



Dietary Summary Guide

CHRISTMAS 2023

DIETARY SYMBOLS

Descriptions of our dietary symbols below and these provide a snapshot of key information about each meal.



VEGETARIAN

Free from meat, fish and their derivatives. May contain dairy products.



SOURCE OF FIBRE

Contains at least 3g of fibre per 100g or at least 1.5g of fibre per 100 kcal.



LOW FAT

3g of fat or less per 100g.



1 OF YOUR 5 A DAY

80g of fresh, canned or frozen fruit and vegetables or 30g of dried fruit.



GLUTEN FREE

Free from traces of gluten in accordance with the legal threshold (<20ppm).*



VEGAN

Free from meat, eggs, dairy products and all other animal-derived ingredients.



HIGH PROTEIN

At least 20% of the energy value of the food is provided by protein.



Less than 400 calories for a meal.



LOW SUGAR

Less than 5g of sugar per 100g.



LOW SALT

0.3g of salt or less per 100g.



Less than 200 calories for a dessert.

*Our products are made to Gluten Free recipes, however the factories that make them do handle gluten.

All product information is correct at time of publishing but may be subject to change through product improvement. We always recommend you check the packaging for latest ingredient information. Products subject to availability. For full terms and conditions please visit our website at oakhousefoods.co.uk/terms-and-conditions. E&OE.

Code	Product	Portion Weight g	Typical nutritional information per portion									Dietary symbol										
			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	NS	C	V	GF	S	1	HP	F	VE				

Christmas dishes

1032	Mini Luxury Roast Turkey Dinner	250g	1375	328	14.5	3.8	23.3	5.3	4.5	9.1	1.48	✓		✓								✓					
1060	Festive Turkey Toastie	212g	1363	329	6.1	3.2	46.8	10.2	2.1	20.3	2.52			✓									✓				
1061	Festive Pigs in Blankets Toastie	210g	2239	538	23.3	11.3	53.3	10.5	2.3	28.3	3.26				✓								✓				
1062	Parsnip Gratin	240g	1366	326	18	10.3	28.3	10.3	3.8	10.8	1.63	✓		✓	✓												
1063	Mini Festive Sausage & Mash	240g	1330	326	19.7	9.8	25.0	5.0	3.6	9.6	1.94	✓		✓													
1064	Mini Venison & Cranberry Hotpot	240g	1327	314	12.7	2.9	36.0	15.8	2.6	16.6	0.58			✓								✓					
1358	Celebratory Turkey Pie Meal	400g	2340	564	36.4	19.2	34.8	6.0	5.6	20.8	3.56	✓															
1388	Festive Sausage & Mash	380g	2105	517	31.2	15.6	39.5	8.0	5.7	15.2	3.08	✓															
1389	Venison & Cranberry Hotpot	380g	2124	505	20.5	10.6	43.7	10.6	6.1	31.9	3.44	✓											✓				
2015	Chocolate Orange Cheesecake	115g	1752	422	29.9	18.4	33.4	20.7	1.7	3.91	0.2				✓							✓					
2029	Fruity Mincemeat Crumble Tart	105g	1703	407	21	4.5	49.4	23.1	1.0	4.4	0.04				✓							✓					
2030	Pink Champagne Sorbet	125ml	704	166	0.3	0.3	37.3	31.3	0.6	0.0	0.01		✓	✓	✓							✓					
2035	Winter Spiced Apple Tart	140g	1691	409	16.1	6.2	60.3	33.1	1.1	4.8	0.13				✓							✓					
2036	Cranberry & Orange Meringue Pie	105g	1213	288	7.9	2.9	51.4	31.9	1.7	2.7	0.07			✓	✓							✓					
2037	Mince Pies	70g	1169	278	10.5	6.6	43.6	27.0	1.3	2.4	0.22				✓												

If you need any advice regarding dietary information please call your local office number and the team will be happy to help.

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