

Standard Hot Breakfast

ALLERGEN INFORMATION

CONTAINS: Egg, Gluten (Wheat), Milk

BEST BEFORE DATE: SEE SIDE OF PACKAGING



INGREDIENTS:

COOKED SCRAMBED EGG (PASTEURISED EGG (64%), WATER, SALTED BUTTER, MODIFIED POTATO STARCH, SUNFLOWER OIL, SALT, CITRIC ACID, STABILISER (E415), LACTIC ACID, PEPPER)

(27%), SAUSAGE CUMBERLAND (PORK (58%), PORK FAT, WATER, RUSK (WHEAT FLOUR, BREADCRUMBS (WHEAT FLOUR, YEAST, SALT), SALT, SPICES, HERBS, DEXTROSE, STABILISERS

(DI & TRIPHOSPHATES), SUGAR, WHEAT FLOUR, PEPPER EXTRACT) (26%), BEANS BAKED IN

TOMATO SAUCE REDUCED SUGAR & SALT (BEANS (53%), TOMATOES (25%), WATER, SUGAR,

MODIFIED MAIZE STARCH, GLUCOSE - FRUCTOSE SYRUP, SALT, FLAVOURINGS, PAPRIKA EXTRACT)

(22%), MUSHROOMS (13%), BACON BACK (PORK, SALT, PRESERVATIVES (SODIUM NITRITE,

POTASSIUM NITRATE), ANTIOXIDANT (SODIUM ASCORBATE)) (12%), VEGETABLE OIL (RAPESEED

OIL WITH ANTIFOAMING AGENT DIMETHYLPOLYSILOXANE), SALT (SALT, ANTI-CAKING AGENT:

SODIUM HEXACYNOFERRATE II), WHITE PEPPER (PIPER NIGRUM)

NUTRITIONAL INFORMATION

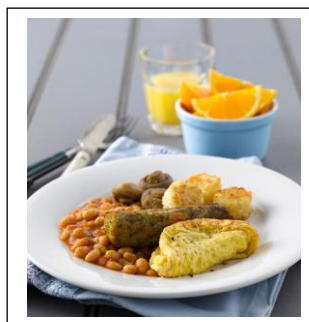
Typical Values	Per 100g	Per Pack 184g
Energy	161Kcal / 673KJ	297Kcal / 1238KJ
Protein	9.8	18.1
Carbohydrate (of which sugars)	5.8	10.8
Fat (of which saturates)	1.1	2.0
	10.7	19.7
Fibre	3.5	6.4
Sodium	1.5	2.7
	0.5	0.9

Vegetarian Hot Breakfast

ALLERGEN INFORMATION

CONTAINS: Egg, Milk

BEST BEFORE DATE: SEE SIDE OF PACKAGING



INGREDIENTS:

SAUSAGE VEGETABLE (VEGETABLES (45% (BROCCOLI, CARROT, ONION), BROWN RICE, DRIED POTATO, WATER, VEGETABLE OIL, BROWN RICE FLOUR, RICE STARCH, SALT, YEAST EXTRACT, ONION POWDER, SUGAR, GARLIC POWDER, NUTMEG) (27%), OMELETTE PLAIN (PASTEURISED WHOLE EGG (62%), PASTEURISED WHOLE MILK (25%), RAPESEED OIL, STABILISER (XANTHAN GUM), SALT, PEPPER) (24%), BEANS BAKED IN TOMATO SAUCE REDUCED SUGAR & SALT (BEANS (53%), TOMATOES (25%), WATER, SUGAR, MODIFIED MAIZE STARCH, GLUCOSE - FRUCTOSE SYRUP, SALT, FLAVOURINGS, PAPRIKA EXTRACT) (19%), POTATO ROSTI (POTATOES, SUNFLOWER OIL, DEHYDRATED POTATO, STABILISERS (E464, E450), SALT, PEPPER, FLAVOURING (MILK)) (18%), MUSHROOMS (12%), VEGETABLE OIL (RAPESEED OIL WITH ANTI-FOAMING AGENT DIMETHYLPOLYSILOXANE), SALT (SALT, ANTI-CAKING AGENT: SODIUM HEXCYANOFERRATE II), WHITE PEPPER (PIPER NIGRUM)

NUTRITIONAL INFORMATION

Typical Values	Per 100g	Per Pack 211g
Energy	134Kcal / 372KJ	282Kcal / 785KJ
Protein	4.8	10.1
Carbohydrate	12.7	26.8
(of which sugars)	1.4	2.9
Fat	6.6	13.9
(of which saturates)	1.1	2.3
Fibre	2.3	4.9
Sodium	0.3	0.6

Chicken Korma



ALLERGEN INFORMATION

CONTAINS: Gluten (Barley, Wheat), Milk

BEST BEFORE DATE: SEE SIDE OF PACKAGING

INGREDIENT DECLARATION

RICE BASMATI BROWNE (COOKED BASMATI RICE 75% (WATER, BASMATI RICE, SALT), ONION, BUTTER, GARLIC, GINGER, OLIVE OIL, SALT, CUMIN POWDER, GARAM MASALA, BLACK PEPPER) (29%), CHICKEN (19%), WATER (9%), HERB DICED POTATO (POTATO (88%), PALM OIL, WHEAT FLOUR, MODIFIED WHEAT STARCH, MODIFIED POTATO STARCH, SALT, GARLIC POWDER, ONION POWDER, PARSLEY, BLACK PEPPER, PAPRIKA, RAISING AGENTS (SODIUM PHOSPHATES, SODIUM CARBONATES), DEXTROSE, YEAST EXTRACT, PAPRIKA EXTRACT, SUNFLOWER OIL) (8%), BREAD NAAN PLAIN 2.5" (WHITE FLOUR (FORTIFIED WITH CALCIUM, IRON, NIACIN, THIAMINE), WATER, YEAST, RAPESEED OIL, SUGAR, RAISING AGENT (E450, E500, E341), GLUTEN, SALT, PRESERVATIVES: E282, RELEASING AGENT (EMULSIFIER E475, THICKENER E903 (VEGETABLE WAX))) (6%), CHUTNEY MANGO SPICY (SUGAR, MANGO (24%), ONION PUREE, DISTILLED BARLEY MALT VINEGAR, WATER, ONION, GINGER PUREE, SALT, MAIZE STARCH, ONION POWDER, GARLIC, PAPRIKA POWDER, BLACK SALT, CHILLI POWDER, CUMIN SEEDS, CHILLI FLAKES, GARAM MASALA (CORIANDER, CUMIN, CINNAMON, GINGER, CHILLI POWER, BLACK PEPPER, CLOVE, NUTMEG, CARDAMOM, BAY LEAF)*, BLACK ONION SEEDS, BLACK PEPPER, GREEN CARDAMOM, BLACK PEPPER (4%), COCONUT MILK EXTRACT, PROCESS WATER, E415 & E466 BLEND (3%), TOMATOES (TOMATO 99.7%, CITRIC ACID 0.1%) (3%), NATURAL VERY LOW FAT YOGHURT SET (FRESH PASTEURISED SKIMMED MILK, FORTIFIED WITH MILK SOLIDS, LIVE CULTURES) (3%), VEGETABLE OIL EXTENDED LIFE (REFINED RAPESEED OIL WITH ANTI-FAOMING AGENT DIMETHYLSILOXANE) (2%), RED ONION (2%), TOMATO [LYCOPERSICUM ESCULENTUM] (2%), DOUBLE CREAM (COWS MILK) (2%), CRISP FRIED ONIONS [ONIONS 76%, VEGETABLE OIL, WHEAT FLOUR AND SALT] (2%), GARLIC (1%), SHALLOT, PARSNIP, GINGER, CREAMED COCONUT (DESICCATED COCONUT), SALTED BUTTER (MILK, SALT), CORIANDER, 100% FRESHLY SQUEEZED LEMON JUICE (PASTEURISED), BUTTER CLARIFIED (PURE BUTTER, MOISTURE, MILK SOLIDS), TURMERIC (RHIZOME CURCUMA DOMESTICA), SALT, (SALT, ANTI-CAKING AGENT: SODIUM HEXACYANOFERRATE II), CHICKEN FLAVOUR BOUILLON POWDER MIX (STARCH (POTATO, PEA), SALT, SUGAR, FLAVOURINGS, YEAST EXTRACT, CHICKEN FAT (3%), MALTODEXTRIN, CHICKEN (2%), SPICES (GARLIC TURMERIC), ONION JUICE CONCENTRATE, VEGETABLE OIL (PALM, SUNFLOWER), ANTIOXIDANT (EXTRACTS OF ROSEMARY)), STABILISER FOOD (MODIFIED WAXY FOOD STARCH), BLACK PEPPERCORN, CUMIN (CUMINUM CYMINUM), CASTER SUGAR (CANE SUGAR), CLOVES, WHOLE CARDAMON

NUTRITION DECLARATION

Nutrients	Per 100g	Per Pack 277g
Energy	625KJ / 164Kcal	1731KJ / 454Kcal
Protein	5.9g	16.3g
Carbohydrate	15.2g	42.2g
of which - sugars	2.9g	8.0g
Fat	8.8g	24.5g
of which - saturates	3.4g	9.3g
Fibre	1.0g	2.8g
Salt	1.2g	3.4g

Greek Style Slow Cooked Beef



ALLERGEN INFORMATION

CONTAINS: Milk, Sulphites

BEST BEFORE DATE: SEE SIDE OF PACKAGING

INGREDIENT DECLARATION

RED WINE (SULPHITES) (25%), POTATOES (POTATOES, SUNFLOWER OIL, DEXTROSE, STABILISER E450I) (24%), WATER (22%), ONION (11%), TOMATO JUICE (TOMATO JUICE, SALT, CITRIC ACID) (6%), RUNNER BEANS (2%), VEGETABLE OIL EXTENDED LIFE (REFINED RAPESEED OIL WITH ANTI-FOAMING AGENT DIMETHYLPOLYSILOXANE) (2%), BEEF FLAVOUR BOUILLON POWDER MIX (SALT, POTATO STARCH, MALTODEXTRIN, YEAST EXTRACT, FLAVOURINGS, VEGETABLE OIL (PALM), SUGAR, BEEF EXTRACT (2.2%), SUCCINIC ACID) (1%), BEEF, RED WINE VINEGAR [RED WINE VINEGAR, PRESERVATIVE: SODIUM METABISULPHITE (E223)], EXTRA VIRGIN OLIVE OIL (50%), LEMON INFUSED EXTRA VIRGIN OLIVE OIL (50%), LEMON ZEST CRUMB, PARSLEY, STABILISER FOOD (MODIFIED WAXY MAIZE FOOD STARCH), GROUND UNRIPE BERRY – FRUIT OF THE TREE PIMENTA DIOICA (ALL SPICE), SALTED BUTTER (MILK, SALT), GARLIC, SHALLOT, SALT (SALT, ANTI-CAKING AGENT: SODIUM HEXACYANOFERRATE II), CINNAMON STICK, CASTER SUGAR (CANE SUGAR), CLOVES, GROUND WHITE PEPPER, BLACK PEPPERCORN, BAY LEAVES (DRIED LEAVES OF THE TREE LAURUS NOBILIS)

NUTRITION DECLARATION

Nutrients	Per 100g	Per Pack 287g
Energy	371KJ / 90Kcal	1064KJ / 259Kcal
Protein	1.3g	3.8g
Carbohydrate	8.2g	23.6g
of which - sugars	1.2g	3.4g
Fat	3.8g	10.9g
of which - saturates	0.5g	1.3g
Fibre	0.4g	1.2g
Salt	0.6g	1.6g

Roast Chicken BBQ Jerk

ALLERGEN INFORMATION

CONTAINS: Gluten (Wheat), Milk, Mustard

BEST BEFORE DATE: SEE SIDE OF PACKAGING



INGREDIENT DECLARATION

CHICKEN BREAST ROASTED SKIN ON 95GM (BRINED CHICKEN (CHICKEN BREAST (98%), WATER, DEXTROSE, SALT, STABILISER (E451I)) (43%), JERK BBQ SAUCE & HONEY + HONEY & LIME [SUGAR, TOMATO PASTE, WATER, HONEY (10%), WHITE & RED WINE VINEGAR, JERK PASTE [CHILLIES, SPRING ONIONS, RAPESEED OIL, ONIONS, THYME, SALT, GRD BLK PEPPER, SUGAR, GRD PIMENTO, GARLIC PUREE, GROUND CINNAMON, GROUND NUTMEG] (5%), SALT, DEMERARA SUGAR, MODIFIED TAPIOCA STARCH, BLACK TREACLE, LIME JUICE CONC (1%), E150C (AMMONIA CARAMEL), DIJON MUSTARD, SMOKE FLAVOUR, E202 (POTASSIUM SORBATE – PRESERVATIVE), ONION, GARLIC] (20%), HERB DICED POTATO (POTATO (88%), PALM OIL, WHEAT FLOUR, MODIFIED WHEAT STARCH, MODIFIED POTATO STARCH, SALT, GARLIC POWDER, ONION POWDER, PARSLEY, BLACK PEPPER, PAPRIKA, RAISING AGENTS (SODIUM PHOSPHATES, SODIUM CARBONATES), DEXTROSE, YEAST EXTRACT, PAPRIKA EXTRACT, SUNFLOWER OIL) (11%), SWEETCORN (FROZEN) KERNELS CHAR GRILLED [SWEETCORN KERNELS, SUNFLOWER OIL] (9%), RED ONION (7%), BROCCOLI (7%), TOMATO [LYCOPERSICUM ESCULENTUM] (2%), SALTED BUTTER (MILK, SALT), VEGETABLE OIL EXTENDED LIFE (REFINED RAPESEED OIL WITH ANTI-FOAMING AGENT DIMETHYLPOLYSILOXANE), PARSLEY, SALT (SALT, ANTI-CAKING AGENT : SODIUM HEXACYANOFERRATE II), BLACK PEPPERCORN

NUTRITION DECLARATION

Nutrients	Per 100g	Per Pack 230g
Energy	717KJ / 170Kcal	1648KJ / 391Kcal
Protein	13.7g	31.6g
Carbohydrate	15.2g	35.0g
of which - sugars	9.9g	22.8g
Fat	6.0g	13.8g
of which - saturates	1.6g	3.8g
Fibre	0.8g	1.8g
Salt	1.7g	3.9g

Cider Braised Gloucester Old Spot Sausage & Mash



ALLERGEN INFORMATION

CONTAINS: Celery, Egg, Gluten (Wheat), Milk, Mustard, Sulphite

BEST BEFORE DATE: SEE SIDE OF PACKAGING

INGREDIENT DECLARATION

SAUSAGE G'OLD SPOT 8'S (PORK (70%), WATER, RUSK, ONION, SALT, VEGETABLE FIBRE, SPICES, EMULSIFIERS E451 (I), HERBS, PRESERVATIVES E221, E223, DEXTROSE, ANTIOXIDANTS E300, E301, SPICE EXTRACTS) (35%), POTATOES (18%), ASPALL CIDER (APPLES, SULPHITES), (15%), CARROT (7%), SWEDE (7%), GRATED COASTAL CHEDDAR CHEESE (PASTEURISED COW'S MILK, SALT CONTAINS ANTI-CAKING AGENT [SODIUM HEXACYANOFERRATE], VEGETARIAN RENNET CONTAINS PRESERVATIVE SODIUM BENZOATE (<1PPM) DAIRY CULTURE), (5%), RED ONION (4%), LEEK (3%), DEMI GALCE SAUCE (WATER, BEEF BOUILLON [CONCENTRATED BEEF JUICE {MEAT, CONCENTRATE, FAT}, YEAST EXTRACT, SALT, CONCENTRATED VEGETABLE JUICES {ONION, CARROT, LEEK}] (8.5%), RED WINE (5%), CARROTS, CELERY, ONION, TOMATO PASTE, RAPESEED OIL, MODIFIED MAIZE STARCH, MODIFIED POTATO STARCH, GARVY BROWNING [WATER, CARAMEL COLOUR E150C, SALT], GARLIC PUREE, GRANULATED SUGAR, THYME, BAY LEAF) (3%), VEGETABLE OIL EXTENDED LIFE (REFINED RAPESEED OIL WITH ANTI-FOAMING AGENT DIMETHYLPOLYSILOXANE) (2%), LIQUID EGG YOLK [EGG YOLK (CHICKEN EGGS), FOOD ACID (E330), PRESERVATIVE (E202)], CARAMELISED APPLE COMPOTE (DICED APPLES (65%), SUGAR, WHITE WINE VINEGAR, WATER, MODIFIED TAPIOCA STARCH, YELLOW MUSTARD SEEDS, UNSALTED BUTTER (CONTAINS MILK), SALT, GROUND CINNAMON, GROUND GINGER), SALTED BUTTER (MILK, SALT), DOUBLE CREAM (COWS MILK), FRESH, WHOLE SPRIGS OF SAGE, PARSLEY, SALT (SALT, ANTI-CAKING AGENT: SODIUM HEXACYANOFERRATE II), WATER, STABILISER FOOD (MODIFIED WAXY MAIZE FOOD STARCH), GROUND WHITE PEPPER, BLACK PEPPERCORN

NUTRITION DECLARATION

Nutrients	Per 100g	Per Pack 242g
Energy	687KJ / 168Kcal	1662KJ / 407Kcal
Protein	6.4g	15.5g
Carbohydrate	5.0g	12.2g
of which - sugars	2.1g	5.0g
Fat	12.3g	29.7g
of which - saturates	4.4g	10.8g
Fibre	2.3g	5.5g
Salt	0.9g	2.2g

Pecorino Gnocchi/Rosemary

ALLERGEN INFORMATION

CONTAINS: Celery, Egg, Gluten (Wheat), Milk, Sulphite

BEST BEFORE DATE: SEE SIDE OF PACKAGING



INGREDIENT DECLARATION

GNOCCHI FILLED PECORINO (SOFT POTATO DUMPLING FILLED WITH PECORINO [FLOUR, POTATO FLAKES (INCL. E223 (SODIUM METABISULPHITE), E320, E330, E471, E450A), MAIZE STARCH, POTATO STARCH, DEHYDRATED EGGS, WATER, RICOTTA CHEESE (PASTEURISED MILK, SALT, ACID CITRIC), PECORINO CHEESE (PASTEURISED SHEEP'S MILK, SALT, MICROBIAL RENNET, LACTIC STARTER CULTURE)]) (43%), MUSHROOMS BUTTON WHOLE SEASONED ROAST (FRESH BUTTON MUSHROOMS, SUNFLOWER OIL, SALT, BLACK PEPPER) (10%), 100% FRESH ORGANIC PASTEURISED HOMOGENISED SEMI SKIMMED MILK (9%), LEEK (7%), VEGETARIAN ITALIAN HARD CHEESE [PASTEURISED COW'S MILK, SALT, MICROBIAL RENNET, STARTER CULTURE, PRESERVATIVE: LYZOZYME FROM EGG (E1105)] (6%), DOUBLE CREAM (COW'S MILK) (5%), WATER (5%), POMACE OIL (REFINED POMACE OLIVE OIL & EXTRA VIRGIN OLIVE OIL) (4%), WHITE COOKING WINE (DE-ALCOHOLISED WINE (59.97%), WINE (40%, SALT (0.03%), PRESERVATIVE (E220 – SULPHUR DIOXIDE) (2%), CHEESE MASCARPONE [CREAM (PASTEURISED), CITRIC ACID (E330, USED AS AN ACIDITY REGULATOR)] (2%), ONION (2%), SALTED BUTTER (MILK, SALT) (2%), VEGETABLE OIL EXTENDED LIFE (REFINED RAPESEED OIL WITH ANTI-FOAMING AGENT DIMETHYLPOLYSILOXANE), DRIED PORCINI MUSHROOMS [PORCINI MUSHROOMS, BLACK MUSHROOMS, OYSTER MUSHROOMS], SALT (SALT, ANTI-CAKING AGENT: SODIUM HEXACYANOFERRATE II), GARLIC, BECHAMEL POWDER (MODIFIED TAPIOCA STARCH, DRIED GLUCOSE SYRUP, WHEAT FLOUR, WHOLE MILK POWDER, SALT, BUTTER OIL (FROM MILK), YEAST EXTRACT, ONION POWDER, LACTOSE (FROM MILK), DRIED MILK PROTEIN, WHITE PEPPER, HERB & SPICE EXTRACTS), PARSLEY, VEGETABLE FLAVOUR BOUILLON POWDER MIX (POTATO STARCH, SALT, MALTODEXTRIN, SUGAR, YEAST EXTRACT, ONION POWDER (5.5%), CARROTS (4%), FLAVOURINGS (CONTAIN CELERY), VEGETABLE OIL (PALM), CELERY SEEDS (1.2%), GARLIC, LOVAGE ROOT, TURMERIC, PEPPER), ROSEMARY, BLACK PEPPERCORN

NUTRITION DECLARATION

Nutrients	Per 100g	Per Pack 250g
Energy	680KJ / 195Kcal	1699KJ / 487Kcal
Protein	5.2g	13.1g
Carbohydrate	14.5g	36.3g
of which - sugars	1.1g	2.7g
Fat	13.1g	32.7g
of which - saturates	4.8g	12.1g
Fibre	0.4g	1.1g
Salt	0.7g	1.8g

4 Cheese Tortelloni Arrabiata

ALLERGEN INFORMATION

CONTAINS: Celery, Egg, Gluten (Wheat), Milk, Mustard, Sulphite

BEST BEFORE DATE: SEE SIDE OF PACKAGING



INGREDIENT DECLARATION

TOMATOES (TOMATO 99.7%, CITRIC ACID 0.1%) (25%), WATER (17%), PASTA TORTELLONI FORMAGGIO (PRECOOKED PASTA 73.4% (DURUM WHEAT SEMOLINA, WATER, EGG), RICOTTA CHEESE 9.7% (CONTAINS ACIDITY REGULATOR: CITRIC ACID), WATER, PROVOLONE CHEESE 2.6%, GRANA CHEESE 2% (CONTAINS PRESERVATIVE: LYSOZYME), BREADCRUMBS (WHEAT FLOUR, WATER, YEAST, SALT), PECORINO CHEESE 1.7%, CHEDDAR CHEESE 0.8%, MOZZARELLA CHEESE 0.6%, SALT, FLAVOUR, MUSTARD, ONION, GARLIC, BLACK PEPPER) (15%), TOMATO [LYCOPERSICUM ESCULENTUM] (10%), RED PEPPER (CAPSICUM RED) (7%), WHITE COOKING WINE (DE-ALCOHOLISED WINE (59.97%), WINE (40%, SALT (0.03%), PRESERVATIVE (E220)) (5%), SHALLOT (3%), YELLOW PEPPER (CAPSICUM YELLOW) (3%), VEGETARIAN ITALIAN HARD CHEESE [PASTEURISED COW'S MILK, SALT, MICROBIAL RENNET, STARTER CULTURE, PRESERVATIVE: LYSOZYME FROM EGG (E1105)] (2%), RED ONION (2%), TOMATOES (2%), SALTED BUTTER (MILK, SALT) (2%), OLIVE OIL EXTRA (100% VIRGIN OLIVE OIL) (1%), LIGHT BROWN SOFT SUGAR (CANE SUGAR) (1%), GARLIC, WHITE WINE VINEGAR (WHITE WINE VINEGAR, PRESERVATIVE (SODIUM METABISULPHITE (E223), POMACE OIL (REFINED POMACE OLIVE OIL AND EXTRA VIRGIN OLIVE OIL), STABILISER FOOD (MODIFIED WAXY MAIZE FOOD STARCH), CHIVES (ALLIUM SCHOENOPRASUM L.), RED CHILLIES, MINCED GREEN CHILLIES, VEGETABLE FLAVOUR BOUILLON POWDER MIX (POTATO STARCH, SALT, MALTODEXTRIN, SUGAR, YEAST EXTRACT, ONION POWDER (5.5%), CARROTS (4%), FLAVOURINGS (CONTAIN CELERY), VEGETABLE OIL (PALM), CELERY SEEDS (1.2%), GARLIC, LOVAGE ROOT, TURMERIC, PEPPER), SALT (SALT, ANTI-CAKING AGENT: SODIUM HEXACYANOFERRATE II), BLACK PEPPERCORN, VEGETABLE OIL EXTENDED LIFE (REFINED RAPESEED OIL WITH ANTI-FOAMING AGENT DIMETHYLPOLYSILOXANE), BAY LEAVES (GROUND LEAVES OF THE TREE LAURUS NOBILIS) (<0.01%)

NUTRITION DECLARATION

Nutrients	Per 100g	Per Pack 368g
Energy	361KJ / 92Kcal	1329KJ / 339Kcal
Protein	3.0g	11.2g
Carbohydrate	8.7g	32.1g
of which - sugars	3.8g	13.9g
Fat	5.0g	18.4g
of which - saturates	1.8g	6.6g
Fibre	0.9g	3.2g
Salt	0.4g	1.6g