

Brussels Pâté

Allergy Advice

May Contain Celery

May Contain Cereals Containing Gluten

May Contain Eggs

Contains Milk

May Contain Mustard

May Contain Nuts

May Contain Soya

Dietary Information

Free From Artificial Colours

Ingredients

Pork Liver (31%), Chicken Fat, Chicken (18%), Gelatine Layer (7%), Water, Margarine, Chicken Skin, Rice Flour, Salt, Preservatives (Potassium Lactate, Potassium Acetate, Sodium Nitrite), Onion,

Milk Proteins, Stabilisers (Citric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Sodium Polyphosphate, Disodium Diphosphate), Thickener (Carrageenan), Tomato Purée, Dextrose,

Yeast Extract, White Pepper, Thickener (Carob Gum), Antioxidant (Sodium Ascorbate), Cayenne Pepper,

Bamboo Fibre, Acidity Regulator (Citric Acid), Gelatine Layer contains: Cranberry, Sucrose Syrup, Water, Glycerol, Pork Gelatine, Preservatives (Acetic Acid, Lactic Acid), Salt, Thickener (Carrageenan), Pork Protein, Flavouring,

Margarine contains: Palm Oil, Coconut Oil, Water, Sunflower Oil, Salt, Emulsifier (Sunflower Lecithins), Stabilisers (Citric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator (Citric Acid), Colour (Beta-Carotene), Flavouring

Nutrition

**************************************	per 100g	per 1/20th of the pâté (52.5g)
Energy	1245kJ/301kcal	654kJ/158kcal
Fat	27g	14g
of which saturates	10g	5.3g
Carbohydrate	3.0g	1.6g
of which sugars	1.2g	0.6g
Protein	11g	5.9g
Salt	1.8g	0.96g



Lamb Shanks in Red Wine

Allergy Advice

Contains Celery **Contains** Barley

Contains Cereals including Gluten

Ingredients

Lamb Shanks (68%), Red Wine and Rosemary Sauce (32%) Red Wine and Rosemary Sauce contains: Water, Red Wine (10%), Dried Glucose Syrup, Modified Maize Starch, Sugar, Tomato Powder, Salt, Yeast Extract, Garlic Powder, Onion Powder, Yeast Powder, Natural Flavouring, Dried Parsley, Dried Rosemary, Celery Powder, Colour (Cochineal) Malt Extract (From Barley)

Nutrition

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	per 356g ptn
Energy	3063kJ / 737 kcal
Fat	56 g
of which saturates	22 g
Carbohydrate	29 g
of which sugars	3,9 g
Fibre	1.8 g
Protein	29 g
Salt	2,8 g



Chicken in White Wine

Allergy Advice

May Contain Celery Contains Barley Contains Eggs Contains Milk

Ingredients

Water, Vegetable Oils (Palm, Rapeseed), Cream, White Wine (8%), Onions, Modified Maize Starch, Egg Yolk, Skimmed Milk Powder, Salt, Natural Flavouring (contains Wheat, Barley), Tartaric Acid, Thickeners (Guar Gum, Xanthan Gum), May contain Celery

Nutrition

	per 100ml
Energy	950 kJ / 230 kcal
Fat	22 g
of which saturates	8 g
Carbohydrate	5,0 g
of which sugars	1,5 g
Fibre	0.5 g
Protein	1,5 g
Salt	0,66 g



Salmon in Hollandaise Sauce

Allergy Advice

May Contain Celery Contains Barley Contains Eggs Contains Milk Contains Soya

Ingredients

Water, Vegetable Oils (Soybean Oil, Corn Oil), Butter (5%), Modified Starch, Rice Flour, White Wine, Sugar, Dried Egg Yolk (0.8%), Salt, Emulsifier (E472e), Lemon Juice Concentrate, White Wine Vinegar, Thickeners (Xanthan Gum, Guar Gum), Stabiliser (Tetrasodium Diphosphate), Turmeric, Onion Powder, Yeast Extract, Flavourings (contains Milk, Soybean, Barley), White Wine Extract, Natural Paprika Extract, Natural Nutmeg Extract, Natural Pepper Extract, May contain Celery

Nutrition

	per 100ml as sold
Energy	680 kJ / 160 kcal
Fat	14 g
of which saturates	5,0 g
Carbohydrate	7,0 g
of which sugars	2,0 g
Fibre	<0,5 g
Protein	0,6 g
Salt	1,0 g

Soup - Classic Potato & Leek

Allergy Advice

May Contain Celery May Contain Eggs May Contain Mustard

May Contain Soya\Soybeans

Dietary Information

Free From Artificial Colours
Free From Artificial Preservatives

Ingredients

Wheat Flour, Starch, Potato (18.5%), Leek (14%), Salt, Flavour Enhancer (Monosodium Glutamate), Whey Powder (from Milk), Sugar, Sunflower Oil (1%), Flavourings, Spinach, Parsley, White Pepper, Turmeric, Citric Acid

Nutrition

-1.0 L10	Per 100 g	Per 170 ml portion (as prepared)
Energy	1356 kJ	134 kJ
Protein	13.6 g	1.3 g
Carbohydrate	58.3 g	5.7 g
of which: sugars	5.7 g	0.6 g
Fat	2.4 g	0.2 g
of which: saturates	0.6 g	0.1 g
Fibre	5.5 g	0.5 g
Sodium	3.91 g	0.39 g
Salt Equivalent	9.78 g	0.96 g

Soup - Classic Wild Mushroom

Allergy Advice

May Contain Celery May Contain Eggs May Contain Mustard

May Contain Soya\Soybeans

Dietary Information

Free From Artificial Colours
Free From Artificial Preservatives

Ingredients

Wheat Flour, Starch, Whey Powder (from Milk), Flavour Enhancers (Monosodium Glutamate, Disodium Inosinate, Disodium Guanylate), Salt, Flavourings, Wild Mushrooms (3.7%), Onion, Thickener (Guar Gum), Sunflower Oil (1%), Citric Acid, Nutmeg, Coriander, Tumeric, Caraway, White Pepper

Nutrition

. 20	Per 100 g	Per 170 ml portion (as prepared)	
Energy	1425 kJ	141 kJ	
Protein	16.9 g	1.7 g	
Carbohydrate	58.3 g	5.7 g	
of which: sugars	4.9 g	0.5 g	
Fat	2.7 g	0.3 g	
of which: saturates	0.6 g	0.1 g	
Fibre	5.7 g	0.6 g	
Sodium	4.39 g	0.43 g	
Salt Equivalent	10.98 g	1.08 g	



Soup - Classic Thick Country Vegetable

Allergy Advice

May Contain Eggs
May Contain Mustard

May Contain Soya\Soybeans

Ingredients

Starch, Vegetables [Potato, Carrot, white Cabbage, Onion, Leek, Peas] (18%), Wheat Flour, Flavour Enhancer: Monosodium Glutamate, Salt, Yeast Extract, Hydrogenated Vegetable Oil, Maltodextrin, Flavourings (with Celery), Sugar, Sunflower Oil, Parsley, Lactose, Milk Protein, Citric Acid, Antioxidant: Sodium Metabisulphite

Nutrition

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	Per 100 g	Per 170 ml portion (as prepared)
Energy	1491 kJ	164 kJ
Protein	1.5 g	0.2 g
Carbohydrate	59.7 g	6.6 g
of which: sugars	7.4 g	0.8 g
Fat	7.1 g	0.8 g
of which: saturates	2.9 g	0.3 g
Fibre	5 g	0.6 g
Sodium	4.1 g	0.5 g
Salt Equivalent	10.3 g	1.1 g

Petit Pain

Allergy Advice

Contains Wheat
May Contain Milk
May Contain Sesame

Dietary Information

Free From Artificial Preservatives

Ingredients

Wheat Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin), Water, Yeast, Salt, Wheat Gluten, Flour Treatment Agent (Ascorbic Acid)

Nutrition

Nutrition		
- Valence	per 100g	per petit pain (45g)
Energy	1010kJ	455kJ
Fat	1.1g	<0.5g
of which saturates	<0.5g	<0.5g
Carbohydrate		

Mushroom, Spinach and Cranberry Tart

Allergy Advice

Contains Milk, Wheat, Gluten **May Contain** Traces of Nuts

Dietary Information

Free From Artificial Preservatives

Ingredients

Wheat Flour (with Calcium, Iron, Niacin, Thiamin), Mushroom (16%), Onion, Water, Spinach (8%), Butter (Milk), Cheddar Cheese (Milk), Single Cream (Milk), Cranberries (2.5%), Modified Maize Starch, Rapeseed Oil, Palm Oil, Pomace Olive Oil, Red Onion, Wheat Flour, Parsley, Salt, Dried Cream (Milk), Skimmed Milk Powder, Black Pepper, Rosemary, Cane Sugar, Sunflower Oil, Milk, Yeast Extract, Flour (contains Calcium Carbonate, Iron, Nicotinamide, Thiamin),

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- www	per 100g
Energy	926kJ
Fat	14.6g
of which saturates	5.9g
Carbohydrate of which sugars	1.8g
Fibre	0.9g
Protein	5.1g
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Roasted Vegetable and Wensleydale Bake

Allergy Advice

Contains Milk, Mustard, Soya, Wheat, Gluten **May Contain** Traces of Nuts and Sesame

Dietary Information

Free From Artificial Preservatives

Ingredients

Water, Roasted Vegetables (18%) [Red Onion, Parsnip (Parsnip, Rapeseed Oil)], Cream (Milk), Butternut Squash, Carrot, Potato Wedges [Potato, Salt, Onion, Flavouring, Rapeseed Oil, Hydrolysed Soya Protein, Turmeric, Stabiliser (Disodium Diphosphate)], Wensleydale Cheese (Milk) (9%), Paprika Crumb (5%) {Wheat Flour, Palm Oil, Seasoning [Rusk (Wheat Flour, Salt, Yeast), Salt, Spices (Cayenne Pepper, Paprika), Onion Powder, Colour (Paprika Extract), Flavouring], Salt, Yeast}, Mozzarella Cheese (Milk) (3.5%), Modified Maize Starch, Cheddar Cheese (Milk) (1.5%), Butter (Milk), Wheat Flour, Potato Starch, Sea Salt, Garlic, Mustard Powder, Thyme, Rosemary, White Pepper.

400gr portion	per 100g
Energy	680kJ
Fat	10.6g
of which saturates	6.8g
Carbohydrate of which sugars	2.6g
Fibre	2.0g
Protein	6.8g



Prawn & Champagne Smoked Salmon Roulade

Allergy Advice

Contains Crustacean, Egg, Fish, Milk **May Contain**

Dietary Information

Free From Artificial Preservatives

Ingredients

Smoked Salmon (Fish) (33%), Salmon (Fish) (15%), Prawn (Crustaceans) (15%), Cream (Milk), Full Fat Soft Cheese (6%) [Cream (Milk), Water, Skimmed Milk Powder, Thickener (Modified Maize Starch), Lactobacillus Culture, Salt, Preservative (Potassium Sorbate)], Mayonnaise [Rapeseed Oil, Water, Egg Yolk, Spirit Vinegar, Thickener (Modified Maize Starch, Xanthan Gum), Sugar, Acetic Acid, Preservative (Potassium Sorbate)], White Wine, Champagne (3.5%), Modified Maize Starch, Alcohol (1.5%), Pork Gelatine, Salt, Parsley, Concentrated Lemon Juice, White Pepper.

40gr portion	
Togi portion	per 100g
Energy	897kJ
Fat	14.5g
of which saturates	5.3g
Carbohydrate of which sugars	0.5g
Fibre	trace
Protein	16.3g
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Potato Gratin Dauphinoise

Allergy Advice

Contains Milk May Contain

Dietary Information

Ingredients

Potato (47%), Cream (Milk) (45%), Emmental Cheese (7%) (Milk), Salt, Stabiliser (Methyl Cellulose), Garlic, Pepper, Nutmeg.

120gr portion	per 100g
Energy	736kJ
Fat	12.4g
of which saturates	9.5g
Carbohydrate of which sugars	0.8g
Fibre	0.9g
Protein	3.4g

Southern Fried Wedges

Allergy Advice

Contains Wheat, Gluten

French Fries

Allergy Advice

Contains None of the 14 allergens are contained in this product

Ingredients

Potato , Palm Oil

Rapeseed Oil

Allergy Advice

Contains None of the 14 allergens are contained in this product

Dietary Information

Ingredients

Rapeseed Oil, Antifoaming Agent (Dimethylpolysiloxane)

	per 100g
Energy	3700kJ
Fat	100.0g
of which saturates	8.0g
Carbohydrate of which sugars	0.0g
Fibre	0.0g
Protein	0.0g
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Chicken Fillet

Allergy Advice

Contains None of the 14 allergens are contained in this product

Dietary Information

Ingredients

200/300gr portion	per 100g
Energy	449kJ
Fat	1.1g
of which saturates	0.3g
Carbohydrate of which sugars	0.0g
Fibre	0.0g
Protein	24.0g
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Roasted Mediterranean Vegetable Medley

Allergy Advice

Contains None of the 14 allergens are contained in this product

Dietary Information

Ingredients

Red Onion (22%), Courgette (20%), Aubergine (18%), Red Pepper (14%), Yellow Pepper (14%), Potato (12%).

100gr portion	per 100g
Energy	162kJ
Fat	0.3g
of which saturates	0.1g
Carbohydrate of which sugars	5.2g
Fibre	2.3g
Protein	1.6g
Salt	0.1g



Salmon and Dill Terrine

Allergy Advice

May Contain Celery

May Contain Cereals Containing Gluten

Contains Eggs

Contains Fish

Contains Milk

May Contain Mustard

May Contain Nuts

May Contain Soya

Dietary Information

Free From Artificial Colours

Ingredients

Salmon (Fish) (36%), Water, Margarine, Smoked Salmon (Fish) (9%) (Salmon, Salt, Sugar), Gelatine Layer (7%), Egg, Preservative (Potassium Lactate), Salt, Citric Acid Esters of Mono- and Di-Glycerides of Fatty Acids, Lemon Juice, Carrageenan, Milk Proteins, Guar Gum, Dill (0.1%), Sodium Polyphosphate, Disodium iphosphate, Rice Flour, Potassium Acetate, Bamboo Fibre, Carob Gum, Pea Starch, Black Pepper, Nutmeg, Cayenne Pepper, Sodium Nitrite, Margarine contains: Palm Oil, Coconut Oil, Water, Sunflower Oil, Salt, Emulsifier (Sunflower Lecithins), Stabiliser (Citric Acid Esters of Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator (Citric Acid), Colour (Beta-Carotene), Flavouring, Gelatine Layer contains: Water, Fish Gelatine, Carrageenan, Paprika Extract, Dextrose, Salt, Dill (0.7%)

Nutrition

Nutrition			
· Verice	per 100g	per serving	
Energy	891kJ/215kcal	467kJ/113kcal	
Fat	18g	9.5g	
(of which saturates)	6g	3.2g	
Carbohydrate	1.6g	0.8g	
(of which sugars)	1.1g	0.6g	
Protein	11g	5.9g	
Salt	1.34g	0.70g	





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