



Dietary Summary Guide

JANUARY 2022

DIETARY SYMBOLS

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



VEGETARIAN

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



SOURCE OF FIBRE

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



LOW FAT

3g of fat per 100g or less.



1 OF YOUR 5 A DAY

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



GLUTEN FREE

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



VEGAN

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



HIGH PROTEIN

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



Less than 400 calories for a meal.



LOW SUGAR

Less than 5g sugars per 100g.



LOW SALT

0.3g per 100g or less.



Less than 200 calories for a dessert.

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

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

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

Main Meals - Beef

135	BBQ Beef Brisket with Potatoes & Carrots	400	1928	460	14.0	5.2	59.2	42.0	4.0	19.0	3.4												✓					
208	Beef & Kidney Pie	360	2110	500	20.9	10.4	50.0	7.9	4.3	28.1	2.2	✓													✓			
285	Beef & Vegetable Hotpot	400	1660	396	12.4	3.2	39.6	9.1	6.1	28.8	3.7	✓		✓										✓	✓	✓		
668	Beef & Wild Mushroom Lasagne	420	3221	785	49.6	24.4	54.2	8.4	4.2	28.1	2.5	✓												✓				
421	Beef au Poivre	415	2170	519	25.3	11.6	32.0	8.3	5.8	22.4	1.5	✓												✓				
1331	Beef Bolognese Pasta Bake	400	2462	587	20.9	6.2	70.5	6.1	8.7	24.7	2.2	✓																
657	Beef Bourguignon	400	2032	484	24.0	13.2	24.0	6.8	5.6	35.0	1.3	✓												✓	✓			
1354	Beef Casserole	400	1440	344	30.4	25.6	8.0	10.0	3.2	3.4	3.3	✓	✓	✓			✓						✓	✓				
215	Beef Curry	400	1920	456	14.0	5.2	50.4	6.8	4.4	29.2	1.2	✓								✓	✓			✓				
1332	Beef in Black Bean Sauce & Egg Fried Rice	400	1651	393	10.8	2.0	48.9	10.7	6.4	21.7	3.1	✓	✓	✓										✓	✓			
168	Beef Lasagne	400	2268	540	28.8	14.0	38.0	12.4	4.0	28.0	1.5	✓												✓	✓			
1313	Beef Platter	400	1304	312	8.8	4.8	30.8	6.8	6.0	24.0	1.2	✓	✓	✓						✓			✓	✓	✓	✓		
286	Beef Stew & Dumpling	420	2167	521	30.7	12.6	29.8	8.8	3.8	24.8	2.1	✓												✓				
115	Beef Stroganoff	400	2020	480	12.0	6.0	58.8	4.4	2.4	26.8	1.0	✓	✓										✓		✓			
175	Chilli con Carne	380	1824	433	13.3	5.3	47.1	5.7	5.3	21.3	1.3	✓											✓					
303	Corned Beef Hash	375	1669	409	16.1	5.6	36.8	6.8	7.1	25.1	3.4	✓													✓	✓		
304	Cottage Pie	400	1628	388	14.0	6.0	40.0	9.6	6.8	22.8	2.3	✓		✓										✓	✓			
211	Cottage Pie Meal	395	1560	371	15.4	7.1	41.1	7.9	5.5	19.4	1.7	✓		✓										✓	✓			
530	Cumberland Pie	400	1792	428	12.8	5.2	51.2	12.0	6.8	20.8	2.4	✓												✓				
173	Hunter's Pie	400	2232	532	26.4	15.2	41.6	6.0	3.6	33.2	2.8	✓													✓			
832	Luxury Cottage Pie	435	2623	626	32.6	15.7	46.5	9.1	3.0	32.2	1.7	✓													✓			
1307	Luxury Roast Beef Dinner	500	2975	715	43.0	16.0	44.5	10.0	8.0	33.5	3.7	✓												✓				
991	Macaroni Bolognese	350	2321	585	18.6	7.7	71.8	13.3	4.6	28.4	1.8	✓																
276	Minced Beef & Mash	400	1868	444	21.6	10.8	38.8	7.6	4.4	21.6	1.0	✓											✓					
1300	Roast Beef Dinner	400	1760	420	13.6	2.8	39.6	8.4	8.0	0.0	1.2	✓											✓	✓	✓	✓		
985	Rustic Cottage Pie	400	1220	436	6.8	3.2	42.8	9.2	6.4	19.6	2.6	✓	✓											✓				
344	Shanghai Beef	375	1346	319	6.4	1.9	36.4	9.4	14.3	21.4	2.3	✓	✓	✓										✓	✓	✓		
660	Spaghetti Bolognese	400	1768	420	19.2	8.0	30.8	6.0	4.0	29.2	2.1	✓													✓			
407	Steak & Kidney Pudding	190	2155	519	36.1	15.0	33.6	0.2	2.3	13.5	2.2	✓													✓			
474	Steak & Mushroom Pie	420	1743	416	17.6	8.4	40.3	8.4	4.2	21.8	1.3	✓												✓	✓			
667	Steak Diane	350	1446	347	18.2	11.9	21.7	7.0	2.8	22.4	2.9	✓		✓											✓			
244	Steak Pie	255	2484	597	38.3	14.0	40.8	3.6	2.3	20.4	1.1	✓																

Main Meals - Chicken

167	BBQ Chicken Bake	400	2820	627	29.2	7.2	68.4	25.2	5.6	29.2	2.9																	
652	Butter Chicken Curry	400	2160	516	18.4	10.7	49.6	0.8	6.0	34.4	2.4	✓					✓								✓			
1351	Chicken & Bacon Pasta Bake	360	2293	544	16.2	7.9	61.2	6.1	4.3	16.2	3.06	✓													✓			
841	Chicken & Cider Hotpot	360	1919	457	21.2	10.4	34.9	5.4	5.0	29.9	2.2	✓													✓			
1333	Chicken & Chorizo Paella	400	2072	492	11.5	2.6	67.7	6.3	8.1	25.3	2.1	✓	✓											✓	✓			
477	Chicken & Mushroom Pie with Vegetables	420	1936	462	20.2	10.5	46.6	6.7	5.0	24.8	2.1	✓													✓	✓		
139	Chicken & Stuffing Bake	450	1467	351	11.3	4.5	34.7	6.3	4.2	24.8	1.8	✓	✓	✓											✓			
1334	Chicken Arrabiata	400	1651	392	4.0	0.7	51.3	10.7	17.1	29.1	0.7	✓	✓	✓									✓	✓	✓	✓		
1314	Chicken Breast Platter	400	1500	356	11.6	5.2	28.4	7.2	6.0	32.4	3.7	✓	✓	✓										✓	✓	✓		
284	Chicken Breast Wrapped in Bacon	435	1797	426	14.4	7.0	40.9	13.9	4.8	36.1	2.0	✓													✓	✓		
252	Chicken Casserole with Dumpling	400	1940	464	24.4	8.0	30.0	9.2	4.0	26.8	2.6	✓													✓	✓		
1323	Chicken Casserole with Vegetable Mash	400	1412	340	13.6	6.4	34.0	10.0	19.6	20.8	2.4	✓													✓	✓	✓	
1878	Chicken Curry & Rice	400	2160	516	21.2	8.4	55.6	12.0	3.6	23.6	2.4	✓																
879	Chicken in Mushroom Sauce	380	1531	365	11.4	5.7	38.8	5.7	5.3	27.4	2.2	✓	✓	✓										✓	✓			
1138	Chicken Jalfrezi	400	1880	448	13.6	5.6	54.4	9.6	4.4	24.8	2.4	✓													✓			
1873	Chicken Korma	400	2008	480	19.6	6.0	49.2	8.0	2.4	24.8	1.6	✓													✓			

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

Main Meals - Chicken continued

108	Chicken, Leek & Bacon Pie	450	3227	774	49.5	27.9	51.3	9.9	5.4	27.5	2.8	✓							✓					
1335	Chicken Madras with Pilau Rice	400	1925	457	10.9	4.1	61.4	8.1	7.5	24.5	1.6	✓	✓						✓	✓				
387	Chicken Stir-Fry	430	1707	387	9.0	1.0	46.4	14.6	5.6	27.1	3.0	✓	✓	✓					✓	✓				
179	Chicken Supreme	400	1752	416	10.4	5.6	50.4	6.0	1.2	27.6	1.9	✓	✓						✓					
1874	Chicken Tikka Masala	400	1940	460	12.4	5.2	58.8	12.4	4.4	26.8	2.4	✓							✓	✓				
140	Chicken with Onion Topped Mash	450	2048	486	22.1	10.8	38.7	11.3	4.5	29.7	2.0	✓							✓					
1361	Chicken with Orange & Rosemary	400	2180	516	11.6	3.2	65.2	7.6	2.4	30.4	3.48	✓	✓			✓			✓					
1336	Chinese Style Chicken Noodles	400	1466	349	11.6	1.8	30.4	7.2	7.2	27.2	1.1	✓	✓	✓				✓	✓					
658	Coq au Vin	400	1832	436	19.6	10.6	25.6	3.8	4.8	29.6	2.5	✓							✓	✓				
1330	Fruity Chicken Curry	400	2792	668	32.8	15.6	66.8	30.0	5.6	23.6	1.5	✓							✓					
417	Honey & Mustard Chicken Hotpot	440	2631	629	37.0	19.8	43.1	14.1	5.7	26.4	2.6	✓							✓					
351	Hong Kong Chicken	400	2128	508	3.8	0.4	88.0	53.2	2.8	30.0	1.1	✓							✓					
352	Hunter's Chicken	400	1772	424	6.4	0.8	59.2	27.2	3.2	29.2	2.3	✓							✓	✓				
1308	Luxury Roast Chicken Dinner	500	2310	550	21.0	4.3	45.0	9.0	8.5	39.0	1.6	✓							✓	✓	✓			
1311	Luxury Roast Turkey Dinner	500	2220	530	18.5	4.5	46.5	10.5	9.0	40.0	3.8	✓							✓	✓	✓			
1301	Roast Chicken Dinner	400	1708	408	14.8	3.0	34.4	7.2	8.0	30.0	1.3	✓							✓	✓	✓			
1304	Roast Turkey Dinner	400	1776	424	14.8	3.1	36.0	7.6	8.0	33.2	3.6	✓							✓	✓	✓			
523	Sweet & Sour Chicken	400	2492	592	15.6	1.6	88.0	54.4	3.8	22.0	2.4	✓							✓					
1521	Thai Green Chicken Curry	400	1864	444	14.4	8.4	53.2	10.4	4.4	24.0	2.4	✓							✓					
1317	Turkey Platter	400	1444	344	10.8	5.2	30.8	6.8	6.4	28.0	3.4	✓	✓	✓					✓	✓	✓			
645	Woodland Chicken	375	2070	495	21.4	12.0	48.0	5.3	2.6	25.9	2.3	✓							✓	✓				

Main Meals - Fish

882	Beer Battered Cod & Chips	340	2540	609	29.9	2.4	62.2	1.4	3.4	22.1	2.7	✓												
464	Breaded Haddock Fillet	125	1070	255	10.6	0.9	25.4	1.0	1.5	13.8	1.1	✓		✓					✓					
883	Breaded Scampi & Chips	300	1617	384	8.1	1.2	64.8	3.6	3.6	13.2	2.4	✓	✓	✓					✓					
327	Cod & Prawn Bake	340	1452	466	23.5	13.3	35.0	5.8	1.0	29.2	1.9	✓				✓			✓					
240	Cod, Chips & Peas	300	2145	510	18.6	2.7	66.9	1.5	6.6	19.2	0.9	✓						✓						
593	Cod in Parsley	430	1587	378	11.6	6.0	34.4	7.7	2.2	33.1	1.7	✓	✓	✓					✓					
983	Fish & Potato Gratin	400	2336	556	23.6	11.2	37.6	8.8	2.4	47.6	2.7	✓							✓					
306	Fish Pie	400	1772	424	16.4	5.2	44.4	11.6	7.2	21.6	2.1	✓							✓	✓				
1327	Pollock Mornay with Parmentier Potatoes	400	1460	348	12.8	5.6	28.8	6.8	6.0	26.8	1.6	✓		✓					✓	✓	✓			
1338	Prawn Linguine	400	1428	339	5.9	0.6	50.0	11.5	7.5	17.7	0.8	✓	✓	✓				✓	✓					
1339	Prawn Mango Masala with Pilau Rice	400	1763	419	9.9	2.1	64.4	11.7	6.4	14.8	1.8	✓	✓						✓					
329	Salmon & Broccoli Bake	400	1816	432	21.2	6.4	33.6	8.0	4.4	27.2	0.4	✓						✓	✓	✓				
592	Salmon in White Wine	400	1704	408	19.2	6.4	32.4	7.6	6.8	23.2	2.6	✓				✓			✓	✓				
842	Salmon Pasta Bake	405	2795	664	36.9	19.4	48.6	2.5	3.6	33.2	1.8	✓							✓					
419	Smoked Haddock & Bacon Gratin	400	2072	496	19.2	10.4	39.6	7.2	4.8	35.6	2.4	✓							✓					
884	Smoked Haddock Fishcake & Chips	314	1806	430	13.8	1.6	59.4	1.6	4.4	16.6	3.2	✓							✓					
684	Smoked Haddock Florentine	415	1643	419	17.9	9.6	29.5	6.2	0.8	37.4	3.0	✓							✓					
136	Smoked Haddock with Cheese & Sweetcorn	400	2068	496	23.6	13.2	44.4	11.2	3.6	29.2	3.2	✓							✓					
1360	Thai Style Salmon Fishcake & Vegetables	355	1292	305	7.8	0.7	40.5	7.1	5.3	15.6	0.67	✓	✓	✓				✓	✓					

Main Meals - Lamb

405	Lamb Bhuna	400	1740	412	14.0	2.8	52.0	6.4	3.2	19.2	1.8	✓					✓		✓					
1326	Lamb Casserole	400	1440	343	11.6	4.8	29.2	8.0	5.2	25.6	2.2	✓	✓	✓					✓	✓	✓			
1356	Lamb, Cranberry & Redcurrant Hotpot	400	2212	524	21.2	4.8	60	26.4	4.4	27.6	0.96	✓					✓	✓	✓					
1348	Lamb & Vegetable Medley	400	1468	348	23.2	30.8	12.4	12.4	3.5	4.0	3.0	✓		✓			✓		✓	✓				
1315	Lamb Platter	400	1392	332	12.4	6.8	30.4	6.0	6.0	7.0	0.8	✓		✓				✓	✓	✓	✓			
305	Lancashire Hotpot	400	1440	344	14.0	6.0	29.6	11.6	4.4	22.4	2.2	✓		✓					✓	✓				

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			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	☺	C	V	GF	S	1	HP	F	VE

Main Meals - Lamb continued

659	Liver & Bacon with Colcannon Mash	400	1752	416	12.4	6.1	33.6	0.4	4.8	40.0	2.3	✓							✓		
663	Liver & Onions	400	1532	364	10.4	6.4	40.0	8.0	6.4	24.4	1.4	✓	✓	✓					✓	✓	
1309	Luxury Roast Lamb Dinner	500	2125	505	19.5	5.5	47.0	14.5	6.0	29.5	1.4	✓						✓	✓	✓	
833	Luxury Shepherd's Pie	410	2353	562	27.9	14.8	44.7	7.4	2.9	29.5	1.3	✓							✓		
266	Moussaka	400	2000	476	26.0	13.2	29.6	10.8	6.0	27.2	3.0	✓							✓		
1302	Roast Lamb Dinner	400	1752	420	18.4	5.2	35.6	9.2	6.0	24.4	1.2	✓						✓	✓	✓	
218	Shepherd's Pie	390	1568	374	15.6	8.6	36.7	7.8	5.9	23.0	1.7	✓		✓				✓	✓	✓	

Main meals - Pork

392	Cheese & Ham Omelette Meal	400	1352	544	25.2	8.0	56.4	8.4	9.2	25.6	3.0	✓				✓				✓	
944	Cumberland Sausage with Colcannon Mash	380	1695	407	23.9	10.6	25.1	0.4	8.0	19.0	1.9	✓						✓	✓		
1355	Gammon, Pineapple Relish & Vegetable Crush	400	1224	292	22.0	20.8	15.2	12.0	5.6	6.8	3.6	✓		✓				✓	✓	✓	
875	Italian Meatballs in Tomato Sauce	435	1866	444	13.9	4.4	44.8	10.4	4.8	31.3	1.6	✓							✓		
1310	Luxury Roast Pork Dinner	500	2280	545	23.5	7.5	41.0	10.0	6.5	37.0	1.7	✓						✓	✓		
287	Macaroni Cheese with Tomato & Bacon	375	1395	334	12.4	6.4	39.8	9.4	3.0	15.0	2.3	✓		✓					✓		
1350	Pork & Leek Sausages with Cauliflower Cheese Mash	400	2092	500	26.0	26.0	7.6	31.6	14.8	3.6	4.3	✓							✓		
596	Pork Faggot with Mashed Potato & Peas	420	1688	403	15.5	6.7	47.5	12.6	6.7	18.9	2.6	✓						✓		✓	
1316	Pork Platter	400	1620	388	18.4	7.6	29.2	7.6	6.0	10.6	1.1	✓		✓			✓	✓	✓	✓	
423	Pork with a Mulled Apple Sauce	470	2195	526	25.4	10.8	46.5	21.2	7.5	22.1	2.4							✓			
424	Pork with Port & Plum Sauce	545	2719	648	17.9	6.9	86.1	59.2	9.3	25.6	1.9							✓			
1303	Roast Pork Dinner	400	1732	412	15.2	4.0	35.6	7.2	8.4	29.2	3.2	✓						✓	✓	✓	
221	Sausages & Mash	400	2104	504	27.2	11.2	44.0	9.2	5.6	22.0	2.9	✓						✓			
224	Sausages, Chips & Beans	380	2508	597	28.1	11.0	65.7	9.5	9.5	20.5	3.9	✓									✓
250	Sausage in Caramelised Onion Gravy	440	2319	607	38.7	16.3	43.1	14.5	4.8	22.9	2.3	✓						✓			
887	Spaghetti Carbonara	400	2676	636	38.4	20.4	41.6	6.0	2.4	30.0	3.6	✓									
616	Sweet & Sour Pork	400	2262	537	13.9	4.0	72.0	35.2	4.9	28.5	1.0							✓	✓	✓	

Main meals - Vegetarian

257	Butternut Squash & Vegetable Lasagne	400	1920	464	18.4	7.6	52.8	16.4	7.2	17.2	2.4	✓			✓			✓		✓	
472	Cauliflower Cheese	400	1516	364	21.6	12.0	11.2	3.4	4.0	16.0	1.9	✓		✓	✓			✓			
1340	Chilli Non Carne with Rice	400	2015	481	16.1	1.8	54.8	8.8	14.4	21.9	1.4	✓			✓			✓		✓	✓
166	Creamy Leek & Potato Bake	460	2475	589	32.2	18.4	52.0	12.4	5.1	21.2	4.0	✓			✓						
1312	Luxury Vegetarian Roast Dinner	500	2615	625	28.5	12.0	76.5	20.0	20.3	13.3	2.5	✓			✓			✓			
889	Macaroni Cheese	400	3316	788	46.8	28.8	50.4	7.2	2.9	40.8	3.4	✓			✓				✓		
1341	Mushroom Stroganoff with Rice	400	1555	370	9.6	4.3	53.4	0.1	12.1	11.5	1.6	✓	✓	✓	✓			✓		✓	✓
1342	NO Chicken Tikka Masala & Pilau Rice	400	2185	520	16.3	8.9	66.3	10.1	11.2	21.6	2.2	✓			✓			✓			✓
332	Omelette, Chips & Peas	305	1845	442	24.7	8.8	35.7	3.1	6.4	19.2	0.9	✓			✓	✓	✓				
524	Quorn & Vegetable Pie	420	1634	391	11.8	5.5	44.9	10.9	7.6	14.3	2.7	✓	✓	✓	✓					✓	
294	Ratatouille	350	1285	312	20.7	1.8	21.7	14.0	4.9	8.4	1.8	✓		✓	✓	✓		✓		✓	
489	Roasted Vegetable Lasagne	420	1701	407	27.7	7.1	30.7	18.9	5.9	10.5	3.8	✓			✓			✓			
1362	Three Bean Chilli	400	1176	281	9.8	3.4	4.1	24.5	16.6	11.8	1.5	✓	✓	✓	✓			✓		✓	✓
325	Vegetable Hotpot	420	1791	427	16.9	4.9	53.1	11.3	7.4	11.9	2.8	✓			✓			✓			
288	Vegetable Rigatoni	375	1729	416	19.5	5.6	42.8	14.6	6.0	15.1	2.3	✓			✓			✓			
256	Vegetable Tikka	500	2485	595	27.5	11.0	69.5	14.0	8.0	13.5	2.0	✓			✓	✓		✓			
1324	Vegetable Stew	400	1132	272	9.2	3.6	32.0	14.4	7.6	7.6	2.0	✓	✓	✓	✓			✓		✓	
1337	Vegetable Sweet & Sour	400	1436	340	4.8	0.8	61.6	27.2	6.4	8.4	0.5	✓	✓	✓	✓			✓			
1305	Vegetarian Roast Dinner	400	1736	416	13.2	4.4	60.0	18.4	20.8	11.2	1.5	✓			✓			✓		✓	
577	Wild Mushroom & Butternut Risotto	400	2512	600	31.2	10.0	60.4	3.6	1.2	14.4	2.4	✓			✓	✓					

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

Mini Meals - Beef

144	Beef & Kidney Stew	250	995	238	7.3	1.8	22.5	5.8	3.0	18.3	1.9	✓	✓	✓					✓		
851	Beef & Vegetable Hotpot	240	1111	264	9.6	4.3	27.4	5.0	4.1	17.8	1.9	✓	✓	✓					✓	✓	
220	Beef Lasagne	240	1649	396	22.3	10.3	23.5	7.2	1.9	23.8	1.7	✓	✓	✓				✓			
258	Beef Stew with Bubble & Squeak	240	1099	262	10.6	2.2	15.4	4.8	2.9	23.0	0.7	✓	✓	✓			✓		✓		
942	Chilli con Carne & Rice	240	1363	324	14.9	5.5	31.7	5.8	1.9	23.0	1.4	✓	✓	✓	✓				✓		
311	Corned Beef Hash	240	1147	274	10.8	4.1	25.0	3.6	3.1	17.8	1.4	✓	✓	✓	✓				✓		
895	Cottage Pie	240	977	233	8.4	3.6	24.0	5.8	4.1	13.7	1.4	✓	✓	✓				✓	✓		
314	Cumberland Pie	240	1075	257	7.7	3.1	30.7	7.2	4.1	12.5	1.4	✓	✓	✓				✓			
416	Minced Beef & Yorkshire Pudding	290	1238	296	8.7	2.8	24.9	10.4	3.8	23.8	0.9	✓	✓	✓					✓		
1000	Roast Beef Dinner	240	1080	257	8.6	1.9	24.5	6.0	5.0	17.5	2.2	✓	✓	✓				✓	✓		
190	Savoury Minced Mash	240	1279	305	16.1	7.0	22.1	6.2	1.9	19.2	2.2	✓	✓	✓					✓		
466	Spaghetti Bolognese	240	994	238	10.1	3.5	18.0	4.1	3.4	16.6	1.2	✓	✓	✓					✓		
1025	Mini Steak & Mushroom Pie	240	1744	415	21.9	40.5	8.5	17.8	8.5	4.3	1.3	✓	✓	✓					✓		

Mini Meals - Chicken

312	Chicken & Mixed Peppers in Creamy Sauce	240	833	199	6.2	1.0	23.5	1.7	1.2	11.8	1.5	✓	✓	✓	✓				✓		
260	Chicken & Mushroom Hotpot	250	1265	300	11.5	3.5	26.0	5.5	1.8	23.5	0.4	✓	✓	✓			✓		✓		
1008	Chicken & Mushroom Pie	240	1937	461	20.3	10.6	46.6	6.8	5.2	24.8	2.2	✓	✓	✓					✓		
198	Chicken & Vegetable Ragout	240	854	204	2.4	0.5	20.2	6.7	2.4	20.2	1.7	✓	✓	✓	✓				✓		
1009	Chicken Arrabiata	240	1003	238	2.1	0.4	33.7	5.8	10.7	15.8	0.5	✓	✓	✓			✓	✓	✓	✓	
196	Chicken Casserole & Dumpling	240	1056	252	7.0	2.4	21.8	6.7	1.9	18.0	2.4	✓	✓	✓					✓		
336	Chicken Chasseur	240	679	161	2.6	1.0	13.0	4.8	2.2	20.2	1.6	✓	✓	✓				✓	✓		
510	Chicken in White Wine & Rarebit Crumble	260	1521	364	16.9	8.6	19.0	5.5	1.7	28.3	2.6	✓	✓	✓					✓		
415	Chicken, Sage & Onion Yorkshire Pudding	290	1247	299	12.5	5.5	20.9	8.1	3.5	21.8	0.8	✓	✓	✓			✓	✓	✓		
1006	Chicken Supreme	240	1752	416	10.4	5.6	50.4	6.0	1.2	27.6	1.9	✓	✓	✓					✓		
338	Chicken Tikka Masala	240	1274	303	10.2	4.1	38.4	7.0	3.1	13.0	1.8	✓	✓	✓				✓			
945	Chicken with Mashed Potato	240	480	115	4.6	1.9	12.2	1.7	8.4	15.1	1.4	✓	✓	✓	✓				✓	✓	
1010	Chinese Style Chicken Noodles	240	972	231	7.0	1.1	23.0	3.9	4.2	17.0	0.6	✓	✓	✓			✓	✓	✓		
339	Fruity Chicken Curry	240	1634	389	14.2	5.3	48.4	16.1	3.4	15.3	0.7	✓	✓	✓			✓	✓			
1013	Hunters Chicken	240	1133	269	4.8	1.5	23.4	15.9	5.0	30.4	1.0	✓	✓	✓				✓	✓		
191	Madeira Chicken	240	1834	442	30.0	18.0	22.8	4.1	1.9	20.2	2.3	✓	✓	✓					✓		
197	Poacher's Chicken	240	804	192	4.6	1.0	20.6	10.1	2.4	16.1	1.9	✓	✓	✓	✓				✓		
1001	Roast Chicken Dinner	240	1085	259	5.3	2.3	20.4	5.3	5.5	19.0	0.8	✓	✓	✓					✓	✓	
1004	Roast Turkey Dinner	240	1111	264	9.4	2.2	21.1	5.8	6.0	20.9	0.8	✓	✓	✓				✓	✓	✓	
291	Sweet & Sour Chicken	240	1213	287	5.0	0.7	44.1	22.4	1.9	15.5	1.1	✓	✓	✓				✓	✓		

Mini Meals - Fish

849	Cod & Prawn Bake	240	1260	300	14.9	8.4	26.6	3.6	3.6	15.4	1.4	✓	✓	✓					✓		
528	Cod, Chips & Peas	240	1714	408	15.6	2.2	49.2	4.1	7.0	17.5	0.9	✓	✓	✓						✓	
1017	Fish Pie	240	1037	247	9.6	2.9	25.7	7.2	4.1	12.7	1.2	✓	✓	✓				✓	✓		
498	Fish Pie with Crumble Topping	250	1710	410	23.3	12.3	21.5	3.8	2.5	25.8	1.0	✓	✓	✓					✓		
310	Fisherman's Pie	240	881	211	9.4	5.8	18.5	3.6	1.9	11.8	1.2	✓	✓	✓					✓		
341	Haddock Smokie	240	958	228	9.4	5.0	14.9	5.5	1.0	21.6	1.6	✓	✓	✓					✓		
1014	Prawn Linguine	240	796	189	2.2	0.3	29.0	8.7	5.4	10.4	0.5	✓	✓	✓			✓	✓	✓		
1007	Salmon & Broccoli Bake	240	1090	259	12.7	3.8	20.2	4.8	2.6	16.3	0.3	✓	✓	✓			✓	✓	✓		
848	Tuna Pasta Bake	240	1370	329	18.2	10.6	22.6	4.6	1.2	18.5	1.4	✓	✓	✓					✓		

Code	Product	Portion Weight g	Typical nutritional information per portion								Dietary symbol						
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Mini Meals - Lamb

1026	Lamb Casserole	240	1440	343	26.0	29.2	8.0	11.6	4.8	5.2	2.2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
281	Lamb in Cider Sauce	240	1159	276	14.6	7.2	19.9	6.0	1.7	15.8	0.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
947	Lamb in Mint Gravy	240	432	161	7.7	0.0	19.2	3.1	3.1	13.0	1.3	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1018	Mini Lamb & Vegetable Medley	240	881	209	13.9	18.5	7.4	7.4	2.1	2.4	1.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
259	Lamb, Redcurrant & Cranberry Hotpot	250	1383	328	13.3	3.0	37.5	16.5	2.8	17.3	0.6	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1029	Lancashire Hotpot	240	734	175	13.0	17.8	6.2	5.3	1.9	2.2	1.3	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
893	Liver & Bacon Hotpot	240	1099	262	9.8	3.8	28.3	3.1	2.9	14.9	1.3	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
579	Liver & Onions	240	994	238	10.1	4.3	22.6	5.8	1.9	15.1	0.9	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1002	Roast Lamb Dinner	240	1087	259	10.8	2.9	22.3	5.8	5.3	15.6	0.7	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
858	Shepherd's Pie	240	1020	242	10.3	5.5	23.0	4.6	1.7	15.6	1.3	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Mini Meals - Pork

309	Faggot, Mash & Peas	240	1214	290	14.4	0.2	25.7	4.3	2.4	11.3	2.5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
318	Gammon & Creamy Onion Sauce	240	991	238	11.3	5.5	18.0	5.5	2.6	17.3	1.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
335	Italian Style Meatballs in Tomato Sauce	240	1217	290	12.7	5.0	24.5	6.7	2.9	17.3	0.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
581	Macaroni Cheese & Pulled Ham	240	1154	278	11.0	5.5	24.7	6.7	1.0	21.4	2.2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
282	Pork & Apple with a Savoury Crumble	250	1763	420	23.3	12.8	31.3	7.8	1.5	22.5	0.9	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1003	Roast Pork Dinner	240	931	223	8.9	2.4	16.8	3.6	3.6	16.8	1.9	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
929	Sausages & Mash	240	996	238	9.8	4.8	26.4	4.1	1.9	11.5	1.7	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
853	Sausage Casserole	270	1029	246	11.3	4.9	26.7	8.3	3.2	9.5	2.5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1012	Sausages, Beans & Chips	240	2654	636	36.5	5.8	61.0	4.3	8.9	15.8	1.5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
598	Sausages with Red Onion Gravy	240	1289	307	13.9	4.6	33.1	7.2	2.2	10.3	2.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
295	Sweet & Sour Pork	240	1411	335	9.4	2.8	43.0	21.4	3.3	18.1	0.6	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Mini Meals - Vegetarian

557	Cauliflower & Broccoli Cheese	200	892	214	13.0	4.6	16.4	2.8	2.2	6.8	1.1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
317	Cauliflower Cheese & Sauté Potatoes	240	1966	475	33.6	20.2	21.1	15.8	2.4	20.6	1.7	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
195	Cheese & Broccoli pasta	240	1447	346	17.8	10.1	29.0	4.1	1.9	20.4	1.2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
502	Cheese & Tomato Macaroni Pasta Bake	240	1788	427	25.9	10.8	30.7	6.7	4.6	16.3	1.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
226	Macaroni Cheese	240	2290	554	40.8	25.4	20.9	3.4	1.2	24.7	2.1	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1015	Mushroom Stroganoff with Rice	240	934	223	5.8	2.6	31.9	0.1	7.2	7.0	1.0	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1016	Vegetable Hotpot	240	943	225	9.4	3.4	25.3	8.0	4.2	7.7	1.7	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
943	Vegetable Lasagne	240	1255	300	14.2	6.2	34.3	4.8	2.9	8.9	0.7	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1011	Vegetable Sweet & Sour	240	862	204	2.9	0.5	37.0	16.3	3.8	5.0	0.3	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1005	Mini Vegetarian Roast Dinner	240	1039	250	8.6	3.1	33.1	10.8	11.8	7.4	1.0	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Soups & Light Meals - Baked Potatoes

1343	Broccoli & Cauliflower Cheese Loaded Jacket Potato	375	2017	483	24.4	10.1	43.3	5.3	9.1	18.0	1.5	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1345	Cheese & Beans Loaded Jacket Potato	375	1804	429	12.1	6.9	55.2	12.1	11.8	5.1	1.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
640	Jacket Potatoes	175	1072	252	0.4	0.0	55.5	2.1	4.7	6.8	0.0	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1346	Mature Cheddar Loaded Jacket Potato	375	2354	562	25.3	11.2	60.1	12.4	9.4	18.9	1.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Soups & Light Meals - Soups & Broth

988	Carrot & Coriander Soup	280	585	151	7.3	1.1	16.2	11.8	3.6	3.1	0.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
227	Chicken & Vegetable Soup	300	1053	252	13.2	2.7	15.6	6.0	3.9	15.9	2.4	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
186	Scotch Broth	285	610	145	2.6	1.1	24.8	8.8	3.1	6.6	1.3	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

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

Soups & Light Meals - Paninis

534	Breakfast Panini	150	1578	377	14.7	3.0	43.1	1.7	2.6	16.4	2.1	✓		✓									
533	Cheese & Red Onion Panini	160	2123	509	31.4	8.0	42.1	1.3	2.1	13.6	1.9	✓		✓									
993	Ham, Cheddar & Wholegrain Mustard Panini	175	2045	488	21.9	8.0	53.5	8.8	3.0	20.8	2.0												
1030	Hunter's Chicken Panini	210	1796	477	30.0	49.8	9.0	17.2	8.8	1.9	3.2	✓									✓		

Soups & Light Meals - Light Bites

499	Cheese & Ham Omelette	120	857	206	16.2	5.6	1.6	1.4	0.0	13.6	0.8	✓		✓								✓	
241	Cheese & Onion Quiche	116	1036	248	14.4	6.1	20.9	3.4	1.0	8.8	1.2	✓		✓									
500	Cheese & Tomato Omelette	120	804	193	15.4	5.2	1.7	1.7	0.1	12.0	0.6	✓		✓									✓
1031	Ham & Cheese Toastie	175	1776	423	26.6	39.7	1.6	16.6	9.3	2.1	2.6	✓											✓
213	Quiche Lorraine	116	1097	263	15.1	6.5	19.8	2.8	1.0	11.6	1.4	✓		✓									
1321	Sausage Rolls	60	846	203	11.7	4.7	18.5	1.1	2.6	4.6	0.7	✓		✓									✓
G1292	Smoked Sliced Ham	50	191	46	2.2	0.7	0.0	0.0	6.3	6.3	0.4	✓		✓									

Desserts - Cold Desserts

494	Apple & Blackberry Pie	145	1300	310	11.0	3.9	49.0	26.0	1.3	2.9	0.2			✓									✓
537	Arctic Roll	85	859	205	8.8	5.4	28.6	24.7	0.3	2.8	0.8			✓									
754	Bakewell Tart	100	1660	397	20.5	4.4	48.5	23.4	1.3	4.5	0.5			✓									
966	Banoffee Pie	128	1614	384	15.7	5.0	57.2	42.9	1.0	2.9	0.3			✓									
2006	Berry Salad (4)	125	191	46	0.1	0.0	6.5	6.5	6.5	1.4	0.0	✓	✓	✓							✓	✓	✓
860	Blackcurrant Cheesecake	127	1538	368	21.8	9.3	39.0	25.3	1.1	3.3	0.6			✓									
702	Black Forest Gateau	125	1665	400	27.3	16.6	34.4	26.5	1.6	4.3	0.2			✓									
511	Blueberry Muffin	120	1788	426	17.9	1.9	59.2	30.7	~	6.2	0.5			✓									
753	Bramley Apple Pie	150	1373	326	11.6	4.7	53.3	31.8	1.5	2.7	0.2			✓									✓
159	Cherry Meringue Pie	132	1382	327	7.8	3.0	60.1	43.7	0.8	3.7	0.3			✓									
984	Cherry Pie	141	1665	396	14.1	4.9	61.5	30.8	1.6	4.9	0.4			✓									
491	Chocolate Fudge Cake	93	1407	334	9.2	4.7	57.7	46.5	2.3	3.9	0.8			✓									
822	Chocolate Fudge Ice Cream	70	684	164	8.6	5.8	19.5	19	~	3.6	0.1			✓	✓								
818	Chunky Ginger Ice Cream	71	643	154	8.1	5.6	19.4	19.4	~	3.2	0.1			✓	✓								
819	Clotted Cream & Strawberry Ice Cream	71	614	147	7.6	5.3	16.8	16.6	~	3	0.1			✓	✓								
817	Clotted Cream Vanilla Ice Cream	70	605	145	8.1	5.6	15.6	15.5	0.1	3.2	0.2			✓	✓								
2012	Dairy Cream Fruit Scone	120	1748	418	7.4	47.5	11.2	21.7	13.2	1.3	1.0			✓									
769	Fruit Salad	113	182	43	0.1	0	9.9	9.9	1.2	0.6	0.0	✓	✓	✓							✓	✓	✓
492	Honeycomb & Toffee Cheesecake	120	1829	437	23.0	12.0	54.0	41.0	0.9	4.2	0.4			✓									
824	Honeycomb Ice Cream	70	711	170	8.1	5.6	20.5	20.2	~	3.4	0.1			✓	✓								
859	Irish Cream Cheesecake	108	1594	382	24.0	10.6	34.8	23.4	1.1	3.8	0.5			✓									
582	Lemon Cheesecake	126	1610	386	21.3	9.2	43.6	32.3	1.1	4.2	0.6			✓									
732	Lemon Meringue Pie	105	1220	290	7.7	2.8	52.5	32.6	0.7	2.8	0.2			✓									
2020	Low Sugar Black Forest Torte	80	940	225	16.0	9.6	15.2	3.8	1.0	3.4	0.26	✓		✓									✓
2019	Low Sugar Cherry Cheesecake	85	1193	286	3.8	23	4.1	20.4	11.9	1.2	0.21	✓	✓	✓								✓	✓
2000	Low Sugar Chocolate & Ginger Torte	120	1412	340	26.4	18.0	26.4	5.8	1.6	4.0	0.4	✓		✓									
726	Low Sugar Vanilla Brulee Cake	75	816	196	15.8	1.0	10.5	3.6	0.6	2.7	0.1	✓		✓									
409	Luxury Lemon Drizzle Muffin	136	2332	556	22.8	2.3	80.6	35.4	2.3	5.8	0.8			✓									
410	Luxury Salted Caramel Muffin	136	2492	596	30.3	4.6	72.8	43.7	1.5	7.1	1.4			✓									
2018	Mango & Passionfruit Cheesecake	80	1080	259	16.8	9.6	23.2	12.8	0.7	3.0	0.27			✓									✓
712	Mini Chocolate Eclairs	175	228	55	3.5	1.9	5.1	3.7	0.2	0.7	0.1			✓								✓	
830	Olde English Lemon Tart	100	1493	357	18.5	11.2	44.2	28.4	0.7	2.9	0.2			✓									
2005	Profiteroles with Chocolate Sauce	130	1949	469	35.1	23.4	33.8	28.6	2.0	4.6	0.1			✓									
239	Sticky Toffee Meringue	88	1427	341	16.7	9.7	44.0	35.2	0.8	4.0	0.3			✓									
238	Strawberry Eton Mess	80	1180	282	15.2	7.9	33.6	24.8	0.6	2.5	0.3			✓									

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

Breakfast

366	All Day Breakfast	400	2320	556	36.0	11.6	24.4	8.8	5.2	35.2	5.0	✓							✓			
975	Apple, Sultana & Cinnamon Porridge	240	1613	384	23.3	13.4	39.1	19.0	3.1	7.2	0.3		✓	✓			✓					
607	Banana & Honey Porridge	175	865	205	5.3	2.5	32.9	16.6	2.3	5.4	0.2	✓	✓	✓			✓					
534	Breakfast Panini	150	1578	377	14.7	3.0	43.1	1.7	2.6	16.4	2.1	✓		✓								
605	Cumberland Pork Sausages	133	1117	266	19.9	6.7	5.3	~	~	21.3	1.7	✓					✓		✓	✓		
563	Kipper Fillets	150	1256	302	22.4	4.7	0.2	0.0	0.0	25.2	3.8	✓		✓			✓			✓		
850	Mini All Day Breakfast	240	1130	269	11.3	4.3	28.8	5.8	5.5	13.7	2.4	✓		✓						✓		
G1288	Olde English Sausages	133	1569	377	35.3	10.5	11.2	0.6	~	19.5	2.8	✓		✓						✓		
G1290	Smoked Back Bacon	83	1007	243	19.1	6.9	0.3	0.3	~	23.3	4.4	✓		✓						✓		
251	The Big Breakfast	460	3271	782	47.4	15.6	41.4	8.7	6.4	49.7	5.6	✓								✓		
G1291	Unsmoked Back Bacon	83	992	239	19.1	7.0	0.3	0.3	~	21.8	3.2	✓		✓						✓		
614	White Sliced Loaf	88	858	202	1.5	0.5	39.1	0.8	2.2	8.2	0.8	✓	✓	✓	✓							
112	Wholemeal Sliced Loaf	88	761	180	1.8	0.5	31.9	1.3	6.1	8.8	0.8	✓	✓	✓	✓						✓	

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

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