

Code 603 - Spotted Dick & Custard

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 750 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **1½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove the pot and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **1 minute**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove the pot and serve.

OVEN Cooking Instructions

- Pre-heat oven to **160°C/325°F, Gas Mark 3**.
- Remove lid and place on baking tray.
- Cook in the centre of the oven for **20-25 minutes** (fan ovens may vary).
- Turn pot upside down into a serving bowl, remove pot and serve.



**Please ensure this meal is piping hot throughout before serving.
Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

All information correct at time of publishing but may be subject to change, if you have any queries then please do not hesitate to ask.

Code 604 - Bread & Butter Pudding

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **1½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove the pot and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **1 minute**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove the pot and serve.

OVEN Cooking Instructions

- Pre-heat oven to **160°C/325°F, Gas Mark 3**.
- Remove lid and place on baking tray.
- Cook in the centre of the oven for **20-25 minutes** (fan ovens may vary).
- Turn pot upside down into a serving bowl, remove pot and serve.



**Please ensure this meal is piping hot throughout before serving.
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Code 608 - Jam Sponge & Custard

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 750 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **1½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove the pot and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **1 minute**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove the pot and serve.

OVEN Cooking Instructions

- Pre-heat oven to **160°C/325°F, Gas Mark 3**.
- Remove lid and place on baking tray.
- Cook in the centre of the oven for **20-25 minutes** (fan ovens may vary).
- Turn pot upside down into a serving bowl, remove pot and serve.



**Please ensure this meal is piping hot throughout before serving.
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Code 613 - Apple & Cinnamon Pudding

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **1½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove the pot and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **1 minute**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove the pot and serve.

OVEN Cooking Instructions

- Pre-heat oven to **160°C/325°F, Gas Mark 3**.
- Remove lid and place on baking tray.
- Cook in the centre of the oven for **20-25 minutes** (fan ovens may vary).
- Turn pot upside down into a serving bowl, remove pot and serve.



**Please ensure this meal is piping hot throughout before serving.
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Code 615 - Apple Strudel

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 750 WATT**
- Remove lid and heat on FULL POWER for **3½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove from pot and serve.

- 900 WATT**
- Remove lid and heat on FULL POWER for **2½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove from pot and serve.

OVEN Cooking Instructions

- Pre-heat oven to **180°C/360°F, Gas Mark 5**.
- Remove product completely from pot and place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).
- Serve.



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Code 619 - Pineapple Pancakes

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **3 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Heat on FULL POWER for **2 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **2 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Heat on FULL POWER for **2 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **25-30 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

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Code 620 - Rice Pudding

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **1½ minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **1½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **1 minutes**.
 - Peel back film lid, gently stir then re-cover and heat on FULL POWER for **1½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **15-20 minutes** (fan ovens may vary), stirring occasionally.
- Remove film lid and serve.



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Code 622 - Black Cherry Pancakes

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Leave to stand in microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **3 ½ minutes**.
 - Leave to stand in microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in centre of the oven for **20-25 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

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Code 623 - Apple & Raisin Pancakes

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **4 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **3½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in centre of the oven for **20-25 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

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Code 624 - Chocolate Pudding

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 750 WATT**
- Remove lid and turn pot upside down onto a microwavable plate.
 - Heat on FULL POWER for **1½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove pot and serve.

- 900 WATT**
- Remove lid and turn pot upside down onto a microwavable plate.
 - Heat on FULL POWER for **1 minute**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove pot and serve.

OVEN Cooking Instructions

- Pre-heat oven to **160°C/325°F, Gas Mark 3**.
- Remove lid and place on baking tray.
- Cook in the centre of the oven for **20-25 minutes** (fan ovens may vary).
- Turn pot upside down into a serving bowl, remove pot and serve.



**Please ensure this meal is piping hot throughout before serving.
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Code 625 - Treacle Pudding

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 750 WATT**
- Remove lid and turn pot upside down onto a microwavable plate.
 - Heat on FULL POWER for **1½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove pot and serve.

- 900 WATT**
- Remove lid and turn pot upside down onto a microwavable plate.
 - Heat on FULL POWER for **1 minute**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove pot and serve.

OVEN Cooking Instructions

- Pre-heat oven to **160°C/325°F, Gas Mark 3**.
- Remove lid and place on baking tray.
- Cook in the centre of the oven for **20-25 minutes** (fan ovens may vary).
- Turn pot upside down into a serving bowl, remove pot and serve.



**Please ensure this meal is piping hot throughout before serving.
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Code 626 - Sticky Toffee Pudding

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 750 WATT**
- Remove lid and turn pot upside down onto a microwaveable plate.
 - Heat on FULL POWER for **1½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove the pot and serve.

- 900 WATT**
- Remove lid and turn pot upside down onto a microwaveable plate.
 - Heat on FULL POWER for **1 minute**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove the pot and serve.

OVEN Cooking Instructions

- Pre-heat oven to **160°C/325°F, Gas Mark 3**.
- Remove lid and place on baking tray.
- Cook in the centre of the oven for **20-25 minutes** (fan ovens may vary).
- Turn pot upside down into a serving bowl, remove pot and serve.



**Please ensure this meal is piping hot throughout before serving.
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Code 627 - Lemon Pudding with Lemon Custard

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove lid and turn pot upside down onto a microwaveable plate.
 - Heat on FULL POWER for **1½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove pot and serve.

- 900 WATT**
- Remove lid and turn pot upside down onto a microwaveable plate.
 - Heat on FULL POWER for **1 minute**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove pot and serve.

OVEN Cooking Instructions

- Pre-heat oven to **160°C/325°F, Gas Mark 3**.
- Remove lid and place on a baking tray.
- Cook in the centre of the oven for **20-25 minutes** (fan ovens may vary).
- Turn pot upside down into a serving bowl, remove pot and serve.



**Please ensure this meal is piping hot throughout before serving.
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Code 628 - Jam Roly Poly & Custard

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **3½ minutes**.
 - Leave to stand in microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **2½ minutes**.
 - Leave to stand in microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **15-20 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

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Code 632 - Rhubarb Crumble

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve, pierce film lid and place on a microwaveable plate.
 - Heat on FULL POWER for **2 minutes**.
 - Leave to stand in microwave for **1 minute**.
 - Heat on FULL POWER for a further **1½ minutes**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve, pierce film lid and place on a microwaveable plate.
 - Heat on FULL POWER for **2 minutes**.
 - Leave to stand in microwave for **1 minute**.
 - Heat on FULL POWER for a further **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **35-40 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

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Code 633 - Low Sugar Apple Crumble

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **2 minutes**.
 - Leave to stand in microwave for **1 minute**.
 - Heat on FULL POWER for a further **1½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **2 minutes**.
 - Leave to stand in microwave for **1 minute**.
 - Heat on FULL POWER for a further **1 minute**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **25-30 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

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Code 634 - Low Sugar Blackberry & Apple Crumble

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **2 minutes**.
 - Leave to stand in microwave for **1 minute**.
 - Heat on FULL POWER for a further **1½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **2 minutes**.
 - Leave to stand in microwave for **1 minute**.
 - Heat on FULL POWER for a further **1 minute**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **25-30 minutes** (fan ovens may vary).
- Remove film lid and serve.



Please ensure this meal is piping hot throughout before serving.

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Code 635 - Pineapple Upside Down Pudding

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 650 WATT**
- Remove lid and turn pot upside down onto a microwavable plate.
 - Heat on FULL POWER for **1½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove pot and serve.

- 900 WATT**
- Remove lid and turn pot upside down onto a microwavable plate.
 - Heat on FULL POWER for **1 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove pot and serve.

OVEN Cooking Instructions

- Pre-heat oven to 160°C/325°C Gas Mark 3.
- Remove lid, and place on baking tray.
- Cook in the centre of the oven for **20-25 minutes** (fan ovens may vary).
- Turn pot upside down into a serving bowl, remove pot and serve.



**Please ensure this meal is piping hot throughout before serving.
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Code 637 - Stewed Apple & Summer Berries

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **2 minutes**.
 - Peel back film lid, gently stir, then re-cover and heat on FULL POWER for a further **1½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.
 - .

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **2 minutes**.
 - Peel back film lid, gently stir, then re-cover and heat on FULL POWER for a further **1 minute**.
 - Leave to stand in the microwave for **1 minute**.
 - Remove film lid and serve.
 - .

OVEN Cooking Instructions

- Pre-heat oven to **200°C/400°F, Gas Mark 6**.
- Remove sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **25-30 minutes** (fan ovens may vary).
- Remove film lid, gently stir and serve.



Please ensure this meal is piping hot throughout before serving.

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Code 638 - Rhubarb & Custard

For best results DEFROST before cooking.
Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

- 700 WATT**
- Remove lid and replace loosely on top of pot.
 - Place on microwaveable plate and heat on FULL POWER for **3 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Serve.

- 900 WATT**
- Remove lid and replace loosely on top of pot.
 - Place on microwaveable plate and heat on FULL POWER for **2 minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Serve.

OVEN Cooking Instructions

- Pre-heat oven to **160°C/325°F, Gas Mark 3**.
- Remove lid and place on baking tray.
- Cook in the centre of oven for **25-30 minutes** (fan ovens may vary).
- Serve.



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