**Beef Lasagne**

**INGREDIENTS:** Lean Beef Mince, Semi-skimmed **MILK**, Water, Chopped Tomatoes [tomato (65%), concentrated tomato juice, acidity regulator (citric acid)], Lasagne Sheets (durum **WHEAT** semolina), Onion, Carrot, **CELERY**, Tomato Puree [tomato puree, acidity regulator (citric acid)], Mozzarella Cheese (**MILK**), Plain Flour [wheat flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin)], Vegetable Oil Spread [vegetable oils in varying proportions (55%) (rapeseed, palm, sunflower), water, salt (1.38%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono and diglycerides or fatty acids), acid (citric acid), flavourings, vitamins (A and D), colours (carotenes)], Garlic, Dried Oregano

**Chicken Korma with Rice**

**INGREDIENTS:** Chicken Breast, Coconut Milk [coconut extract (51%), water, stabilisers (guar gum, carboxymethylcellulose), emulsifier (sucrose esters or fatty acids)], Brown Rice, Onion, Spinach, Korma Curry Paste [water, tomato puree, sugar, coconut, rapeseed oil, desiccated coconut, ground coriander, cornflour, ground cumin, ground ginger, acidity regulator (lactic acid), ground turmeric, garlic powder, salt, paprika, potassium chloride, preservative (potassium sorbate), chili powder, stabiliser (xanthan gum), flavouring, maltodextrin], Desiccated Coconut, Garlic

**Chicken and Vegetable Pie**

**INGREDIENTS:** Chicken Breast, Low Sodium Chicken Stock [water, potato starch, sustainable palm oil, glucose syrup, chicken powder, chicken fat, sea salt, yeast extract, natural flavourings, onion, leek, **CELERY**, turmeric, black pepper, lovage, rosemary, garlic, parsley], Carrot, Puff Pastry [**WHEAT** flour, water, vegetable oils and fats (palm, rapeseed), alcohol, salt, lemon juice concentrate, emulsifier (mono and diglycerides or fatty acids), preservative (potassium sorbate), flour treatment agents (L-cysteine, ascorbic acid), natural flavouring, colour (beta carotene)], Peas, Semi-skimmed **MILK**, **CELERY**, Plain Flour [wheat flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin)], Vegetable Oil Spread [vegetable oils in varying proportions (55%) (rapeseed, palm, sunflower), water, salt (1.38%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono and diglycerides or fatty acids), acid (citric acid), flavourings, vitamins (A and D), colours (carotenes)], Sunflower Oil

**Cottage Pie**

**INGREDIENTS:** Potato, Lean Beef Mince, Low Sodium Beef Stock [water, potato starch, sustainable palm oil, glucose syrup, beef powder, beef fat, tomato, onion, **CELERY**, sea salt, yeast extract, natural flavouring, sugar, black pepper, garlic, parsley, turmeric, bay, mushroom], Chopped Tomatoes [tomato (65%), concentrated tomato juice, acidity regulator (citric acid)], Onion, Carrot, Tomato Puree [tomato puree, acidity regulator (citric acid)], Plain Flour [wheat flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin)], Semi-skimmed **MILK**, Vegetable Oil Spread [vegetable oils in varying proportions (55%) (rapeseed, palm, sunflower), water, salt (1.38%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono and diglycerides or fatty acids), acid (citric acid), flavourings, vitamins (A and D), colours (carotenes)], Sunflower Oil, Dried Mixed Herbs [thyme, marjoram, parsley, oregano, sage, basil]

**Fish Fingers with Sweet Potato Wedges and Baked Beans**

**INGREDIENTS:** Baked Beans [beans (50%), tomatoes (37%), water, modified cornflour, spirit vinegar, salt, natural flavouring, spice extracts, sweetener (steviol glycosides), herb extract],Sweet Potato, Cod (**FISH**), Breadcrumbs [wheat flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine), yeast, salt, colour (paprika extract)], **EGG**, Plain Flour [wheat flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin)], Sunflower Oil

**Jacket Potato with Cheese and Beans**

**INGREDIENTS:** Potato, Baked Beans [beans (50%), tomatoes (37%), water, modified cornflour, spirit vinegar, salt, natural flavouring, spice extracts, sweetener (steviol glycosides), herb extract],Cheddar Cheese (**MILK**), Vegetable Oil Spread [vegetable oils in varying proportions (55%) (rapeseed, palm, sunflower), water, salt (1.38%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono and diglycerides or fatty acids), acid (citric acid), flavourings, vitamins (A and D), colours (carotenes)]

**Jacket Potato with Tuna Mayo Sweetcorn**

**INGREDIENTS:** Potato, Tuna [skipjack tuna (**FISH**), spring water], Sweetcorn, Plain Whole Milk Yoghurt (**MILK**), Mayonnaise [rapeseed oil, water, sugar, modified maize starch, acetic acid, **EGG** yolk powder, pasteurised **EGG** yolk powder, salt, maltodextrin, stabiliser (xanthan gum, salt), preservative (potassium sorbate)], Vegetable Oil Spread [vegetable oils in varying proportions (55%) (rapeseed, palm, sunflower), water, salt (1.38%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono and diglycerides or fatty acids), acid (citric acid), flavourings, vitamins (A and D), colours (carotenes)]

**Margherita Pizza with Cucumber & Carrot Sticks**

**INGREDIENTS:** Carrot, Cucumber, Plain Whole Milk Yoghurt **(MILK**), Chopped Tomatoes [tomato (65%), concentrated tomato juice, acidity regulator (citric acid)], Wholemeal Self-raising Flour [wholemeal **WHEAT** flour, raising agents (sodium hydrogen carbonate, monocalcium phosphate), may contain **SOYA**], Self-raising Flour [wheat flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), raising agents (calcium phosphate, sodium bicarbonate)], Mozzarella Cheese (**MILK**), Cheddar Cheese (**MILK**), Dried Basil

**Pasta in Cheese Sauce**

**INGREDIENTS:** Wholemeal Pasta [durum **WHOLEWHEAT** semolina], Broccoli, Semi-skimmed **MILK**, Fresh Tomato, Split Red Lentils, Cheddar Cheese (**MILK**), Plain Flour [wheat flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin)], Vegetable Oil Spread [vegetable oils in varying proportions (55%) (rapeseed, palm, sunflower), water, salt (1.38%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono and diglycerides or fatty acids), acid (citric acid), flavourings, vitamins (A and D), colours (carotenes)]

**Pasta Primavera**

**INGREDIENTS:** Haricot Beans [haricot beans, water, firming agent (calcium chloride)], Wholemeal Pasta [durum **WHOLEWHEAT** semolina], Green Pepper, Red Pepper, Mushrooms, Semi-skimmed **MILK**, Courgette, Cream Cheese (**MILK**), Leek, Green Pesto [basil (26%), olive oil, water, medium fat hard cheese (**MILK**), toasted pine nuts, extra virgin olive oil (6%), concentrated lemon juice, garlic puree, salt, potato starch], Sunflower Oil, Garlic

**Salmon & Broccoli Pasta**

**INGREDIENTS:** Salmon (**FISH**), Broccoli, Wholemeal Pasta [durum **WHOLEWHEAT** semolina], Onion, Garlic, Water, Sunflower Oil

**Salmon in Parsley Sauce with New Potatoes and Carrots**

**INGREDIENTS:** New Potatoes, Salmon (**FISH**), Semi-skimmed **MILK**, Carrot, Vegetable Oil Spread [vegetable oils in varying proportions (55%) (rapeseed, palm, sunflower), water, salt (1.38%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono and diglycerides or fatty acids), acid (citric acid), flavourings, vitamins (A and D), colours (carotenes)], Plain Flour [wheat flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin)], Parsley

**Sausage, Mash & Beans**

**INGREDIENTS:** Baked Beans [beans (50%), tomatoes (37%), water, modified cornflour, spirit vinegar, salt, natural flavouring, spice extracts, sweetener (steviol glycosides), herb extract],Chipolata Sausages [pork mince, bread rusk (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin, salt, ammonium bicarbonate), seasoning (salt, **WHEAT** flour (containing calcium carbonate, niacin, iron, thiamine), sodium triphosphate, flavour enhancer (E621), preservative (E221) (**SULPHUR DIOXIDE**), rubbed sage, dextrose, flavouring (capsicum, coriander, ginger, mace, nutmeg, parsley, pepper, pimento), antioxidants (E300 & E331))], Potato, Semi-skimmed **MILK**, Vegetable Oil Spread [vegetable oils in varying proportions (55%) (rapeseed, palm, sunflower), water, salt (1.38%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono and diglycerides or fatty acids), acid (citric acid), flavourings, vitamins (A and D), colours (carotenes)]

**Shepherds Pie**

**INGREDIENTS:** Potato, Lean Lamb Mince, Low Sodium Vegetable Stock [water, sustainable palm oil, potato starch, onion, carrot, leek, **CELERY**, glucose syrup, sea salt, yeast extract, natural flavouring, garlic, lovage, parsley, nutmeg, oregano, turmeric, rosemary, thyme], Chopped Tomatoes [tomato (65%), concentrated tomato juice, acidity regulator (citric acid)], Mushrooms, Peas, Leek, Tomato Puree [tomato puree, acidity regulator (citric acid)], Plain Flour [wheat flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin)], Semi-skimmed **MILK**, Vegetable Oil Spread [vegetable oils in varying proportions (55%) (rapeseed, palm, sunflower), water, salt (1.38%), **BUTTERMILK**, preservative (potassium sorbate), emulsifier (mono and diglycerides or fatty acids), acid (citric acid), flavourings, vitamins (A and D), colours (carotenes)], Sunflower Oil, Dried Mixed Herbs [thyme, marjoram, parsley, oregano, sage, basil]

**Toad in the Hole with Peas and Gravy**

**INGREDIENTS:** Peas, Chipolata Sausages [pork mince, bread rusk (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin, salt, ammonium bicarbonate), seasoning (salt, **WHEAT** flour (containing calcium carbonate, niacin, iron, thiamine), sodium triphosphate, flavour enhancer (E621), preservative (E221) (**SULPHUR DIOXIDE**), rubbed sage, dextrose, flavouring (capsicum, coriander, ginger, mace, nutmeg, parsley, pepper, pimento), antioxidants (E300 & E331))], Gravy [water, potato starch, palm oil, salt, wheat flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin), **BARLEY** malt extract, maltodextrin, flavourings (contain **WHEAT**), onion powder, emulsifier (**SOYA** lecithins)], Semi-skimmed **MILK**, **EGG**, Plain Flour [wheat flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin)], Sunflower Oil

**Tuna & Pea Fishcakes with Sweetcorn**

**INGREDIENTS:** Tuna [skipjack tuna (**FISH**), spring water], Potato, Sweetcorn, Peas, Breadcrumbs [wheat flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine), yeast, salt, colour (paprika extract)], Leek, **EGG**, Plain Flour [wheat flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin)], Lemon Juice [water, concentrated lemon juice, lemon oil, preservative (potassium **METABISULPHITE**), Fresh Chives, Sunflower Oil

**Turkey Meatball Pasta Bake**

**INGREDIENTS:** Minced Turkey, Wholemeal Pasta [durum **WHOLEWHEAT** semolina], Chopped Tomatoes [tomato (65%), concentrated tomato juice, acidity regulator (citric acid)], Onion, Mozzarella Cheese (**MILK**), Green Pepper, Carrot, **CELERY**, **EGG**, Breadcrumbs [wheat flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamine), yeast, salt, colour (paprika extract)], Plain Flour [wheat flour (**WHEAT** flour, calcium carbonate, iron, niacin, thiamin)], Garlic, Sunflower Oil, Dried Parsley

**Vegetarian Dhansak Curry with Rice**

**INGREDIENTS:** Brown Rice, Water, Cauliflower, Chopped Tomatoes [tomato (65%), concentrated tomato juice, acidity regulator (citric acid)], Split Red Lentils, Coconut Milk [coconut extract (51%), water, stabilisers (guar gum, carboxymethylcellulose), emulsifier (sucrose esters or fatty acids)], Green Pepper, Red Pepper, Potato, Onion, Carrot, Garlic, Sunflower Oil, Coriander, Curry Powder [coriander seed, salt, turmeric, cinnamon, paprika, sugar, garlic powder, onion powder, cumin seed, ginger, **MUSTARD** seed, black pepper, cardamom, chili powder, clove, nutmeg]