

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.
Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

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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.
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 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.



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 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.

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 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.



Please ensure this meal is piping hot throughout before serving.

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Code 621 - Semolina 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 minutes**.
 - 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.



Please ensure this meal is piping hot throughout before serving.

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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.



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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 629 - Summer Berry Crumble

For best results cook in the OVEN 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**.
 - Leave to stand in microwave for **1 minute**.
 - Heat on FULL POWER for a further **1 minute**.
 - Remove film lid and serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **1½ 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.
Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

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Code 631 - Apple & Sultana Crumble

For best results cook in the OVEN 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 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.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

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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.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

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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.
Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.**

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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.

Do not re-heat the products. The container may soften during heating, but will regain its strength on standing.

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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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Code 760 - Low Sugar Bread Pudding & Custard

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

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

- 900 WATT**
- Remove sleeve and film lid.
 - Cook 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 sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **25-30 minutes** (fan ovens may vary).



Please ensure this meal is piping hot throughout before serving.

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Code 761 - Low Sugar Jam Sponge & Custard

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

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

- 900 WATT**
- Remove sleeve and film lid.
 - 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 sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **25-30 minutes** (fan ovens may vary).



Please ensure this meal is piping hot throughout before serving.

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Code 762 - Low Sugar Lemon Curd Pudding & Custard

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

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

- 900 WATT**
- Remove sleeve and film lid.
 - 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 sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **25-30 minutes** (fan ovens may vary).



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 763 - Low Sugar Date Sponge & Custard

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

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

- 900 WATT**
- Remove sleeve and film lid.
 - 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 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.

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 764 - Low Sugar Apple Pudding & Custard

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

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

- 900 WATT**
- Remove sleeve and film lid.
 - 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 sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **25-30 minutes** (fan ovens may vary).



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 765 - Low Sugar Banana Pudding & Custard

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

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

- 900 WATT**
- Remove sleeve and film lid.
 - 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 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.

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 766 - Low Sugar Apple Pie & Custard

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**.
 - Leave to stand in the microwave for **1 minute**.
 - Heat on FULL POWER for a further **1 minute**.
 - Leave to stand in the microwave for **1 minute**.
 - Serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for **1½ minutes**.
 - Leave to stand in the microwave for **1 minute**.
 - Heat on FULL POWER for a further **1 minute**.
 - 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 sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).



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 767 - Low Sugar Apple & Blackberry Pie & Custard

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**.
 - Leave to stand in the microwave for **1 minute**.
 - Heat on FULL POWER for a further **1 minute**.
 - Leave to stand in the microwave for **1 minute**.
 - Serve.

- 900 WATT**
- Remove sleeve and pierce film lid.
 - Heat on FULL POWER for 1½ minute.
 - Leave to stand in the microwave for **1 minute**.
 - Heat on FULL POWER for a further **1 minute**.
 - 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 sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).



**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 768 - Low Sugar Summer Berry Pie & Custard

For best results cook from frozen.

Appliances may vary, the following is a guide only.

MICROWAVE Cooking Instructions

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

- 900 WATT**
- Remove sleeve and film lid.
 - Heat on FULL POWER for 1½ minute.
 - Leave to stand in the microwave for **1 minute**.
 - Heat on FULL POWER for a further **1 minute**.
 - 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 sleeve, pierce film lid, place on baking tray.
- Cook in the centre of the oven for **30-35 minutes** (fan ovens may vary).



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.