



NUTRITIONAL & REHEATING INFORMATION

BLUEBERRY PORRIDGE (V) (VE) (DF)(GF)

per portion (75g)

ENERGY	FAT	SATURATES	SUGAR	SALT
1119kJ 268kcal	4.7g MED	0.8g LOW	0g LOW	0g LOW
13%	7%	4%	0%	0%

of your reference intake
Typical values per 100g: Energy 1492kJ/357kcal



Typical values	per 100 g	per 75g serving
Energy	1492kJ 357kcal	1119kJ 268kcal
Fat	6.3g	4.7g
of which saturates	1.1g	0.8g
Carbohydrate	61g	46g
of which sugars	0.0g	0.0g
Fibre	9.6g	7.2g
Protein	15g	12g
Salt	0.00g	0.00g

Ingredients and Allergens

Oats, Blueberries.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

90.7%	68g	Oats
9.33%	7g	Blueberries, wild, frozen (Alaska Native)

Just add Almond milk, Coconut fat milk..

Approx. 225 ml

Heat for 3 mins in an 800w microwave.

Stir (add more milk if you like) return for 30 seconds if necessary.

Stir - enjoy

RASPBERRY PORRIDGE (V) (VE) (DF) (GF)

per portion (75g)

ENERGY	FAT	SATURATES	SUGAR	SALT
1121kJ 268kcal	4.7g MED	0.8g LOW	0g LOW	0g LOW
13%	7%	4%	0%	0%

of your reference intake
Typical values per 100g: Energy 1495kJ/358kcal



Typical values	per 100 g	per 75g serving
Energy	1495kJ 358kcal	1121kJ 268kcal
Fat	6.3g	4.7g
of which saturates	1.1g	0.8g
Carbohydrate	61g	46g
of which sugars	0.4g	0.3g
Fibre	10g	7.7g
Protein	15g	12g
Salt	0.00g	0.00g

Ingredients and Allergens

Oats, Raspberries.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

90.7%	68g	Oats
9.33%	7g	Raspberries, frozen, unsweetened

Just add Milk, Almond milk or coconut milk .Heat for 3 mins in an 800w microwave.

Stir (add more milk if you like) return for 30 seconds if necessary.

Stir - enjoy

GRANOLA

per portion (75g)

ENERGY	FAT	SATURATES	SUGAR	SALT
1534kJ 367kcal	18g HIGH	3.0g MED	15g MED	0.05g LOW
18%	26%	15%	17%	1%

of your reference intake
Typical values per 100g: Energy 2045kJ/489kcal



Typical values	per 100 g	per 75g serving
Energy	2045kJ 489kcal	1534kJ 367kcal
Fat	24g	18g
of which saturates	4.0g	3.0g
Carbohydrate	54g	40g
of which sugars	20g	15g
Fibre	8.9g	6.7g
Protein	14g	10g
Salt	0.07g	0.05g

Ingredients and Allergens

Granola.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

100%	75g	Cereals ready-to-eat, granola, homemade
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Just add Almond Milk

(Coconut Milk) Approx 125ml



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GOJI BERRY PORRIDGE (V) (VE) (DF)(GF)

per portion (75g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
1203kJ 284kcal	5.7g MED	0.9g LOW	2.5g LOW	0.04g LOW
14%	8%	4%	3%	1%
of your reference intake Typical values per 100g: Energy 1604kJ/379kcal				



Typical values	per 100 g	per 75g serving
Energy	1604kJ 379kcal	1203kJ 284kcal
Fat	7.6g	5.7g
of which saturates	1.2g	0.9g
Carbohydrate	68g	51g
of which sugars	3.3g	2.5g
Fibre	8.1g	6.1g
Protein	11g	8.3g
Salt	0.05g	0.04g

Ingredients and Allergens

Oatmeal (**Oats**), Goji Berries.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

93.3%	70g	Porridge oats, unfortified
6.67%	5g	Goji berries, dried

Just add Almond Milk, or coconut milk.
Approx. 25 ml
Heat for 3 mins in an 800w microwave.
Stir (add more milk if you like) return for 30 seconds if necessary.
Stir - enjoy

STRAWBERRY PORRIDGE (V)(VE) (DF)(GF)

per portion (75g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
1137kJ 268kcal	5.7g MED	0.9g LOW	0g LOW	0g LOW
13%	8%	4%	0%	0%
of your reference intake Typical values per 100g: Energy 1516kJ/358kcal				



Typical values	per 100 g	per 75g serving
Energy	1516kJ 358kcal	1137kJ 268kcal
Fat	7.6g	5.7g
of which saturates	1.2g	0.9g
Carbohydrate	63g	48g
of which sugars	0.6g	0.4g
Fibre	7.4g	5.6g
Protein	10g	7.7g
Salt	0.00g	0.00g

Ingredients and Allergens

Oatmeal (**Oats**), Strawberries.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

93.3%	70g	Porridge oats, unfortified
6.67%	5g	Strawberries, frozen, unsweetened

Just add almond milk, coconut milk.
Approx. 25 ml
Heat for 3 mins in an 800w microwave.
Stir (add more milk if you like) return for 30 seconds if necessary.
Stir - enjoy



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CARROT & SWEDE (V) (VE) (DF) (GF)

per portion (127g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
143kJ 34kcal	0.5g LOW	0g LOW	6.3g LOW	0.19g LOW
2%	1%	0%	7%	3%
of your reference intake Typical values per 100g: Energy 113kJ/27kcal				



Typical values	per 100 g	per 127g serving
Energy	113kJ 27kcal	143kJ 34kcal
Fat	0.4g	0.5g
of which saturates	0.1g	0.1g
Carbohydrate	5.2g	6.6g
of which sugars	5.0g	6.3g
Fibre	0.1g	0.1g
Protein	0.7g	0.9g
Salt	0.15g	0.19g

Ingredients and Allergens

Carrots, Swede, Pepper, Parsley, Salt.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost overnight in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.

CHILLI & CORIANDER MASH (V) (GF)

per portion (126g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
361kJ 86kcal	0g LOW	0g LOW	1.5g LOW	0.05g LOW
4%	0%	0%	2%	1%
of your reference intake Typical values per 100g: Energy 287kJ/69kcal				



Typical values	per 100 g	per 126g serving
Energy	287kJ 69kcal	361kJ 86kcal
Fat	0.1g	0.1g
of which saturates	0.0g	0.0g
Carbohydrate	16g	20g
of which sugars	1.2g	1.5g
Fibre	2.4g	3.0g
Protein	1.7g	2.1g
Salt	0.04g	0.05g

Ingredients and Allergens

Potato, Red Chilli, Pepper, Coriander Leaves.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost overnight in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.

BROWN RICE (V) (VE) (DF) (GF)

per portion (126g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
703kJ 165kcal	1.1g LOW	0.2g LOW	0g LOW	0.01g LOW
8%	2%	1%	0%	0%
of your reference intake Typical values per 100g: Energy 500kJ/132kcal				



	per 100g	per 126 g serving
Energy	560.3kJ	703.2kJ
Energy	131.6kcal	165.2kcal
Fat	0.9g	1.1g
of which saturates	0.2g	0.2g
Carbohydrate	27.7g	34.8g
of which sugars	0.1g	0.1g
Fibre	1.5g	1.9g
Protein	3.6g	4.5g
Salt	0.01g	0.01g

Ingredients and Allergens

Cooked Brown Rice, Parsley.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.



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WHOLEWHEAT PASTA (V)

per portion (126g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
1893kJ 453kcal	3.4g LOW	0.4g LOW	3.3g LOW	0.04g LOW
23%	5%	2%	4%	1%
of your reference intake Typical values per 100g: Energy 1508kJ/361kcal				



	per 100g	per 126 g serving
Energy	1508.4kJ	1893.1kJ
Energy	360.7kcal	452.7kcal
Fat	2.7g	3.4g
of which saturates	0.3g	0.4g
Carbohydrate	72.8g	91.4g
of which sugars	2.6g	3.3g
Fibre	10.1g	12.6g
Protein	13.5g	16.9g
Salt	0.03g	0.04g

Ingredients and Allergens

Whole Wheat Pasta, Parsley.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat for 2 min in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.

SWEET POTATO MASH (V) (VE) (DF) (GF)

per portion (126g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
448kJ 107kcal	0g LOW	0g LOW	5.2g LOW	0.17g LOW
5%	0%	0%	6%	3%
of your reference intake Typical values per 100g: Energy 357kJ/85kcal				



Typical values	per 100 g	per 126g serving
Energy	357kJ 85kcal	448kJ 107kcal
Fat	0.1g	0.1g
of which saturates	0.0g	0.0g
Carbohydrate	20g	25g
of which sugars	4.2g	5.2g
Fibre	3.1g	3.9g
Protein	1.6g	2.0g
Salt	0.14g	0.17g

Ingredients and Allergens

Sweet Potato, Parsley, Pepper.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost overnight in fridge prior to reheating.
Heat for 1 min 20 seconds in an 800w microwave.
Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.

PEARL BARLEY MIX (V) (VE) (DF)

per portion (125g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
577kJ 137kcal	0.6g LOW	0g LOW	0.6g LOW	0.02g LOW
7%	1%	0%	1%	0%
of your reference intake Typical values per 100g: Energy 461kJ/109kcal				



Typical values	per 100 g	per 125g serving
Energy	461kJ 109kcal	577kJ 137kcal
Fat	0.5g	0.6g
of which saturates	0.1g	0.1g
Carbohydrate	20g	25g
of which sugars	0.5g	0.6g
Fibre	1.3g	1.6g
Protein	6.2g	7.8g
Salt	0.02g	0.02g

Ingredients and Allergens

Barley, Lentils.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.



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IF NOT HEATED IN MICROWAVE USE A THERMOMETER TO CHECK TEMPERATURE.

BASMATI RICE (V) (VE) (DF) (GF)

per portion (127g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
625kJ 147kcal	0.0g LOW	0.2g LOW	0g LOW	0.01g LOW
7%	1%	1%	0%	0%

of your reference intake
Typical values per 100g: Energy 494kJ/116kcal



Typical values	per 100 g	per 127g serving
Energy	494kJ 116kcal	625kJ 147kcal
Fat	0.7g	0.9g
of which saturates	0.2g	0.2g
Carbohydrate	25g	32g
of which sugars	0.0g	0.0g
Fibre	0.6g	0.8g
Protein	2.8g	3.5g
Salt	0.01g	0.01g

Ingredients and Allergens

Cooked Basmati Rice, Lemon Juice, Thyme.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost overnight in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.

MASH

per portion (105g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
269kJ 64kcal	0g LOW	0g LOW	1.4g LOW	0.85g LOW
4%	0%	0%	2%	1%

of your reference intake
Typical values per 100g: Energy 256kJ/61kcal



Typical values	per 100 g	per 125g serving
Energy	269kJ 64kcal	361kJ 86kcal
Fat	0.1g	0.1g
of which saturates	0.0g	0.0g
Carbohydrate	16g	20g
of which sugars	1.2g	1.4g
Fibre	2.4g	3.0g
Protein	1.7g	2.1g
Salt	0.04g	0.55g

Ingredients and Allergens

Potato, Black Pepper, Parsley.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost overnight in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.

see ingredients in **bold**.

WHOLEWHEAT NOODLES (V)

per portion (108g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
1940kJ 460kcal	2.6g LOW	0.1g LOW	4.4g LOW	0.31g LOW
22%	3%	1%	9%	9%

of your reference intake
Typical values per 100g: Energy 1400kJ/340kcal



Typical values	per 100 g	per 126g serving
Energy	1462kJ 349kcal	1842kJ 440kcal
Fat	1.6g	2.0g
of which saturates	0.1g	0.1g
Carbohydrate	70g	88g
of which sugars	3.6g	4.4g
Fibre	5.9g	7.4g
Protein	12g	16g
Salt	0.25g	0.31g

Ingredients and Allergens

Wholewheat Noodles, Pepper, Parsley.

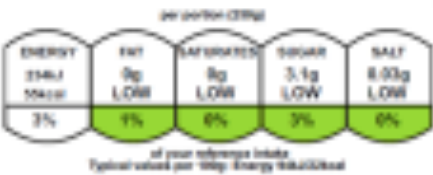
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost overnight in fridge prior to reheating.
Heat for 1 min 40 seconds in an 800w microwave.
Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.



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LEEK & POTATO SOUP (V) (VE) (DF) (CF)



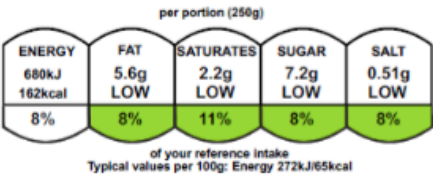
Typical values	per 100 g	per 250g serving
Energy	84kJ 20kcal	204kJ 49kcal
Fat	9.2g	23g
of which saturates	9.0g	22.5g
Carbohydrate	4.1g	10g
of which sugars	1.2g	3.1g
Fibre	8.9g	22g
Protein	1.1g	2.7g
Salt	0.01g	0.03g

Ingredients and Allergens

VEG STOCK, Leeks, Potato, Peas, Onion, Parsley, Garlic.
Allergen advice: For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost overnight in fridge prior to reheating.
Heat for 2 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.

SPICED CHICK PEA & COCONUT BROTH (V) (VE) (DF) (GF)



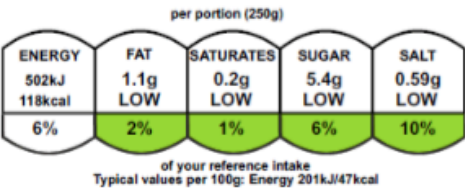
Ingredients and Allergens

Chickpeas, VEG STOCK, Coconut Milk, Butternut Squash, Yellow Peppers, Onion, Coriander Leaves, Red Chilli, Turmeric, Ground Cumin, Paprika, Garam Masala, Ginger, Lime Juice, Garlic, Brown Sugar.
Allergen advice: For allergens, including cereals containing gluten, see ingredients in **bold**.

Typical values	per 100 g	per 250g serving
Energy	272kJ 65kcal	680kJ 162kcal
Fat	2.2g	5.6g
of which saturates	0.9g	2.2g
Carbohydrate	9.5g	24g
of which sugars	2.9g	7.2g
Fibre	2.7g	6.6g
Protein	3.0g	7.5g
Salt	0.20g	0.51g

To heat: Defrost overnight in fridge prior to reheating.
Heat to simmer in saucepan or
Heat for 3 mins in an 800w microwave.
Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.

MINESTRONE SOUP (V) (DF) (GF)



	per 100g	per 250 g serving
Energy	200.8kJ	501.9kJ
Energy	47.3kcal	118.3kcal
Fat	0.5g	1.1g
of which saturates	0.1g	0.2g
Fatty Acids	0.1g	0.2g
Monounsaturated		
Fatty Acids	0.1g	0.3g
Polyunsaturated		
Trans Fatty Acids	0.0g	0.0g
Carbohydrate	9.3g	23.2g
of which sugars	2.2g	5.4g
Fibre	0.8g	1.9g
Protein	1.7g	4.2g
Salt	0.24g	0.59g

Ingredients and Allergens

VEG STOCK, Tomatoes, Sweet Potato, Pasta (**Wheat, Egg**), Carrots, Onion, **Celery**, Green Beans, Parsley, Coriander Leaves, Mixed Herbs, Garlic, Salt, Black Pepper.
Allergen advice: For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat for 3 mins in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.



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PS4 FIVE BEAN MEXICAN SOUP

per portion (250g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
408kJ 96kcal	1.3g LOW	0.2g LOW	4.0g LOW	0.20g LOW
5%	2%	1%	4%	3%

of your reference intake
Typical values per 100g: Energy 163kJ/39kcal



Typical values	per 100 g	per 250g serving
Energy	163kJ 39kcal	408kJ 96kcal
Fat	0.5g	1.3g
of which saturates	0.1g	0.2g
Carbohydrate	6.4g	16g
of which sugars	1.6g	4.0g
Fibre	0.9g	2.3g
Protein	2.6g	6.5g
Salt	0.08g	0.20g

Ingredients and Allergens

VEG STOCK, Tomatoes, Onion, Carrots, Red Kidney Beans, Blackeye Beans, Chick Peas, Haricot Beans, Pinto Beans, **Celery**, Leeks, Coriander Leaves, Red Chilli, Garlic, Chilli Powder, Mixed Herbs, Paprika, Ground Cumin, Black Pepper.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.
Leeks, Coriander Leaves, Red Chilli, Garlic, Chilli Powder, Mixed Herbs, Paprika, Ground Cumin, Black Pepper.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat to simmer in saucepan or
Heat for 3 mins in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.

Check piping hot.
If not return to microwave for a further 30 seconds.

THAI GREEN VEG SOUP

per portion (250g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
375kJ 89kcal	3.6g LOW	3.2g LOW	12g LOW	0.04g LOW
4%	5%	16%	14%	1%

of your reference intake
Typical values per 100g: Energy 150kJ/36kcal



Typical values	per 100 g	per 250g serving
Energy	150kJ 36kcal	375kJ 89kcal
Fat	1.4g	3.6g
of which saturates	1.3g	3.2g
Carbohydrate	5.3g	13g
of which sugars	4.9g	12g
Fibre	0.4g	1.1g
Protein	0.6g	1.5g
Salt	0.02g	0.04g

Ingredients and Allergens

VEG STOCK, Water, Mushrooms, Green Peppers, Cream Coconut, Onion, Coriander Leaves, Green Beans, Ginger, Green Chilli, Lime Juice, Garlic.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat to simmer in saucepan or
Heat for 3 mins in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.

FRENCH ONION SOUP (V) (VE) (DF) (GF)

per portion (250g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
344kJ 81kcal	0.8g LOW	0g LOW	8.3g LOW	0.61g LOW
4%	1%	0%	9%	10%

of your reference intake
Typical values per 100g: Energy 137kJ/32kcal

Typical values	per 100 g	per 250g serving
Energy	137kJ 32kcal	344kJ 81kcal
Fat	0.3g	0.8g
of which saturates	0.0g	0.1g
Carbohydrate	5.8g	14g
of which sugars	3.3g	8.3g
Fibre	1.5g	3.6g
Protein	1.0g	2.6g
Salt	0.24g	0.61g

Ingredients and Allergens

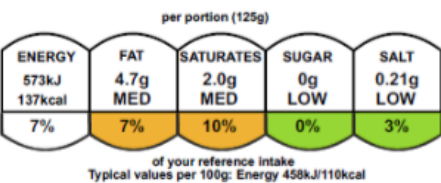
Onion, VEG STOCK, **Celery**, Potato, Parsley, Sherry (**Sulphites**), Garlic, Thyme, **Mustard**, Red Wine Vinegar, Mixed Herbs, Rosemary, Black Pepper, Salt.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost overnight in fridge prior to reheating.
Heat to simmer in saucepan or
Heat for 3 mins in an 800w microwave.
Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.



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PULLED BEEF (GF) (DF)



Typical values	per 100 g	per 125g serving
Energy	458kJ 110kcal	573kJ 137kcal
Fat	3.8g	4.7g
of which saturates	1.6g	2.0g
Carbohydrate	1.0g	1.3g
of which sugars	0.2g	0.3g
Fibre	0.5g	0.6g
Protein	18g	22g
Salt	0.17g	0.21g

Ingredients and Allergens

Beef, VEG STOCK, Onion, Rosemary, Thyme, Sage, Bay Leaf, Black Pepper.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.

PULLED PORK (GF) (DF)



Typical values	per 100 g	per 125g serving
Energy	589kJ 141kcal	737kJ 176kcal
Fat	7.5g	9.4g
of which saturates	2.5g	3.2g
Carbohydrate	0.5g	0.6g
of which sugars	0.3g	0.3g
Fibre	0.2g	0.3g
Protein	17g	21g
Salt	1.1g	1.3g

Ingredients and Allergens

Pork, Ham, VEG STOCK, Onion, Coriander Leaves, Sage, Bay Leaf, Red Chili, Black Pepper.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

48.1%	57.6g	Pork, fresh, shoulder, whole, separable lean only, raw
30.7%	38.4g	Ham, gammon joint, boiled
15.4%	19.2g	VEG STOCK

To heat: Defrost overnight in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.

FLAKED COD (DF) (GF)



Typical values	per 100 g	per 125g serving
Energy	589kJ 141kcal	737kJ 176kcal
Fat	7.5g	9.4g
of which saturates	2.5g	3.2g
Carbohydrate	0.5g	0.6g
of which sugars	0.3g	0.3g
Fibre	0.2g	0.3g
Protein	17g	21g
Salt	1.1g	1.3g

Ingredients and Allergens

Cod (**Fish**), VEG STOCK, Dill, Lemon Juice, Black Pepper.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost overnight in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.



NUTRITIONAL & REHEATING INFORMATION

FLAKED SALMON

per portion (125g)

ENERGY	FAT	SATURATES	SUGAR	SALT
1014kJ 243kcal	14g MED	2.9g MED	0g LOW	0.17g LOW
12%	20%	14%	0%	3%

of your reference intake
Typical values per 100g: Energy 811kJ/195kcal



Typical values	per 100 g	per 125g serving
Energy	811kJ 195kcal	1014kJ 243kcal
Fat	11g	14g
of which saturates	2.3g	2.9g
Carbohydrate	0.0g	0.0g
of which sugars	0.0g	0.0g
Fibre	0.0g	0.1g
Protein	24g	30g
Salt	0.13g	0.17g

Ingredients and Allergens

Wild Salmon (**Fish**), VEG STOCK, Dill, Lemon Juice, Black Pepper.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.

PULLED TURKEY (GF) (DF)

per portion (125g)

ENERGY	FAT	SATURATES	SUGAR	SALT
528kJ 126kcal	2.8g LOW	0.6g LOW	0g LOW	0.12g LOW
6%	4%	3%	0%	2%

of your reference intake
Typical values per 100g: Energy 422kJ/101kcal



Typical values	per 100 g	per 125g serving
Energy	422kJ 101kcal	528kJ 126kcal
Fat	2.2g	2.8g
of which saturates	0.5g	0.6g
Carbohydrate	0.6g	0.7g
of which sugars	0.3g	0.4g
Fibre	0.1g	0.1g
Protein	18g	23g
Salt	0.10g	0.12g

Ingredients and Allergens

Turkey, VEG STOCK, Onion, Parsley, Sage, Bay Leaf, Black Pepper.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat for 2 min in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.

PULLED CHICKEN (GF) (DF)

per portion (125g)

ENERGY	FAT	SATURATES	SUGAR	SALT
528kJ 126kcal	2.8g LOW	0.6g LOW	0g LOW	0.12g LOW
6%	4%	3%	0%	2%

of your reference intake
Typical values per 100g: Energy 422kJ/101kcal



Typical values	per 100 g	per 125g serving
Energy	422kJ 101kcal	528kJ 126kcal
Fat	2.2g	2.8g
of which saturates	0.5g	0.6g
Carbohydrate	0.6g	0.7g
of which sugars	0.3g	0.4g
Fibre	0.1g	0.1g
Protein	18g	23g
Salt	0.10g	0.12g

Ingredients and Allergens

Chicken, VEG STOCK, Onion, Parsley, Sage, Bay Leaf, Black Pepper.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.



NUTRITIONAL & REHEATING INFORMATION

SLOW COOKED BEEF (GF) (DF)



Typical values	per 100 g	per 125g serving
Energy	458kJ 110kcal	573kJ 137kcal
Fat	3.8g	4.7g
of which saturates	1.6g	2.6g
Carbohydrate	1.0g	1.3g
of which sugars	0.2g	0.3g
Fibre	0.5g	0.6g
Protein	18g	23g
Salt	0.17g	0.21g

Ingredients and Allergens

Beef, VEG STOCK, Onion, Rosemary, Thyme, Sage, Bay Leaf,
Black Pepper.
Allergen advice. For allergens, including cereals containing gluten,
see ingredients in **bold**.

To heat: Defrost overnight in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.



NUTRITIONAL & REHEATING INFORMATION

CAULIFLOWER & BROCCOLI MORNAY (V) (VE) (DF) (GF)

per portion (125g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
188kJ 45kcal	2.2g LOW	1.7g LOW	1.8g LOW	0.23g LOW
2%	3%	9%	2%	4%
of your reference intake Typical values per 100g: Energy 151kJ/36kcal				

Ingredients and Allergens

VEG STOCK, Cauliflower, Broccoli, Potato, Leeks, Onion, Cream
Coconut, Parsley, Pepper, **Mustard**, Garlic, Salt.
Allergen advice. For allergens, including cereals containing gluten,
see ingredients in **bold**.

Typical values	per 100 g	per 125g serving
Energy	151kJ 36kcal	188kJ 45kcal
Fat	1.8g	2.2g
of which saturates	1.4g	1.7g
Carbohydrate	3.3g	4.1g
of which sugars	1.5g	1.8g
Fibre	1.7g	2.1g
Protein	2.0g	2.5g
Salt	0.19g	0.23g

To heat: Defrost overnight in fridge prior to reheating.
Heat for 2 min in an 800w microwave.
Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.

VEGETABLE BOLOGNESE (V) (VE) (DF)

per serving (100g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
371kJ 88kcal	1.7g LOW	0.7g LOW	2.5g LOW	0.09g LOW
4%	2%	4%	3%	2%
of your reference intake Typical values per 100g: Energy 371kJ/88kcal				

Ingredients and Allergens

Tomatoes, **Barley**, Butter Beans, Red Kidney Beans, Chick Peas,
VEG STOCK, Parsley, Onion, Lentils, Carrots, **Celery**, Tomato
Purée, Leeks, Parmesan Cheese (**Milk**), Red Peppers, Garlic, Red
Chilli, Mixed Herbs, Paprika, Pepper.
Allergen advice. For allergens, including cereals containing gluten,
see ingredients in **bold**.

VEG STOCK, Parsley, Onion, Lentils, Carrots, **Celery**, Tomato
Purée, Leeks, Parmesan Cheese (**Milk**), Red Peppers, Garlic, Red
Chilli, Mixed Herbs, Paprika, Pepper.
Allergen advice. For allergens, including cereals containing gluten,
see ingredients in **bold**.



Typical values	per 100 g	per 125g serving
Energy	121kJ 29kcal	151kJ 36kcal
Fat	0.6g	0.7g
of which saturates	0.1g	0.1g
Carbohydrate	5.7g	7.1g
of which sugars	3.7g	4.7g
Fibre	0.7g	0.8g
Protein	1.5g	1.8g
Salt	0.12g	0.15g

To heat: Defrost overnight in fridge prior to reheating.
Heat for 2 min in an 800w microwave.
Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.

Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.

MOROCCAN SPICED CARROT & BUTTERNUT SQUASH TAGINE GF) (DF) (V) (VE)

per portion (125g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
151kJ 36kcal	0.7g LOW	0.1g LOW	4.7g LOW	0.15g LOW
2%	1%	1%	5%	3%
of your reference intake Typical values per 100g: Energy 121kJ/29kcal				

Ingredients and Allergens

Butternut Squash, Carrots, Tomatoes, Water, Onion, Potato,
Celery, Tomato Purée, Garlic, Ground Cumin, Turmeric, Coriander
Leaves, Red Chilli, Parsley, Black Pepper, Salt.
Allergen advice. For allergens, including cereals containing gluten,
see ingredients in **bold**.



Typical values	per 100 g	per 125g serving
Energy	121kJ 29kcal	151kJ 36kcal
Fat	0.6g	0.7g
of which saturates	0.1g	0.1g
Carbohydrate	5.7g	7.1g
of which sugars	3.7g	4.7g
Fibre	0.7g	0.8g
Protein	1.5g	1.8g
Salt	0.12g	0.15g

To heat: Defrost over night in fridge prior to reheating
Heat for 2 min in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.



NUTRITIONAL & REHEATING INFORMATION

VEGETABLE JALFREZI (V)

per serving (100g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
221kJ 52kcal	0.8g LOW	0.1g LOW	4.8g LOW	0.17g LOW
3%	1%	1%	5%	3%
of your reference intake Typical values per 100g: Energy 221kJ/52kcal				

Ingredients and Allergens

Chickpeas, Butternut Squash, Onion, Red Peppers, Green Peppers, Yellow Peppers, Tomatoes, Tomato Purée, Yogurt (**Milk**), Paprika, Mixed Herbs, Coriander Leaves, Pepper, Sugar.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

Typical values	per 100 g	per 125g serving
Energy	370kJ 88kcal	463kJ 109kcal
Fat	0.7g	0.9g
of which saturates	0.1g	0.1g
Carbohydrate	15g	19g
of which sugars	1.8g	2.3g
Fibre	1.4g	1.7g
Protein	5.7g	7.2g
Salt	0.17g	0.21g

To heat: Defrost over night in fridge prior to reheating.
Heat for 2 min in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.

RATATOULLIE WITH OLIVES (GF) (DF) (V) (VE)

per serving (100g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
86kJ 20kcal	0g LOW	0g LOW	2.7g LOW	0.03g LOW
1%	1%	0%	3%	1%
of your reference intake Typical values per 100g: Energy 86kJ/20kcal				

Ingredients and Allergens

Mushrooms, Tomatoes, Green Peppers, Aubergine, VEG STOCK, Parsley, Onion, Carrots, **Celery**, Tomato Purée, Leeks, Garlic, Mixed Herbs, Black Pepper, Brown Sugar.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

Typical values	per 100 g	per 100g serving
Energy	86kJ 20kcal	86kJ 20kcal
Fat	0.4g	0.4g
of which saturates	0.0g	0.0g
Carbohydrate	3.2g	3.2g
of which sugars	2.7g	2.7g
Fibre	0.9g	0.9g
Protein	1.3g	1.3g
Salt	0.03g	0.03g

To heat: Defrost over night in fridge prior to reheating.
Heat for 2 min in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.

5 BEAN MEXICAN (V) (VE) (DF)

BROWN RICE (V) (VE) (DF) (GF)

per portion (126g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
703kJ 165kcal	1.1g LOW	0.2g LOW	0g LOW	0.01g LOW
8%	2%	1%	0%	0%
of your reference intake Typical values per 100g: Energy 500kJ/132kcal				



Ingredients and Allergens

Cooked Brown Rice, Parsley.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

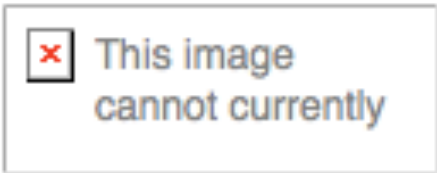
	per 100g	per 126 g serving
Energy	560.3kJ	703.2kJ
Energy	131.6kcal	165.2kcal
Fat	0.9g	1.1g
of which saturates	0.2g	0.2g
Carbohydrate	27.7g	34.8g
of which sugars	0.1g	0.1g
Fibre	1.5g	1.9g
Protein	3.6g	4.5g
Salt	0.01g	0.01g

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.



NUTRITIONAL & REHEATING INFORMATION

CHICK PEA KORMA (V) (VE) (DF) (GF)



Typical values	per 100 g	per 125g serving
Energy	328kJ 78kcal	410kJ 98kcal
Fat	2.6g	3.3g
of which saturates	1.0g	1.2g
Carbohydrate	11g	14g
of which sugars	3.0g	3.8g
Fibre	3.4g	4.2g
Protein	3.7g	4.7g
Salt	0.27g	0.34g

Ingredients and Allergens

Chickpeas, VEG STOCK, Coconut Milk, Yellow Peppers, Onion, Butternut Squash, Coriander Leaves, Red Chili, Turmeric, Ground Cumin, Paprika, Garam Masala, Ginger, Lime Juice, Garlic, Brown Sugar.
Allergen advice: For allergens, including cereals containing gluten, see ingredients in bold.

To heat: Defrost overnight in fridge prior to reheating.
Heat for 2 min in an 800w microwave.
Stir & heat for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.



NUTRITIONAL & REHEATING INFORMATION

PEA & BEAN MIX

per portion (127g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
292kJ 70kcal	1.2g LOW	0.3g LOW	2.3g LOW	0g LOW
3%	2%	2%	3%	0%

of your reference intake
Typical values per 100g: Energy 231kJ/55kcal



Typical values	per 100 g	per 127g serving
Energy	231kJ 55kcal	292kJ 70kcal
Fat	1.0g	1.2g
of which saturates	0.2g	0.3g
Carbohydrate	6.8g	8.7g
of which sugars	1.8g	2.3g
Fibre	2.9g	3.7g
Protein	4.9g	6.2g
Salt	0.00g	0.00g

Ingredients and Allergens

Green Beans, Peas, Broad Beans, Parsley.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.

MIX VEGETABLE SPAGHETTI (V) (VE) (DF) (GF)

per portion (125g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
148kJ 35kcal	0g LOW	0g LOW	4.7g LOW	0.05g LOW
2%	1%	0%	5%	1%

of your reference intake
Typical values per 100g: Energy 118kJ/28kcal



Typical values	per 100 g	per 125g serving
Energy	118kJ 28kcal	148kJ 35kcal
Fat	0.3g	0.4g
of which saturates	0.1g	0.1g
Carbohydrate	5.1g	6.4g
of which sugars	3.7g	4.7g
Fibre	0.0g	0.0g
Protein	1.2g	1.5g
Salt	0.04g	0.05g

Ingredients and Allergens

Courgette, Carrots, Butternut Squash.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost overnight in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Ensure piping hot throughout.
If not return to microwave for a further 30 seconds.

KALE (V) (VE) (DF) (GF)

per portion (126g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
147kJ 35kcal	0.5g LOW	0g LOW	1.6g LOW	0.07g LOW
2%	1%	0%	2%	1%

of your reference intake
Typical values per 100g: Energy 117kJ/28kcal



Typical values	per 100 g	per 126g serving
Energy	117kJ 28kcal	147kJ 35kcal
Fat	0.4g	0.5g
of which saturates	0.1g	0.1g
Carbohydrate	5.6g	7.0g
of which sugars	1.2g	1.6g
Fibre	2.1g	2.6g
Protein	1.9g	2.4g
Salt	0.06g	0.07g

Ingredients and Allergens

Kale, Pepper, Onion.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.



NUTRITIONAL & REHEATING INFORMATION

GARDEN PEAS (V) (VE) (DF) (GF)

per portion (126g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
409kJ 98kcal	0g LOW	0g LOW	5.5g LOW	0.23g LOW
5%	0%	0%	6%	4%
of your reference intake				
Typical values per 100g: Energy 326kJ/78kcal				



Typical values	per 100 g	per 126g serving
Energy	326kJ 78kcal	409kJ 98kcal
Fat	0.3g	0.3g
of which saturates	0.0g	0.1g
Carbohydrate	14g	18g
of which sugars	4.4g	5.5g
Fibre	4.5g	5.6g
Protein	5.1g	6.5g
Salt	0.18g	0.23g

Ingredients and Allergens

Peas, Mint.

Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 20 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.

BROCCOLI WITH ALMONDS(V) (VE) (DF) (GF)

per portion (126g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
163kJ 38kcal	0.9g LOW	0.2g LOW	1.9g LOW	0.02g LOW
2%	1%	1%	2%	0%
of your reference intake				
Typical values per 100g: Energy 130kJ/30kcal				



Typical values	per 100 g	per 126g serving
Energy	130kJ 30kcal	163kJ 38kcal
Fat	0.7g	0.9g
of which saturates	0.1g	0.2g
Carbohydrate	2.7g	3.4g
of which sugars	1.5g	1.9g
Fibre	2.8g	3.5g
Protein	3.4g	4.2g
Salt	0.02g	0.02g

Ingredients and Allergens

Broccoli, Almonds (**Nuts**).

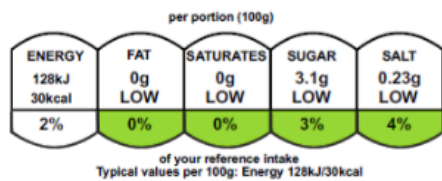
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.



NUTRITIONAL & REHEATING INFORMATION

ONION GRAVY (V) (VE) (DF) (GF)



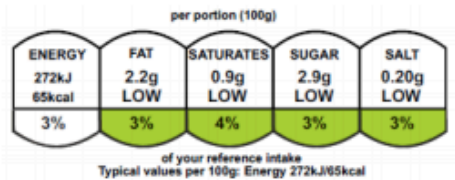
Typical values	per 100 g	per 100g serving
Energy	128kJ 30kcal	128kJ 30kcal
Fat	0.3g	0.3g
of which saturates	0.0g	0.0g
Carbohydrate	5.4g	5.4g
of which sugars	3.1g	3.1g
Fibre	1.3g	1.3g
Protein	1.0g	1.0g
Salt	0.23g	0.23g

Ingredients and Allergens

Onion, VEG STOCK, **Celery**, Potato, Parsley, Sherry (**Sulphites**), Garlic, Thyme, **Mustard**, Red Wine Vinegar, Mixed Herbs, Rosemary, Black Pepper, Salt.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.

KORMA SAUCE (V) (VE) (DF) (GF)



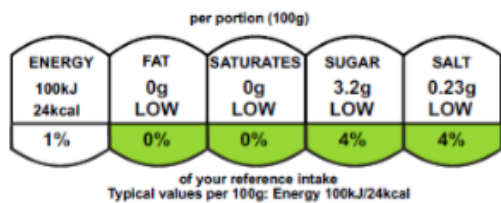
	per 100g	per 100 g serving
Energy	272.0kJ	272.0kJ
Energy	64.9kcal	64.9kcal
Fat	2.2g	2.2g
of which saturates	0.9g	0.9g
Fatty Acids	0.2g	0.2g
Monounsaturated		
Fatty Acids	0.4g	0.4g
Polyunsaturated		
Trans Fatty Acids	0.0g	0.0g
Carbohydrate	9.5g	9.5g
of which sugars	2.9g	2.9g
Fibre	2.7g	2.7g
Protein	3.0g	3.0g
Salt	0.20g	0.20g

Ingredients and Allergens

Chickpeas, VEG STOCK, Coconut Milk, Butternut Squash, Yellow Peppers, Onion, Coriander Leaves, Red Chilli, Turmeric, Ground Cumin, Paprika, Garam Masala, Ginger, Lime Juice, Garlic, Brown Sugar.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.

TOMATO & CHILLI SAUCE (V) (VE) (DF) (GF)



Typical values	per 100 g	per 100g serving
Energy	103kJ 24kcal	103kJ 24kcal
Fat	0.2g	0.2g
of which saturates	0.0g	0.0g
Carbohydrate	4.6g	4.6g
of which sugars	3.1g	3.1g
Fibre	0.8g	0.8g
Protein	1.2g	1.2g
Salt	0.20g	0.20g

Ingredients and Allergens

Tomatoes, VEG STOCK, Sweet Potato, Tomato Purée, Carrots, Coriander Leaves, Onion, **Celery**, Parsley, Red Chilli, Chilli Powder, Ground Cumin, Mixed Herbs, Garlic, Salt, Black Pepper.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.



NUTRITIONAL & REHEATING INFORMATION

THAI GREEN SAUCE (V) (VE) (DF) (GF)

per portion (100g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
54kJ 13kcal	0.7g LOW	0.5g LOW	0.8g LOW	0.01g LOW
1%	1%	3%	1%	0%

of your reference intake
Typical values per 100g: Energy 54kJ/13kcal



Ingredients and Allergens

Water, VEG STOCK, Mushrooms, Green Peppers, Coconut Milk, Coriander Leaves, Onion, Ginger, Red Chilli, Lime Juice, Garlic, Brown Sugar.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

Typical values	per 100 g	per 100g serving
Energy	54kJ 13kcal	54kJ 13kcal
Fat	0.7g	0.7g
of which saturates	0.5g	0.5g
Carbohydrate	1.1g	1.1g
of which sugars	0.8g	0.8g
Fibre	0.4g	0.4g
Protein	0.5g	0.5g
Salt	0.01g	0.01g

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.

TOMATO & BASIL (V) (VE) (DF) (GF)

per portion (100g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
103kJ 24kcal	0g LOW	0g LOW	3.1g LOW	0.20g LOW
1%	0%	0%	3%	3%

of your reference intake
Typical values per 100g: Energy 103kJ/24kcal

Ingredients and Allergens

Tomatoes, VEG STOCK, Sweet Potato, Tomato Purée, Carrots, Coriander Leaves, Onion, **Celery**, Basil, Parsley, Mixed Herbs, Garlic, Salt, Black Pepper.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

Typical values	per 100 g	per 100g serving
Energy	103kJ 24kcal	103kJ 24kcal
Fat	0.2g	0.2g
of which saturates	0.0g	0.0g
Carbohydrate	4.6g	4.6g
of which sugars	3.1g	3.1g
Fibre	0.8g	0.8g
Protein	1.2g	1.2g
Salt	0.20g	0.20g

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.

WHOLEGRAIN HONEY & MUSTARD SAUCE

per portion (100g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
123kJ 29kcal	0g LOW	0g LOW	2.2g LOW	0.14g LOW
1%	1%	0%	2%	2%

of your reference intake
Typical values per 100g: Energy 123kJ/29kcal



Ingredients and Allergens

VEG STOCK, Leeks, Potato, Peas, Parsley, Onion, Water, **Mustard**, Honey, Garlic.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

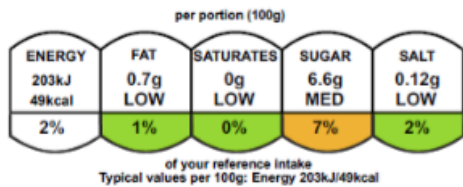
Typical values	per 100 g	per 100g serving
Energy	123kJ 29kcal	123kJ 29kcal
Fat	0.5g	0.5g
of which saturates	0.0g	0.0g
Carbohydrate	5.2g	5.2g
of which sugars	2.2g	2.2g
Fibre	0.7g	0.7g
Protein	1.3g	1.3g
Salt	0.14g	0.14g

To heat: Defrost over night in fridge prior to reheating.
Heat for 1 min 30 seconds in an 800w microwave.
Stir & rest for 1 min.
Check piping hot.
If not return to microwave for a further 30 seconds.



NUTRITIONAL & REHEATING INFORMATION

SPINACH, KIWI MANGO & KALE (V) (VE) (DF) (G)



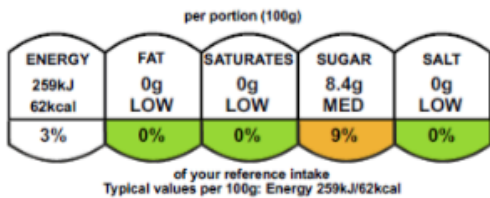
Ingredients and Allergens

Spinach, Mangos, Kiwifruit, Kale.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

Typical values	per 100 g	per 100g serving
Energy	203kJ 49kcal	203kJ 49kcal
Fat	0.7g	0.7g
of which saturates	0.1g	0.1g
Carbohydrate	10.0g	10.0g
of which sugars	6.6g	6.6g
Fibre	2.0g	2.0g
Protein	2.3g	2.3g
Salt	0.12g	0.12g

Just add juice:
Take your smoothie mix straight from the freezer & place in your blender.
Add approx. 125ml of natural unsweetened fruit juice of your choice.
We recommend apple juice.

STRAWBERRY PEACH PINEAPPL & MANGO SMOOTHIE (V) (VE) (DF) (GF)



Ingredients and Allergens

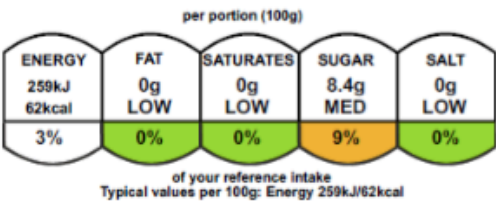
Strawberries, Banana.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

50%	50g	Strawberries, frozen, unsweetened
50%	50g	Bananas, raw

Typical values	per 100 g	per 100g serving
Energy	259kJ 62kcal	259kJ 62kcal
Fat	0.2g	0.2g
of which saturates	0.1g	0.1g
Carbohydrate	16g	16g
of which sugars	8.4g	8.4g
Fibre	2.4g	2.4g
Protein	0.8g	0.8g
Salt	0.00g	0.00g

Just add juice:
Take your smoothie mix straight from the freezer & place in your blender.
Add approx. 125ml of natural unsweetened fruit juice of your choice.
We recommend apple juice.

STRAWBERRY & BANANA SMOOTHIE



Ingredients and Allergens

Strawberries, Banana.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

50%	50g	Strawberries, frozen, unsweetened
50%	50g	Bananas, raw

Typical values	per 100 g	per 100g serving
Energy	259kJ 62kcal	259kJ 62kcal
Fat	0.2g	0.2g
of which saturates	0.1g	0.1g
Carbohydrate	16g	16g
of which sugars	8.4g	8.4g
Fibre	2.4g	2.4g
Protein	0.8g	0.8g
Salt	0.00g	0.00g

Just add juice:
Take your smoothie mix straight from the freezer & place in your blender.
Add approx. 125ml of natural unsweetened fruit juice of your choice.
We recommend apple juice.



NUTRITIONAL & REHEATING INFORMATION

CARROT, APPLE, PINEAPPLE & GINGER (V) (VE) (DF) (GF)



Typical values	per 100 g	per 100g serving
Energy	173kJ 41kcal	173kJ 41kcal
Fat	0.4g	0.4g
of which saturates	0.1g	0.1g
Carbohydrate	8.8g	8.8g
of which sugars	8.4g	8.4g
Fibre	0.5g	0.5g
Protein	0.5g	0.6g
Salt	0.03g	0.03g

Ingredients and Allergens

Pineapple, Carrots, Apples, Ginger.
Allergen advice. For allergens, including cereals containing gluten, see ingredients in **bold**.

Just add juice:
Take your smoothie mix straight from the freezer and place in your blender.
Add approx. 125ml of natural unpasteurised fruit juice of your choice.
We recommend apple juice.

SLAC FOODS



NUTRITIONAL & REHEATING INFORMATION

- We may at times make change to your menu they will always be clean , no sugar or preservatives.
- Any sugars will be natural .