

## CHICKEN CURRY WITH RICE

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 Cardomom, 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: 100% Brown Parboiled Long Grain Rice Chickpeas, Water, Antioxidant: Ascorbic Acid.spinach chicke thigh,

**NONE OF THE 14 ALLERGENS**

## SPINACH, CHICKPEA LENTIL CURRY WITH RICE

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 Cardomom, 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 Chillies100% Brown Parboiled Long Grain Rice Chickpeas, Water, Antioxidant: Ascorbic Acid.spinach

**NONE OF THE 14 ALLERGENS**

## PASTA 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 WHOLE **Wheat** Semolina (100%).

**Allergens are shown in Bold**

**Contains : Gluten and Wheat**

**May contain : Barley, Milk, Oats, Rye 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 WHOLE **Wheat** Semolina

**Allergens are shown in Bold**

**Contains : Gluten and Wheat, barley, egg**

**May contain : Barley, Milk, Oats, Rye and Soya**

## ROAST CHICKEN WITH BROCCOLI, CARROTS, ROAST POTATOES & GRAVY

Chicken Breast \*, Rice Starch, Salt, Dextrose, D-Xylose, Maltodextrin, Stabilisers (Sodium Bicarbonate, Sodium Citrates). Made using 108g of raw Chicken Breast per 100g of cooked product CARROTS, BROCCOLI, Potato (97%), Sunflower Oil, Rice Flour, Potato Starch, Dextrin, Salt, Dextrose, Turmeric. Potato Starch, Maltodextrin, Salt, Flavourings, Colour (Ammonia Caramel), Flavour Enhancers (Monosodium Glutamate, Disodium 5'-Ribonucleotides), Palm Oil, Acid (Citric Acid).

**NONE OF THE 14 ALLERGENS**

## VEGETARIAN HOTPOT

Carrot, Turnip, Swede, Onion, **Celery** (origin: EU). Potato (96%) (Origin: EU), Sunflower Oil. 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 : Celery**

## CHICKEN SWEET N SOUR NOODLES

Chicken Breast (97%), Rice Starch, Salt, Dextrose, D-xylose, Maltodextrin, Stabilisers (Sodium Bicarbonate), Acidity Regulators (Trisodium Citrate). Water, Tomato Purée from Concentrate, Onion (10%), Sugar, Carrot (8%), Pineapple Juice from Concentrate, Pineapple (4%), Green Pepper (3.5%), Spirit Vinegar, Modified Maize Starch, Red Pepper (2%), Bamboo Shoot (1.5%), Salt, Ginger Puree, Garlic Puree, Colours (Paprika Extract, Anthocyanins), Flavouring. **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), **Egg** (5%), Salt, Colour (Carotenes), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric Acid).  
Ingredients: Green Cabbage (50%), Carrot (25%), Onion (15%), Bell Pepper (10%).

**Allergens are shown in Bold**

**Contains : Gluten, Egg and Wheat, celery**

## SWEET N SOUR NOODLES

Water, Tomato Purée from Concentrate, Onion (10%), Sugar, Carrot (8%), Pineapple Juice from Concentrate, Pineapple (4%), Green Pepper (3.5%), Spirit Vinegar, Modified Maize Starch, Red Pepper (2%), Bamboo Shoot (1.5%), Salt, Ginger Puree, Garlic Puree, Colours (Paprika Extract, Anthocyanins), Flavouring. Mycoprotein (93%), Rapeseed Protein, Natural Flavouring, Potato Protein, Mushroom Extract (Maltodextrin, Mushroom Extract). Allergy Advice: For allergens, see ingredients in **bold**. **Wheat** Flour (with Calcium, Iron, Niacin, Thiamin), **Egg** (5%), Salt, Colour (Carotenes), Firming Agents (Potassium Carbonate, Sodium Carbonate), Acidity Regulator (Citric Acid).  
Ingredients: Green Cabbage (50%), Carrot (25%), Onion (15%), Bell Pepper (10%).

**Allergens are shown in Bold**

**Contains : Gluten, Egg and Wheat, celery**

**May contain : Mustard**

## BATTERED FISH & CHIPS - SERVED WITH EITHER PEAS OR BEANS

Alaska Pollock (**Fish**) (50%), **Wheat Flour** (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Salt, Maize Starch, Wheat Starch, Raising Agent (Sodium Polyphosphate, Sodium Carbonate, Ammonium Carbonate), Yeast Extract, Stabiliser (Xanthan Gum), Yeast, Dextrose, Sunflower Oil, Sunflower Lecithin. Potato, Sunflower Oil Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring. GARDEN PEAS

**Allergens are shown in Bold**

**Contains : Gluten, Fish and Wheat**

## **VEGAN FISHLESS FINGERS - SERVED WITH EITHER PEAS OR BEANS**

extured Rice Flake (40%), **WHEAT Flour**, Water, Rapeseed Oil, **WHEAT** Gluten, Potato Starch, Natural Flavouring, Salt, **WHEAT** Fibre, Spices, Yeast. Potato, Sunflower Oil Haricot Beans (53%), Tomatoes (31%), Water, Sugar, Glucose-Fructose Syrup, Modified Maize Starch, Salt, Onion Powder, Paprika, Flavouring. GARDEN PEAS

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

## **CHEESE & TOMATO PIZZINI**

**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, Wholemeal **WHEAT** Flour, Yeast, Salt, Rapeseed Oil, Tomato Sauce (25%) (Concentrated Crushed Tomatoes, Acidity Regulator (Citric Acid), Water, Rapeseed Oil, Salt, Oregano, Garlic Granules, Mozzarella **Cheese** (MILK) (18%) SOURCE OF FIBRE.

**Allergens are shown in Bold**  
**Contains : Gluten, Milk and Wheat**

## **SPICY CHICKEN PIZZINI**

**WHEAT** Flour (**WHEAT** Flour, Calcium Carbonate, Niacin, Iron, Folic Acid, Thiamin), Water, **Wholemeal** WHEAT Flour, Yeast, Salt, Rapeseed Oil, Spicy Tomato Sauce (30%) (Concentrated Crushed Tomatoes, Acidity Regulator (Citric Acid), Water, Rapeseed Oil, Salt, Onion Powder, Coriander Powder, Chilli Powder, Oregano, Garlic Granules, Cumin Powder), Diced Chicken Breast (11%) (Chicken (98%), Salt), Mozzarella Cheese (**MILK**) (9%). Source of Fibre.

**Allergens are shown in Bold**  
**Contains : Gluten, Milk and Wheat**

## **SALMON & DILL FISHCAKES - SERVED WITH NEW POTATO AND PEAS**

Salmon (**Fish**) (37%), Mashed Potato (Potato, Water, **Skimmed** Milk, Rapeseed Oil, Salt, Modified Potato Starch, Stabiliser (Guar Gum), Milk, Pepper, Pepper Extract), Rapeseed Oil, **Wheat** Flour (**Wheat** Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Mozzarella (6%) (Milk, Anti-caking Agent (Potato Starch)), Onion, Dried Potato, Water, Salt, Yeast, Dill (0.5%), Maize Starch, Pepper, Lemon Zest, Emulsifier (Mono- and Diglycerides of Fatty Acids), Raising Agents (Disodium Diphosphate, Sodium Carbonate). NEW POTATO, GARDEN PEAS

**Allergens are shown in Bold**  
**Contains : Gluten, Fish, Milk and Wheat**