



REAL FOOD READY TO EAT

Nutritional Information

*Minced Beef with Tomatoes, Red Kidney Beans, Onion and Peppers
in a Cayenne & Cumin sauce together with Long Grain Rice*

Ingredients: Water, Cooked Long Grain Rice (20%), Beef (16%), Tomatoes (11%), Red Kidney Beans (11%), Vegetable Oil, Onion, Red & Green Peppers, Tomato Puree, Maize Starch, Modified Maize Starch, Sugar, Salt, Spices, Malt Vinegar, Emulsifier: E481.

Allergens: Gluten from Barley.

Nutrition

Average Values	per 100g
Energy	610kJ/145kcal
Protein	5.6 g
Carbohydrate	17.2 g
(Sugars)	2.4 g
Fat	6.0 g
(Saturates)	1.8 g
Fibre	1.4 g
Sodium	0.3 g
Salt	0.8 g

300g e





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Chicken pieces in a rich Tomato & Coriander Sauce with Long Grain Rice

Ingredients: Cooked Chicken Breast (25%), Cooked Long Grain Rice (20%), Tomatoes (14%), Water, Double Cream (8%), Tomato Puree, Maize Starch, Onion, Wheat Flour, Creamed Coconut, Vegetable Oil, Sugar, Tikka Masala Paste (Vegetable Oil, Water, Salt, Concentrated Tomato Puree, Turmeric, Cumin, Tamarind Pulp, Paprika, Garlic Powder, Maize Flour, Lemon Juice, Coconut Cream Powder, Spices, Parsley, Acetic Acid, Emulsifier: Soya Lecithin; Citric Acid, Lactic Acid), Coriander, Garlic Puree, Salt, Ginger Puree, Chilli Puree, Colour: Paprika Extract; Concentrated Lemon Juice. **Allergens:** Soya, Milk, Mustard and Gluten from Wheat.

Nutrition

Average Values	per 100g
Energy	585kJ/139kcal
Protein	7.2 g
Carbohydrate	15.7 g
(Sugars)	2.9 g
Fat	5.3 g
(Saturates)	3.8 g
Fibre	0.6 g
Sodium	0.3 g
Salt	0.8 g

300g e





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Nutritional Information

A light fluffy Chocolate Sponge covered in a rich Chocolate Sauce

Ingredients: Chocolate Sauce (70%) (Water, Chocolate (10%), Sugar, Single Cream, Maize Starch, Cocoa Powder (1.5%), Cream Powder, Modified Maize Starch, Stabiliser: E461; Vegetable Fat Powder, Whey Powder, Emulsifier: E481), Chocolate Sponge (30%) (Wheat Flour, Sugar, Water, Vegetarian Suet, Skimmed Milk Powder, Cocoa Powder (2.5%), Salt, Vegetarian Glycerine, Raising Agents: E450, E500).

Allergens: Milk, Soya and Gluten from Wheat.

Nutrition

Average Values per 100g

Energy 895kJ/213kcal

Protein 2.8 g

Carbohydrate 29.6 g

(Sugars) 15.5 g

Fat 9.3 g

(Saturates) 2.1 g

Fibre 0.4 g

Sodium 0.2 g

Salt 0.4 g

200g e





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Nutritional Information

Beans in rich Tomato Sauce with diced Smokey Bacon

Ingredients: Beans (34%), Diced Smoked Bacon (33%) (Pork (85%), Water, Salt, Glucose, Smoke Flavouring, Stabilisers: E451, E407; Anti-oxidant: E301; Preservatives: E250, E252; Spice Extracts), Water, Tomato Puree, Sugar, Wheat Flour, Vegetable Oil, Flavourings, Modified Maize Starch, Stabilisers: E412, E466, E415; Salt, Onion Powder, Paprika.

Allergens: *Gluten from Wheat and Barley.*

Nutrition

Average Values	per 100g
Energy	507kJ/120kcal
Protein	8.6 g
Carbohydrate	15.8 g
(Sugars)	7.3 g
Fat	2.5 g
(Saturates)	0.6 g
Fibre	2.5 g
Sodium	0.4 g
Salt	0.9 g

300g e





REAL FOOD READY TO EAT

Nutritional Information

Beef Meatballs in an Italian style Tomato Sauce with Conchiglie Pasta

Ingredients: Meatballs (40%) (Beef (68%), Water, Onion, Soya Protein Isolate, Potato Starch, Rusk (Wheat Flour, Salt, Raising Agent: Ammonium Bicarbonate), Salt, Flavoursings, Stabiliser: Tri-Di-Polyphosphates), Tomatoes, Cooked Pasta (18%) (Water, Durum Wheat, Egg Albumen), Onion, Tomato Puree, Vegetable Oil, Herb Extracts, Garlic Puree, Modified Maize Starch, Emulsifiers: E412, E466, E415; Sugar, Salt, Pepper.

Allergens: Egg, Soya and Gluten from Wheat.

Nutrition

Average Values per 100g

Energy 524kJ/125kcal

Protein 9.0 g

Carbohydrate 9.2 g

(Sugars) 2.6 g

Fat 5.8 g

(Saturates) 1.9 g

Fibre 1.0 g

Sodium 0.3 g

Salt 0.8 g

300g e





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Nutritional Information

Beef Meatballs in an Italian style Tomato Sauce with Conchiglie Pasta

Ingredients: Meatballs (40%) (Beef (68%), Water, Onion, Soya Protein Isolate, Potato Starch, Rusk (Wheat Flour, Salt, Raisng Agent: Ammonium Bicarbonate), Salt, Flavourings, Stabiliser: Tri-Di-Polyphosphates), Tomatoes, Cooked Pasta (18%) (Water, Durum Wheat, Egg Albumen), Onion, Tomato Puree, Vegetable Oil, Herb Extracts, Garlic Puree, Modified Maize Starch, Emulsifiers: E412, E466, E415; Sugar, Salt, Pepper.

Allergens: Egg, Soya and Gluten from Wheat.

Nutrition

<i>Average Values</i>	<i>per 100g</i>
<i>Energy</i>	<i>524kJ/125kcal</i>
<i>Protein</i>	<i>9.0 g</i>
<i>Carbohydrate</i>	<i>9.2 g</i>
<i>(Sugars)</i>	<i>2.6 g</i>
<i>Fat</i>	<i>5.8 g</i>
<i>(Saturates)</i>	<i>1.9 g</i>
<i>Fibre</i>	<i>1.0 g</i>
<i>Sodium</i>	<i>0.3 g</i>
<i>Salt</i>	<i>0.8 g</i>

300g e





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Nutritional Information

Mixed Vegetables & Pulses in a Medium Spiced Curry Sauce together with Long Grain Rice

Ingredients: Vegetables (40%) (Carrot, Potato, Onion, Green Beans, Sweetcorn), Cooked Long Grain Rice (13%), Tomato, Water, Red Peppers, Pea Beans (3.9%), Chick Peas (3.9%), Tomato Puree, Vegetable Oil, Garlic Puree, Wheat Flour, Modified Maize Starch, Ginger Puree, Salt, Coriander, Spices, Sugar, Chilli Puree, Concentrated Lemon Juice.

Allergens: Mustard and Gluten from Wheat.

Suitable for Vegetarians and Vegans.

Nutrition

Average Values	per 100g
Energy	412kJ/98kcal
Protein	2.6 g
Carbohydrate	13.8 g
(Sugars)	3.4 g
Fat	3.6 g
(Saturates)	0.3 g
Fibre	2.1 g
Sodium	0.3 g
Salt	0.8 g

300g e





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Nutritional Information

Diced Beef with Vegetables and Suet Dumplings in a rich savoury Gravy

Ingredients: Water, Beef (22%), Dumplings (12%) (Wheat Flour, Water, Vegetarian Suet, Parsley, Raising Agents: Disodium Dihydrogen Diphosphate, Sodium Bicarbonate; Salt), Carrot (12%), Potato (11%), Peas (3.5%), Maize Starch, Modified Maize Starch, Wheat Flour, Beef Stock Base (Beef Stock, Water, Yeast Extract, Salt, Sugar, Lemon Juice Concentrate, Beef Fat), Onion, Salt, Colour: Plain Caramel; Black Pepper.
Allergens: Gluten from Wheat and Barley.

Nutrition

Average Values	per 100g
Energy	507kJ/121kcal
Protein	6.9 g
Carbohydrate	12.3 g
(Sugars)	1.1 g
Fat	4.9 g
(Saturates)	2.3 g
Fibre	0.9 g
Sodium	0.4 g
Salt	0.9 g

300g e





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Nutritional Information

A delicious Sticky Toffee Pudding in a rich creamy Toffee Sauce

Ingredients: Toffee Sauce (52.5%) (Water, Sugar, Single Cream, Golden Syrup, Butter, Maize Starch, Cream Powder, Whey Powder, Colour: Plain Caramel; Stabiliser: Xanthan Gum), Toffee Pudding (47.5%) (Wheat Flour, Sugar, Water, Vegetarian Suet, Toffee Pieces, Skimmed Milk Powder, Salt, Vegetarian Glycerine, Raising Agent : Baking Powder; Toffee Flavour).

Allergens: Milk, Soya and Gluten from Wheat.

Nutrition

Average Values *per 100g*

Energy 1231kJ/293kcal

Protein 3.3 g

Carbohydrate 43.2 g

(Sugars) 27.0 g

Fat 11.9 g

(Saturates) 6.6 g

Fibre 0.5 g

Sodium 0.3 g

Salt 0.8 g

200g e





REAL FOOD READY TO EAT

Nutritional Information

Beans & Sausage

Beans in rich Tomato Sauce with succulent Pork Sausages

Ingredients:

Beans (28%), Water, Sausages (25%) (Pork(67%), Water, Modified Maize Starch, Rusk (Wheat Flour, Salt, Raising Agent Ammonium Carbonates), Salt, Flavourings, Stabiliser: Tri-Di-Polyphosphates), Tomato Puree, Sugar, Vegetable Oil, Modified Maize Starch, Salt, Stabilisers: E412, E466, E415; Onion Powder, Paprika, Flavouring.

Contains: Gluten from Wheat

Nutritional Information

Average Value Per 100g

Energy	687kJ	164kcal
Protein		5.8g
Carbohydrate		18.5g
of which Sugars		6.9g
Fat		7.4g
of which Saturates		2.4g
Fibre		0.1g
Sodium		0.5g
Salt		1.4g

300g e