



Oakhouse FOODS

Delicious frozen meals
delivered direct to your home

April 2020

BIGGER
vegetarian
range



BEST ever
roasts



45 new & improved dishes



NEW pizza
range



oakhousefoods.co.uk

**Join the thousands who enjoy
delicious, easy mealtimes**

325

Vegetable Hotpot

Page 50





Hello & welcome

to Oakhouse Foods

.....

I'm Liza the Customer Care Manager at Oakhouse Foods head office. For 10 years I have been speaking to all our lovely customers, hearing your stories and feedback.

If you're looking for an easy way to enjoy great food at home, our huge choice of delicious frozen ready meals and desserts has everything you could want and more. My personal favourite is the NEW Luxury Vegetarian Roast Dinner. In fact, throughout this brochure you will find 45 new or improved dishes for your enjoyment. We can't thank you enough for all your feedback to help make these changes.

Whatever meals you choose, you can rely on us at Oakhouse Foods to take the hassle out

of mealtimes. From order to delivery your local team will look after you, making sure you get delicious meals to enjoy at home. All our meals are clearly labelled and come with easy cooking instructions. Most can be cooked in the microwave or oven.

Whether you prefer to pick up the phone or order online (which is available 24 hours a day) we make it easy, simple and convenient. So sit back, relax, and enjoy browsing through our meals & desserts!

We value your opinion so please get in touch with me or my team anytime at customercare@oakhousefoods.co.uk.

Liza & the team at Oakhouse Foods

Our top tip...

Write your customer number here so it's easy to find

My customer number:

Contents...

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Our **NEW** roast dinner range...

You'll spend more time
choosing than preparing

We at Oakhouse Foods have been hard at work improving our delicious roast dinner range. There are six new dishes and eighteen improved recipes! With succulent cuts of lamb, beef, turkey, pork and chicken, plus our new vegetarian options, they all come with mouth-watering gravy and healthy portions of vegetables.

Frozen just after cooking to seal in maximum freshness and nutrition, all our meals are ready to simply heat up and serve.

**The only difficult thing about our new roast range,
is choosing which one to enjoy first!**

See pages 30, 35, 36, 44, 47,
50, 58, 61, 66, 68 & 70 for all
our new roast dinners.







The easy choice

Great range

With a choice of nearly 400 home delivered ready meals, you can rely on us for a delicious variety of meals and desserts to keep you satisfied all week long. Whether you prefer traditional dishes or something a little more adventurous, you'll find plenty to whet your appetite.

Frozen for freshness

Freezing is nature's way of preserving - and all our dishes are frozen straight after cooking to lock in the goodness and flavour. This means our meals are always ready for when you are with no food waste. Our meals are always stored in freezers, even our local vans have built in freezers to keep your meals delicious and nutritious!

We come to you

Sit back, relax and take a browse through our jam-packed brochure. Then let your local team know the meals you would like and we will pop them in on your next delivery. Don't worry there is no contract, you can order as often or as little as you like.



All our meals are proudly made in Britain

286
Beef Stew & Dumpling
Page 33



★ Trustpilot

“I have a small appetite, which is why I find their mini meals very attractive. Excellent varied selection, tasty and nutritious.”

AILEEN



Your feedback

— our —
improvements

Pizzeria

Our Mini Pizza has proved very popular with you all so we've added to the range.

PAGE 54

Low sugar desserts

We had a number of you ask for even more low sugar desserts so we are pleased to say we have added more to our desserts range.

FROM PAGE 82

Improved dishes

We are always looking to improve our dishes and your feedback always helps. Look out for the **NEW & IMPROVED** symbol which highlights which dishes are now even tastier. As some recipes have changed, please check for up to date allergen information.



196
**Mini Chicken
Casserole & Dumpling**
Page 61



Service delivered with a smile

How to order



Step 1

Browse our meals
- order by phone,
post, online or hand
to your driver.



Step 2

Our friendly local
delivery driver will
bring your meals to
your home.



Step 3

Quick and easy to
cook - in your oven
or microwave.





At Oakhouse Foods it isn't just about great food, we believe in great service too.

.....
Regular, reliable deliveries
.....

Orders of £30 or more are delivered FREE. For orders below £30, the delivery charge is just £1.

Simply pay your driver by cash or cheque when your food is delivered. If you'd prefer to pay over the phone or online, we accept the following:



You'll get to know your local helpful team



“ The delivery driver could not have helped me enough.

He put my meals in my freezer for me and he was a true gentleman.”

ALFRED



Delicious meals for everyone

There's nothing better than a satisfying meal and that's why we have a great range of dishes to suit anyone.

Choose from over 70 dishes in our Mini Meals range or take your pick from our hearty classics, indulgent luxury roasts or specialist meals. And if you'd like to add something extra to your meal, take your pick from our selection of vegetable & potato sides on page 78. We have lots of delicious dishes to suit all your dietary needs from low sugar, low fat, low salt, gluten free and more. Every dish in our brochure is clearly marked with dietary symbols to give you the important facts at a glance. You'll find a full guide below and a reminder of the symbols are at the bottom of every page.

Our dietary symbols

You'll find dietary symbols clearly displayed next to the dishes in our range to give you a quick snapshot of any key information about each one. You will also find these at the bottom of every page.

1

1 OF YOUR 5 A DAY
80g of fresh, canned or frozen fruit and vegetables or 30g of dried fruit.

S

LOW SALT
Low to moderate salt 0.3g per 100g or less.

✓

LOW CALORIE
Less than 400 calories for a meal and less than 200 calories for a dessert.

V

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

♥

LOW FAT
3% fat or less per serving.

F

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

HP

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

LS

LOW SUGAR
Less than 5g sugars per 100g.

GF

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

If you need a bespoke list of dishes made for you, whether for allergens or preference please get in touch and we will do our best to accommodate your needs.

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





**Our Cottage
Pie is available
across all our ranges**

Main

Luxury

Mini

Soft & bitesized

Puréed

Our puréed and soft & bite-sized dishes

A hot, tasty meal is something we all look forward to and at Oakhouse Foods we believe good food should be for everyone.

If you or a loved one have difficulty swallowing, our range of puréed and soft & bite-sized dishes offer a wide choice of delicious recipes. Our puréed meals (from page 96) are designed to make eating simpler and more enjoyable for those who require a Category C/Level 4 diet. Our soft & bite-sized meals are tender enough to mash with a fork and is the correct meal for anyone requiring a Category E/Level 6 diet (see page 108).



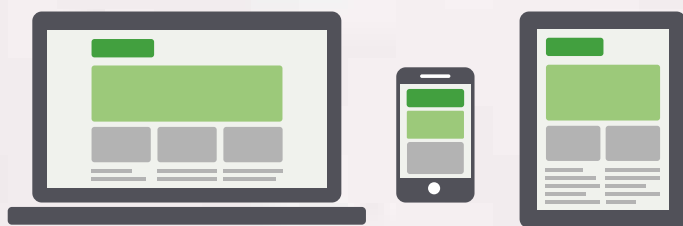
★ **Trustpilot**

Really tasty, my
favourite out of
the puréed meals.
Great value!



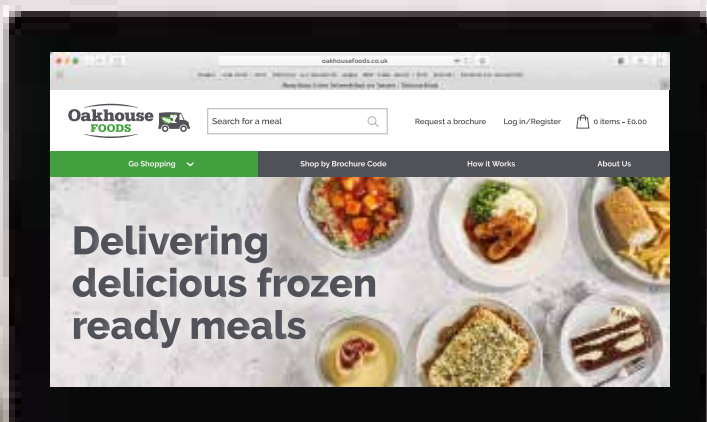
Have you tried ordering from our website?

Our website is the quick and easy way to get your Oakhouse Foods meals & desserts delivered direct to your home. Compatible with your computer, phone or tablet you can order what you want, when you want, 24 hours a day.



Order 24 hours a day!

Simply visit oakhousefoods.co.uk



How to use our brochure with our website

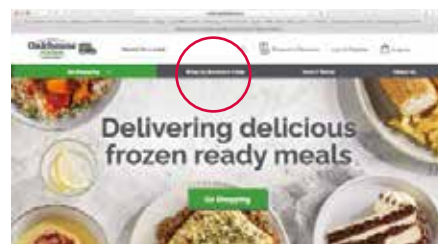
Step 1:

Find a delicious meal in our brochure, and write down the product code.

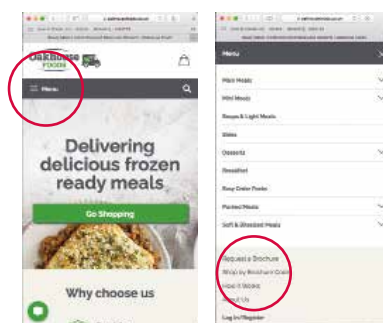
.....

Step 2:

If using a computer go to our website, and click on the 'Shop by brochure code' button at the top of the page.



If using a mobile or tablet click on the menu button and scroll down to the 'Shop by brochure code' button.



Step 3:

Add the product code into the white text box and click add. Once you have added all your meals, simply click 'add all to basket' which will take you to the checkout.



Cooking our dishes

All our dishes can be easily cooked in a microwave or oven - unless otherwise stated.

First class packaging

Easy to store in your freezer - keeps meals fresh

- Product name is clearly visible on the front and side - and our sleeves are recyclable.
- Easy to read ingredient information & cooking instructions

★ Trustpilot

“The meals arrive well packaged and labelled so I can at a glance see which meal they are”

EDITH



Hints & tips

Hydration

Hydration is really important for staying healthy, so make sure you drink plenty of water with each meal and throughout the day.

One of your 5-a-day

Eating a well-balanced diet is key to keeping healthy. We've now made it even easier so look out for our new one of your 5-a-day symbol which highlight meals that give you a daily portion of fruit & vegetables.

Keys dates to remember:

May Bank Holidays

Friday 8th May & Monday 25th May

Contact your local team as your order may be affected.

2020 Wimbledon Championships Start 29th June 2020

Tune into the oldest tennis tournament in the world.



850
Mini All Day
Breakfast
Page 16



TELE
GKCR
by Michael
Across
1 Lead guitarist of the
band was named in the
1960s (L29)
8 HIMS — the oldest naval ship
still in commission and the only
remaining ship of the line (7)
12 Another name for a jenny, the
mechanism of getting from an airport
terminal to an airplane (9)
14 A Harold Pinter play in which
Andy comes to stay with Anton and
Mick (39)
18 A non-default unit of dry
mass that was used mainly for
coal (9)
17 Marsh plants (5)
19 North American place name
derived from the Nacotal Indian
word for blue (10)
20 word or phrase meaning "disorderly"
and (9)
22 Lucrative (7)
23 Mexican state and
city (10)
24 Golf of — the
sea largely has
Australia (11)
25 A chess
piece that
moves only
diagonally
and is
usually
black (8)
27 Southern
state (8)
28 A
word (8)
30 Luke
Waller (8)
32
Down
1 Both eyes (9)
2 A
word (8)
3 A
word (8)
4 A
word (8)
5 A
word (8)
6 A
word (8)
7 A
word (8)
9 A
word (8)
10 An
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11 A
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13 A
word (8)
15 A
word (8)
16 A
word (8)
19 A
word (8)
20 A
word (8)



Apple, Sultana & Cinnamon Porridge
Page 17

Breakfast

Start your day with one of our great breakfast dishes, everything from porridge to an All Day Breakfast.

Prepared breakfast
Page 16

Make your own
Page 18

Try it, taste it, rate it...

Simply list which dishes you've tried and loved, then score them in the columns below.

| Code | Product | Rating | Code | Product | Rating |
|------|---------|--------|------|---------|--------|
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Prepared breakfast

Some great ways to start your day



TOP PICK

251 - The Big Breakfast

Two pork and leek sausages and two rashers of bacon with omelette, hash brown, black pudding, cherry tomatoes and baked beans.

£6.05 460g

LS HP



TOP PICK

850 - Mini All Day Breakfast

The classic combination of bacon, seasoned pork sausage, sliced button mushrooms, baked beans, cherry tomatoes and sauté potato slices.

£3.10 240g

LS ✓ HP F



TOP PICK

366 - All Day Breakfast

Two rashers of bacon, a seasoned pork sausage, cheese and tomato omelette, button mushrooms, baked beans and cherry tomatoes.

£5.45 400g

LS HP



534 - Breakfast Panini

Seasoned egg mayonnaise with sundried tomatoes and bacon in a ciabatta roll.

DEFROST BEFORE COOKING

£3.99 150g

LS ✓



272 - Apple, Sultana & Cinnamon Waffle

Poached apple and sultanas with a hint of cinnamon. Topped with a vanilla breakfast waffle.

MICROWAVE ONLY

£3.30 170g

✓ V S 1





TOP PICK

975 - Apple, Sultana & Cinnamon Porridge

A rich and creamy handmade porridge topped with a fruity mix of apple, sultanas and a hint of cinnamon.

MICROWAVE ONLY

£2.99

240g

✓ V S

A really great start to the day

ELIZABETH

★ **Trustpilot**

★★★★★



161 - Apple, Raspberry & Cranberry Porridge

A rich and creamy handmade porridge, topped with a mixture of Bramley apples, raspberries and cranberries.

MICROWAVE ONLY

£3.15

240g

V S



607 - Banana & Honey Porridge

A rich and creamy handmade porridge topped with banana and honey.

MICROWAVE ONLY

£2.00

175g

♥ ✓ V S



Make your own

All the breakfast essentials



605 - Cumberland Pork Sausages

Prime pork sausages naturally seasoned with black pepper and spices.

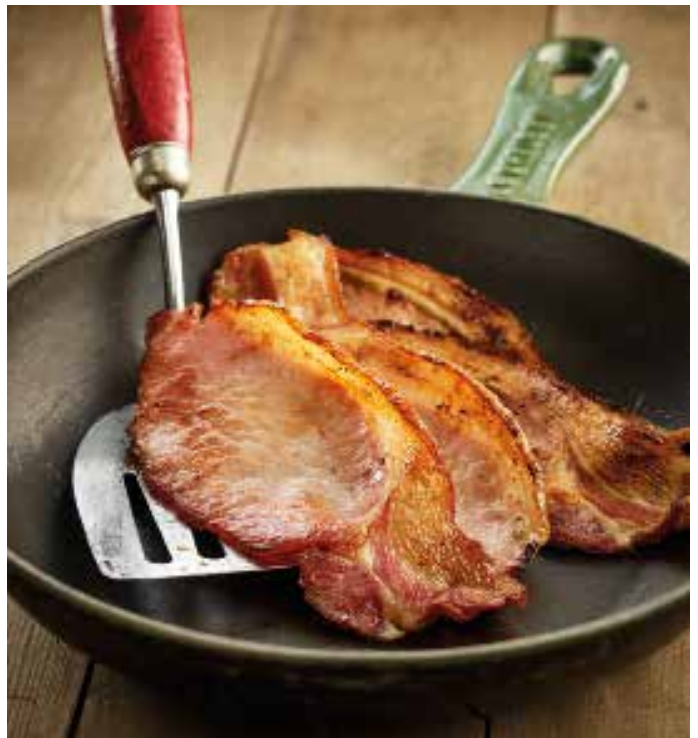
PACK OF 6

DEFROST BEFORE COOKING - PAN FRY OR GRILL

£3.99

400g

LS ✓ GF HP



G1290 - Smoked Back Bacon

Dry cured back bacon rashers made from beechwood smoked premium pork loin.

7-8 RASHERS

DEFROST BEFORE COOKING - PAN FRY OR GRILL

£3.75

250g

LS ✓ HP



G1288 - Olde English Sausages

A succulent blend of prime cuts of pork with thyme, nutmeg, sage & pepper.

PACK OF 6

DEFROST BEFORE COOKING - PAN FRY OR GRILL

£3.00

400g

LS ✓ HP



G1291 - Unsmoked Back Bacon

Dry cured back bacon rashers made from premium pork loin.

7-8 RASHERS

DEFROST BEFORE COOKING - PAN FRY OR GRILL

£3.75

250g

LS ✓ HP





Oakhouse
FOODS

Groceries



G114

Heinz Tomato
Ketchup
342g • **£1.60**



G2000

Lurpak Slightly
Salted Butter
250g • **£3.20**



G2162

Robertson's Golden
Shred Marmalade
454g • **£1.60**



G2099

Nescafé
Original
200g • **£5.25**

For our full range of groceries request
a brochure or shop online at

oakhousefoods.co.uk/groceries



563 - Kipper Fillets

Two oak smoked kipper fillets, prepared from herring caught in the North East Atlantic.

£3.15

150g

LS ✓ GF HP



614 - White Sliced Loaf

Pre-sliced white sandwich bread, frozen for freshness.

9-10 SERVINGS
DEFROST & SERVE

£2.45

800g

LS ♥ ✓ V



112 - Wholemeal Sliced Loaf

Pre-sliced wholemeal loaf, frozen for freshness.

9-10 SERVINGS
DEFROST & SERVE

£2.45


800g

LS ♥ ✓ V F





600
**Chicken &
Pesto Panini**
Page 25



189
Minestrone Soup
Page 24



194
**Filled Potato
Skin with Baked
Beans & Cheese**
Page 22



Quiche Lorraine
Page 26

Soups & light meals

From delicious warm paninis to a slice of quiche with a crisp shortcrust pastry, perfect for lunches or a light dinner.

Baked potatoes
Page 22

Paninis
Page 25

Soups & broth
Page 23

Light bites
Page 26

Try it, taste it, rate it...

Simply list which dishes you've tried and loved, then score them in the columns below.

| Code | Product | Rating | Code | Product | Rating |
|------|---------|--------|------|---------|--------|
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Baked potatoes

Fluffy potatoes, plain or topped



194 - Filled Potato Skin with Baked Beans & Cheese

A baked potato skin filled with fluffy mashed potato. Topped with baked beans and mature Cheddar cheese.

£3.15

260g

LS ✓ V GF F



322 - Filled Potato Skin with Gammon & Cheese Sauce

A baked potato skin filled with mashed potato. Topped with diced gammon and Cheddar cheese in a cheese sauce with Dijon mustard.

£3.15

240g

LS ✓



163 - Beef Chilli Jacket Potato

A baked potato skin filled with fluffy mashed potato. Topped with a lightly spiced beef chilli sauce. Finished with a sprinkling of Cheddar cheese.

£3.15

240g

LS ✓ GF F



640 - Jacket Potatoes

A bag of four individual cook jacket potatoes with crisp skin and fluffy white insides.

4 SERVINGS

£3.50

700g

LS ♥ ✓ V S HP F



Soups & broth

Perfect for lunch or a light dinner



227 - Chicken & Vegetable Soup
British chicken thigh, onions, peas, leeks and carrots in a chicken broth seasoned with garlic and bay.
MICROWAVE ONLY

£3.15 300g
LS ✓ GF 1 HP F



990 - Creamy Mushroom Soup
A creamy blend of chopped chestnut mushrooms and onions.
MICROWAVE ONLY

£2.30 285g
LS ♥ ✓ V GF



989 - Broccoli & Stilton Soup
A thick rich soup of broccoli and tangy Long Clawson Stilton.
MICROWAVE ONLY

£2.60 285g
LS ✓ V GF 1 HP



186 - Scotch Broth
A traditional handmade lamb and onion broth made with tender minced lamb, carrots, swede, onion, celery, leeks, Savoy cabbage and pearl barley.
MICROWAVE ONLY

£2.60 285g
LS ♥ ✓ 1 F



Soup & bread, the perfect combo...

Go to page 19 for our full bread collection





TOP PICKS

189 - Minestrone Soup

A classic tomato minestrone made with potatoes, chorizo, carrots, peas, swede and spaghetti and seasoned with chives, flat leaf parsley & oregano.

MICROWAVE ONLY

£2.60 285g

LS

It really reminds me of my Italian holidays years ago - **BRIDGET**

Trustpilot



TOP PICKS

988 - Carrot & Coriander Soup

A smooth, rich blend of sweet carrot and fragrant coriander.

MICROWAVE ONLY

£2.05 280g

LS



157 - Potato & Leek Soup

A handmade potato and leek soup made with vegetable stock, double cream and green chives.

MICROWAVE ONLY

£2.65 285g

LS



Paninis

Tasty snacks or lunchtime bites



533 - Cheese & Red Onion Panini

Mature Cheddar cheese, Red Leicester cheese, onion and chives in mayonnaise in a ciabatta roll.

DEFROST BEFORE COOKING

£3.99

160g

LS V



588 - Tuna & Red Onion Panini

Tuna and red onion with seasoned mayonnaise in a ciabatta roll.

DEFROST BEFORE COOKING

£3.99

160g

LS ✓



994 - Mozzarella, Tomato & Pesto Panini

Mozzarella, slow roasted tomatoes and pesto in a ciabatta roll.

DEFROST BEFORE COOKING

£3.99

180g

LS V



993 - Ham, Cheddar & Wholegrain Mustard Panini

Ham and Cheddar with wholegrain mustard in a ciabatta roll.

DEFROST BEFORE COOKING

£3.99

175g

LS



600 - Chicken & Pesto Panini

Sliced chicken breast with pesto and tomato in a ciabatta roll.

DEFROST BEFORE COOKING

£3.99

175g

LS ✓ HP



Light bites

Perfect on their own or add a side to create a whole meal



213 - Quiche Lorraine

Made with Cheddar cheese, ham, onion and bacon in a savoury custard and baked in a shortcrust pastry base.

TWIN PACK - DEFROST & SERVE

£3.75 2 x 116g



499 - Cheese & Ham Omelette

Omelette with a cheese and smoked ham filling.

TWIN PACK

MICROWAVE ONLY

£3.85 2 x 120g



241 - Cheese & Onion Quiche

A shortcrust pastry quiche made with Cheddar cheese, Red Leicester, onions and spring onions baked in a savoury custard.

TWIN PACK

DEFROST & SERVE

£3.75 2 x 116g



500 - Cheese & Tomato Omelette

Omelette with a Cheddar cheese & tomato filling.

TWIN PACK

MICROWAVE ONLY

£3.85 2 x 120g



**NEWS
IMPROVED**



1321 - Sausage Rolls

Seasoned pork sausage meat wrapped in puff pastry.

6 PACK

**OVEN ONLY OR
DEFROST & SERVE**

£3.00

360g

LS ✓ F

The best Sausage Rolls
I have ever tasted!

DAN

**STAFF
REVIEW**

**6 FOR THE
PRICE OF 4**



G1292 - Smoked Sliced Ham

Succulent sliced cured and smoked ham.

4-5 SLICES - DEFROST & SERVE

£3.75

200g

LS ✓ HP

**Add a
little extra**

**with our range of
side dishes**



**Go to page 80 for our
side dishes range**





1300
Roast Beef Dinner
Page 30

**NEW &
IMPROVED**



Shanghai Beef
Page 34

Main meals

From comforting classics to something more exotic, we've got a wide range of dishes to tickle any taste bud.

Beef
Page 30

Chicken
Page 35

Fish
Page 41

Lamb
Page 44

Pork
Page 47

Vegetarian
Page 50

Try it, taste it, rate it...

Simply list which dishes you've tried and loved, then score them in the columns below.

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|------|---------|--------|------|---------|--------|
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Beef

Tuck into some of our tasty, tender beef & venison meals



1300 - Roast Beef Dinner

Sliced topside of beef in a rich gravy. Served with roast potatoes, carrots, peas and roast parsnips.

£5.60

400g

LS S 1 HP F



1307 - Luxury Roast Beef Dinner

Sliced topside of beef in a rich and luxurious beef gravy. Served with roast potatoes, roast parsnips, carrots, cauliflower and broccoli cheese and Yorkshire pudding. **OVEN ONLY**

£6.00

500g

LS 1



1313 - Beef Platter

Sliced topside of beef in gravy. Served with mashed potato, green beans and carrots.

£5.00

400g

LS ♥ ✓ S 1 HP F



Extra gravy?

See our grocery brochure for full product information.

oakhousefoods.co.uk/groceries





173 - Hunter's Pie
Tender minced venison, carrots, peas and pancetta in a rich red wine gravy. Topped with a layer of mashed potato and lightly grilled mature Cheddar cheese.

£5.30 400g
LS HP



211 - Cottage Pie Meal
Lean minced beef, slow cooked in a beef & Worcestershire sauce gravy, topped with buttery mashed potato. Served with green beans, sweetcorn and diced carrots.

£3.95 395g
LS ✓ 1 HP



530 - Cumberland Pie
Minced beef, onions and carrots in a beef and roast onion gravy. Topped with mashed potato and a crunchy cheese crumb.

£3.85 400g
LS



832 - Luxury Cottage Pie
Tender beef, slow cooked in a rich red wine and herb sauce, topped with creamy mashed potato and finished with a mix of Cheddar cheese, Parmesan cheese, parsley & breadcrumbs.

OVEN ONLY
£4.99 435g
LS HP



TOP PICK

304 - Cottage Pie
Minced beef, diced carrots and peas, cooked in a rich beef gravy, seasoned with garlic and thyme, topped with fluffy mashed potato.

£3.65 400g
LS HP



NEWS IMPROVED

276 - Minced Beef & Mash
Minced beef and carrots in a beef and onion gravy seasoned with a hint of nutmeg. Served with smooth mashed potato.

£3.75 400g
LS S



985 - Rustic Cottage Pie
Tender pieces of braised beef in a rich red wine gravy, topped with potatoes and carrots. Garnished with a sprinkling of Cheddar cheese.

£3.35 400g
LS ♥ 1





474 - Steak & Mushroom Pie

Chunks of tender beef with chestnut mushrooms in a red wine sauce. Topped with puff pastry and served with mashed potato, green beans and sliced carrots.

£4.75

420g

LS 1 HP



208 - Beef & Kidney Pie

Slow cooked chunky cut beef and kidney pieces in red wine gravy. Topped with a puff pastry lid and served with mashed potato and baked beans.

£3.99

360g

LS HP



493 - Minced Beef Pie

Minced beef and button mushrooms in a tomato and red wine sauce topped with puff pastry. Served with sautéed potatoes and mushy pea purée.

£4.30

460g

LS S 1



407 - Steak & Kidney Pudding

A handmade steamed suet pudding filled with tender pieces of beef and kidney in a rich gravy.

**MICROWAVE ONLY
DEFROST BEFORE
COOKING**

£2.65

190g

LS



244 - Steak Pie

Tender pieces of steak in a rich beef, red wine and mustard gravy. Cooked in handmade shortcrust pastry.

**TWIN PACK - OVEN
ONLY**

£6.35

2 x 255g

LS HP



135 - BBQ Beef Brisket with Carrots & Potatoes

Made with slow cooked beef brisket for extra tenderness, in a smoky BBQ sauce. Served with seasoned potatoes and carrots.

£6.25

400g

1



421 - Beef au Poivre

Tender beef brisket in a creamy brandy and pepper sauce. Served with roast potatoes, baton carrots and green beans mixed with shallots and bacon.

£6.50

415g

LS 1





TOP PICK

667 - Steak Diane

Tender beef brisket and slices of chestnut mushrooms in a creamy sauce with a hint of brandy. Served with rich dauphinoise potatoes and green beans.

£5.60

350g

LS ✓



NEW & IMPROVED

657 - Beef Bourguignon

Marinated beef with slices of chestnut mushrooms in a rich, herby red wine sauce. Served with dauphinoise potatoes and green beans.

£6.50

400g

LS 1 HP



286 - Beef Stew & Dumpling

Made with tender chunks of beef, leeks, carrots, swede, mushrooms and onions in a red wine gravy. Served with a baked parsley, thyme and sage dumpling.

£5.75

420g

LS 1



648 - Beef in Chianti

Lean chunks of slow cooked marinated beef gently braised in a full-bodied Chianti sauce. Served with buttery mashed potato and green beans.

£5.60

350g

LS ♥ ✓ HP



303 - Corned Beef Hash

A combination of corned beef, baked beans and onions in a rich tomato sauce. Served with sauté potatoes.

£3.95

375g

LS HP F



908 - Venison Casserole

British venison, silverskin onions and wholesome root vegetables, simmered in red wine. Served with smooth horseradish mashed potato.

£6.25

420g

LS ♥ ✓ 1 HP



285 - Beef & Vegetable Hotpot

Braised beef, carrots, peas, onions, swede and parsnips in a beef gravy. Topped with golden sauté potatoes.

£4.45

400g

LS ✓ 1 HP F



115 - Beef Stroganoff

Strips of topside of beef sautéed with onions in a rich sauce, made with cream, beef bouillon, mustard and brandy. Served with white rice.

£5.55

400g

LS ♥ S HP





215 - Beef Curry
 Pieces of marinated beef, onions and peppers in a masala based curry sauce. Served with white rice sprinkled with coriander.

£5.50 400g
 LS GF S HP



NEWS & IMPROVED

175 - Chilli con Carne
 Minced lean beef and kidney beans in a tomato and red pepper sauce mildly spiced with smoked paprika, chilli and jalapeños. Served with white rice.

£3.75 380g
 LS S



NEWS & IMPROVED

344 - Shanghai Beef
 Strips of beef with thick udon noodles, red peppers and choy sum in a warming sesame, ginger and chilli sauce.

£5.15 375g
 LS ♥ ✓ 1 HP F



606 - Teriyaki Beef Noodles
 Beef strips with red peppers and spring onions in a teriyaki style sauce, served with egg noodles.

£4.50 325g
 LS ♥ ✓ HP



NEWS & IMPROVED

168 - Beef Lasagne
 A full-flavoured Bolognese made with chopped tomatoes, carrots and onions. Layered with sheets of pasta and topped with a béchamel sauce and a cheese and parsley crumb.

£4.20 400g
 LS 1 HP



TOP PICK

660 - Spaghetti Bolognese
 A rich Bolognese sauce made with beef, tomatoes, onions and mushrooms in a red wine sauce. Served with spaghetti. Topped with grated cheese.

£4.10 400g
 LS HP



668 - Beef & Wild Mushroom Lasagne
 Layers of rich Bolognese sauce and pasta sheets topped with a creamy wild mushroom sauce.

£4.99 420g
 LS 1



991 - Macaroni Bolognese
 A rich beef and pork Bolognese layered with macaroni in a cheese sauce. Topped with mature Cheddar cheese.

£3.15 350g
 LS



Chicken

Enjoy favourites old & new with these chicken & turkey dishes



1308 - Luxury Roast Chicken Dinner

Premium slices of chicken in a rich and luxurious gravy. Served with roast potatoes, broccoli florets, Brussels sprouts, roast parsnips, roasted carrots, Yorkshire pudding, stuffing and a pig in blanket. **OVEN ONLY**

£6.00

500g

LS 1 HP F



1301 - Roast Chicken Dinner

Premium slices of chicken in a rich gravy. Served with roast potatoes, carrots, peas, roast parsnips and stuffing.

£5.25

400g

LS 1 HP F



1314 - Chicken Breast Platter

Premium slices of chicken breast in a rich chicken gravy. Served with mashed potato, green beans, carrots and stuffing.

£4.75

400g

LS   1 HP F



1304 - Roast Turkey Dinner

Slices of turkey in a rich gravy. Served with roast potatoes, carrots, peas, honey roast parsnips and stuffing.

£5.25

400g

LS 1 HP F



1311 - Luxury Roast Turkey Dinner

Slices of turkey in a rich gravy. Served with roast potatoes, broccoli florets, Brussels sprouts, roast parsnips, roasted carrots, stuffing, pig in blanket and Yorkshire pudding.

OVEN ONLY

£6.00

500g

LS 1 HP F





1317 - Turkey Platter

Slices of turkey in a rich gravy. Served with mashed potato, green beans, carrots and stuffing.

£4.75

400g

LS 1 HP F



275 - Chicken with Ham Hock & Mushrooms

Chicken breast, pulled ham hock and a medley of mushrooms in a cider, cream and mushroom sauce. Topped with puff pastry and served with sauté potatoes.

£6.10

440g

LS HP



252 - Chicken Casserole with Dumpling

Chicken thigh pieces with onions, carrots, swede and leeks in a chicken, red wine and herb gravy. Topped off with a tasty sage and thyme dumpling.

£4.80

400g

LS 1 HP



477 - Chicken & Mushroom Pie with Vegetables

Chicken breast and mushrooms in a creamy chicken and mushroom sauce topped with puff pastry. With mashed potato, carrots, peas, green beans, broad beans & sweetcorn.

£4.75

420g

LS 1 HP



108 - Chicken, Leek & Bacon Pie

Chicken coated in a creamy leek and bacon sauce topped with pastry, with mashed potato and chantenay carrots.

OVEN ONLY

£4.70

450g

LS 1



879 - Chicken in Mushroom Sauce

Tender chicken breast smothered in a lightly seasoned, creamy mushroom sauce. Served with herby sauté potatoes, green beans and whole baby carrots.

£4.45

380g

LS 1 HP





645 - Woodland Chicken

Chicken breast marinated in basil, garlic and lemon juice with mushrooms and asparagus in a creamy mascarpone, white wine and herb sauce. Served with Basmati & wild rice.

£5.85

375g

LS GF 1 HP



179 - Chicken Supreme

Tender pieces of chicken breast, button mushrooms and ham in a creamy sauce. Served with rice mixed with peas and sweetcorn.

£3.99

400g

LS HP



658 - Coq au Vin

Tender chunks of chicken breast, ham and chicken livers in a herby red wine and brandy sauce. Served with creamy dauphinoise potatoes and broccoli florets.

£5.99

400g

LS 1 HP



278 - Chicken in a Creamy Garlic Sauce

Chicken breast in a creamy garlic butter sauce. Topped with a Parmesan crumb and served with chunky cut oven chips.

OVEN ONLY

£5.55

400g

LS



1323 - Chicken Casserole with Herby Mash

Chicken with mushrooms, leeks and mixed peppers in a red wine sauce. Served with carrot and potato mash and green beans.

£4.70

400g

LS ✓ 1 HP F



TOP PICK

352 - Hunter's Chicken

A tender chicken breast marinated in a barbecue sauce with smoked streaky bacon. Served with cherry tomatoes and diced sauté potatoes and topped with mozzarella and Cheddar cheese.

£4.99

400g

HP



140 - Chicken with Onion-Topped Mash

Slices of succulent chicken breast in a cider gravy and mashed potato topped with fried onions. Served with ham, peas and leeks in a creamy cheese sauce.

£4.99

450g

LS HP





417 - Honey & Mustard Chicken Hotpot
 Chicken with carrots, parsnips, swede, leeks and herby potatoes in a creamy honey and mustard sauce.

£5.50 440g LS 1



841 - Chicken & Cider Hotpot
 Tender chicken pieces with vegetables, steeped in a cider, cream and sage sauce. Served with golden sauté potatoes and topped with West Country Cheddar cheese.

£4.60 360g LS HP



139 - Chicken & Stuffing Bake
 Tender chicken breast pieces, pork and herb stuffing, herby potatoes, carrots and leeks in a rich savoury sauce. Topped with crispy grilled bacon rashers.

£4.90 450g LS HP



529 - Chicken with Mashed Potato
 Slices of chicken breast in a roasted garlic gravy. Served with mashed potato, cauliflower & peas

£4.75 400g LS HP F



284 - Chicken Breast Wrapped in Bacon
 A chicken breast wrapped in streaky bacon and topped with an onion and thyme sauce, sweetened with apricot jam. Served with mashed potato and green beans.

£5.75 435g LS 1 HP



642 - Summer Casserole
 Chicken breast, potatoes, onions, carrots and peas in a white wine sauce seasoned with tarragon.

£4.20 375g LS HP



167 - BBQ Chicken Bake
 Tender chicken breast strips in a tangy handmade barbecue sauce, topped with smoky bacon rashers, grated Monterey Jack cheese and crispy hash brown bites.

£4.95 400g





351 - Hong Kong Chicken

A fruity sweet & sour dish of chicken, pineapple, red peppers, broccoli, spring onions, red chillies, ginger and garlic. Served with egg noodles.

£4.70

400g



NEW & IMPROVED

523 - Sweet & Sour Chicken

Chunks of chicken breast, onion and pineapple pieces in a sweet and sour sauce. Served with egg-fried rice mixed with peas and red and green peppers.

£3.85

400g



NEW & IMPROVED

387 - Chicken Stir-Fry

Chicken breast, carrots, red peppers and red chillies in a tangy Oriental style sauce. Served with noodles.

£4.95

430g



NEW & IMPROVED

1521 - Thai Green Chicken Curry

Chicken breast pieces in a spicy coconut and lemon grass sauce with peppers and green beans. Served with rice.

£4.00

400g



992 - Mediterranean Chicken

A chicken breast in a rich sun-dried tomato sauce with roasted vegetables, chorizo and diced herby potatoes. Topped with slices of lightly grilled goats' cheese.

OVEN ONLY

£5.75

480g



418 - Lemon Chicken Spaghetti

Spaghetti with chicken, peas, button & chestnut mushrooms in a creamy lemon sauce.

£4.99

420g





NEWS & IMPROVED

1878 - Chicken Curry & Rice
Chicken in a mild curry sauce. Served with yellow rice.

£3.99 400g
LS



NEWS & IMPROVED

1874 - Chicken Tikka Masala
Chunks of chicken breast in a medium spiced masala sauce. Served with rice.

£4.50 400g LS HP



NEWS & IMPROVED

1138 - Chicken Jalfrezi
Tender chunks of chicken with green and red peppers in a medium heat jalfrezi sauce. Served with rice.

£4.00 400g LS HP



652 - Butter Chicken Curry
Chunks of chicken breast and onions in a mild, buttery curry sauce made with cream, tomato and ginger purée and seasoned with spices. Served with rice.

£4.70 400g LS GF HP



242 - Fruity Chicken Curry
Pieces of tender chicken with apricots, pineapple and sultanas in a mild and creamy curry sauce. Served with basmati rice.

£4.70 400g GF



NEWS & IMPROVED

1873 - Chicken Korma
Chicken breast pieces in a mild creamy korma sauce, topped with flaked almonds. Served with rice.

£4.75 400g LS HP



Fish

Fantastic fish! A true taste of the sea...



306 - Fish Pie

Haddock and salmon flakes with prawns and peas in a creamy cheese and parsley sauce. Topped with smooth mashed potato and grated cheese.

£4.75

375g

LS HP



329 - Salmon & Broccoli Bake

Salmon and broccoli cooked in a creamy dill sauce. Topped with a layer of sauté potatoes.

£4.99

400g

LS GF



327 - Cod & Prawn Bake

Cod, prawns and sweetcorn in a light cheese sauce seasoned with mustard and parsley. Topped with sauté potatoes.

£4.70

340g

LS GF HP



983 - Fish & Potato Gratin

A tasty mix of prawns, smoked haddock, hoki and cod in a light cheese and herb sauce. Topped with sauté potatoes sprinkled with mature Cheddar cheese.

£4.99

400g

LS HP



684 - Smoked Haddock Florentine

A chunky smoked haddock fillet with Cheddar cheese sauce and tasty parsley breadcrumbs. Served on a bed of spinach and thinly sliced potatoes.

£5.80

415g

LS HP



419 - Smoked Haddock & Bacon Gratin

Chunky smoked haddock and minced gammon with sweetcorn and broccoli in a creamy cheese and white wine sauce. Topped with sauté potatoes, breadcrumbs and cheese.

£5.50

400g

LS HP





1322 - Salmon en Croute

Salmon on a bed of stuffing topped with a cheese sauce encased in puff pastry.

OVEN ONLY

£6.70

335g

LS



464 - Breaded Haddock Fillet

Flaky haddock fillets encased in golden breadcrumbs.

2 SERVINGS - OVEN ONLY

£4.50

250g

LS ✓ HP



883 - Breaded Scampi & Chips

Wholetail scampi in crisp breadcrumbs. Served with thick cut chips.

OVEN ONLY

£4.99

300g

LS ♥ ✓



240 - Cod, Chips & Peas

A portion of flaky cod in golden breadcrumbs. Served with chips and peas.

£4.25

300g

LS S



882 - Beer Battered Cod & Chips

Crispy beer battered cod. Served with golden, chunky cut chips.

OVEN ONLY

£4.80

340g

LS



235 - Breaded Fish Fingers & Chips

Breaded cod fish fingers served with chunky cut oven chips.

OVEN ONLY

£4.15

300g

LS S





884 - Smoked Haddock Fishcake & Chips

A smoked haddock fishcake in a light, herby crumb coating. Served with thick cut chips.

OVEN ONLY

£4.10

314g

LS



593 - Cod in Parsley

North Atlantic cod loin fillet and garden peas in a creamy Madeira wine sauce. Served with mashed potato.

£5.99

430g

LS HP



676 - Cheesy Smoked Haddock Fillet

A fillet of smoked haddock in a mature Cheddar cheese sauce. Served with a generous helping of mashed potato.

£6.30

420g

LS HP



136 - Smoked Haddock with Cheese & Sweetcorn

Oak and beech smoked, sustainable haddock with peas and juicy sweetcorn in a rich Cheddar cheese sauce. Served with buttery mashed potato.

£4.99

400g

LS HP



594 - Salmon in Watercress

Salmon with a peppery watercress, Dijon mustard and white wine sauce. Served with skin on baby new potatoes and whole green beans.

£4.90

400g

LS HP F



592 - Salmon in White Wine

Scottish salmon in a creamy white wine sauce. Served with whole green beans and halved baby new potatoes.

£5.15

400g

LS GF HP F



977 - Prawn Curry

Prawns, roasted red and yellow peppers, butternut squash and red onions in a mild creamy coconut curried sauce. Served with white rice.

£5.50

400g

LS HP



842 - Salmon Pasta Bake

Flakes of salmon, spinach and penne pasta in a creamy cheese sauce. Topped with a crispy herb crumb.

£4.50

405g

LS



Lamb

Enjoy classics like Shepherd's Pie or Lancashire Hotpot



1309 - Luxury Roast Lamb Dinner
Sliced leg of lamb in a rich gravy. Served with roast potatoes, red cabbage and apple, sugar snap peas, roast parsnips, carrots and Yorkshire pudding. **OVEN ONLY**

£6.70 500g LS S 1 HP



1302 - Roast Lamb Dinner
Sliced leg of lamb in a rich gravy. Served with roast potatoes, carrots, red cabbage with apple and roast parsnips.

£5.90 400g LS S 1 HP



1315 - Lamb Platter
Sliced leg of lamb in a rich gravy. Served with mashed potato, green beans and carrots.

£5.50 400g LS ✓ S 1 HP F



218 - Shepherd's Pie
Made with lean minced lamb slow cooked in a lamb and vegetable gravy. Topped with mashed potato, sprinkled with mature Cheddar cheese and served with green beans.

£4.45 390g LS ✓ 1 HP F



833 - Luxury Shepherd's Pie
Tender lamb, slow cooked in a rich red wine sauce, topped with creamy mashed potato and sprinkled with cheese. Finished with a parsley and breadcrumb topping. **OVEN ONLY**

£5.20 410g LS HP





246 - Lamb & Beef Pie

Minced lamb and beef in a rich beef, lamb and red wine gravy. Topped with swede, carrot and mashed potato with Cheddar cheese and flat leaf parsley.

OVEN ONLY

£5.15

420g

LS 1 HP



305 - Lancashire Hotpot

Diced leg of lamb, steam cooked for extra tenderness. Cooked with carrots, leeks and swede in a lamb and beef gravy and topped with sliced potato.

£5.50

400g

LS ✓ 1 HP



950 - Minced Lamb & Potato Bake

Minced lamb in a tasty mint gravy with chopped carrots, onions and peas. Topped with a layer of golden sauté potatoes.

£5.45

400g

LS HP



659 - Liver & Bacon with Colcannon Mash

Tender slices of slow steam cooked lamb's liver and bacon in a rich onion gravy. Served with colcannon mashed potato on the side.

£4.20

400g

LS HP



205 - Lamb Stew

Chunky pieces of lamb with peas, butternut squash, carrots, swede, parsnips and pearl barley in a rich lamb gravy. Served with a herb dumpling, mashed potato and peas.

£5.60

450g

S 1



152 - Liver & Sausages

Tender, slow cooked lamb's liver slices with British-made pork cocktail sausages in an onion and thyme gravy. Served with smooth mashed potato and peas.

£3.85

400g

LS ✓ ✓ HP



663 - Liver & Onions

Slices of slow cooked lamb's liver, in a tasty onion gravy. Accompanied by buttery mashed potato and peas.

£3.65

400g

LS ✓ ✓ HP F



**NEW &
IMPROVED**



266 - Moussaka

Minced lamb in a traditionally seasoned rich tomato sauce. Topped with thinly sliced aubergines, sautéed potatoes and a creamy cheese sauce with nutmeg.

£4.85

400g

LS HP

Lovely, just like the real Greek dish

WENDY

★ **Trustpilot**



405 - Lamb Bhuna

Lamb in a rich curry sauce with tomatoes and onions, served with Basmati rice.

£5.50

400g

LS GF 1



406 - Lamb Rogan Josh

Lamb in a spiced tomato, onion and yogurt curry sauce, served with Basmati rice.

£5.50

400g

LS ♥ 1



Pork

You'll find some great everyday favourites in this range



1303 - Roast Pork Dinner

Slices of pork in a rich gravy. Served with roast potatoes, Savoy cabbage, whole green beans, honey roast parsnips and stuffing.

£5.10

400g

LS 1 HP F



1306 - Roast Gammon Dinner

Gammon steak in gravy served with roast potatoes, carrot batons, cauliflower and peas.

£5.25

400g

LS ♥ ✓ 1 HP F



1310 - Luxury Roast Pork Dinner

Slices of pork in a rich gravy. Served with roast potatoes, cauliflower cheese, Savoy cabbage, roast parsnips, roasted carrots, stuffing and Yorkshire pudding.

OVEN ONLY

£6.00

500g

LS 1 HP



1316 - Pork Platter

Slices of pork in gravy. Served with mashed potato, green beans, carrots and stuffing.

£4.65

400g

LS ✓ S 1 HP F



423 - Pork with a Mulled Apple Sauce

Pork & mulled apple with roast potatoes, crushed carrots & swede with buttered Savoy cabbage in a rich mulled apple sauce.

£6.35

470g

1



424 - Pork with a Port & Plum Sauce

Pork with port & plum sauce. Served with broccoli florets, sliced carrots, roasted parsnips and roast potatoes.

£6.55

545g

1





875 - Italian Meatballs in Tomato Sauce

Italian style pork & beef meatballs, onions & herbs cooked in a rich tomato sauce with a hint of chilli. Topped with a cheese & herb crumb, served on a bed of spaghetti.

£4.80 435g
LS HP



944 - Cumberland Sausages with Colcannon Mash

Seasoned Cumberland sausages with onion gravy. Served with tasty colcannon mashed potato and peas.

£4.50 380g
LS 1 F



221 - Sausages & Mash

Two great quality pork sausages in a rich tomato and onion gravy. Served with buttery mash and peas on the side.

£3.75 400g
LS 1



250 - Sausages in Caramelised Onion Gravy

Pork sausages in a cider and caramelised onion gravy. With Cheddar & mustard mashed potato and peas.

£3.85 440g
LS 1



458 - Bangers & Mash in Onion Gravy

Seasoned pork sausages in a rich onion gravy. Served with smooth mashed potato and baked beans.

£3.60 360g
LS



248 - Pork & Leek Sausage Casserole

Pork and leek sausages with halved baby new potatoes, leeks, red onions and sliced Bramley apples in a creamy apple, mustard and cider sauce.

£4.50 400g
LS HP



224 - Sausages, Chips & Beans

Two pork sausages served with golden chips and baked beans.

£3.80 380g
LS F



576 - Sausage & Root Vegetable Bake

Sliced pork sausages and a medley of carrots, swede, parsnips and red onions in a creamy cider sauce. Topped with sautéed potatoes and grated mature Cheddar cheese.

£4.65 400g
LS





596 - Pork Faggot with Mashed Potato & Peas

A tender pork faggot in a roast onion and red wine gravy. Served with buttery mashed potato and peas.

£3.75

420g

LS 1 F



952 - Gammon in Onion Sauce

A generous gammon steak in a creamy sweet onion sauce. Served with boiled potatoes and peas.

£4.40

460g

LS ♥ ✓ 1 HP F



TOP PICK

392 - Cheese & Ham Omelette

Cheddar cheese and smoked ham omelette with crisp sauté potatoes and baked beans.

£4.45

400g

LS GF F



NEW & IMPROVED

887 - Spaghetti Carbonara

Spaghetti smothered in a rich and creamy cheese sauce, topped with pancetta and a cheese and herb crumb.

£4.55

400g

LS



NEW & IMPROVED

616 - Sweet & Sour Pork

Tender pieces of pork with onions, pineapple and peppers in a sweet and sour sauce. Served with egg-fried rice mixed with peas and red and green peppers.

£4.30

400g



NEW & IMPROVED

287 - Macaroni Cheese with Bacon

Pasta coated in a cheese sauce with butternut squash, cherry tomatoes, bacon pieces and a Cheddar & parsley crumb topping.

£4.80

375g

LS HP



Vegetarian

Great tasting meals you can really savour.



1312 - Luxury Vegetarian Roast Dinner
Mushroom wellington slice served with roast potatoes, caramelised carrots, roast parsnips, cauliflower & broccoli cheese and Yorkshire pudding.

OVEN ONLY

£6.00 500g

LS V 1



1305 - Vegetarian Roast Dinner

Roast of parsnips, lentils, red peppers and mushrooms in a vegetable gravy. With roast potatoes, carrot batons, roast parsnips, peas and Yorkshire pudding. **OVEN ONLY**

£5.25 400g

LS V 1 F



332 - Omelette, Chips & Peas

A cheese & tomato omelette, served with chips and peas.

£3.80 305g

LS V GF S



166 - Creamy Leek & Potato Bake

Chopped leeks, onions and spring onions in a cream cheese and mustard sauce. Covered with crisp sauté potatoes and mature Cheddar cheese.

£3.99 460g

LS V



325 - Vegetable Hotpot

A vegetable hotpot of onions, red peppers, carrots, peas, mushrooms, swede, and leeks in a herby vegetable sauce. Topped with sliced potatoes.

£3.35 420g

LS V 1 F





257 - Butternut Squash & Vegetable Lasagne

Butternut squash, sweet potato, red onions, spinach, slow roasted tomatoes & lentils in a rich tomato sauce layered with wholewheat pasta in a creamy cheese sauce. Topped with mature Cheddar cheese.

£4.50

400g

LS V 1 F



889 - Macaroni Cheese

Macaroni pasta tubes in a rich three cheese sauce. Finished with a layer of mature Cheddar cheese.

£4.50

400g

LS V HP



577 - Wild Mushroom & Butternut Squash Risotto

Forest mushrooms and butternut squash in Arborio rice, with cream, vegetable and mushroom stock & white wine. Sprinkled with Regato cheese.

£5.25

400g

LS V GF



524 - Quorn & Vegetable Pie

Quorn, carrots and peas in a red wine gravy topped with buttery mashed potato, finished off with breadcrumbs, Cheddar cheese and flat leaf parsley.

£4.25

420g

LS V 1 F



219 - Vegetable Pie

Butter beans, slow roasted tomatoes, carrots, curly kale and onion in a rich tomato sauce, seasoned with parsley, smoked paprika and rosemary. Topped with a puff pastry lid. -

OVEN ONLY

£3.70

400g

LS V 1 F



288 - Vegetable Rigatoni

Rigatoni pasta in a rich sauce with marinated, slow roasted tomatoes, asparagus and basil, butternut squash and onion with Italian style hard cheese.

£4.40

375g

LS V 1



254 - Vegetable Lasagne

Onions, aubergines, courgettes, mushrooms and red peppers cooked in a rich tomato and herb sauce, layered with pasta verde. Topped with a béchamel sauce and mature Cheddar cheese.

£3.30

425g

LS V 1





TOP PICK

489 - Roasted Vegetable Lasagne

Roasted vegetables in a sunblush tomato and red wine sauce. Layered with egg pasta and topped with a cheese sauce and a parsley crumb.

£5.55

420g

V 1



TOP PICK

294 - Ratatouille

Courgettes, red and green peppers, cherry tomatoes and onions in a tomato sauce. Topped with mozzarella and Cheddar cheese.

£4.65

350g

LS ✓ V GF 1 F



NEW & IMPROVED

472 - Cauliflower Cheese

Tender cauliflower florets in a tasty cheese sauce. Finished with breadcrumbs and grated mature Cheddar cheese.

£3.80

400g

LS ✓ V 1



NEW & IMPROVED

296 - Vegetable Chilli

Kidney beans, sweet potato and mixed peppers in a medium spiced chilli sauce. Served with rice.

£3.99

400g

LS ♥ ✓ V S 1 F



602 - Roasted Vegetable & Chickpea Curry

Peppers and onions mixed with chickpeas in a mild curry sauce, served with white rice.

£3.99

375g

LS ♥ V 1 F



837 - Roasted Vegetables & Goat's Cheese

Butternut squash, green and red peppers, cherry tomatoes and courgettes. Topped with generous slices of goat's cheese.

OVEN ONLY

£4.99

400g

LS ✓ V GF 1 HP F



256 - Vegetable Tikka

Courgettes, butternut squash, cauliflower and spinach in a medium spiced masala sauce made with coconut cream, Madras paste and ground almonds. Served with basmati rice.

£4.50

500g

LS V GF 1



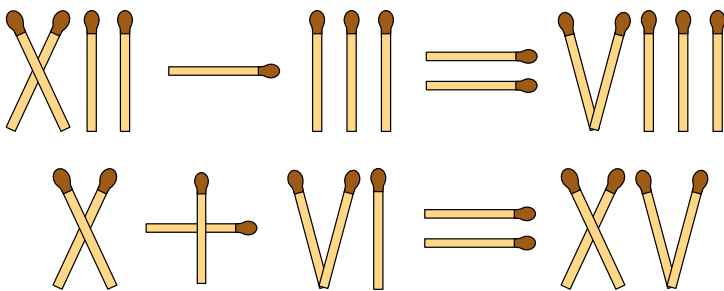


Tea break puzzles

These brain teasers are fun, clever, and challenge your problem-solving skills in unique ways, good luck!

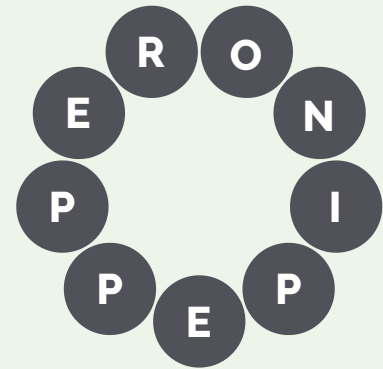
Match stick logic

Take away 1 matchstick to make the equation correct



Tasty topping

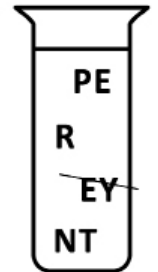
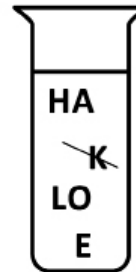
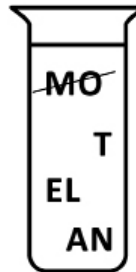
Can you guess the nine letter word in the wheel below?



Word chemistry

To make a word take a letter or combination of letters from each tube. One word is already made and there are another three to find.

| | | | |
|----|---|---|----|
| MO | N | K | EY |
| | | | |
| | | | |
| | | | |



| | | | | | | | | |
|--|---|---|---|---|---|---|---|--|
| | 7 | | | 2 | | 9 | | |
| | 4 | | 8 | | 6 | | | |
| | 1 | 2 | | | | 3 | | |
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| | 6 | | 9 | 7 | 2 | | 5 | |
| | 2 | 5 | | | | | | |
| | | 1 | | | | 2 | 9 | |
| | | | 5 | | 4 | | 3 | |
| | | 7 | | 6 | | | 1 | |

Sudoku

Fill each cell so that each column, each row, and each of the nine 3x3 boxes contains all the digits from 1 to 9.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 3 | 7 | 2 | 6 | 9 | 5 | 1 | 8 |
| 2 | 8 | 9 | 5 | 1 | 4 | 6 | 3 | 7 |
| 6 | 5 | 1 | 3 | 8 | 7 | 2 | 9 | 4 |
| 7 | 2 | 5 | 4 | 3 | 8 | 1 | 6 | 9 |
| 1 | 6 | 8 | 9 | 7 | 2 | 4 | 5 | 3 |
| 3 | 9 | 4 | 6 | 5 | 1 | 8 | 7 | 2 |
| 9 | 1 | 2 | 7 | 4 | 5 | 3 | 8 | 6 |
| 5 | 4 | 3 | 8 | 9 | 6 | 7 | 2 | 1 |
| 8 | 7 | 6 | 1 | 2 | 3 | 9 | 4 | 5 |

Match stick logic

Word chemistry
 Monkey, Elephant, Tiger and Antelope, Pepperoni!

Tasty topping



OAKHOUSE FOODS

PIZZERIA

DELICIOUS, CRISP & EASY TO COOK



774 - Mini Cheese & Tomato Pizza

Pizza base topped with seasoned tomato sauce and a blend of mozzarella and Cheddar cheese.

OVEN ONLY

£1.55

70g



1319 - Cheese & Tomato Pizza

9 inch pizza base topped with seasoned tomato sauce and a blend of mozzarella and Cheddar cheese.

OVEN ONLY

£4.50

356g





1320 - Pepperoni Pizza

9 inch pizza base topped with tomato sauce, Mozzarella and Cheddar cheese and pepperoni slices.

OVEN ONLY

£5.50

385g

LS



Perfect paired
with Pizza

807 - Super Crunchy Oven Chips

Golden, crispy, triple cooked, thick cut chips.

6-7 SERVINGS

OVEN ONLY

£2.25

850g

LS V F





1003
Mini Roast
Pork Dinner
Page 68

NEW



Mini Vegetarian Roast Dinner
Page 70

Mini meals

All your favourites and more in a smaller portion size.
Choose from over 70 recipes in the range.

Mini beef
Page 58

Mini lamb
Page 66

Mini chicken
Page 61

Mini pork
Page 68

Mini fish
Page 64

Mini vegetarian
Page 70

Try it, taste it, rate it...

Simply list which dishes you've tried and loved,
then score them in the columns below.

| Code | Product | Rating | Code | Product | Rating |
|------|---------|--------|------|---------|--------|
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

Mini beef

Classic beef dishes, prepared in smaller servings



NEW & IMPROVED

1000 - Mini Roast Beef Dinner

Sliced topside of beef in a rich gravy. Served with roast potatoes, peas, roast parsnips and Yorkshire pudding.

£4.15

240g

LS ✓ 1 HP F



416 - Mini Minced Beef Yorkshire

Yorkshire pudding with minced beef, carrots and peas in a beef and red wine gravy.

£4.50

290g

LS ♥ ✓ HP



TOP PICK

895 - Mini Cottage Pie

Minced beef and diced carrots cooked in a full-flavoured gravy and topped with fluffy mashed potato.

£2.80

240g

LS ♥ ✓ HP



311 - Mini Corned Beef Hash

Corned beef and baked beans in a rich tomato sauce seasoned with basil and bay leaf. Topped with sautéed potatoes.

£2.80

240g

LS ✓ GF HP



258 - Mini Beef Stew with Bubble & Squeak

Beef, carrots, peas, swede and parsnips in a red wine and Dijon mustard gravy. Topped with a classic bubble and squeak.

£3.65

240g

LS ✓ S HP





314 - Mini Cumberland Pie

Minced beef, onions and carrots in a beef and roast onion gravy. Topped with mashed potato and a crunchy cheese crumb.

£2.95

240g

LS ✓ HP



190 - Mini Savoury Minced Mash

Minced beef, carrots and onions in a red wine sauce seasoned with thyme and bay. Topped with buttery wholegrain mustard mashed potato.

£3.55

240g

LS ✓ HP



851 - Mini Beef & Vegetable Hotpot

A traditional hotpot made with tender chunks of beef, carrots, onions, swede and parsnips. Cooked in gravy and topped with a layer of sauté potatoes.

£3.15

240g

LS ✓ HP F



144 - Mini Beef & Kidney Stew

Beef and kidney with parsnips, carrots and chestnut mushrooms in a red wine gravy. Seasoned with oregano and Worcestershire sauce. Topped with sauté potatoes.

£3.99

250g

LS ♥ ✓ HP



894 - Mini Braised Beef, Tatties & Neeps

Slow cooked braised beef in a red wine and onion gravy. Topped with chunks of potato and swede.

£2.99

240g

LS ✓ GF S HP



497 - Mini Potato Topped Beef & Ale Pie

Beef with swede, parsnips, carrots, peas and mushrooms in a rich ale gravy, topped with a mature Cheddar cheese mash.

£3.35

250g

LS ✓ S HP





TOP PICK

466 - Mini Spaghetti Bolognese

A rich Bolognese made with minced beef, tomatoes, onions and mushrooms in a tomato and red wine sauce. Served with spaghetti.

£2.80

240g

LS ✓ HP

Just enough for one person, a tasty meal.

HAZEL

★ Trustpilot

★★★★★



220 - Mini Beef Lasagne

Made with Bolognese sauce layered between sheets of egg pasta. Topped with a classic béchamel sauce and a sprinkling of mature Cheddar cheese.

£3.15

240g

LS ✓ HP



942 - Mini Chilli con Carne & Rice

Gently spiced chilli of minced beef, sweet red and green peppers and kidney beans, topped with mild Cheddar cheese. Served with rice.

£3.15

240g

LS ✓ GF HP



Mini chicken

Full of flavour & perfectly portioned mini chicken & turkey dishes



NEW & IMPROVED

1001 - Mini Roast Chicken Dinner
Premium slices of chicken breast in a rich gravy. Served with roast potatoes, peas, roast parsnips and stuffing.

£3.75 240g LS ✓ HP F



NEW & IMPROVED

1004 - Mini Roast Turkey Dinner
Slices of turkey in a rich gravy. Served with peas, roast potatoes, roast parsnips and stuffing.

£3.99 240g LS ✓ 1 HP F



415 - Mini Chicken, Sage & Onion Yorkshire
Yorkshire pudding with chicken, carrots and peas in a creamy sage and onion sauce.

£4.50 290g LS ✓ S 1 HP



196 - Mini Chicken Casserole & Dumpling
Tender chunks of chicken breast with sliced carrots, onions, swede and leeks in a red wine gravy. Served with a sage and parsley dumpling.

£3.65 240g LS ✓ HP





339 - Mini Fruity Chicken Curry

Chunks of chicken breast with apricots, pineapple and sultanas in a mild and fruity curry sauce. Served with basmati rice.

£3.30

240g



338 - Mini Chicken Tikka Masala

Chicken pieces in a spiced, tikka masala sauce made with cream, yogurt, garlic, coriander, Madras curry powder, chilli powder and paprika. Served with basmati rice.

£3.15

240g



291 - Mini Sweet & Sour Chicken

Chicken breast pieces, red and green peppers, onions and pineapple in a sweet & sour sauce. Served with egg-fried rice.

£2.60

240g



945 - Mini Chicken with Mashed Potato

Slices of chicken breast in a roasted garlic gravy. Served with mashed potato, cauliflower & peas.

£3.25

240g



510 - Mini Chicken in White Wine & Rarebit Crumb

Chicken in a creamy white wine sauce, topped with cheese and herb breadcrumbs.

£3.55

260g



260 - Mini Chicken & Mushroom Hotpot

Succulent chicken breast, and chestnut & button mushrooms in a creamy Madeira wine sauce. Topped with sauté potatoes.

£3.50

250g



156 - Mini Chicken & Stuffing Casserole

Chunks of chicken breast with a pork and herb stuffing in a roast chicken, pancetta and white wine gravy. Topped with seasoned potatoes and carrots.

£3.25

240g





198 - Mini Chicken & Vegetable Ragout

Pieces of chicken with peas, carrots and golden potatoes in a chicken and red wine gravy seasoned with redcurrant and thyme. Served with sauté potatoes.

£3.25

240g

LS GF HP



336 - Mini Chicken Chasseur

Tender pieces of chicken breast and mushrooms in a tomato, white wine and smoked bacon sauce. Served with skin on sliced potatoes and broccoli florets.

£3.30

240g

LS 1 HP



191 - Mini Madeira Chicken

Chicken breast strips in a fragrant whole peppercorn and Madeira wine sauce. Served with sauté potatoes seasoned with oregano, parsley and paprika.

£3.65

240g

LS



197 - Mini Poacher's Chicken

Succulent pieces of chicken breast and mushrooms in a tomato, redcurrant jelly and thyme sauce, with new potatoes, carrot batons and mangetout.

£3.35

240g

LS GF HP



312 - Mini Chicken & Mixed Peppers in Creamy Sauce

Diced chicken breast, mushrooms and sweet red and green peppers cooked in a cream and sherry sauce. Served with white basmati rice.

£2.99

240g

LS GF HP



283 - Mini Chicken, Pea & Parmesan Pasta

Chunks of chicken breast, peas and macaroni pasta in a rich Madeira wine, cider, cream and parmesan sauce.

£3.55

250g

LS HP



Mini fish

Fish pies to fish bakes and everything in between



852 - Mini Ocean Pie

Salmon, hoki and haddock pieces cooked in a Dijon mustard and cheese sauce. Topped with mashed potato and Regato cheese.

£3.60 240g

LS ✓ HP



528 - Mini Cod, Chips & Peas

A portion of flaky cod in golden breadcrumbs. Served with chips and peas.

£3.15 240g
LS F



310 - Mini Fisherman's Pie

Pollock and peas in a light, creamy cheese and parsley sauce. Topped with mashed potato.

£2.99 240g
LS ✓ HP



498 - Mini Fish Pie with Crumble Topping

Chunks of hoki, smoked haddock, salmon and tuna flakes in a creamy Madeira sauce, finished off with a mature Cheddar crumble topping.

£3.65 250g
LS HP



849 - Mini Cod & Prawn Bake

Chunks of cod, prawns and sweetcorn in a cheesy béchamel sauce. Topped with sauté potatoes and mature Cheddar cheese.

£3.35 240g
LS ✓ HP





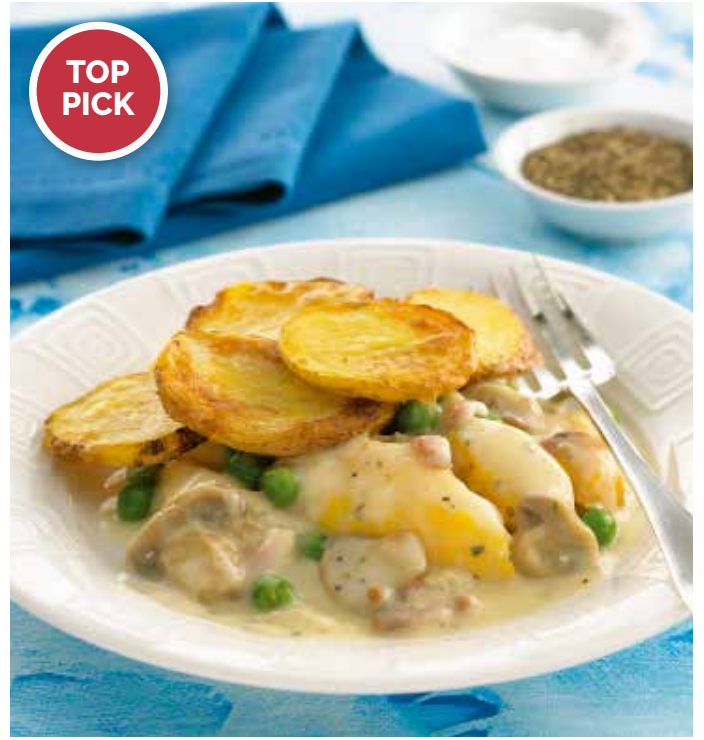
342 - Mini Salmon in Tomato Sauce

Chunky flakes of salmon, with new potatoes and sliced green beans in a mildly spiced tomato and red pepper sauce.

£3.75

240g

LS ✓ GF HP F



341 - Mini Haddock Smokie

Smoked haddock, smoked bacon, mushrooms and peas in a creamy lemon and parsley sauce. Topped with grilled, skin on sliced potatoes.

£3.60

240g

LS ✓ HP



848 - Mini Tuna Pasta Bake

Pasta seashells, tuna and sweetcorn in a creamy béchamel sauce. Sprinkled with grated mature Cheddar cheese.

£3.65

240g

LS ✓ HP



804 - Mini Creamy Salmon & Pea Pasta

Salmon & peas in a creamy cheese sauce with spinach and slow roasted tomatoes in penne pasta.

£3.65

240g

LS



601 - Mini Hoki, Potato & Spring Onion Stew

Chunks of Hoki, potato halves and spring onions in a fish sauce.

£4.50

250g

LS ✓



Mini lamb

Traditional, succulent lamb meals in a mini size



1002 - Mini Roast Lamb Dinner

Sliced leg of lamb in a rich gravy. Served with roast potatoes, peas and roast parsnips.

£4.55

240g

LS ✓ S HP F



579 - Mini Liver & Onions

English lamb's liver and onions with carrots and peas in a meaty gravy. Served with mashed potato.

£3.15

240g

LS ✓ GF HP



947 - Mini Lamb in Mint Gravy

Succulent slices of lamb with a flavourful mint gravy. Served with mashed potato, green beans and carrots.

£4.75

240g

LS ✓ GF HP F



281 - Mini Lamb in Cider Sauce

Minced lamb, carrots, onions and peas, in a lamb and cider gravy. Topped with a creamy, mature Cheddar and parsley mashed potato.

£3.95

240g

LS ✓



259 - Mini Lamb, Redcurrant & Cranberry Hotpot

Diced leg of lamb, parsnips, carrots, swede and cranberries in a lamb, mint and redcurrant gravy. Topped with sauté potatoes.

£3.99

250g

✓ GF S HP





893 - Mini Liver & Bacon Hotpot

Tender lamb's liver cooked with onions, peas, carrots and smoky pancetta in a rich gravy. Topped with grilled potato slices.

£3.40

240g

LS ✓ HP



209 - Mini Lamb & Mint Crumble

Minced lamb with carrots, onions and peas in a lamb and mint gravy, seasoned with balsamic vinegar, Worcestershire sauce and rosemary. Topped with a Cheddar cheese crumble.

£3.85

250g

LS S HP



858 - Mini Shepherd's Pie

Minced lamb, carrots and onions in a rich gravy. Topped with mashed potato and mature Cheddar cheese.

£3.15

240g

LS ✓ HP



313 - Mini Minced Lamb Hotpot

Minced lamb, onions, swede, carrots and leeks in a rich lamb and beef gravy. Topped with grilled, skin on sliced potatoes.

£3.35

240g

✓ HP



495 - Mini Lamb & Beef Keema Pie

Indian spiced minced lamb & beef in a tomato sauce & peas topped with mashed potato and chopped coriander.

£2.55

240g

LS ✓



Mini pork

Mouth-watering pork mini meals



1003 - Mini Roast Pork Dinner

Slices of pork in a rich gravy. Served with roast potatoes, carrots, Savoy cabbage and stuffing.

£3.65 240g

LS ✓ HP F



854 - Mini Yorkshire Pudding with Cocktail Sausages

Pork cocktail sausages in gravy, with carrots and peas. Served inside a classic Yorkshire pudding.

OVEN ONLY

£2.90 245g
LS ✓



929 - Mini Sausages & Mash

Four tasty pork cocktail sausages in rich beef gravy. Served with buttery mashed potato and peas.

£2.80 240g
LS ✓



853 - Mini Sausage Casserole

Cocktail sausages with celery, onions, turnip, swede and carrots in a rich gravy. Served with buttery mashed potato on the side.

£2.85 270g
LS ✓ 1



598 - Mini Sausages with Red Onion Gravy

Pork cocktail sausages and roasted red onion wedges in a fruity redcurrant and Chianti gravy. Served with diced sauté potatoes.

£2.99 240g
LS ✓





309 - Mini Faggot, Mash & Peas

A pork faggot seasoned with oregano, basil, parsley and paprika in a red wine, Madeira and redcurrant gravy. Served with buttery mashed potato and peas.

£2.65

240g

LS ✓



295 - Mini Sweet & Sour Pork

Tender pork chunks with pineapple, red and green peppers and onions in a sweet & sour sauce. Served with egg-fried rice.

£3.25

240g

GF S



282 - Mini Pork & Apple Crumble

Pork shoulder, sliced Bramley apples and red onions in a creamy cider sauce. Topped with a mature Cheddar cheese crumb.

£3.70

250g

LS HP



318 - Mini Gammon & Creamy Onion Sauce

Tender gammon pieces smothered in a creamy onion sauce seasoned with garlic, parsley, thyme, nutmeg and bay leaf. Served with mashed potato and broad beans.

£3.30

240g

LS ✓ HP



335 - Mini Spaghetti & Meatballs

Minced pork and beef meatballs in an Italian style tomato and basil sauce. Served on a bed of spaghetti and topped with grated mozzarella and Cheddar cheese.

£3.15

240g

LS ✓ HP



581 - Mini Macaroni Cheese & Pulled Ham

Macaroni cheese with English pulled ham hock in a Regato cheese and béchamel sauce. Topped with mature Cheddar cheese.

£3.75

240g

LS ✓ HP



Mini vegetarian

Meat free meals, small but satisfying!



1005 - Mini Vegetarian Roast Dinner

Vegetarian roast of parsnips, lentils, red peppers and mushrooms in a vegetable gravy. Served with roast potatoes, carrot batons, roast parsnips and peas.

£3.75

240g

LS ✓ V 1 F



943 - Mini Vegetable Lasagne

Mediterranean vegetables in a herby tomato sauce between layers of egg pasta and béchamel sauce, topped with Cheddar cheese.

£3.10

240g

LS ✓ V S 1



496 - Mini Aubergine Parmigiana

Layers of roasted aubergine with a chunky tomato sauce topped with a rich cheese sauce.

£4.10

240g

LS ✓ V 1



317 - Cauliflower Cheese & Sauté Potatoes

Cauliflower florets and diced sauté potatoes in a rich cheese sauce. Topped with a parsley & cheese crumb.

£3.10

240g

V



557 - Cauliflower & Broccoli Cheese

Tender cauliflower and broccoli florets in a smooth, creamy Cheddar cheese sauce.

MICROWAVE ONLY

£2.35

200g

LS ✓ V 1





193 - Mini Goat's Cheese & Sweet Potato Pasta
Pasta spirals in a creamy spinach and mature Cheddar sauce, topped with roasted sweet potato, roasted red onion and goat's cheese.

£3.15

240g

LS ✓ V



TOP PICK

774 - Mini Cheese & Tomato Pizza

Pizza base topped with seasoned tomato sauce and a blend of mozzarella and Cheddar cheese.

OVEN ONLY

£1.55

70g

LS ✓ V



502 - Mini Cheese & Tomato Macaroni Pasta Bake

Macaroni in a cheese and tomato sauce with cherry tomatoes and topped with a cheese, breadcrumb and parsley topping.

£3.15

240g

LS V



195 - Mini Cheese & Broccoli Pasta

Spiral pasta and tender broccoli florets in a creamy Cheddar cheese sauce seasoned with mustard, bay leaf and cloves.

£3.15

240g

LS ✓ V HP



226 - Mini Macaroni Cheese

Macaroni in a rich cheese sauce with mustard, nutmeg, paprika and bay leaf. Sprinkled with Cheddar cheese and a parsley crumb.

£3.15

240g

LS V



803 - Mini Leek, Asparagus & Pea Pasta

Leek, asparagus, peas and penne pasta in a creamy cheese and white wine sauce.

£2.75

240g

LS V 1



Gluten Free dishes

A quick guide to all our gluten free meals, desserts & side dishes perfect for coeliacs and people with gluten intolerance.

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

GF

837

**Roasted Vegetables
& Goat's Cheese**

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BREAKFAST

| Code | Product | Page |
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| 605 | Cumberland Pork Sausages | pg 18 |
| 563 | Kipper Fillets | pg 19 |

SOUP & LIGHT MEALS

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| 163 | Beef Chilli Jacket Potato | pg 22 |
| 989 | Broccoli & Stilton Soup | pg 23 |
| 988 | Carrot & Coriander Soup | pg 24 |
| 499 | Cheese & Ham Omelette (2) | pg 26 |
| 500 | Cheese & Tomato Omelette (2) | pg 26 |
| 227 | Chicken & Vegetable Soup | pg 23 |
| 990 | Creamy Mushroom Soup | pg 23 |
| 194 | Filled Potato Skin with Baked Beans & Cheese | pg 22 |

MAIN MEALS

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| 392 | Cheese & Ham Omelette | pg 49 |
| 529 | Chicken with Mashed Potato | pg 38 |
| 327 | Cod & Prawn Bake | pg 41 |
| 242 | Fruity Chicken Curry | pg 40 |
| 405 | Lamb Bhuna | pg 46 |
| 332 | Omelette, Chips & Peas | pg 50 |
| 837 | Roasted Vegetables & Goat's Cheese | pg 52 |
| 329 | Salmon & Broccoli Bake | pg 41 |
| 592 | Salmon in White Wine | pg 43 |
| 642 | Summer Casserole | pg 38 |
| 256 | Vegetable Tikka | pg 52 |
| 577 | Wild Mushroom & Butternut Risotto | pg 51 |
| 645 | Woodland Chicken | pg 37 |

MINI MEALS

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| 894 | Mini Braised Beef, Tatties & Neeps | pg 59 |
| 312 | Mini Chicken & Mixed Peppers in Creamy Sauce | pg 63 |
| 198 | Mini Chicken & Vegetable Ragout | pg 63 |
| 945 | Mini Chicken with Mashed Potato | pg 62 |
| 942 | Mini Chilli con Carne & Rice | pg 60 |
| 311 | Mini Corned Beef Hash | pg 58 |
| 339 | Mini Fruity Chicken Curry | pg 62 |
| 947 | Mini Lamb in Mint Gravy | pg 66 |

| Code | Product | Page |
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| 259 | Mini Lamb, Redcurrant & Cranberry Hotpot | pg 66 |
| 579 | Mini Liver & Onions | pg 66 |
| 197 | Mini Poachers Chicken | pg 63 |
| 342 | Mini Salmon in Tomato Sauce | pg 65 |
| 291 | Mini Sweet & Sour Chicken | pg 62 |
| 295 | Mini Sweet & Sour Pork | pg 69 |

SIDE DISHES

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| 897 | Carrot, Swede & Horseradish Mash (2) | pg 80 |
| 400 | Cheese & Spring Onion Mashed Potato | pg 80 |
| 552 | Dauphinoise Potatoes (2) | pg 81 |
| 556 | Green Vegetables in a Wild Garlic & Herb Butter | pg 80 |
| 395 | Mashed Potato | pg 80 |
| 414 | Mini Dauphinoise Potatoes | pg 80 |
| 294 | Ratatouille | pg 81 |

DESSERTS

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| 620 | Rice Pudding (2) | pg 85 |
| 638 | Rhubarb & Custard (2) | pg 86 |
| 117 | Summer Fruit Punch Trifle (2) | pg 92 |



117 Summer Fruit Punch Trifle
Page 92

NEW gluten free dishes added reguarly



Low sugar dishes

A low sugar life can still be sweet, all of these meals, desserts & side dishes are low in sugar.



LS

994

Mozzarella, Tomato
& Pesto Panini

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BREAKFAST

| Code | Product | Page |
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| 366 | All Day Breakfast | pg 16 |
| 534 | Breakfast Panini | pg 16 |
| 605 | Cumberland Pork Sausages | pg 18 |
| G1290 | Smoked Back Bacon | pg 18 |
| G1291 | Unsmoked Back Bacon | pg 18 |
| 563 | Kipper Fillets | pg 19 |
| 850 | Mini All Day Breakfast | pg 16 |
| G1288 | Olde English Sausages | pg 18 |
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| 614 | White Sliced Loaf | pg 19 |
| 112 | Wholemeal Sliced Loaf | pg 19 |

SOUPS & LIGHT MEALS

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| 989 | Broccoli & Stilton Soup | pg 23 |
| 988 | Carrot & Coriander Soup | pg 24 |
| 499 | Cheese & Ham Omelette (2) | pg 26 |
| 241 | Cheese & Onion Quiche (2) | pg 26 |
| 533 | Cheese & Red Onion Panini | pg 25 |
| 500 | Cheese & Tomato Omelette (2) | pg 26 |
| 600 | Chicken & Pesto Panini | pg 25 |
| 227 | Chicken & Vegetable Soup | pg 23 |
| 990 | Creamy Mushroom Soup | pg 23 |
| 194 | Filled Potato Skin with Baked Beans & Cheese | pg 22 |
| 322 | Filled Potato Skin with Gammon & Cheese Sauce | pg 22 |
| 993 | Ham, Cheddar & Wholegrain Panini | pg 25 |
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| 189 | Minestrone Soup | pg 24 |
| 994 | Mozzarella, Tomato & Pesto Panini | pg 25 |
| 157 | Potato & Leek Soup | pg 24 |
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| 1321 | Sausage Rolls | pg 27 |
| 186 | Scotch Broth | pg 23 |
| G1292 | Smoked Sliced Ham | pg 27 |
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MAINS & PIZZA

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| Code | Product | Page |
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| 168 | Beef Lasagne | pg 34 |
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| 882 | Beer Battered Cod & Chips | pg 42 |
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| 652 | Butter Chicken Curry | pg 40 |
| 257 | Butternut Squash & Vegetable Lasagne | pg 51 |
| 392 | Cheese & Ham Omelette | pg 49 |
| 1319 | Cheese & Tomato Pizza NEW | pg 54 |
| 676 | Cheesy Smoked Haddock Fillet | pg 45 |
| 841 | Chicken & Cider Hotpot | pg 38 |
| 477 | Chicken & Mushroom Pie with Vegetables | pg 36 |
| 139 | Chicken & Stuffing Bake | pg 38 |
| 1314 | Chicken Breast Platter | pg 35 |
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| 252 | Chicken Casserole with Dumpling | pg 36 |
| 1323 | Chicken Casserole with Herby Mash | pg 37 |
| 878 | Chicken Curry & Rice | pg 40 |
| 278 | Chicken in Creamy Garlic Sauce | pg 37 |
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| 138 | Chicken Jalfrezi | pg 40 |
| 873 | Chicken Korma | pg 40 |
| 387 | Chicken Stir-Fry | pg 39 |
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| 108 | Chicken Leek & Bacon Pie | pg 36 |
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| 327 | Cod & Prawn Bake | pg 41 |
| 240 | Cod, Chips & Peas | pg 42 |
| 593 | Cod in Parsley | pg 43 |
| 658 | Coq au Vin | pg 36 |
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| 530 | Cumberland Pie | pg 31 |
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| 1307 | Luxury Roast Beef Dinner NEW | pg 30 |
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395
Mashed Potato
Page 80

400
Cheese & Spring Onion
Mashed Potato
Page 80

**NEW &
IMPROVED**



Cauliflower Cheese
Page 81

Side dishes

Add your own touch to any of our meals with our range of vegetable, potato & bread side dishes.

Try it, taste it, rate it...

Simply list which dishes you've tried and loved, then score them in the columns below.

| Code | Product | Rating | Code | Product | Rating |
|------|---------|--------|------|---------|--------|
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556 - Green Vegetables in Wild Garlic & Herb Butter

Peas, green beans, broccoli and mangetout lightly tossed in a savoury wild garlic, parsley and chive butter.

MICROWAVE ONLY

£2.45

150g

LS ✓ V GF S 1 F



525 - Broccoli

Perfectly cut broccoli florets.

5-6 SERVINGS

MICROWAVE OR PAN COOK

£2.05

450g

LS ✓ V S 1 HP F



560 - Baby Carrots

Small and sweet baby carrots.

5-6 SERVINGS

MICROWAVE OR PAN COOK

£1.60

450g

LS ✓ V S 1 HP F



395 - Mashed Potato

An individual portion of buttery mashed potato, seasoned with salt and pepper.

MICROWAVE ONLY

£1.60

240g

LS ✓ V GF



414 - Mini Dauphinoise Potatoes

Sliced potatoes layered with garlic, onion and cream sauce, topped with Cheddar cheese.

£1.99

240g

LS ✓ V GF



897 - Carrot, Swede & Horseradish Mash

A buttery potato, carrot and swede mash with horseradish.

2 SERVINGS

£2.20

200g

LS ✓ V GF 1 F



400 - Cheese & Spring Onion Mashed Potato

An individual portion of mashed potato with mature Cheddar cheese and spring onion, seasoned with salt and pepper.

MICROWAVE ONLY

£1.75

240g

LS ✓ V GF





552 - Dauphinoise Potatoes

Sliced boiled potatoes layered with roasted garlic and onions in a cream sauce. Topped with Cheddar cheese.

2 SERVINGS
OVEN ONLY

£3.80

400g

LS ✓ GF



557 - Cauliflower & Broccoli Cheese

Tender cauliflower and broccoli florets in a smooth, creamy Cheddar cheese sauce.

MICROWAVE ONLY

£2.35

200g

LS ✓ V 1



807 - Super Crunchy Oven Chips

Golden, crispy, triple cooked, thick cut chips.

6-7 SERVINGS - OVEN ONLY

£2.25

850g

LS V F



472 - Cauliflower Cheese

Tender cauliflower florets in a tasty cheese sauce. Finished with breadcrumbs and grated mature Cheddar cheese.

£3.80

400g

LS ✓ V 1



420 - Garlic Baguettes

Crusty baguettes filled with savoury garlic and parsley butter.

PACK OF 2
OVEN ONLY

£4.40

370g

LS V



294 - Ratatouille

Roasted courgettes, red and green peppers, slow roasted cherry tomatoes and onions in a tomato sauce. Topped with mozzarella and Cheddar cheese.

£4.65

350g

LS ✓ V GF 1 F



589
**Luxury Brioche &
Butter Pudding
& Custard**
Page 86



NEW



Low Sugar Victoria Sponge
Page 88

Desserts

From warming pies & crumbles, to creamy cheesecakes, fluffy muffins & tasty ice creams, our expansive dessert selection has something for everyone.

Hot desserts
Page 84

Trifles & cheesecakes
Page 92

Muffins, cakes & pies
Page 87

Ice cream & fruit
Page 94

Try it, taste it, rate it...

Simply list which dishes you've tried and loved, then score them in the columns below.

| Code | Product | Rating | Code | Product | Rating |
|------|---------|--------|------|---------|--------|
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Hot desserts

Hearty crumbles • Moist sponge • Tasty custard



771 - Cherry Sponge with Custard
A light sponge pudding with glacé cherries covered in custard.

TWIN PACK - DEFROST BEFORE COOKING

£3.75 2 x 225g



626 - Sticky Toffee Pudding

A moist date sponge covered in butterscotch sauce. Handmade in the Lake District.

TWIN PACK
DEFROST BEFORE COOKING

£3.50 2 x 150g



625 - Treacle Pudding with Custard

Light golden and black treacle sponge served with vanilla custard. Handmade in the Lake District.

TWIN PACK
DEFROST BEFORE COOKING

£4.10 2 x 220g

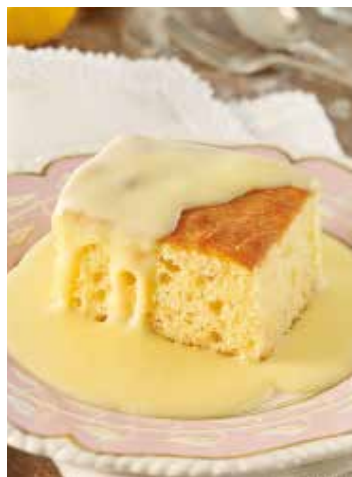


624 - Chocolate Pudding

Rich chocolate cake served with vanilla custard. Handmade in the Lake District.

TWIN PACK
DEFROST BEFORE COOKING

£4.00 2 x 225g



627 - Lemon Pudding with Lemon Custard

A light, citrusy sponge served with zesty lemon custard. Handmade in the Lake District.

TWIN PACK
DEFROST BEFORE COOKING

£3.99 2 x 225g





633 - Apple Crumble

A handmade crumble of soft, stewed apples and cinnamon with an oaty topping. Contains sugar and sweetener.

TWIN PACK

£3.70 2 x 150g



632 - Rhubarb Crumble

A handmade crumble of stewed rhubarb with a sweet and crunchy oaty topping.

TWIN PACK

£3.75 2 x 200g



634 - Blackberry & Apple Crumble

A handmade crumble of blackberries and apples with an oaty topping. Contains sugar & sweetener.

TWIN PACK

£3.95 2 x 150g



609 - Apple Crumble & Custard

A classic dessert of apples topped with an oatie crumble served with vanilla custard. Contains sweetener & sugar.

£3.00 240g



615 - Apple Strudel

A blend of apples, raisins, sultanas and hazelnuts baked in puff pastry with a hint of spice. Handmade in the Lake District.

TWIN PACK

£4.10 2 x 125g



620 - Rice Pudding

Traditional creamy rice pudding.

TWIN PACK

£3.15 2 x 150g





200 - Bread & Butter Pudding

Buttery bread layered with cream and sultanas and topped with vanilla custard. Handmade in the Lake District.

TWIN PACK - DEFROST BEFORE COOKING

£3.99 2 x 220g



635 - Pineapple Upside-Down Pudding

A golden sponge baked with a layer of sweet, tangy pineapple and served with custard.

TWIN PACK

DEFROST BEFORE COOKING

£4.00 2 x 225g



970 - Steamed Jam Pudding

Steamed suet pudding swirled with traditional raspberry jam. Served with a generous helping of smooth custard.

TWIN PACK

£3.95 2 x 195g



589 - Luxury Brioche & Butter Pudding & Custard

A bread and butter pudding of baked vanilla brioche with mixed spice layered with raisins, sultanas and custard.

£3.25 250g



608 - Jam Sponge & Custard

A light sponge with raspberry jam, topped with creamy custard. Handmade in the Lake District.

TWIN PACK

DEFROST BEFORE COOKING

£3.90 2 x 225g



199 - Spotted Dick

Traditional suet pudding with raisins, covered in smooth vanilla custard. Handmade in the Lake District.

TWIN PACK

DEFROST BEFORE COOKING

£4.00 2 x 238g



638 - Rhubarb & Custard

Tangy rhubarb compote covered in sweet vanilla custard. Handmade in the Lake District.

TWIN PACK

Can be served cold

DEFROST BEFORE COOKING

£3.65 2 x 185g



Muffins, cakes & pies

Indulge in our sweet treats



712 - Mini Chocolate Éclairs

Choux pastry filled with vanilla cream. Topped and decorated with Belgian chocolate flakes.

PACK OF 12 - DEFROST & SERVE

£5.40 200g



513 - Chocolate Muffin

Triple chocolate muffin with milk, dark and white chocolate.

DEFROST & SERVE

£1.35 120g



409 - Luxury Lemon Drizzle Muffin

Moist lemon muffin with a lemon curd centre.

DEFROST & SERVE

£1.75 136g



410 - Luxury Salted Caramel Muffin

Salted caramel muffin with smooth salted caramel and chunks of fudge.

DEFROST & SERVE

£1.75 136g



511 - Blueberry Muffin

A light and fluffy muffin with blueberries.

DEFROST & SERVE

£1.35 120g





2001 - Low Sugar Victoria Sponge

Low sugar vanilla flavoured sponge, filled with strawberry style compote and crème mix, finished with sweet dusting sugar. (Contains sugar and sweetener).

TWIN PACK - DEFROST & SERVE

£4.99 2 x 75g

LS V



160 - Victoria Sponge

A traditional Victoria sponge handmade in Devon. Light sponge sandwiched with a vanilla cream and cream cheese filling and strawberry jam.

TWIN PACK - DEFROST & SERVE

£4.15 2 x 83g

V



702 - Black Forest Gateau

Layers of chocolate sponge, cream and black cherries. Topped with a chocolate curl.

TWIN PACK DEFROST & SERVE

£4.75 2 x 125g

V S



721 - Low Sugar Lemon Drizzle Cake

Low sugar lemon drizzle sponge. (Contains sweetener).

TWIN PACK - DEFROST & SERVE

£4.50 2 x 60g

LS ✓ V



701 - Strawberry Gateau

A golden sponge with cream and a strawberry filling. Sprinkled with white and pink chocolate curls. Handmade in Devon.

TWIN PACK DEFROST & SERVE

£4.75 2 x 125g

S



491 - Chocolate Fudge Cake

Layers of moist chocolate sponge & chocolate fudge finished with chocolate shavings.

TWIN PACK DEFROST & SERVE

£5.25 2 x 93g

V





537 - Arctic Roll

Dairy vanilla ice cream with a raspberry ripple rolled in sponge cake.

TWIN PACK

£4.20 2 x 85g



519 - Millionaire's Flapjack

Oaty flapjack covered in rich caramel & chocolate flavoured coating.

DEFROST & SERVE

£1.35 100g



239 - Sticky Toffee Meringue

Layers of golden crisp meringue with cream and caramel sauce on a biscuit crumb base. Topped with caramel chocolate curls.

TWIN PACK

DEFROST & SERVE

£5.55 2 x 88g



238 - Strawberry Eton Mess

Golden crisp meringue with cream and strawberry sauce on a biscuit crumb base. Topped with white chocolate shavings. **TWIN PACK**

DEFROST & SERVE

£5.55 2 x 80g



159 - Cherry Meringue Pie

Sweet and tangy cherries on a shortcrust pastry base topped with lightly toasted meringue.

Handmade in Devon.

TWIN PACK

DEFROST & SERVE

£4.99 2 x 132g



732 - Lemon Meringue Pie

Rich shortcrust pastry with a zesty lemon filling. Topped with a light meringue.

TWIN PACK

DEFROST & SERVE

£4.85 2 x 105g





753 - Bramley Apple Pie
 Classic shortcrust pastry filled with soft Bramley apples. Handmade in Devon.
TWIN PACK
DEFROST & SERVE

£5.55 2 x 150g
 V S



494 - Apple & Blackberry Pie
 Classic shortbread pastry filled with Bramley apple and blackberries, Handmade in Devon.
TWIN PACK - DEFROST & SERVE

£4.99 2 x 145g
 V S



984 - Cherry Pie
 A rich and sweet cherry filling encased in shortcrust pastry. Finished with a sprinkling of caster sugar.
TWIN PACK
DEFROST & SERVE

£5.10 2 x 141g
 V S



966 - Banoffee Pie
 Shortcrust pastry base topped with silky crème pâtissière and fruity banana purée. Topped with golden curls of caramel toffee.
TWIN PACK
DEFROST & SERVE

£5.25 2 x 128g
 V S



2000 - Low Sugar Chocolate Ginger Torte
 Low sugar chocolate sponge, topped with a rich chocolate crème with stem ginger, finished with a dusting of cocoa powder. (Contains sweetener).

TWIN PACK - DEFROST & SERVE
£4.99 2 x 60g LS ✓ V S



726 - Low Sugar Vanilla Brûlée Cake
 Low sugar vanilla flavoured sponge, topped with low sugar creamy vanilla flavoured crème. Bruleed with demerara sugar. Contains sugar and sweetener.

TWIN PACK - DEFROST & SERVE
£4.99 2 x 75g LS ✓ V S





752 - Apricot & Ginger Brulée

A creamy apricot and ginger mousse made from whipping cream and cream cheese on a sponge base with a crunchy caramelised topping. **TWIN PACK**

DEFROST & SERVE

£5.50

2 x 75g



965 - Lemon Brulée

Lemon mousse on a biscuit crumb base with a caramelised brulée topping.

TWIN PACK

DEFROST & SERVE

£5.50

2 x 105g



587 - Strawberry Tart

Strawberries in a sugar syrup glaze, on crème pâtissière in a sweet, pastry case. Handmade in the Lake District.

DEFROST & SERVE

£3.45

200g



723 - Lemon Charlotte

Sponge base topped with light and fluffy citrus mousse with a tangy lemon glaze. Handmade in Devon.

TWIN PACK

DEFROST & SERVE

£5.25

2 x 75g



754 - Bakewell Tart

Almond sponge with a cherry filling on shortcrust pastry. Topped with flaked almonds.

TWIN PACK - DEFROST & SERVE

£5.55

2 x 100g



830 - Olde English Lemon Tart

A tangy lemon and cream filling on a light shortcrust pastry. Finished with a light dusting of sugar.

TWIN PACK

DEFROST & SERVE

£5.50

2 x 100g



Trifles & cheesecakes

Individual trifles & cheesecakes



TOP PICKS

704 - Raspberry Trifle

Raspberry sauce and custard, layered on top of a golden sponge. Topped with cream and milk chocolate swirls.

TWIN PACK - DEFROST & SERVE

£3.55 2 x 175g



119 - Black Forest Trifle

Belgian chocolate fudge brownie squares, with black cherry compote, Belgian chocolate custard and whipped cream dusted with light cocoa.

TWIN PACK

DEFROST & SERVE

£4.35 2 x 105g



117 - Summer Fruit Punch Trifle

Strawberry, apple and orange in a Pimms-style jelly, topped with vanilla custard and whipped cream. Decorated with almond flakes.

TWIN PACK

DEFROST & SERVE

£4.30 2 x 95g



TOP PICKS

742 - Sherry Trifle

Raspberry sauce and custard, layered on top of a sherry-laced sponge. Topped with cream and a chocolate swirl.

TWIN PACK

DEFROST & SERVE

£3.80 2 x 175g



263 - Tiramisu

Sponge fingers soaked in coffee and Marsala wine. Topped with mascarpone and crème fraîche mousse. Decorated with dark cocoa powder and a coated coffee bean.

TWIN PACK

DEFROST & SERVE

£4.55 2 x 100g





860 - Blackcurrant Cheesecake

A creamy blackcurrant and cheese filling on a biscuit base. Topped with a blackcurrant compote.

TWIN PACK - DEFROST & SERVE

£5.25 2 x 127g



413 - Raspberry & White Chocolate Panna Cotta

Creamy vanilla panna cotta with raspberry compote.

TWIN PACK

DEFROST & SERVE

£5.10 2 x 100g



862 - Strawberry Cheesecake

A creamy strawberry and cheese filling on a biscuit base. Topped with a strawberry compote.

TWIN PACK

DEFROST & SERVE

£5.25 2 x 133g



492 - Honeycomb & Toffee Cheesecake

Creamy cheesecake filling containing crisp honeycomb pieces and dark chocolate on a toffee topped digestive biscuit.

TWIN PACK - DEFROST & SERVE

£4.99 2 x 120g



582 - Lemon Cheesecake

A creamy lemon cheesecake made with cream, cream cheese and lemon juice on a biscuit crumb base. Topped with a lemon zesty compote.

TWIN PACK

DEFROST & SERVE

£5.25 2 x 126g



859 - Irish Cream Cheesecake

Creamy, mildly whiskey-flavoured cheesecake on a biscuit base and garnished with a light dusting of cocoa and a chocolate flake.

TWIN PACK

DEFROST & SERVE

£5.25 2 x 108g



Ice cream & fruit

Delicious and refreshing at any time of the year



769 - Fruit Salad

A refreshing mix of apples, melon, red grapes, mandarin orange and tangy pineapple.

4 SERVINGS - DEFROST & SERVE

£4.45

450g



817 - Clotted Cream Vanilla Ice Cream

Rich vanilla ice cream made with real clotted cream and vanilla.

£1.80

120ml



Serving suggestion



823 - Rum & Raisin Ice Cream

Creamy rum-flavoured ice cream with juicy raisins.

£1.80

120ml



Serving suggestion



827 - Vanilla Ice Cream

Low glucose vanilla ice cream sweetened with agave syrup.

4-5 SERVINGS

£5.10

500ml



828 - Strawberry Ripple Ice Cream

Low glucose strawberry-flavoured ice cream sweetened with agave syrup.

4-5 SERVINGS

£5.40

500ml





818 - Chunky Ginger Ice Cream

Pieces of zingy ginger give this delicious frozen dessert a bit of a kick.

£1.80

120ml

✓ V S

Serving suggestion



821 - Crunchy Toffee Ice Cream

Crunchy pieces of toffee throughout creamy, toffee ice cream.

£1.80

120ml

✓ V S

Serving suggestion



822 - Chocolate Fudge Ice Cream

Chocolate ice cream with soft pieces of chocolate fudge.

£1.80

120ml

✓ V S

Serving suggestion



824 - Honeycomb Ice Cream

A delicious blend of smooth ice cream and crisp, sweet honeycomb pieces.

£1.80

120ml

✓ V S

Serving suggestion



412 - Passion Fruit Ripple Ice Cream

Double cream ice cream flavoured with passion fruit and rippled with a passion fruit sauce.

£1.80

120ml

V S

Serving suggestion



826 - Raspberry Sorbet

A light and fruity sorbet made with juicy raspberries.

£1.80

120ml

♥ ✓ V S

Serving suggestion



819 - Clotted Cream & Strawberry Ice Cream

Strawberry compote swirled through sweet, clotted cream ice cream, with pieces of strawberry.

£1.80

120ml

✓ V S



805 - Low Sugar Caramel & Pecan Ice Cream

Low sugar and vegan caramel & pecan ice cream (contains sweetener).

£1.85

125ml

LS ✓ V S F

Serving suggestion





D115
Puréed Roast Beef
with Yorkshire Pudding
& Mustard Mash
Page 98

NEW



Vegetable Tikka
Page 102

Puréed dishes

Rediscover your love of food with our range of dishes suitable for a Category C/Level 4 diet, available in main or mini sizes.

Main meals
Page 98

Mini meals
Page 103

Desserts
Page 106

Try it, taste it, rate it...

Simply list which dishes you've tried and loved, then score them in the columns below.

| Code | Product | Rating | Code | Product | Rating |
|------|---------|--------|------|---------|--------|
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Puréed meals

All your classic favourites in puréed form



D115 - Puréed Roast Beef with Yorkshire Pudding & Mustard Mash

Roast beef & Yorkshire pudding with mustard mashed potato, served with carrots, cauliflower and gravy.

£4.20 380g

LS



D114 - Puréed Beef Stew & Dumplings

Beef stew and dumplings in a rich gravy, with creamed mashed potato, carrots and green beans.

£4.20 380g

LS



D116 - Puréed Beef Bolognese with Pasta

Beef Bolognese with pasta in tomato sauce, with mashed potato, carrots and broccoli.

£4.20 380g

LS



D134 - Puréed Cottage Pie

Beef dish topped with mashed potato and served with carrots, broccoli and gravy.

£4.20 380g

LS



D111 - Puréed Hearty Chicken Casserole

Hearty chicken casserole in a rich gravy with mashed potato, peas, swede and parsnip.

£4.20 380g

LS





TOP PICKS

D110 - Puréed Traditional Chicken & Stuffing

Traditional chicken and stuffing with creamy mashed potato, carrots and broccoli.

£4.20 380g
LS

Great taste and my husband loved this
KAREN



D143 Puréed Chicken & Potato Pie
Puréed chicken and potato in a rich gravy served with broccoli, carrots and mashed potato.

£4.20 380g **LS S**



D112 - Puréed Chicken Curry
Chicken curry with masala sauce, creamy mashed potato, cauliflower and peas.

£4.20 380g
LS



D120 - Puréed Sweet & Sour Chicken
Sweet and sour chicken in a sweet sauce with carrots, green beans and mashed potato.

£4.20 380g
LS



D138 - Puréed Roast Turkey

Turkey and stuffing with cranberry gravy, creamed parsley potato, swede & parsnip mash and broccoli.

£4.20 380g

LS



D146 Puréed Fisherman's Pie

Puréed fisherman's pie with cream sauce, served with peas, carrots and creamy mashed potato.

£4.20 380g

LS



D118 - Puréed Salmon in Dill and Cream Sauce

Salmon in dill and cream sauce. With carrots, peas and mashed potato.

£4.20 380g

LS



D117 - Puréed Fish in Creamy Cheese Sauce

Fish in creamy cheese sauce with mashed potato, carrots and peas.

£4.20 380g

LS



D119 - Puréed Lancashire Hotpot

Lancashire hotpot in gravy, with creamy mashed potato, peas and carrots.

£4.20 380g

LS



D133 - Puréed Shepherd's Pie

Shepherd's pie served with carrots, peas and gravy.

£4.20 380g

LS





TOP PICKS

D113 - Puréed Lamb with Mint

Traditional roast lamb with mint in gravy, served with mashed potato, broccoli, carrot and parsnip.

£4.20

380g

LS

Well presented appetising meal.

RACHEL

★ Trustpilot

★★★★★



D132 - Puréed All Day Breakfast

Omelette, sausage and beans served with a tomato sauce.

£4.20

380g

LS



D144 Puréed Sausage & Mash

Puréed sausage in gravy served with mashed potato, carrots and peas.

£4.20

380g

LS





TOP PICKS

D121 - Puréeed Really Cheesy Macaroni Cheese

Macaroni in a cheese sauce, with creamy mashed potato, carrots and broccoli.

£4.20

380g

LS V S

Great taste and my husband loved this

KAREN

★ Trustpilot

★★★★★



D140 - Puréeed Seasonal Vegetable Casserole

Seasonal casserole with creamed potato, swede, parsnip and broccoli in a Brandy flavoured sauce.

£4.20

380g

LS V



D142 Puréeed Vegetable Lasagne

Puréeed courgette, aubergines, lentils, béchamel sauce and pasta in cheese sauce, served with carrots, green beans and creamy mashed potato.

£4.20

380g

LS V



D135 - Puréeed Omelette in Cheese Sauce

A lighter dish of omelette, beans and a cheese sauce served with mashed potato.

BACK BY POPULAR DEMAND

£4.20

380g

LS V



NEW

D153 - Puréeed Vegetable Tikka Masala

Puréeed spiced vegetables with tomato sauce, seved with cauliflower and peas puréed and reshaped, and served with creamed mash potato.

£4.20

380g

LS V



Mini puréed

Smaller portions of puréed meals



D106 - Mini Puréed Beef Casserole

Beef casserole with gravy, served with peas and creamy mashed potato.

£3.99

280g

LS ✓ HP



D150 Mini Puréed Chicken & Potato Pie

Puréed chicken and potato in a rich gravy served with broccoli and mashed potato.

£3.99

280g

LS ✓ S HP



D104 - Mini Puréed Chicken Casserole

Chicken casserole served with swede, parsnip, creamy mashed potato and gravy.

£3.99

280g

LS ✓



D139 - Mini Puréed Roast Turkey

Turkey and stuffing with cranberry gravy, creamed parsley potato, swede & parsnip mash.

£3.99

280g

LS ✓ HP



D151 Mini Puréed Fish in Cheese Sauce

Puréed poached fish in cheese sauce, served with peas and mashed potato.

£3.99

280g

LS ✓ HP





D129 - Mini Puréed Fish & Chips
Traditional fish and chips with mushy peas, and a tomato sauce.

£3.99 280g LS ✓



D109 - Mini Puréed Fisherman's Pie
Fisherman's pie with cream sauce, served with peas and creamy mashed potato.

£3.99 280g LS ✓



D105 - Mini Puréed Lamb with Mint
Minted lamb in gravy served with carrots and mashed potato.

£3.99 280g LS ✓



D108 - Mini Puréed Lancashire Hotpot
Lancashire hotpot in gravy served with carrots and creamy mashed potato.

£3.99 280g LS ✓



D149 Mini Puréed Sausage & Mash
Puréed sausage with gravy served with mashed potato and carrots.

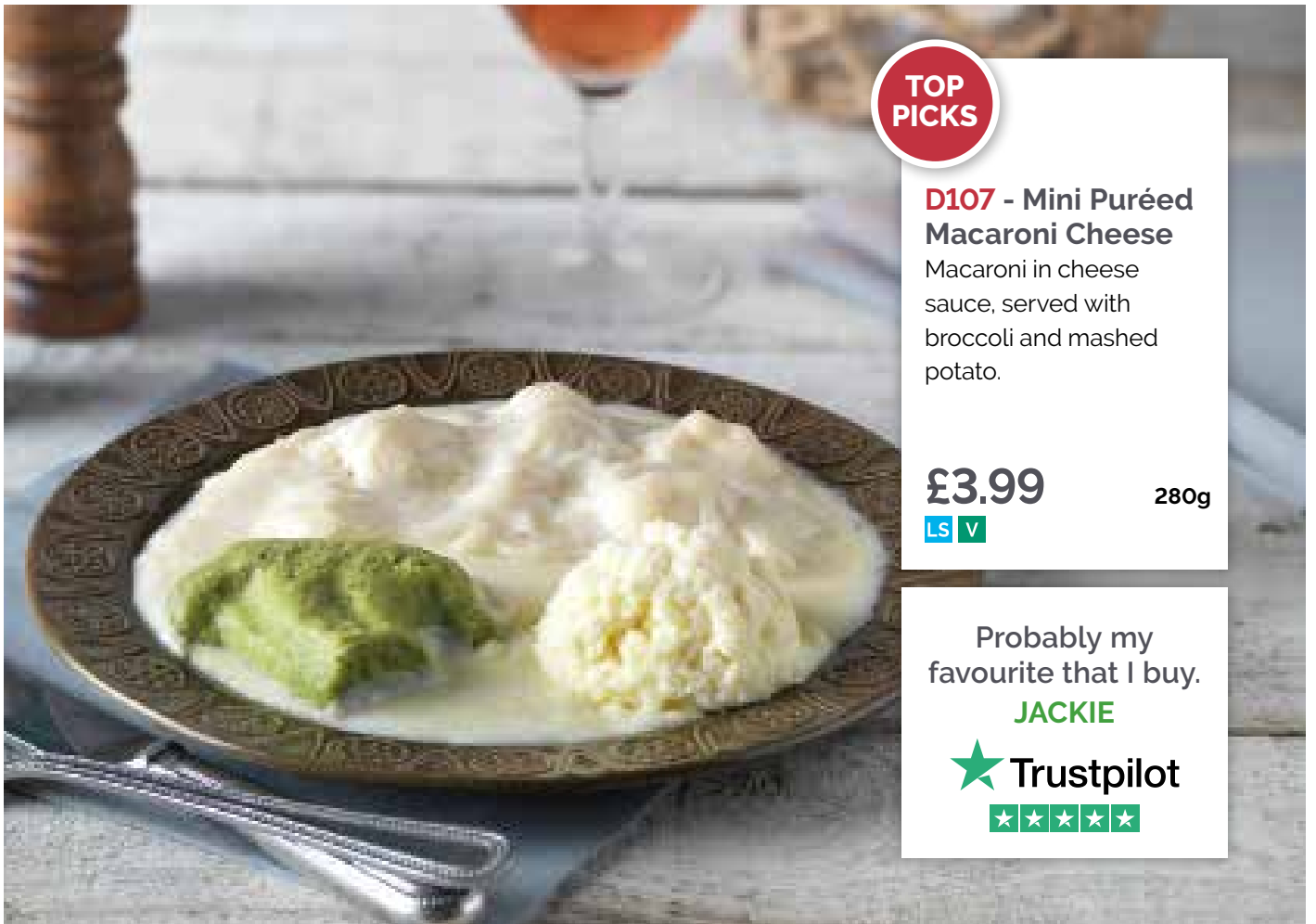
£3.99 280g LS ✓



D148 Mini Puréed Vegetable Lasagne
Puréed courgette, aubergines, lentils, béchamel sauce and pasta in cheese sauce, served with carrots and creamy mashed potato.

£3.99 280g LS ✓ V





TOP PICKS

D107 - Mini Puréed Macaroni Cheese

Macaroni in cheese sauce, served with broccoli and mashed potato.

£3.99

280g

LS V

Probably my favourite that I buy.

JACKIE

★ Trustpilot

★★★★★



D141 - Mini Puréed Seasonal Vegetable Casserole

Seasonal casserole with creamed potato, swede and parsnip in a Brandy flavoured sauce.

£3.99

280g

LS ✓ V



D136 - Mini Puréed Scrambled Egg on Toast

Scrambled egg on toast served with a tomato sauce.

OVEN ONLY

£3.50

160g

LS ✓ V



D130 - Mini Puréed Beans on Toast

A comforting snack of toast covered with baked beans in tomato sauce.

OVEN ONLY

BACK BY POPULAR DEMAND

£3.50

160g

LS ✓ V



Puréed desserts

Tasty desserts for a puréed diet



D100 - Puréed Lemon Sponge & Custard

Tangy lemon dessert made with sponge and custard.

ENJOY HOT

£1.25

150g



D126 - Puréed Banoffee Pie

Tempting classic banana flavoured sponge dessert, topped with toffee sauce.

ENJOY HOT

£1.25

150g



D102 - Puréed Chocolate Sponge and Custard

Indulgent chocolate sponge pudding and custard.

ENJOY HOT

£1.25

150g



D122 - Puréed Pear Dessert

A delicious pear dessert.

DEFROST & SERVE

£1.25

150g



D123 - Puréed Peach Dessert

Sweet peach dessert.

DEFROST & SERVE

£1.25

150g



D124 - Puréed Fruit Cocktail Dessert

A delicious medley of fruit.

DEFROST & SERVE

£1.25

150g





TOP PICKS

D127 - Puréed Sticky Toffee Pudding

Rich toffee flavoured sponge dessert.

ENJOY HOT

£1.25

150g

V S

An absolute favourite. Totally yummy!

MRS COATES

★ Trustpilot

★★★★★



D125 - Puréed Chocolate Orange Sponge with Custard

Indulgent orange and chocolate flavoured dessert.

ENJOY HOT

£1.25

150g

V



TOP PICKS

D103 - Puréed Spiced Apple & Custard

Delicately spiced apple with sponge and custard.

ENJOY HOT

£1.25

150g

✓ V S



D101 - Puréed Rice Pudding

Creamy rice pudding.

ENJOY HOT

£1.25

150g

✓ ✓ V S



Soft and bite-sized meals

Everyday favourite meals available in an extra tender soft & bite-sized range. Suitable for a Category E / Level 6 diet.



F101 - Cottage Pie

Beef, carrots and onion in gravy with potato topping, served with cauliflower in cheese sauce and carrot and swede mash.

£4.20

380g



F100 - Beef Bolognese

Beef Bolognese with parsley crushed potato & carrots.

£4.20

380g



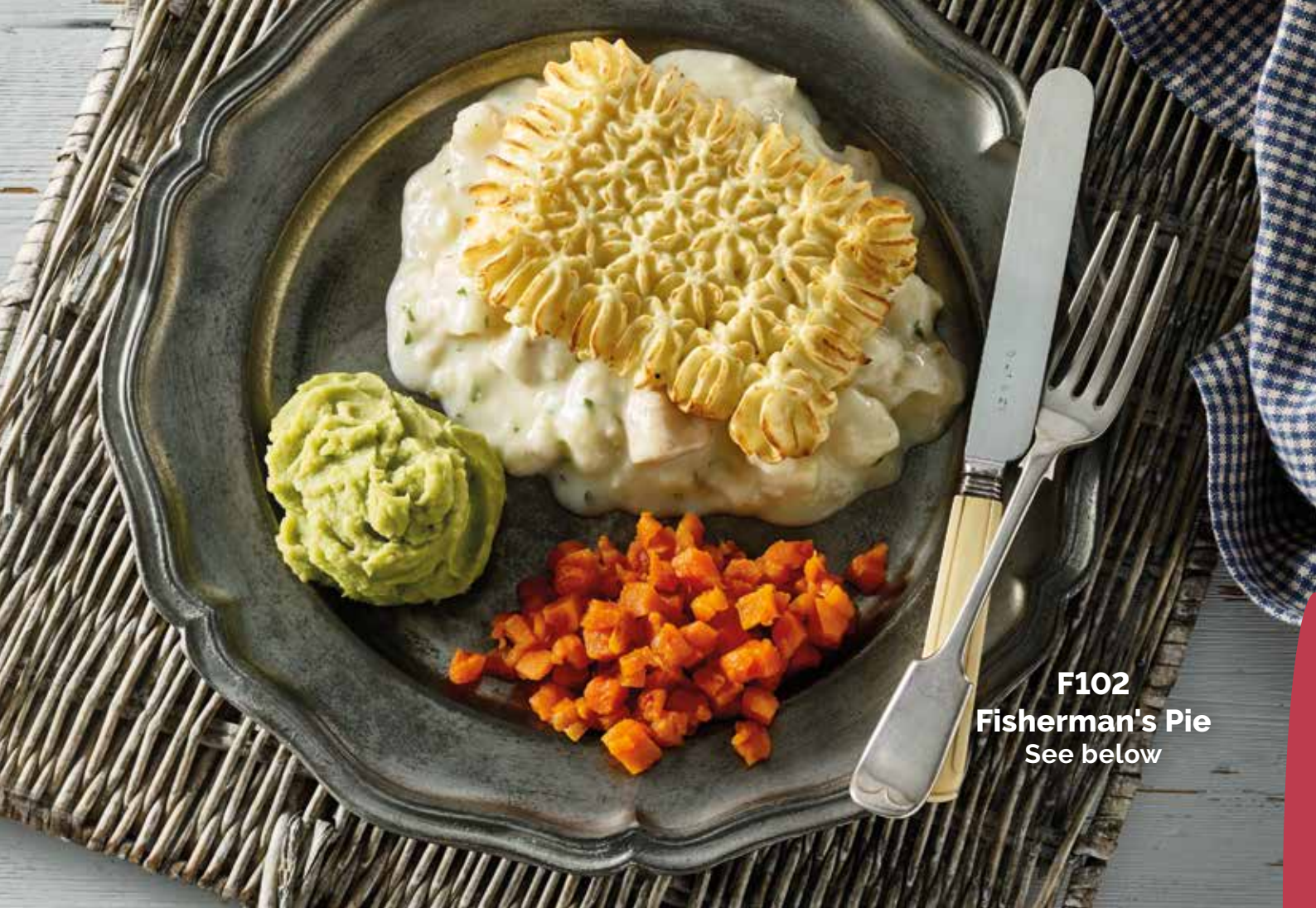
F105 - Vegetable Cottage Pie

Vegetable cottage pie with onion, red lentils, tomato, courgette and swede, topped with mashed potato. Served with carrots and peas.

£4.20

380g





F102
Fisherman's Pie
 See below



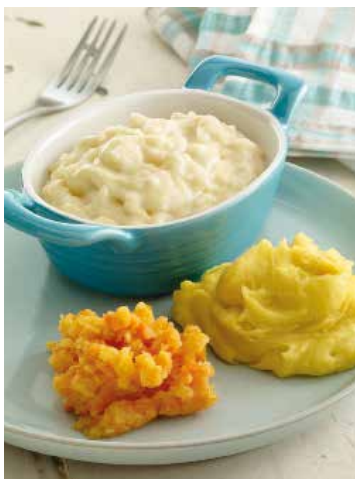
F104 - Chicken Casserole
 Chicken casserole with mashed potato & carrots.

£4.20 380g
 LS ✓ GF



F103 - Lamb Casserole
 A minced lamb, carrot & onion casserole with minted mashed potato & mushy peas.

£4.20 380g
 LS GF HP



F106 - Macaroni Cheese
 Macaroni cheese with mustard mash, carrots & swede.

£4.20 380g
 LS V



F102 - Fisherman's Pie
 White fish, salmon and smoked haddock in a cream sauce topped with mashed potato. Served with carrots and mushy peas.

£4.20 380g
 LS ✓ HP

**Mini Beef Stew with Bubble
and Squeak, in our
Mini Bumper Pack
Page 118**





Easy Order Packs

Our Easy Order Packs make it simple to choose a selection of delicious, varied meals & desserts. Don't like a meal or dessert? Simply let us know and we'll be happy to swap it for something else (this may affect the price).

Best Sellers

Page 112

5 Star Favourites

Page 115

Mini Best Sellers

Page 113

Bumper Pack

Page 116

Puréed Best Sellers

Page 114

Mini Bumper Pack

Page 118

Try it, taste it, rate it...

Simply list which packs you've tried and loved, then score them in the columns below.

| Code | Product | Rating | Code | Product | Rating |
|------|---------|--------|------|---------|--------|
| | | | | | |
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Best Sellers Pack

A 7 day pack of our most popular meals & desserts



Main meals

1. Fish Pie
2. All Day Breakfast
3. Sweet & Sour Chicken
4. Roast Chicken Dinner
5. Sausages & Mash
6. Shepherd's Pie
7. Cumberland Pie

Desserts

8. Black Forest Gateau (2)
9. Apple Crumble (2)
10. Sherry Trifle (2)
11. Clotted Cream Vanilla Ice Cream

Mains only

Code: P206

£31.05

Mains & Desserts

Code: P207

£45.00



Mini Best Sellers Pack

A 7 day pack of our most popular mini meals & desserts



Mini Meals

1. All Day Breakfast
2. Cottage Pie
3. Roast Pork Dinner
4. Cod, Chips & Peas
5. Shepherd's Pie
6. Fruity Chicken Curry
7. Cumberland Pie

Desserts

8. Black Forest Gateau (2)
9. Apple Crumble (2)
10. Sherry Trifle (2)
11. Clotted Cream Vanilla Ice Cream

Minis only
Code: P208
£21.90

Minis & Desserts
Code: P209
£35.80



Puréed Best Sellers Pack

A 7 day pack of our most popular puréed meals & desserts



Puréed meals

1. All Day Breakfast
2. Hearty Chicken Casserole
3. Beef Stew & Dumplings
4. Lamb with Mint
5. Traditional Chicken & Stuffing
6. Salmon in Dill & Cream Sauce
7. Roast Beef with Yorkshire Pudding

Puréed desserts

8. Fruit Cocktail Dessert
9. Lemon Sponge & Custard
10. Spiced Apple & Custard
11. Chocolate Sponge & Custard
12. Sticky Toffee Pudding
13. Banoffee Pie
14. Rice Pudding

Puréed mains

Code: P210

£29.10

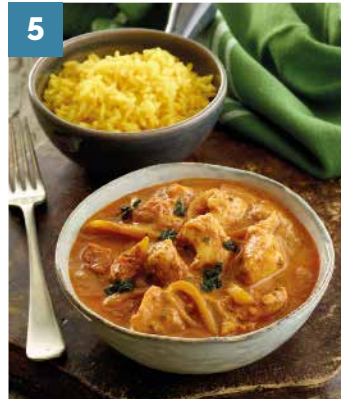
Puréed mains & Desserts

Code: P211 **£37.80**



5 Star Favourites Pack

A 7 day pack of our most highly rated meals & desserts



Main meals

1. Roast Lamb Dinner
2. Shanghai Beef
3. Liver & Bacon with Colcannon Mash
4. Hong Kong Chicken
5. Chicken Tikka Masala
6. Pork & Leek Sausage Casserole
7. Fish Pie

Desserts

8. Luxury Brioche & Butter Pudding & Custard
9. Lemon Pudding with Lemon Custard (2)
10. Rhubarb Crumble (2)
11. Jam Sponge & Custard (2)

Mains only

Code: P223

£33.50

Mains & Desserts

Code: P224

£48.00



Bumper Pack

10%
OFF

A 14 day pack of our best selling meals & desserts





15



16



17



18



19



20



21



22

Main meals

1. Beef Stew & Dumpling
2. Roast Pork Dinner
3. Roast Chicken Dinner
4. Shepherd's Pie
5. Sausages & Mash
6. Sweet & Sour Chicken with Rice
7. Cod, Chips & Peas
8. Fruity Chicken Curry
9. Vegetable Lasagne
10. Lancashire Hotpot
11. Fish Pie
12. All Day Breakfast
13. Cumberland Pie
14. Steak & Mushroom Pie

Desserts

15. Clotted Cream Vanilla Ice Cream
16. Apple Crumble (2)
17. Sticky Toffee Pudding (2)
18. Triple Chocolate Muffin
19. Black Forest Gateau (2)
20. Chocolate Pudding (2)
21. Cherry Pie (2)
22. Sherry Trifle (2)

**10%
OFF**

Mains only

Code: P219

£58.20

Mains & Desserts

Code: P220

£83.40

Don't like a meal or dessert?

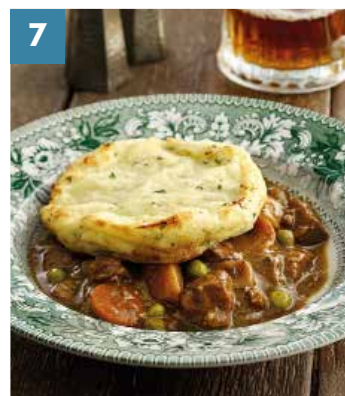
If there's something in a pack you don't like, simply let us know and we'll be happy to swap it for something else (this may affect the price).



Mini Bumper Pack

10%
OFF

A 14 day pack of our best selling mini meals & desserts





15



16



17



18



19



20



21



22

Mini meals

1. Chicken Casserole & Dumpling
2. Beef Stew with Bubble & Squeak
3. Sweet & Sour Pork
4. Fisherman's Pie
5. Cumberland Pie
6. Fruity Chicken Curry
7. Potato Topped Beef & Ale Pie
8. All Day Breakfast
9. Roast Chicken Dinner
10. Shepherd's Pie
11. Cod, Chips & Peas

12. Roast Pork Dinner
13. Vegetable Lasagne
14. Cottage Pie

Desserts

15. Clotted Cream Vanilla Ice Cream
16. Apple Crumble (2)
17. Sticky Toffee Pudding (2)
18. Triple Chocolate Muffin
19. Black Forest Gateau (2)
20. Chocolate Pudding (2)
21. Cherry Pie (2)
22. Sherry Trifle (2)

10%
OFF

Minis only
Code: P221
£41.25

Minis & Desserts
Code: P222
£66.15

Don't like a meal or dessert?

If there's something in a pack you don't like, simply let us know and we'll be happy to swap it for something else (this may affect the price).



Quick Product Finder

BREAKFAST

| Code | Product | Price | Page |
|-------|---------------------------------------|-------|------|
| 366 | All Day Breakfast | £5.45 | 16 |
| 161 | Apple, Raspberry & Cranberry Porridge | £3.15 | 17 |
| 975 | Apple, Sultana & Cinnamon Porridge | £2.99 | 17 |
| 272 | Apple, Sultana & Cinnamon Waffle | £3.30 | 16 |
| 607 | Banana & Honey Porridge | £2.00 | 17 |
| 534 | Breakfast Panini | £3.99 | 16 |
| 605 | Cumberland Pork Sausages | £3.99 | 18 |
| 563 | Kipper Fillets | £3.15 | 19 |
| 850 | Mini All Day Breakfast | £3.10 | 16 |
| G1288 | Olde English Sausages | £3.00 | 18 |
| G1290 | Smoked Back Bacon | £3.75 | 18 |
| 251 | The Big Breakfast | £6.05 | 16 |
| G1291 | Unsmoked Back Bacon | £3.75 | 18 |
| 614 | White Sliced Loaf | £2.45 | 19 |
| 112 | Wholemeal Sliced Loaf | £2.45 | 19 |

SOUPS & LIGHT MEALS

| Code | Product | Price | Page |
|-------|--|-------|------|
| 163 | Beef Chilli Jacket Potato | £3.15 | 22 |
| 989 | Broccoli & Stilton Soup | £2.60 | 23 |
| 988 | Carrot & Coriander Soup | £2.05 | 24 |
| 499 | Cheese & Ham Omelette (2) | £3.85 | 26 |
| 241 | Cheese & Onion Quiche (2) | £3.75 | 26 |
| 533 | Cheese & Red Onion Panini | £3.99 | 25 |
| 500 | Cheese & Tomato Omelette (2) | £3.85 | 26 |
| 600 | Chicken & Pesto Panini | £3.99 | 25 |
| 227 | Chicken & Vegetable Soup | £3.15 | 23 |
| 990 | Creamy Mushroom Soup | £2.30 | 23 |
| 194 | Filled Potato Skin with Baked Beans | £3.15 | 22 |
| 322 | Filled Potato Skin with Gammon & Cheese | £3.15 | 22 |
| 993 | Ham, Cheddar & Wholegrain Mustard Panini | £3.99 | 25 |
| 640 | Jacket Potatoes (4) | £3.50 | 22 |
| 189 | Minestrone Soup | £2.60 | 24 |
| 994 | Mozzarella, Tomato & Pesto Panini | £3.99 | 25 |
| 157 | Potato & Leek Soup | £2.65 | 24 |
| 213 | Quiche Lorraine (2) | £3.75 | 26 |
| 1321 | Sausage Rolls (6) | £3.00 | 27 |
| 186 | Scotch Broth | £2.60 | 23 |
| G1292 | Smoked Sliced Ham | £3.75 | 27 |
| 588 | Tuna & Red Onion Panini | £3.99 | 25 |

MAIN MEALS - BEEF

| Code | Product | Price | Page |
|------|--|-------|------|
| 135 | BBQ Beef Brisket with Carrots & Potatoes | £6.25 | 32 |
| 208 | Beef & Kidney Pie | £3.99 | 32 |
| 285 | Beef & Vegetable Hotpot | £4.45 | 33 |
| 668 | Beef & Wild Mushroom Lasagne | £4.99 | 34 |
| 421 | Beef au Poivre | £6.50 | 32 |
| 657 | Beef Bourguignon | £6.50 | 33 |
| 215 | Beef Curry | £5.50 | 34 |
| 648 | Beef in Chianti | £5.60 | 33 |
| 168 | Beef Lasagne | £4.20 | 34 |
| 1313 | Beef Platter | £5.00 | 30 |
| 286 | Beef Stew & Dumpling | £5.75 | 33 |
| 115 | Beef Stroganoff | £5.55 | 33 |
| 175 | Chilli con Carne | £3.75 | 34 |
| 303 | Corned Beef Hash | £3.95 | 33 |
| 304 | Cottage Pie | £3.65 | 31 |

| Code | Product | Price | Page |
|------|--------------------------|------------------|------|
| 211 | Cottage Pie Meal | £3.95 | 31 |
| 530 | Cumberland Pie | £3.85 | 31 |
| 173 | Hunter's Pie | £5.30 | 31 |
| 832 | Luxury Cottage Pie | £4.99 | 31 |
| 1307 | Luxury Roast Beef Dinner | NEW £6.00 | 30 |
| 991 | Macaroni Bolognese | £3.15 | 34 |
| 276 | Minced Beef & Mash | £3.75 | 31 |
| 493 | Minced Beef Pie | £4.30 | 32 |
| 1300 | Roast Beef Dinner | £5.60 | 30 |
| 985 | Rustic Cottage Pie | £3.35 | 31 |
| 344 | Shanghai Beef | £5.15 | 34 |
| 660 | Spaghetti Bolognese | £4.10 | 34 |
| 407 | Steak & Kidney Pudding | £2.65 | 32 |
| 474 | Steak & Mushroom Pie | £4.75 | 32 |
| 667 | Steak Diane | £5.60 | 33 |
| 244 | Steak Pie (2) | £6.35 | 32 |
| 606 | Teriyaki Beef Noodles | £4.50 | 34 |
| 908 | Venison Casserole | £6.25 | 33 |

MAIN MEALS - CHICKEN

| Code | Product | Price | Page |
|------|--|------------------|------|
| 167 | BBQ Chicken Bake | £4.95 | 38 |
| 652 | Butter Chicken Curry | £4.70 | 40 |
| 841 | Chicken & Cider Hotpot | £4.60 | 38 |
| 477 | Chicken & Mushroom Pie with Vegetables | £4.75 | 36 |
| 139 | Chicken & Stuffing Bake | £4.90 | 38 |
| 1314 | Chicken Breast Platter | £4.75 | 35 |
| 284 | Chicken Breast Wrapped in Bacon | £5.75 | 38 |
| 252 | Chicken Casserole with Dumpling | £4.80 | 36 |
| 1323 | Chicken Casserole with Herby Mash | £4.70 | 37 |
| 1878 | Chicken Curry & Rice | £3.99 | 40 |
| 278 | Chicken in a Creamy Garlic Sauce | £5.55 | 37 |
| 879 | Chicken in Mushroom Sauce | £4.45 | 36 |
| 1138 | Chicken Jalfrezi | £4.00 | 40 |
| 1873 | Chicken Korma | £4.75 | 40 |
| 108 | Chicken, Leek & Bacon Pie | £4.70 | 36 |
| 387 | Chicken Stir-Fry | £4.95 | 39 |
| 179 | Chicken Supreme | £3.99 | 37 |
| 1874 | Chicken Tikka Masala | £4.50 | 40 |
| 275 | Chicken with Ham Hock & Mushrooms | £6.10 | 36 |
| 529 | Chicken with Mashed Potato | £4.75 | 38 |
| 140 | Chicken with Onion-Topped Mash | £4.99 | 37 |
| 658 | Coq au Vin | £5.99 | 37 |
| 242 | Fruity Chicken Curry | £4.70 | 40 |
| 417 | Honey & Mustard Chicken Hotpot | £5.50 | 38 |
| 351 | Hong Kong Chicken | £4.70 | 39 |
| 352 | Hunter's Chicken | £4.99 | 37 |
| 418 | Lemon Chicken Spaghetti | £4.99 | 39 |
| 1308 | Luxury Roast Chicken Dinner | £6.00 | 35 |
| 1311 | Luxury Roast Turkey Dinner | £6.00 | 35 |
| 992 | Mediterranean Chicken | £5.75 | 39 |
| 1301 | Roast Chicken Dinner | £5.25 | 35 |
| 1304 | Roast Turkey Dinner | £5.25 | 35 |
| 642 | Summer Casserole | £4.20 | 38 |
| 523 | Sweet & Sour Chicken | £3.85 | 39 |
| 1521 | Thai Green Chicken Curry | £4.00 | 39 |
| 1317 | Turkey Platter | NEW £4.75 | 36 |
| 645 | Woodland Chicken | £5.85 | 37 |



MAIN MEALS - FISH

| Code | Product | Price | Page |
|------|--|------------------|------|
| 882 | Beer Battered Cod & Chips | £4.80 | 42 |
| 235 | Breaded Fish Fingers & Chips | £4.15 | 42 |
| 464 | Breaded Haddock Fillet (2) | £4.50 | 42 |
| 883 | Breaded Scampi & Chips | £4.99 | 42 |
| 676 | Cheesy Smoked Haddock Fillet | £6.30 | 43 |
| 327 | Cod & Prawn Bake | £4.70 | 41 |
| 240 | Cod, Chips & Peas | £4.25 | 42 |
| 593 | Cod in Parsley | £5.99 | 43 |
| 983 | Fish & Potato Gratin | £4.99 | 41 |
| 306 | Fish Pie | £4.75 | 41 |
| 977 | Prawn Curry | £5.50 | 43 |
| 329 | Salmon & Broccoli Bake | £4.99 | 41 |
| 1322 | Salmon en Croute | NEW £6.70 | 42 |
| 594 | Salmon in Watercress | £4.90 | 43 |
| 592 | Salmon in White Wine | £5.15 | 43 |
| 842 | Salmon Pasta Bake | £4.50 | 43 |
| 419 | Smoked Haddock & Bacon Gratin | £5.50 | 41 |
| 884 | Smoked Haddock Fishcake & Chips | £4.10 | 43 |
| 684 | Smoked Haddock Florentine | £5.80 | 41 |
| 136 | Smoked Haddock with Cheese & Sweetcorn | £4.99 | 43 |

MAIN MEALS - LAMB

| Code | Product | Price | Page |
|------|-----------------------------------|------------------|------|
| 246 | Lamb & Beef Pie | £5.15 | 45 |
| 405 | Lamb Bhuna | £5.50 | 46 |
| 1315 | Lamb Platter | £5.50 | 44 |
| 406 | Lamb Rogan Josh | £5.50 | 46 |
| 205 | Lamb Stew | £5.60 | 45 |
| 305 | Lancashire Hotpot | £5.50 | 45 |
| 659 | Liver & Bacon with Colcannon Mash | £4.20 | 45 |
| 663 | Liver & Onions | £3.65 | 45 |
| 152 | Liver & Sausages | £3.85 | 45 |
| 1309 | Luxury Roast Lamb Dinner | NEW £6.70 | 44 |
| 833 | Luxury Shepherd's Pie | £5.20 | 44 |
| 950 | Minced Lamb & Potato Bake | £5.45 | 45 |
| 266 | Moussaka | £4.85 | 46 |
| 1302 | Roast Lamb Dinner | £5.90 | 44 |
| 218 | Shepherd's Pie | £4.45 | 44 |

MAIN MEALS - PORK

| Code | Product | Price | Page |
|------|---|------------------|------|
| 458 | Bangers & Mash in Onion Gravy | £3.60 | 48 |
| 392 | Cheese & Ham Omelette | £4.45 | 49 |
| 944 | Cumberland Sausages with Colcannon Mash | £4.50 | 48 |
| 952 | Gammon in Onion Sauce | £4.40 | 49 |
| 875 | Italian Meatballs in Tomato Sauce | £4.80 | 48 |
| 1310 | Luxury Roast Pork Dinner | £6.00 | 47 |
| 287 | Macaroni Cheese with Bacon | £4.80 | 49 |
| 248 | Pork & Leek Sausage Casserole | £4.50 | 48 |
| 423 | Pork with a Mulled Apple Sauce | £6.35 | 47 |
| 596 | Pork Faggot with Mashed Potato & Peas | £3.75 | 49 |
| 1316 | Pork Platter | £4.65 | 47 |
| 424 | Pork with a Port & Plum Sauce | £6.55 | 47 |
| 1306 | Roast Gammon Dinner | NEW £5.25 | 47 |
| 1303 | Roast Pork Dinner | £5.10 | 47 |
| 221 | Sausage & Mash | £3.75 | 48 |
| 576 | Sausage & Root Vegetable Bake | £4.65 | 48 |
| 224 | Sausages, Chips & Beans | £3.80 | 48 |
| 250 | Sausages in Caramelised Onion Gravy | £3.85 | 48 |
| 887 | Spaghetti Carbonara | £4.55 | 49 |

| Code | Product | Price | Page |
|------|-------------------|-------|------|
| 616 | Sweet & Sour Pork | £4.30 | 49 |

MAIN MEALS - VEGETARIAN

| Code | Product | Price | Page |
|------|--|------------------|------|
| 257 | Butternut Squash & Vegetable Lasagne | £4.50 | 51 |
| 472 | Cauliflower Cheese | £3.80 | 52 |
| 166 | Creamy Leek & Potato Bake | £3.99 | 50 |
| 1312 | Luxury Vegetarian Roast Dinner | NEW £6.00 | 50 |
| 889 | Macaroni Cheese | £4.50 | 51 |
| 332 | Omelette Chips & Peas | £3.80 | 50 |
| 524 | Quorn & Vegetable Pie | £4.25 | 51 |
| 294 | Ratatouille | £4.65 | 52 |
| 602 | Roasted Vegetable & Chickpea Curry | £3.99 | 52 |
| 837 | Roasted Vegetables & Goat's Cheese | £4.99 | 52 |
| 489 | Roasted Vegetable Lasagne | £5.55 | 52 |
| 296 | Vegetable Chilli | £3.99 | 52 |
| 325 | Vegetable Hotpot | £3.35 | 50 |
| 254 | Vegetable Lasagne | £3.30 | 51 |
| 219 | Vegetable Pie | £3.70 | 51 |
| 288 | Vegetable Rigatoni | £4.40 | 51 |
| 256 | Vegetable Tikka | £4.50 | 52 |
| 1305 | Vegetarian Roast Dinner | NEW £5.25 | 50 |
| 577 | Wild Mushroom & Butternut Squash Risotto | £5.25 | 51 |

PIZZERIA

| Code | Product | Price | Page |
|------|--------------------------------|------------------|------|
| 1319 | Cheese & Tomato Pizza | NEW £4.50 | 54 |
| 774 | Mini Cheese & Tomato Pizza | £1.55 | 54 |
| 1320 | Pepperoni Pizza | NEW £5.50 | 55 |
| 807 | Super Crunchy Oven Chips (6-7) | £2.25 | 55 |

MINI MEALS - BEEF

| Code | Product | Price | Page |
|------|-------------------------------------|-------|------|
| 144 | Mini Beef & Kidney Stew | £3.99 | 59 |
| 851 | Mini Beef & Vegetable Hotpot | £3.15 | 59 |
| 220 | Mini Beef Lasagne | £3.15 | 60 |
| 258 | Mini Beef Stew with Bubble & Squeak | £3.65 | 58 |
| 894 | Mini Braised Beef, Tatties & Neeps | £2.99 | 59 |
| 942 | Mini Chilli Con Carne & Rice | £3.15 | 60 |
| 311 | Mini Corned Beef Hash | £2.80 | 58 |
| 895 | Mini Cottage Pie | £2.80 | 58 |
| 314 | Mini Cumberland Pie | £2.95 | 59 |
| 416 | Mini Minced Beef Yorkshire | £4.50 | 58 |
| 497 | Mini Potato Topped Beef & Ale Pie | £3.35 | 59 |
| 1000 | Mini Roast Beef Dinner | £4.15 | 58 |
| 190 | Mini Savoury Minced Mash | £3.55 | 59 |
| 466 | Mini Spaghetti Bolognese | £2.80 | 60 |

MINI MEALS - CHICKEN

| Code | Product | Price | Page |
|------|--|-------|------|
| 312 | Mini Chicken & Mixed Peppers in Creamy Sauce | £2.99 | 63 |
| 260 | Mini Chicken & Mushroom Hotpot | £3.50 | 62 |
| 156 | Mini Chicken & Stuffing Casserole | £3.25 | 62 |
| 198 | Mini Chicken & Vegetable Ragout | £3.25 | 63 |
| 196 | Mini Chicken Casserole & Dumpling | £3.65 | 61 |
| 336 | Mini Chicken Chasseur | £3.30 | 63 |
| 510 | Mini Chicken in White Wine & Rarebit Crumb | £3.55 | 62 |
| 283 | Mini Chicken, Pea & Parmesan Pasta | £3.55 | 63 |
| 415 | Mini Chicken, Sage & Onion Yorkshire | £4.50 | 61 |
| 338 | Mini Chicken Tikka Masala | £3.15 | 62 |
| 945 | Mini Chicken with Mashed Potato | £3.25 | 62 |



| Code | Product | Price | Page |
|------|---------------------------|-------|------|
| 339 | Mini Fruity Chicken Curry | £3.30 | 62 |
| 191 | Mini Madeira Chicken | £3.65 | 63 |
| 197 | Mini Poacher's Chicken | £3.35 | 63 |
| 1001 | Mini Roast Chicken Dinner | £3.75 | 61 |
| 1004 | Mini Roast Turkey Dinner | £3.99 | 61 |
| 291 | Mini Sweet & Sour Chicken | £2.60 | 62 |

MINI MEALS - FISH

| Code | Product | Price | Page |
|------|---------------------------------------|-------|------|
| 849 | Mini Cod & Prawn Bake | £3.35 | 64 |
| 528 | Mini Cod, Chips & Peas | £3.15 | 64 |
| 804 | Mini Creamy Salmon & Pea Pasta | £3.65 | 65 |
| 498 | Mini Fish Pie with Crumble Topping | £3.65 | 64 |
| 310 | Mini Fisherman's Pie | £2.99 | 64 |
| 341 | Mini Haddock Smokie | £3.60 | 65 |
| 601 | Mini Hoki, Potato & Spring Onion Stew | £4.50 | 65 |
| 852 | Mini Ocean Pie | £3.60 | 64 |
| 342 | Mini Salmon in Tomato Sauce | £3.75 | 65 |
| 848 | Mini Tuna Pasta Bake | £3.65 | 65 |

MINI MEALS - LAMB

| Code | Product | Price | Page |
|------|--|-------|------|
| 495 | Mini Lamb & Beef Keema Pie | £2.55 | 67 |
| 209 | Mini Lamb & Mint Crumble | £3.85 | 67 |
| 281 | Mini Lamb in Cider Sauce | £3.95 | 66 |
| 947 | Mini Lamb in Mint Gravy | £4.75 | 66 |
| 259 | Mini Lamb, Redcurrant & Cranberry Hotpot | £3.99 | 66 |
| 893 | Mini Liver & Bacon Hotpot | £3.40 | 67 |
| 579 | Mini Liver & Onions | £3.15 | 66 |
| 313 | Mini Minced Lamb Hotpot | £3.35 | 67 |
| 1002 | Mini Roast Lamb Dinner | £4.55 | 66 |
| 858 | Mini Shepherd's Pie | £3.15 | 67 |

MINI MEALS - PORK

| Code | Product | Price | Page |
|------|---|-------|------|
| 309 | Mini Faggot, Mash & Peas | £2.65 | 69 |
| 318 | Mini Gammon & Creamy Onion Sauce | £3.30 | 69 |
| 581 | Mini Macaroni Cheese & Pulled Ham | £3.75 | 69 |
| 282 | Mini Pork & Apple Crumble | £3.70 | 69 |
| 1003 | Mini Roast Pork Dinner | £3.65 | 68 |
| 929 | Mini Sausages & Mash | £2.80 | 68 |
| 853 | Mini Sausage Casserole | £2.85 | 68 |
| 598 | Mini Sausages with Red Onion Gravy | £2.99 | 68 |
| 335 | Mini Spaghetti & Meatballs | £3.15 | 69 |
| 295 | Mini Sweet & Sour Pork | £3.25 | 69 |
| 854 | Mini Yorkshire Pudding with Cocktail Sausages | £2.90 | 68 |

MINI MEALS - VEGETARIAN

| Code | Product | Price | Page |
|------|--|-----------|------|
| 496 | Mini Aubergine Parmigiana | £4.10 | 70 |
| 557 | Mini Cauliflower & Broccoli Cheese | £2.35 | 70 |
| 317 | Mini Cauliflower Cheese & Sauté Potatoes | £3.10 | 70 |
| 195 | Mini Cheese & Broccoli Pasta | £3.15 | 71 |
| 502 | Mini Cheese & Tomato Macaroni Pasta Bake | £3.15 | 71 |
| 774 | Mini Cheese & Tomato Pizza | £1.55 | 71 |
| 193 | Mini Goats' Cheese & Sweet Potato Pasta | £3.15 | 71 |
| 803 | Mini Leek, Asparagus & Pea Pasta | £2.75 | 71 |
| 226 | Mini Macaroni Cheese | £3.15 | 71 |
| 943 | Mini Vegetable Lasagne | £3.10 | 70 |
| 1005 | Mini Vegetarian Roast Dinner | NEW £3.75 | 70 |

SIDE DISHES

| Code | Product | Price | Page |
|------|---|-------|------|
| 560 | Baby Carrots (5-6) | £1.60 | 80 |
| 525 | Broccoli (5-6) | £2.05 | 80 |
| 897 | Carrot, Swede & Horseradish Mash (2) | £2.20 | 80 |
| 557 | Cauliflower & Broccoli Cheese | £2.35 | 81 |
| 472 | Cauliflower Cheese | £3.80 | 81 |
| 400 | Cheese & Spring Onion Mashed Potato | £1.75 | 80 |
| 552 | Dauphinoise Potatoes (2) | £3.80 | 81 |
| 420 | Garlic Baguettes (2) | £4.40 | 81 |
| 556 | Green Vegetables in Wild Garlic & Herb Butter | £2.45 | 80 |
| 395 | Mashed Potato | £1.60 | 80 |
| 414 | Mini Dauphinoise Potatoes | £1.99 | 80 |
| 294 | Ratatouille | £4.65 | 81 |
| 807 | Super Crunchy Oven Chips (6-7) | £2.25 | 81 |

HOT DESSERTS

| Code | Product | Price | Page |
|------|---|-------|------|
| 633 | Apple Crumble (2) | £3.70 | 85 |
| 609 | Apple Crumble with Custard | £3.00 | 85 |
| 615 | Apple Strudel (2) | £4.10 | 85 |
| 634 | Blackberry & Apple Crumble (2) | £3.95 | 85 |
| 200 | Bread & Butter Pudding (2) | £3.99 | 86 |
| 771 | Cherry Sponge with Custard (2) | £3.75 | 84 |
| 624 | Chocolate Pudding (2) | £4.00 | 84 |
| 608 | Jam Sponge & Custard (2) | £3.90 | 86 |
| 627 | Lemon Pudding with Lemon Custard (2) | £3.99 | 84 |
| 589 | Luxury Brioche & Butter Pudding & Custard | £3.25 | 86 |
| 635 | Pineapple Upside Down Pudding (2) | £4.00 | 86 |
| 638 | Rhubarb & Custard (2) | £3.65 | 86 |
| 632 | Rhubarb Crumble (2) | £3.75 | 85 |
| 620 | Rice Pudding (2) | £3.15 | 85 |
| 199 | Spotted Dick (2) | £4.00 | 86 |
| 970 | Steamed Jam Pudding (2) | £3.95 | 86 |
| 626 | Sticky Toffee Pudding (2) | £3.50 | 84 |
| 625 | Treacle Pudding with Custard (2) | £4.10 | 84 |

COLD DESSERTS

| Code | Product | Price | Page |
|------|--------------------------------------|-------|------|
| 494 | Apple & Blackberry Pie (2) | £4.99 | 90 |
| 752 | Apricot & Ginger Brulée (2) | £5.50 | 91 |
| 537 | Arctic Roll (2) | £4.20 | 89 |
| 754 | Bakewell Tart (2) | £5.55 | 91 |
| 966 | Banoffee Pie (2) | £5.25 | 90 |
| 702 | Black Forest Gateau (2) | £4.75 | 88 |
| 119 | Black Forest Trifle (2) | £4.35 | 92 |
| 860 | Blackcurrant Cheesecake (2) | £5.25 | 93 |
| 511 | Blueberry Muffin | £1.35 | 87 |
| 753 | Bramley Apple Pie (2) | £5.55 | 90 |
| 159 | Cherry Meringue Pie (2) | £4.99 | 89 |
| 984 | Cherry Pie (2) | £5.10 | 90 |
| 491 | Chocolate Fudge Cake (2) | £5.25 | 88 |
| 822 | Chocolate Fudge Ice Cream | £1.80 | 95 |
| 513 | Chocolate Muffin | £1.35 | 87 |
| 818 | Chunky Ginger Ice Cream | £1.80 | 95 |
| 819 | Clotted Cream & Strawberry Ice Cream | £1.80 | 95 |
| 817 | Clotted Cream Vanilla Ice Cream | £1.80 | 94 |
| 821 | Crunchy Toffee Ice Cream | £1.80 | 95 |
| 769 | Fruit Salad (4) | £4.45 | 94 |
| 492 | Honeycomb & Toffee Cheesecake (2) | £4.99 | 93 |
| 824 | Honeycomb Ice Cream | £1.80 | 95 |
| 859 | Irish Cream Cheesecake (2) | £5.25 | 93 |



| Code | Product | Price | Page |
|------|---|-------|------|
| 965 | Lemon Brulée (2) | £5.50 | 91 |
| 723 | Lemon Charlotte (2) | £5.25 | 91 |
| 582 | Lemon Cheesecake (2) | £5.25 | 93 |
| 732 | Lemon Meringue Pie (2) | £4.85 | 89 |
| 805 | Low Sugar Caramel & Pecan Ice Cream | £1.85 | 95 |
| 2000 | Low Sugar Chocolate & Ginger Torte (2) NEW | £4.99 | 90 |
| 721 | Low Sugar Lemon Drizzle Cake (2) | £4.50 | 88 |
| 726 | Low Sugar Vanilla Brulee Cake (2) | £4.99 | 90 |
| 2001 | Low Sugar Victoria Sponge (2) NEW | £4.99 | 88 |
| 409 | Luxury Lemon Drizzle Muffin | £1.75 | 87 |
| 410 | Luxury Salted Caramel Muffin | £1.75 | 87 |
| 519 | Millionaire's Flapjack | £1.35 | 89 |
| 712 | Mini Chocolate Éclairs (12) | £5.40 | 87 |
| 830 | Olde English Lemon Tart (2) | £5.50 | 91 |
| 412 | Passion Fruit Ripple Ice Cream | £1.80 | 95 |
| 413 | Raspberry & White Chocolate Panna Cotta (2) | £5.10 | 93 |
| 826 | Raspberry Sorbet | £1.80 | 95 |
| 704 | Raspberry Trifle (2) | £3.55 | 92 |
| 823 | Rum & Raisin Ice Cream | £1.80 | 94 |
| 742 | Sherry Trifle (2) | £3.80 | 92 |
| 239 | Sticky Toffee Meringue (2) | £5.55 | 89 |
| 862 | Strawberry Cheesecake (2) | £5.25 | 93 |
| 238 | Strawberry Eton Mess (2) | £5.55 | 89 |
| 701 | Strawberry Gateau (2) | £4.75 | 88 |
| 828 | Strawberry Ripple Ice Cream (4-5) | £5.40 | 94 |
| 587 | Strawberry Tart | £3.45 | 91 |
| 117 | Summer Fruit Punch Trifle (2) | £4.30 | 92 |
| 263 | Tiramisu (2) | £4.55 | 92 |
| 827 | Vanilla Ice Cream (4-5) | £5.10 | 94 |
| 160 | Victoria Sponge (2) | £4.15 | 88 |

PURÉED MAIN MEALS

| Code | Product | Price | Page |
|------|--|-------|------|
| D132 | Puréed All Day Breakfast | £4.20 | 101 |
| D116 | Puréed Beef Bolognese with Pasta | £4.20 | 98 |
| D114 | Puréed Beef Stew & Dumplings | £4.20 | 98 |
| D143 | Puréed Chicken & Potato Pie | £4.20 | 99 |
| D112 | Puréed Chicken Curry | £4.20 | 99 |
| D134 | Puréed Cottage Pie | £4.20 | 98 |
| D117 | Puréed Fish in Creamy Cheese Sauce | £4.20 | 100 |
| D146 | Puréed Fisherman's Pie | £4.20 | 100 |
| D111 | Puréed Hearty Chicken Casserole | £4.20 | 98 |
| D113 | Puréed Lamb with Mint | £4.20 | 101 |
| D119 | Puréed Lancashire Hotpot | £4.20 | 100 |
| D135 | Puréed Omelette in Cheese Sauce | £4.20 | 102 |
| D121 | Puréed Really Cheesy Macaroni Cheese | £4.20 | 102 |
| D115 | Puréed Roast Beef with Yorkshire Pudding | £4.20 | 98 |
| D138 | Puréed Roast Turkey | £4.20 | 100 |
| D118 | Puréed Salmon in Dill & Cream Sauce | £4.20 | 100 |
| D144 | Puréed Sausage & Mash | £4.20 | 101 |
| D140 | Puréed Seasonal Vegetable Casserole | £4.20 | 102 |
| D133 | Puréed Shepherd's Pie | £4.20 | 100 |
| D120 | Puréed Sweet & Sour Chicken | £4.20 | 99 |
| D110 | Puréed Traditional Chicken & Stuffing | £4.20 | 99 |
| D142 | Puréed Vegetable Lasagne | £4.20 | 102 |
| D153 | Puréed Vegetable Tikka Masala NEW | £4.20 | 102 |

PURÉED MINI MEALS

| Code | Product | Price | Page |
|------|----------------------------|-------|------|
| D130 | Mini Puréed Beans on Toast | £3.50 | 105 |
| D106 | Mini Puréed Beef Casserole | £3.99 | 103 |

| Code | Product | Price | Page |
|------|--|-------|------|
| D150 | Mini Puréed Chicken & Potato Pie | £3.99 | 103 |
| D104 | Mini Puréed Chicken Casserole | £3.99 | 103 |
| D129 | Mini Puréed Fish & Chips | £3.99 | 104 |
| D151 | Mini Puréed Fish in Cheese Sauce | £3.99 | 103 |
| D109 | Mini Puréed Fisherman's Pie | £3.99 | 104 |
| D105 | Mini Puréed Lamb with Mint | £3.99 | 104 |
| D108 | Mini Puréed Lancashire Hotpot | £3.99 | 104 |
| D107 | Mini Puréed Macaroni Cheese | £3.99 | 105 |
| D139 | Mini Puréed Roast Turkey | £3.99 | 103 |
| D149 | Mini Puréed Sausage & Mash | £3.99 | 104 |
| D136 | Mini Puréed Scrambled Egg on Toast | £3.50 | 105 |
| D141 | Mini Puréed Seasonal Vegetable Casserole | £3.99 | 105 |
| D148 | Mini Puréed Vegetable Lasagne | £3.99 | 104 |

PURÉED DESSERTS

| Code | Product | Price | Page |
|------|-----------------------------------|-------|------|
| D126 | Puréed Banoffee Pie | £1.25 | 106 |
| D125 | Puréed Chocolate Orange Sponge | £1.25 | 107 |
| D102 | Puréed Chocolate Sponge & Custard | £1.25 | 106 |
| D124 | Puréed Fruit Cocktail | £1.25 | 106 |
| D100 | Puréed Lemon Sponge & Custard | £1.25 | 106 |
| D123 | Puréed Peach Dessert | £1.25 | 106 |
| D122 | Puréed Pear Dessert | £1.25 | 106 |
| D101 | Puréed Rice Pudding | £1.25 | 107 |
| D103 | Puréed Spiced Apple & Custard | £1.25 | 107 |
| D127 | Puréed Sticky Toffee Pudding | £1.25 | 107 |

SOFT & BITE-SIZED MEALS

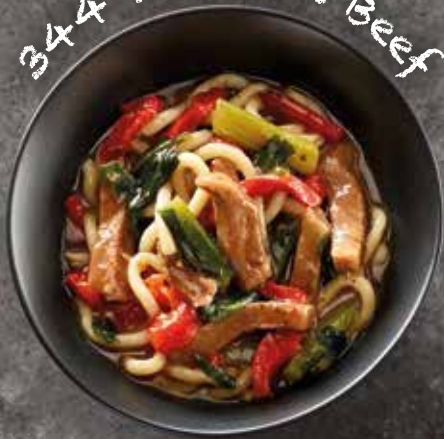
| Code | Product | Price | Page |
|------|-----------------------|-------|------|
| F100 | Beef Bolognese | £4.20 | 108 |
| F104 | Chicken Casserole | £4.20 | 109 |
| F101 | Cottage Pie | £4.20 | 108 |
| F102 | Fisherman's Pie | £4.20 | 109 |
| F103 | Lamb Casserole | £4.20 | 109 |
| F106 | Macaroni Cheese | £4.20 | 109 |
| F105 | Vegetable Cottage Pie | £4.20 | 108 |

EASY ORDER PACKS

| Code | Product | Price | Page |
|------|---|--------|------|
| P206 | Best Sellers Pack - Mains | £31.05 | 112 |
| P207 | Best Sellers Pack - Mains & desserts | £45.00 | 112 |
| P208 | Mini Best Sellers Pack - Minis | £21.90 | 113 |
| P209 | Mini Best Sellers Pack - Minis & desserts | £35.80 | 113 |
| P210 | Puréed Best Sellers Pack - Mains | £29.10 | 114 |
| P211 | Puréed Best Sellers Pack - Mains & desserts | £37.80 | 114 |
| P223 | 5 Star Favourites Pack - Mains | £33.50 | 115 |
| P224 | 5 Star Favourites Pack - Mains & desserts | £48.00 | 115 |
| P219 | Bumper Pack - Mains | £58.20 | 117 |
| P220 | Bumper Pack - Mains & desserts | £83.40 | 117 |
| P221 | Mini Bumper Pack - Minis | £41.25 | 119 |
| P222 | Mini Bumper Pack - Minis & desserts | £66.15 | 119 |

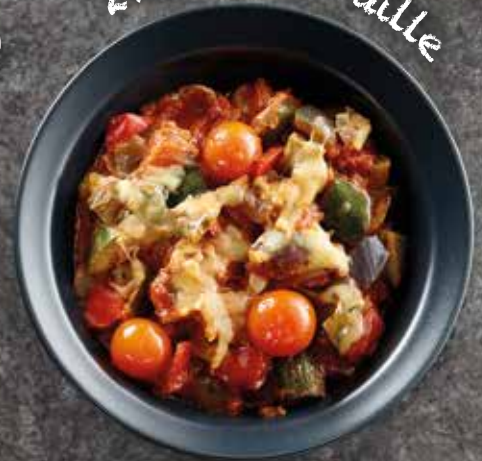


344 Shanghai Beef



Oakhouse FOODS

294 Ratatouille



Dishes featured
on the cover

1312 Luxury Vegetarian
Roast Dinner



984 Cherry Pie



285 Beef & Vegetable Hotpot



1320 Pepperoni Pizza



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