

**All Day Breakfast 300g**



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

Tomato Sauce (42%) (Water, Sugar, Tomato Puree, Cornflour, Modified Maize Starch, Salt, Onion Powder, Ground Paprika), Haricot Beans (25%), Pork Sausages (17%) (Pork, Rusk (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Raising Agent (Ammonium Bicarbonate)), Water, Pork Rind, **Wheat** Starch, Seasoning (Wheat Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt, Dextrose, Spices (Cayenne, Coriander, Mace, Pepper), Spice Extracts (Ginger, Mace, Nutmeg Pepper), Salt, Beef Collagen Casing), Sliced Potatoes (10%), Mushrooms (6%).

**Beef Chilli with Rice 300g**



***Minced beef in a spicy chilli sauce with a side of long grain rice.***

Chilli Sauce (70%) (Water, Beef, Onion, Kidney Beans, Tomato Puree, Red Pepper, Tomatoes, Modified Maize Starch, Green Pepper, Salt, Ground Cumin, Garlic Puree, Chilli Powder, Sugar, Ground Paprika, Red Chilli Puree), Cooked Long Grain Rice (30%) (Water, Long Grain Rice).

**Beef Lasagne 300g**



***Minced beef in a tomato and herb sauce with pasta topped with béchamel sauce***

Beef Lasagne Sauce (60%) (Water, Beef (11%), Tomato Puree, Onion, Cornflour, Tomatoes, Vegetable Stock (Rehydrated Potato Flakes, Water, Yeast Extract, Flavouring, Salt, Sunflower Oil, Sugar, Dried Onion, Lemon Juice from Concentrate, Garlic Powder), Salt, Garlic Puree, Sugar, Basil, Oregano, Ground Black Pepper), Béchamel Sauce (30%) (Water, **Milk**, Coloured Cheddar Cheese (**Milk**) (Contains Colour (Annatto)), Modified Maize Starch, Butter (**Milk**), Cornflour, Salt, Ground White Pepper), Lasagne Sheet (10%) (Durum **Wheat** Semolina, Water).

**Chicken Curry 300g**



***Chicken breast in a spicy curry sauce***

Water, Onion, Chicken (11%) (Chicken Breast, Salt), Coconut Cream, Chopped Tomatoes, Modified Waxy Maize Starch, Sugar, Single Cream (**Milk**), Garlic Puree, Salt, Rapeseed Oil, Tomato Puree, Lemon Juice, Ground Turmeric, Ground Cumin, Ground Coriander, Chilli Powder, Ground Fenugreek, Garlic Powder, Ground Fennel, Black Pepper, Onion Powder, Coriander.

**Chicken Korma & Rice 300g**



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

Korma Sauce (70%), (Water, Chicken (15%) (Chicken Breast, Salt), Onion, Coconut Cream, 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).

**Chicken Tikka & Rice 300g**



***Chicken in a spicy tikka sauce with a side of long grain rice***

Tikka Sauce (70%) (Water, Chicken (15%) (Chicken Breast, Salt), Single Cream (**Milk**), Onion, Tomato Puree, Coconut Cream, Modified Maize Starch, Rapeseed Oil, Cornflour, Coriander, Garlic Puree, Ginger Puree, Sugar, Garam Masala, Ground Cumin, Ground Paprika, Ground Coriander, Ground Turmeric, Chilli Powder, Salt), Cooked Rice (30%) (Water, Long Grain Rice).

**Chips & Curry Sauce 200g**



***Potato chips and a spiced tomato curry sauce.***

Chips (60%) (Potatoes, Palm Oil), Curry Sauce (40%) (Water, Onion, Creamed Coconut, Tomatoes, Sugar, Modified Maize Starch, Single Cream (**Milk**), Garlic Puree, Salt, Rapeseed Oil, Tomato Puree, Lemon Juice Concentrate, Ground Turmeric, Ground Cumin, Ground Coriander, Chilli Powder, Ground Fenugreek, Garlic Powder, Ground Fennel, Ground Black Pepper, Dried Onion Powder, Coriander).

**Cottage Pie 300g**



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

Mash Potato (52%) (Potato, Double Cream (**Milk**), Butter (**Milk**), Salt, Ground White Pepper), Minced Beef in Gravy (48%) (Water, Minced Beef (15%), Onion, Modified Maize Starch, Tomato Puree, Worcester Sauce (Water, Spirit Vinegar, Sugar, Salt, Tamarind Paste, Onion Powder, Garlic Powder, Ginger Powder, Lemon Juice Concentrate, Cloves, Chilli Powder), Vegetable Stock (Rehydrated Potato Flakes, Water, Yeast Extract, Flavouring, Salt, Sunflower Oil, Sugar, Dried Onion, Lemon Juice Concentrate, Garlic Powder), Rapeseed Oil, Salt, Caramel Powder (Glucose Syrup, Maltodextrin, Water, Sugar), Ground Black Pepper).

**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 Puree, 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)), Rapeseed Oil, Salt, White Pepper, Colour (Turmeric Extract)), Penne Pasta (8%) (Durum **Wheat** Semolina, Emulsifier (Mono - glyceride E471).

**Vegetarian All Day Breakfast 300g**



***Beans in a savoury tomato sauce with potatoes and mushrooms.***

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

**Vegetable Curry & Rice 300g**



***Cauliflower, carrots, peas and potatoes in a spiced curry sauce with a side of long grain rice.***

Vegetable Curry Sauce (70%) (Water, Cauliflower, Carrots, Peas, Onion, Single Cream (**Milk**), Potato, Tomato Puree, Low Fat Yoghurt (**Milk**), Rapeseed Oil, Ginger Puree, Garlic Puree, Coriander, Cornflour, Ground Spices (Cumin, Paprika, Turmeric, Coriander, Ginger, Chilli, Black Pepper, Cassia, Cardamom, Bay, Cloves, Nutmeg), Salt, Sugar, Cumin Seed), Cooked Rice (30%) (Water, Long Grain Rice).

**Golden Savoury Rice 200g**



***Long grain rice with sweetcorn, red pepper, carrot, onion and peas.***

Water, Long Grain Rice (25%), Sweetcorn, Red Pepper, Carrot, Onion, Peas, Garlic Puree, Vegetable Stock (Partially Rehydrated Potato, Water, Yeast Extract, Flavouring, Salt, Sunflower Oil, Sugar, Onion Powder, Lemon Juice Concentrate, Garlic Powder), Rapeseed Oil, Colour (Turmeric Extract), Salt.

**Penne Pasta Bolognese 300g**

***Minced beef in a herby tomato sauce with penne pasta.***



Water, Beef (14%), Penne Pasta (Durum **Wheat** Semolina, Emulsifier (Mono Glyceride - E471)), Onion, Tomato Puree, Tomatoes, Carrots, Modified Maize Starch, Rapeseed Oil, Cornflour, Salt, Vegetable Stock (Rehydrated Potato Flakes, Water, Yeast Extract, Flavouring, Salt, Sunflower Oil, Sugar, Dried Onion, Lemon Juice from Concentrate, Garlic Powder), Dried Majoram, Ground Black Pepper, Dried Basil, Dried Oregano).

**Pilau Rice 200g**

***Mildly Spiced Basmati Rice***



Water, Basmati Rice (35%), Modified Maize Starch, Rapeseed Oil, Salt, Turmeric Extract, Ground Bay, Ground Cardamom.

**Sausage & Mash 250g**

***Pork Sausage in an onion gravy with mashed potato.***



Onion Gravy (44%) (Water, Sliced Onion (6%), Red Wine, Cornflour, Tomato Puree, Vegetable Stock (Rehydrated Potato, Water, Yeast Extract, Flavouring Salt, Sunflower Oil, Sugar, Onion Powder, Lemon Juice Concentrate, Garlic), 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, Raising Agent (Ammonium Bicarbonate)), **Wheat** Flour, Beef Collagen Casing, Salt, Spices (Black Pepper, Nutmeg, Ginger, Mace), Dextrose, Herbs (Sage, Marjoram), Stabiliser (Tripolyphosphate)).

**Spicy Chicken & Rice 300g**

***Chicken in a spicy tomato sauce with a side of long grain rice.***



Spicy Sauce (70%) (Water, Tomatoes, Chicken (15%) (Chicken Breast, Salt), Onion, Red Pepper, Green Pepper, Modified Maize Starch, Tomato Puree, Rapeseed Oil, Cornflour, Sugar, Chicken Stock (Chicken Stock (Chicken, Water, Salt), Water, Yeast Extract), Ground Paprika, Lemon Juice from Concentrate, Salt, Red Chilli Puree, Garlic Puree, Chilli Powder), Cooked Rice (30%) (Water, Long Grain Rice).

**Sweet & Sour Chicken with Rice 300g**

***Chicken & vegetables in a sweet & sour sauce with a side of long grain rice.***



Sweet & Sour Sauce (70%) (Water, Chicken (15%) (Chicken Breast, Salt), Onion, Sugar, **Barley** Malt Vinegar, Pineapple, Red Pepper, Water Chestnut, Tomato Puree, Carrots, Modified Maize Starch, Rapeseed Oil, Cornflour, Salt, Ginger Puree, Garlic Puree, Colour (Paprika Extract)), Cooked Rice (30%) (Water, Long Grain Rice).

**All Day Breakfast 400g**



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

Sauce (46.5%) (Water, Sugar, Tomato Puree, Cornflour, Modified Maize Starch, Salt, Onion Powder, Ground Paprika), Beans (25%), Pork Sausage (12.5%) (Pork, Rusk (**Wheat** flour[Calcium Carbonate, Iron, Niacin, Thiamin]), Salt, Water, Pork Rind, **Wheat** Starch, Seasoning (Salt, Dextrose, Spice and Spice Extracts (Pepper, Coriander, Mace, Cayenne, Ginger, Nutmeg), Beef Collagen Casing), Potatoes (10%), Mushrooms (6%).

**Beef Lasagne 400g**



***Minced beef in a tomato and herb sauce with pasta topped with béchamel sauce***

Sauce (61.25%) (Water, Minced Beef, Tomato Puree, Onion, Cornflour, Tomatoes, Vegetable Stock (Rehydrated Potato Flakes, Water, Yeast Extract, Flavouring, Salt, Sunflower Oil, Sugar, Dried Onion, Lemon Juice from Concentrate, Garlic Powder), Salt, Garlic Puree, Sugar, Basil, Oregano, Ground Black Pepper), Béchamel Sauce (31.25%) (Water, Whole **Milk**, Coloured Cheddar Cheese (**Milk**) (contains Colour (Annatto)), Modified Maize Starch, Butter (**Milk**), Cornflour, Salt, White Pepper), Lasagne (7.5%) (Durum **Wheat** Semolina, Water).

**Chicken Korma & Rice 400g**



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

Korma Sauce (70%), (Water, Chicken (Chicken Breast, Salt), Onion, Coconut Cream, 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 400g**



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

Mash Potato (52%) (Potato, Double Cream (**Milk**), Butter (**Milk**), Salt, Ground White Pepper), Sauce (48%) (Water, Minced Beef (15%), Onion, Modified Maize Starch, Tomato Puree, Worcester Sauce (Water, Spirit Vinegar, Sugar, Salt, Tamarind, Onion, Garlic Powder, Ginger, Lemon Juice from Concentrate, Cloves, Chilli Powder), Vegetable Stock (Rehydrated Potato Flakes, Water, Yeast Extract, Flavouring, Salt, Sunflower Oil, Sugar, Dried Onion, Lemon Juice from Concentrate, Garlic Powder), Rapeseed Oil, Salt, Caramel Powder (Glucose Syrup, Maltodextrin, Water, Sugar), Ground Black Pepper).

# ONE MEAL AMBIENT HOT MEALS

## DIETARY ADVICE

SUITABLE FOR	HALAL	COELIAC	LACTOSE INOLERANT	VEGETARIANS	VEGANS
All Day Breakfast 300g	NO	NO	YES	NO	NO
Vegetarian Breakfast 300g	YES	YES	YES	YES	YES
Tuna Pasta Bake 300g	NO	NO	NO	NO	NO
Beef Lasagne 300g	YES	NO	NO	NO	NO
Penne Bolognese 300g	YES	NO	YES	NO	NO
Cottage Pie 300g	YES	YES	NO	NO	NO
Pilau Rice 200g	YES	YES	YES	YES	YES
Chicken Curry 300g	YES	YES	NO	NO	NO
Chicken Korma with Rice 300g	YES	YES	NO	NO	NO
Chicken Tikka with Rice 300g	YES	YES	NO	NO	NO
Vegetable Curry with Rice 300g	YES	YES	NO	YES	NO
Beef Chilli with Rice 300g	YES	YES	YES	NO	NO
Spicy Chicken with Rice 300g	YES	YES	YES	NO	NO
Sweet & Sour Chicken with Rice 300g	YES	NO	YES	NO	NO
Chips & Curry Sauce 200g	YES	YES	NO	YES	NO
Sausage & Mash 250g	NO	NO	NO	NO	NO
Savoury Rice 200g	YES	YES	YES	YES	YES
All Day Breakfast 400g	NO	NO	YES	NO	NO
Beef Lasagne 400g	YES	NO	NO	NO	NO
Cottage Pie 400g	YES	YES	NO	NO	NO
Chicken Korma 400g	YES	YES	NO	NO	NO

# ONE MEAL AMBIENT HOT MEALS

## ALLERGEN ADVICE

CONTAINS	PEANUTS	NUTS	SESAME	EGG	FISH	CRUSTACEANS	MOLLUSC	MILK	SOYA	GLUTEN	MUSTARD	SULPHITES	CELERY
All Day Breakfast	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES - WHEAT	NO	NO	NO
Vegetarian Breakfast	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Tuna Pasta Bake	NO	NO	NO	NO	YES	NO	NO	YES	NO	YES - WHEAT	NO	NO	NO
Beef Lasagne	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES - WHEAT	NO	NO	NO
Penne Bolognese	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES - WHEAT	NO	NO	NO
Cottage Pie	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO
Pilau Rice	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Chicken Curry	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO
Chicken Korma with Rice	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO
Chicken Tikka with Rice	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO
Vegetable Curry with Rice	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO
Beef Chilli with Rice	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Spicy Chicken with Rice	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Sweet & Sour Chicken with Rice	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES - BARLEY	NO	NO	NO
Chips & Curry Sauce	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO
Sausage & Mash	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES - BARLEY & WHEAT	NO	NO	NO
Savoury Rice	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
All Day Breakfast 400g	NO	NO	NO	NO	NO	NO	NO	NO	NO	YES - WHEAT	NO	NO	NO
Beef Lasagne 400g	NO	NO	NO	NO	NO	NO	NO	YES	NO	YES - WHEAT	NO	NO	NO
Cottage Pie 400g	NO	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO
Chicken Korma 400g	NO	NO	NO	NO	NO	NO	NO	YES	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
Vegetarian Breakfast 300g	414 KJ	108 Kcal	0.5g	0.3g	16.5g	3.1g	4.5g	4.7g	0.78g
Tuna Pasta Bake 300g	524 KJ	125 Kcal	6.7g	3.7g	10.1g	1.4g	1.4g	5.6g	0.86g
Beef Lasagne 300g	445 KJ	106 Kcal	3.7g	2.3g	11.7g	1g	1.9g	5.8g	0.67g
Penne Bolognese 300g	436 KJ	103 Kcal	2.3g	0.9g	13.8g	1.6g	1.7g	6g	0.61g
Cottage Pie 300g	435 KJ	104 Kcal	5.1g	2.9g	8.6g	0.7g	1.6g	5.2g	0.82g
Pilau Rice 200g	698 KJ	83 Kcal	3.7g	0.2g	30.3g	<0.5g	0.6g	2.4g	0.9g
Chicken Curry 300g	427 KJ	103 Kcal	6.3g	4.5g	7.1g	4.0g	1.1g	3.8g	1.2g
Chicken Korma with Rice 300g	486 KJ	116 Kcal	4.8g	2.3g	12.1g	3g	0.5g	4.8g	0.3g
Chicken Tikka with Rice 300g	480 KJ	115 Kcal	5.1g	2.5g	11.5g	1.8g	0.7g	5.3g	0.1g
Vegetable Curry with Rice 300g	489 KJ	116 Kcal	4g	1.1g	15.9g	2.6g	2.3g	3.2g	0.7g
Beef Chilli with Rice 300g	348 KJ	83 Kcal	2g	0.7g	12.4g	1.5g	0.9g	3.3g	0.4g
Spicy Chicken with Rice 300g	254 KJ	85 Kcal	0.8g	0.2g	11.5g	0.9g	1.4g	7.2g	0.47g
Sweet & Sour Chicken with Rice 300g	468 KJ	143 Kcal	1.4g	0.2g	17.4g	5.8g	0.8g	6.7g	0.54g
Chips & Curry Sauce 200g	498 KJ	121Kcal	3.1g	1.4g	18.7g	2.2g	3.5g	2.2g	0.65g
Sausage & Mash 250g	551 KJ	132 Kcal	7.4g	2.9g	10.4g	0.2g	1.5g	5.3g	0.73g
Savoury Rice 200g	478 KJ	113 Kcal	0.2g	0.1g	24g	1.6g	1.5g	3g	0.28g
All Day Breakfast 400g	476 KJ	113 Kcal	2.6g	1g	15.3g	1.7g	3.3g	5.5g	0.96g
Beef Lasagne 400g	445 KJ	106 Kcal	3.7g	2.3g	11.7g	1g	1.9g	5.8g	0.67g
Cottage Pie 400g	435 KJ	104 Kcal	5.1g	2.9g	8.6g	0.7g	1.6g	5.2g	0.82g
Chicken Korma 400g	486 KJ	116 Kcal	4.8g	2.3g	12.1g	3g	0.5g	4.8g	0.3g

## 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.