

## CHICKEN DAHL WITH RICE & CHAPATI

Water, Tomatoes (25%), Tomato Purée from Concentrate (18%), Spice Paste (5%)(Rapeseed Oil, Water, Sugar, Onion Purée, Concentrated Lime Juice, Salt, Coriander Leaf, Ground Ginger, Ground Cumin, Ground Coriander, Ground Cardamom, Paprika, Ground Cassia, Garlic Powder, Cumin Seed, Ground Fennel, Ground Cloves, Ground Chilli, Ground Fenugreek, Acidity Regulator (Acetic Acid), Ground Black Pepper, Black Onion Seed), Onion (5%), Modified Maize Starch, Dried Onion (2%), Spices (2%), Rapeseed Oil, Lemon Juice from Concentrate, Coriander Leaf, Sugar, Salt, Garlic Purée, Acidity Regulator (Lactic Acid), Dried

Chillies. Ingredients: Water,Wheat Flour(Wheat Flour,Calcium Carbonate,Niacin,Iron,Thiamin),Wholemeal **Wheat Flour(Wheat Flour,Wheat Gluten)**,Rapeseed Oil,Salt.100 %  
BASMATI RICE Chickpeas, Water, Antioxidant: Ascorbic Acid,  
spinach chicken thigh, **Contains : Gluten and Wheat**

## SPINACH, CHICKPEA LENTIL DAHL WITH RICE & CHAPATI

Water, Tomatoes (25%), Tomato Purée from Concentrate (18%), Spice Paste (5%)(Rapeseed Oil, Water, Sugar, Onion Purée, Concentrated Lime Juice, Salt, Coriander Leaf, Ground Ginger, Ground Cumin, Ground Coriander, Ground Cardamom, Paprika, Ground Cassia, Garlic Powder, Cumin Seed, Ground Fennel, Ground Cloves, Ground Chilli, Ground Fenugreek, Acidity Regulator (Acetic Acid), Ground Black Pepper, Black Onion Seed), Onion (5%), Modified Maize Starch, Dried Onion (2%), Spices (2%), Rapeseed Oil, Lemon Juice from Concentrate, Coriander Leaf, Sugar, Salt, Garlic Purée, Acidity Regulator (Lactic Acid), Dried

Chillies. Water,Wheat Flour(Wheat Flour,Calcium Carbonate,Niacin,Iron,Thiamin),Wholemeal **Wheat Flour(Wheat Flour,Wheat Gluten)**,Rapeseed Oil,Salt.100 %  
BASMATI RICE Chickpeas, Water, Antioxidant: Ascorbic Acid, spinach  
**Contains : Gluten and Wheat**

## SPAGHETTI BOLOGNESE & GARLIC SLICE

BEEF TRIM, Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Modified Maize Starch, Salt, Basil, Rapeseed Oil, Garlic Puree, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Dried Oregano, Ground Black Pepper. **Wheat** Flour(Wheat Flour, Calcium Carbonate,Niacin,Iron,Thiamin),Water,Rapeseed Oil,Garlic,Raising Agent(Monocalcium Phosphates,Sodium Bicarbonate),Yeast,Salt,Kalonji Seeds,Coriander,Dextrose. Durum Wheat Semolina (100%).

**Allergens are shown in Bold Contains : Gluten and Wheat May contain : Mustard and Soya**

## VEGETARIAN BOLOGNESE & GARLIC SLICE

Mycoprotein (88%), Rehydrated Free Range **EGG** White, Pea Fibre, Natural Caramelised Sugar; Firming Agents: Calcium Chloride, Calcium Acetate; Gluten Free **BARLEY** Malt Extract. Tomatoes (75%), Concentrated Tomato Purée (10%), Water, Onion, Sugar, Modified Maize Starch, Salt, Basil, Rapeseed Oil, Garlic Puree, Acidity Regulator (Citric Acid), Onion Powder, Parsley, Dried Oregano, Ground Black Pepper. **Wheat** flour (Wheat Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Water, Rapeseed Oil, Garlic, Raising Agent (Monocalcium Phosphates, Sodium Bicarbonate), Yeast, Salt, Kalonji Seeds, Coriander, Dextrose. Durum **Wheat** Semolina

**Allergens are shown in Bold. Contains : Gluten and Wheat, barley, egg. May contain : Mustard and Soya**

## SAUSAGE & MASH WITH CARROTS & PEAS

Water, Pork (28%), **Wheat Flour** (with Calcium, Iron, Niacin, Thiamin), Pork Fat, Chicken Fat, Chicken (4%), Pork Rind, Chicken Skin, Salt, Dextrose, Stabilisers (Tetrasodium Diphosphate, Disodium Diphosphate), Yeast Extract, Sugar, Preservative (Sodium Sulphite), Raising Agent (Ammonium Carbonate), Spice Extracts (Coriander, Nutmeg, Pepper), Antioxidant (Ascorbic Acid), Sage Extract. Filled into Beef Casing (Beef Collagen, Water, Cellulose). Potato (83%), Water, Palm Oil, Butteroil (**Milk**), Flavouring, Salt, Glucose Syrup, Whole Milk Powder, Lactose (Milk), Milk Proteins, Dextrose, Dried Cream (**Milk**), Onion, White Pepper. carrot, peas Potato Starch, Maltodextrin, Salt, Flavourings, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Palm Oil, Acid (Citric Acid).

**Allergens are shown in Bold**  
**Contains : Gluten, Sulphites >10ppm and Wheat milk**

## QUORN SAUSAGE & MASH WITH CARROTS & PEAS

Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [**Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Oregano, Nutmeg Extract, Mace Extract], **Wheat Gluten**, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Stabiliser: Methylcellulose, Sodium Alginate. Allergy Advice: For allergens, including cereals containing gluten, see ingredients in **bold**. Potato (83%), Water, Palm Oil, Butteroil (**Milk**), Flavouring, Salt, Glucose Syrup, Whole **Milk** Powder, Lactose (**Milk**), Milk Proteins, Dextrose, Dried Cream (**Milk**), Onion, White Pepper, carrot, peas Potato Starch, Maltodextrin, Salt, Flavourings, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Palm Oil, Acid (Citric Acid).

**Allergens are shown in bold**  
**Contains – gluten and wheat, milk**

## CHICKEN SWEET N SOUR NOODLES

Chicken Breast\*, Modified Tapioca starch, Salt, Stabiliser (Triphosphates). \*Prepared with 107g of Raw Chicken per 100g of Cooked Chicken. Tomato (31%), Water, Sugar, Pineapple Chunks (3.5%), Modified Maize Starch, Green Pepper (3%), Onion, Red Pepper (3%), Spirit Vinegar, Rapeseed Oil, Bramley Apple Purée, Acacia Fibre, Carrot Purée, Concentrated Pineapple Juice, Garlic Purée, Ginger Purée, Carrot, **CELERY**, Salt, Vitamin C, Natural Flavouring, Vitamin D, Colour (Paprika Extract) Tomatoes (56%), Water, Concentrated Tomato Purée (13%), Sugar, Extra Virgin Olive Oil, Modified Maize Starch, Lemon Juice from Concentrate, Garlic Purée, Salt, Basil, Acidity Regulator (Citric Acid), Dried Basil, Onion Powder, Ground Black Pepper, Dried Oregano. **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Turmeric, Paprika, Firming Agents: Potassium Carbonate, Sodium Carbonate, Acidity Regulator: Citric Acid. Beansprouts (27%), Onions (19%), Green Beans (13%), Red Peppers (13%), Sweetcorn (12%), Mushrooms (8%), Water Chestnuts (4%), Bamboo Shoots (4%).

**ALLERGENS = CELERY/wheat**

## SWEET N SOUR NOODLES

Tomato (31%), Water, Sugar, Pineapple Chunks (3.5%), Modified Maize Starch, Green Pepper (3%), Onion, Red Pepper (3%), Spirit Vinegar, Rapeseed Oil, Bramley Apple Purée, Acacia Fibre, Carrot Purée, Concentrated Pineapple Juice, Garlic Purée, Ginger Purée, Carrot, **CELERY**, Salt, Vitamin C, Natural Flavouring, Vitamin D, Colour (Paprika Extract) Tomatoes (56%), Water, Concentrated Tomato Purée (13%), Sugar, Extra Virgin Olive Oil, Modified Maize Starch, Lemon Juice from Concentrate, Garlic Purée, Salt, Basil, Acidity Regulator (Citric Acid), Dried Basil, Onion Powder, Ground Black Pepper, Dried Oregano. **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), Salt, Turmeric, Paprika, Firming Agents: Potassium Carbonate, Sodium Carbonate, Acidity Regulator: Citric Acid. Beansprouts (27%), Onions (19%), Green Beans (13%), Red Peppers (13%), Sweetcorn (12%), Mushrooms (8%), Water Chestnuts (4%), Bamboo Shoots (4%). Mycoprotein (55%), Water, WHEAT Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Vegetable Oils (Sunflower, Rapeseed), Pea Fibre, Natural Flavouring, Salt, Potato Protein, Pea Protein, WHEAT Gluten, Maize Flour, Stabiliser: Carrageenan. **WHEAT** Starch, Raising Agents: Ammonium Carbonate. Diphosphates, Sodium Bicarbonate, Dextrose, Durum **WHEAT** Semolina, Turmeric Extract

**Allergens are shown in Bold. Contains : Gluten and Wheat CELERY**