTS:** Dates (Dates (96.5%)), Rice Flour, Cotton Seed Oil), 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)), Porridge OATS (100% Wholegrain OAT Flakes), Egg (Hens EGGS), Lion Brand Free Range Medium Eggs Ev Fav 180 (Hens EGGS), Baking Powder (Raising Agents (E 450 (Diphosphates), E 500 (Sodium Carbonates)), Maize Starch), 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.

### Jacket Potato with Veggie Mince Chilli Con Carne

**INGREDIENTS:** Baking (Potatoes), 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), Chopped Tomatoes (Tomatoes, tomato juice, acidity regulator : Citric Acid), Baked Beans (Beans (53%), Tomatoes (25%), Water, Sugar, Glucose - Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavourings), Brown (Onion), Red Kidney Beans (red kidney beans, water), 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, ), Chilli Powder (Chilli Powder), Salt (Salt, Anti-Caking Agent: E535), Basil (Dried Basil), Ground (Black Pepper), Mixed Herbs (Marjoram, Thyme, Parsley, Basil, Savory).

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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 Sausage (Chicken 70%, 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.

### 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.