

**All Day Breakfast 300g**

Beans in a savoury tomato sauce with pork sausages, potatoes and mushrooms.

Water, Haricot Beans (25%), Pork Sausages (17%) (Pork, Rusk (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), Water, Pork Rind, **Wheat** Starch, Seasoning (**Wheat** Gluten, Dextrose, Salt, Spices (Cayenne, Coriander, Mace, Pepper), Spice Extracts (Ginger, Mace, Nutmeg, Pepper)), Rapeseed Oil, Salt, Beef Collagen Casing), Potatoes (10%), Mushrooms (6%), Sugar, Tomato Puree, Modified Maize Starch, Cornflour, Salt, Onion Powder, Ground Paprika.

**Chicken Korma & Rice 300g**

Chicken in a coconut curry sauce with a side of long grain rice

Korma Sauce (70%) (Water, Chicken (21%) (Chicken Breast, Salt), Onion, Creamed Coconut, Single Cream (**Milk**), Sugar, Modified Maize Starch, Rapeseed Oil, Cornflour, Garlic Puree, Salt, Ground Turmeric, Coriander, Ground Ginger, Ground Cumin, Ground Paprika, Ground Coriander, Garam Masala, Red Chilli Puree, Chilli Powder, Colour (Paprika Extract)), Cooked Rice (30%) (Water, Long Grain Rice).

**Cottage Pie 300g**

Minced beef & onion in a gravy topped with mashed potato.

Mashed Potato (52%) (Potato, Double Cream (**Milk**), Butter (**Milk**), Salt, Ground White Pepper), Minced Beef In Gravy (48%) (Water, Minced Beef (31%), Onion, Modified Maize Starch, Tomato Paste, Worcester Sauce (Water, Spirit Vinegar, Sugar, Salt, Tamarind Paste, Onion Powder, Garlic Powder, Lemon Concentrate, Ground Ginger, Ground Cloves, Chilli Powder), Vegetable Stock (Carrot Juice Concentrate, Onion Juice Concentrate, Onion Powder, Leek Powder, Rapeseed Oil), Rapeseed Oil, Salt, Caramel Powder (Glucose Syrup, Maltodextrin, Sugar), Ground Black Pepper).

Macaroni Cheese 300g

Macaroni pasta in an Extra Mature Cheddar cheese and cream sauce.

Water, Cooked Macaroni Pasta (17%) (Durum **Wheat** Semolina, Emulsifier (Mono- and Diglycerides of Fatty Acids), Rapeseed Oil), Extra Mature Cheddar Cheese (12%) (**Milk**), Double Cream (**Milk**), Cornflour, Salt, **Mustard** Powder, Ground White Pepper.

Penne Pasta Bolognese 300g

Minced beef in a herby tomato sauce with penne pasta.

Water, Beef (14%), Penne Pasta (Durum **Wheat** Semolina, Emulsifier (Mono- and Diglycerides of Fatty Acids)), Onion, Tomato Paste, Tomatoes, Carrots, Modified Maize Starch, Rapeseed Oil, Cornflour, Salt, Vegetable Stock (Carrot Juice Concentrate, Onion Juice Concentrate, Onion Powder, Leek Powder, Rapeseed Oil), Dried Marjoram, Ground Black Pepper, Dried Basil, Dried Oregano).

Sausage & Mash 250g

Pork Sausage in an onion gravy with mashed potato.

Onion Gravy (44%) (Water, Sliced Onion (6%), Red Wine, Cornflour, Tomato Paste, Vegetable Stock (Carrot Juice Concentrate, Onion Juice Concentrate, Onion Powder, Leek Powder, Rapeseed Oil), Brown Sugar, Rapeseed Oil, Onion Stock (Sugar, Molasses, Onion Concentrate, Salt, Water, Onion Powder, Sunflower Oil, Roast Onion Extract), **Barley** Malt Extract, Ground Black Pepper, Dried Sage, Dried Thyme), Mashed Potato (38%) (Potato, Butter (**Milk**), Salt), Pork Sausage (18%) (Pork, Water, Rusk (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt), **Wheat** Flour, Salt, Spices (Black Pepper, Nutmeg, Ginger, Mace), Dextrose, Herbs (Sage, Marjoram), Stabiliser (Tripolyphosphate), Beef Collagen Casing).



Tuna Pasta Bake 300g

Tuna & peppers in a tomato sauce with pasta, topped with béchamel sauce.

Tuna Sauce (77%) (Water, Tuna (**Fish**), Onion, Tomatoes, Tomato Paste, Green Pepper, Red Pepper, Modified Maize Starch, Rapeseed Oil, Salt, Basil, Garlic Puree, Ground Black Pepper), Béchamel Sauce (15%) (Single Cream (**Milk**), Double Cream (**Milk**), Modified Maize Starch, Coloured Cheddar Cheese (**Milk**) (Contains Colour (Annatto Norbixin)), Rapeseed Oil, Salt, White Pepper, Colour (Curcumin)), Penne Pasta (8%) (Durum **Wheat** Semolina, Emulsifier (Mono- and Diglycerides of Fatty Acids)).



Vegetarian All Day Breakfast 300g

Beans in a savoury tomato sauce with potatoes and mushrooms.

Water, Haricot Beans (27%), Potatoes (18%), Mushrooms (6%), Sugar, Tomato Puree, Modified Maize Starch, Cornflour, Salt, Onion Powder, Ground Paprika.

ONE MEAL AMBIENT HOT MEALS

DIETARY ADVICE

SUITABLE FOR	HALAL	COELIAC	LACTOSE INOLERANT	VEGETARIANS	VEGANS *
All Day Breakfast 300g	NO	NO	NO	NO	NO
Chicken Korma with Rice 300g	YES	NO	NO	NO	NO
Cottage Pie 300g	YES	NO	NO	NO	NO
Macaroni Cheese 300g	NO	NO	NO	YES	NO
Penne Bolognese 300g	YES	NO	NO	NO	NO
Sausage & Mash 250g	NO	NO	NO	NO	NO
Tuna Pasta Bake 300g	NO	NO	NO	NO	NO
Vegetarian Breakfast 300g	NO	NO	NO	YES	YES

*Whilst we declare suitable for Vegan, this is not tested or accredited.

ONE MEAL AMBIENT HOT MEALS

ALLERGEN ADVICE

CONTAINS	PEANUTS	NUTS	SESAME	EGG	FISH	CRUSTACEANS	MOLLUSC	MILK	SOYA	GLUTEN	MUSTARD	SULPHITES	CELERY	LUPIN
All Day Breakfast	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES - WHEAT	NO	NO	NO	NO
Chicken Korma with Rice	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Cottage Pie	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	NO
Macaroni Cheese	NO	NO	NO	NO	NO	NO	NO	YES	YES - WHEAT	YES - WHEAT	YES	NO	NO	NO
Penne Bolognese	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES - WHEAT	YES	NO	NO	NO
Sausage & Mash	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES - BARLEY & WHEAT	NO	NO	NO	NO
Tuna Pasta Bake	NO	NO	NO	NO	YES	NO	NO	YES	NO	YES - WHEAT	YES	NO	NO	NO
Vegetarian Breakfast	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO

NUTRITIONAL INFORMATION

Typical Values per 100g	ENERGY kJ	ENERGY kcal	FAT	OF SATURATES	CARBOHYDRATES	OF SUGARS	FIBRE	PROTEIN	SALT
All Day Breakfast 300g	476 kJ	113 kcal	2.6g	1g	15.3g	1.7g	3.3g	5.5g	0.96g
Chicken Korma with Rice 300g	536 kJ	127 kcal	4.6g	3.4g	14.6g	3g	1.1g	6.3g	0.27g
Cottage Pie 300g	485 kJ	116 kcal	6.2g	3.4g	9.7g	1.0g	1.8g	4.5g	0.88g
Macaroni Cheese 300g	554 kJ	132 kcal	5.0g	3.3g	15.5g	0.9g	1.4g	5.6g	0.35g
Penne Bolognese 300g	436 kJ	103 kcal	2.3g	0.9g	13.8g	1.6g	1.7g	6g	0.61g
Sausage & Mash 250g	551 kJ	132 kcal	7.4g	2.9g	10.4g	0.2g	1.5g	5.3g	0.73g
Tuna Pasta Bake 300g	524 kJ	125 kcal	6.7g	3.7g	10.1g	1.4g	1.4g	5.6g	0.86g
Vegetarian Breakfast 300g	414 kJ	98 kcal	0.5g	0.3g	16.5g	3.1g	4.5g	4.7g	0.78g

COOKING INSTRUCTIONS

Microwave:

Open lid of box and pierce film lid several times.
Place into microwave and heat for:
700 Watts - 4 minutes
1100 Watts - 2 ½ minutes
Allow to stand for one minute before
carefully removing film lid and serving.

Cooking Instructions:

All appliances vary. The following are guidelines only.

Open lid of box and remove tray. Pierce film lid several times and place in microwave. Cook on high for:

700 Watts - 2 ½ minutes

1100 Watts - 1 ½ minutes

Allow to stand for one minute before carefully removing film lid and serving. **CAUTION:** Hot steam may escape, take care when removing film.

***Macaroni Cheese only.**