Oakhouse Foods
ESTD 1994

Dietary Summary Guide

SEPTEMBER 2023

DIETARY SYMBOLS

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

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

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

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.

LOW FAT
3g of fat or less per 100g.

C
Less than 400 calories for a meal.

C
Less than 200 calories for a dessert.

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

LS — LOW SUGAR
Less than 5g of sugar per 100g.

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

S — LOW SALT
0.3g of salt or less per 100g.

*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		C	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	2329	**558**	31.3	**15.1**	43.2	**7.9**	7.2	20.5	3.07	✓									
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	✓						✓			
1381	Beef Bolognese Pasta Bake	380	1900	**460**	19	**6.8**	40.7	**9.12**	3.8	30.0	1.67	✓							✓		
657	Beef Bourguignon	380	1670	**402**	19	**11.5**	25.5	**7.3**	4.6	25.5	3.4	✓							✓		
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	✓				✓	✓		✓		
168	Beef Lasagne	400	2268	**540**	28.8	**14.0**	38.0	**12.4**	4.0	28.0	1.5	✓						✓	✓		
286	Beef Stew & Dumpling	420	2167	**521**	30.7	**12.6**	29.8	**8.8**	3.8	24.8	2.1	✓						✓			
115	Beef Stroganoff	380	2071	**490**	10.6	**4.9**	65.7	**4.9**	2.5	25.5	2.05	✓	✓			✓			✓		
1378	Chilli Con Carne	365g	1891	**449**	11.7	**4**	62.4	**5.1**	6.2	19.3	2.14	✓									
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	Hunters Pie	380	2478	**593**	31.6	**17.5**	40	**6.5**	5.3	32.7	4.77	✓							✓		
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	✓									
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	✓	✓					✓			
660	Spaghetti Bolognese	400	1768	**420**	19.2	**8.0**	30.8	**6.0**	4.0	29.2	2.1	✓							✓		
1364	Steak & Ale Pie	420	2604	622	31	15.1	52.9	11.7	6.7	28.9	2.85	✓									
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	✓							✓		
1382	Chicken & Chorizo Paella	380	2459	**559**	21.3	**3.8**	60.8	**8.4**	4.56	28.5	3.91	✓				✓			✓		
477	Chicken & Mushroom Pie with Vegetables	420	1936	**462**	20.2	**10.5**	46.6	**6.7**	5.0	24.8	2.1	✓						✓	✓		
1368	Chicken & Mushroom Risotto	400	2804	672	36	20	50	3.2	2.4	29.2	4.52	✓									
139	Chicken & Stuffing Bake	450	1467	**351**	11.3	**4.5**	34.7	**6.3**	4.2	24.8	1.8	✓	✓	✓					✓		
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	✓						✓	✓		
1386	Chicken Cacciatore with Olives	380g	1680	**414**	15.2	**3.0**	36.5	**13.7**	5.3	24.3	2.62	✓				✓			✓		
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	✓									
1375	Chicken Enchilada	400	2716	**656**	23.6	**3.6**	72.4	**12.0**	5.6	35.6	5.28								✓		
1373	Chicken Fillet Cassoulet	400	1216	**408**	15.2	**3.6**	28.8	**13.6**	9.6	32.8	3.11	✓							✓		
879	Chicken in Mushroom Sauce	380	1531	**365**	11.4	**5.7**	38.8	**5.7**	5.3	27.4	2.2	✓	✓	✓				✓	✓		
1387	Chicken in White Wine & Garlic	380g	2291	**566**	36.1	**19.4**	30.0	**4.9**	4.1	23.9	2.7	✓				✓					
1138	Chicken Jalfrezi	400	1880	**448**	13.6	**5.6**	54.4	**9.6**	4.4	24.8	2.4	✓							✓		
1392	Chicken Korma	400	1804	**448**	16.8	**6.4**	50.0	**5.6**	2.0	23.6	1.88	✓		✓		✓					
108	Chicken, Leek & Bacon Pie	450	3227	**774**	49.5	**27.9**	51.3	**9.9**	5.4	27.5	2.8	✓						✓			
1383	Chicken Madras	380	2185	**524**	22.8	**4.56**	54.72	**11.4**	4.18	23.56	2.32	✓				✓					
387	Chicken Stir-Fry	430	1707	**387**	9.0	**1.0**	46.4	**14.6**	5.6	27.1	3.0	✓	✓	✓				✓	✓		

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

Main Meals - Chicken continued

179	Chicken Supreme	400	1752	**416**	10.4	**5.6**	50.4	**6.0**	1.2	27.6	1.9	✓	✓						✓		
1367	Chicken Tagine with Rice	335	1714	406	13.2	1.9	44.7	7.6	4.7	24.3	2	✓				✓			✓		
1385	Chicken Tikka Masala	380	2561	**612**	31.92	**17.5**	54.3	**2.7**	2.3	25.8	2.36	✓				✓					
1361	Chicken with Orange & Rosemary	400	2180	**516**	11.6	**3.2**	65.2	**7.6**	2.4	30.4	3.48	✓	✓			✓			✓		
658	Coq au Vin	400	1832	**436**	19.6	**10.6**	25.6	**3.8**	4.8	29.6	2.5	✓						✓	✓		
1391	Fruity Chicken Curry	400	2524	**604**	26.8	**15.6**	70.0	**27.6**	4.0	21.6	2.48			✓		✓					
417	Honey & Mustard Chicken Hotpot	420	2113	**504**	24.8	**9.2**	43.7	**16**	6.3	24.4	5.61	✓									
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		✓					✓	✓		
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	380	1816	**433**	17.9	**3.4**	36.1	**8.4**	7.6	28.5	3.4	✓							✓		
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	✓							✓		

Main Meals - Fish

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	✓					✓				
983	Fish & Potato Gratin	380	1854	**441**	16.3	**9.1**	33.1	**5.7**	2.7	38	1.43	✓							✓		
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	✓		✓				✓	✓	✓	
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	Salmon Fishcake & Vegetables	335g	1250	**298**	8.4	**1.0**	39.2	**39.2**	6.7	13.1	0.54	✓	✓	✓			✓	✓	✓	✓	

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 Redcurrant & Cranberry Hotpot	380	1744	**414**	12.9	**5.7**	44.8	**20.5**	5	24.7	3.22								✓		
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	✓		✓				✓	✓		
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	✓							✓		
218	Shepherd's Pie	390	1568	**374**	15.6	**8.6**	36.7	**7.8**	5.9	23.0	1.7	✓		✓				✓	✓	✓	

Main meals - Pork

944	Cumberland Sausage with Colcannon Mash	380	1695	**407**	23.9	**10.6**	25.1	**0.4**	8.0	19.0	1.9	✓						✓		✓	
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 in Cider Gravy	380	2092	**500**	31.6	**14.8**	26	**7.6**	3.6	26	4.32	✓							✓		

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Main meals - Pork continued

596	Pork Faggot with Mashed Potato & Peas	420	1688	**403**	15.5	**6.7**	47.5	**12.6**	6.7	18.9	2.6	✓						✓		✓	
1376	Pork Goulash	400	1688	**400**	14.0	**3.6**	29.2	**8.0**	6.4	35.6	2.84	✓		✓		✓			✓		
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	380	1968	**471**	23.2	**6.5**	36.5	**6.1**	6.1	25.5	2.86	✓							✓		
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						✓	✓	✓		
1366	Tuscan Style Pasta Ragu	400	3168	768	48	21.6	46.4	9.2	4	32	3.32	✓									

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	✓		✓	✓			✓			
1365	Cheese & Onion Pie	470	2674	639	31	16.9	64.3	15.9	11.2	20.6	3.57	✓			✓						
166	Creamy Leek & Potato Bake	420	2302	**550**	31.9	**18.9**	45.5	**10.1**	5.5	18.1	3.2	✓			✓						
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	✓			✓				✓		
1384	Mushroom Stroganoff	380	1512	**376**	13.3	**5.7**	42.2	**9.1**	5.3	11.0	1.71	✓		✓	✓	✓		✓			
524	Quorn Cottage Pie	400	1432	**340**	10.4	**4.4**	41.2	**8.4**	7.2	10.8	1.71	✓	✓	✓	✓					✓	
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				✓			✓			
1374	Thai Green Chicken Curry	400	2036	**484**	23.2	**15.6**	60.8	**11.6**	6.4	8.8	2.44	✓			✓						
1362	Three Bean Chilli	400	1176	**281**	9.8	**3.4**	4.1	**24.5**	16.6	11.8	1.5	✓	✓		✓	✓		✓		✓	✓
1380	Vegetable Hotpot	380	1064	**270**	10.3	**3.0**	32.7	**9.5**	4.6	9.5	1.5	✓	✓	✓	✓	✓		✓		✓	
288	Vegetable Rigatoni	375	1729	**416**	19.5	**5.6**	42.8	**14.6**	6.0	15.1	2.3	✓			✓			✓			
1390	Vegetable Tikka	500	2245	**540**	23.5	**9.0**	69.5	**11.0**	6.5	11.5	2.85	✓			✓	✓		✓			
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		✓	✓	✓		✓	✓			

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	Mini Savoury Minced Mash	220	746	**178**	5.3	**1.5**	18	**5.5**	4.4	7.3	1.39	✓	✓	✓						✓	
466	Spaghetti Bolognese	240	994	**238**	10.1	**3.5**	18.0	**4.1**	3.4	16.6	1.2	✓		✓					✓		
1040	Steak & Ale Pie	240	1450	346	17	8.4	29.7	6.7	3.6	16.3	1.6	✓		✓							
1025	Mini Steak & Mushroom Pie	220	1058	**253**	10.3	**5.1**	25.7	**5.1**	3.5	12.1	1.44	✓		✓							

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	230	1012	**242**	8.1	**3.9**	23.9	**6.2**	2.5	15.4	3.1	✓		✓					✓		
1008	Chicken & Mushroom Pie	240	1937	**461**	20.3	**10.6**	46.6	**6.8**	5.2	24.8	2.2	✓							✓		

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 - Chicken continued																				
198	Chicken & Vegetable Ragout	240	854	**204**	2.4	**0.5**	20.2	**6.7**	2.4	20.2	1.7	✓	✓	✓		✓			✓		
1058	Chicken Cacciatore with Olives	240	1061	**262**	9.6	**1.9**	23.0	**8.6**	3.4	15.4	1.66	✓		✓		✓			✓		
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	✓	✓	✓				✓	✓		
1050	Chicken Fillet Cassoulet	240	1030	**245**	9.12	**2.2**	17.3	**8.2**	5.8	19.7	1.9	✓		✓					✓		
1059	Chicken in White Wine & Garlic	240	1498	**370**	24.5	**13.0**	19.2	**3.4**	2.6	14.2	1.75	✓		✓		✓					
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 with Sage & Onion Yorkshire	270	1277	**305**	12.4	**4.6**	23	**7.6**	3.8	21.3	2.96	✓		✓					✓		
1006	Chicken Supreme	220	1393	**332**	14.1	**7.3**	30.4	**3.5**	2	17.8	2.13	✓		✓					✓		
1054	Chicken Tikka Masala	240	1658	**396**	21.1	**11.5**	32.6	**7.0**	1.7	18.0	1.44			✓		✓					
1065	Chicken with Mashed Potato	240	787	**187**	5.5	**3.1**	20.6	**4.6**	3.8	12.0	1.54	✓	✓	✓		✓			✓	✓	
1066	Fruity Chicken Curry	240	1570	**379**	20.2	**11.8**	35.3	**21.1**	2.6	13.9	1.56			✓		✓					
1055	Hunters Chicken	240	1418	**338**	8.88	**1.44**	42.24	**17.76**	2.64	21.12	1.46			✓		✓			✓		
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	✓								✓	
1379	Cod in Parsley	430	1840	**439**	16.3	**9**	34.4	**7.3**	3.2	33.1	3.54	✓							✓		
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	✓		✓					✓		
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	220g	1840	**439**	16.3	**9**	34.4	**7.3**	3.2	33.1	3.54	✓		✓					✓		
Mini Meals - Lamb																				
1026	Lamb Casserole	220	792	**189**	6.4	**2.6**	16.1	**4.4**	2.9	14.1	1.23	✓	✓	✓		✓			✓		
281	Lamb in Cider Sauce	220	1027	**253**	13.4	**6.6**	18.3	**18.3**	1.6	2.4	0.68	✓		✓							
947	Lamb in Mint Gravy	240	432	**161**	7.7	**0.0**	19.2	**3.1**	3.1	13.0	1.3	✓		✓		✓			✓	✓	
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	✓	✓	✓					✓		
579	Liver & Onions	240	994	**238**	10.1	**4.3**	22.6	**5.8**	1.9	15.1	0.9	✓		✓		✓			✓		
1002	Roast Lamb	220	1034	**246**	10.3	**2.9**	21.6	**5.3**	4.6	14.3	2.21	✓		✓					✓	✓	
858	Shepherd's Pie	220	950	**227**	9.9	**5.3**	23.8	**4.8**	2.9	9.5	0.95	✓		✓							
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	220	1294	**308**	9.5	**4.6**	32.6	**4.6**	2	21.6	0.75	✓		✓					✓		
1049	Pork Goulash	240	1013	**240**	8.4	**2.2**	17.5	**4.8**	3.8	21.4	1.70	✓		✓		✓			✓		
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			✓			✓	✓	✓		

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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
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 & Sautè 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	✓		✓	✓				✓		
1041	Cheese & Onion Pie	240	1366	326	15.8	8.6	32.8	**8.1**	5.76	10.5	1.82	✓			✓						
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	✓			✓						
1056	Mushroom Stroganoff	240	948	**235**	8.6	**3.8**	25.9	**6.0**	3.1	6.7	1.13	✓		✓	✓	✓		✓			
1051	Thai Green Chicken Curry	240	1255	**300**	16.8	**11.5**	32.6	**7.9**	4.6	5.0	1.61	✓		✓	✓						
1057	Vegetable Hotpot	240	689	**175**	7.4	**2.6**	19.2	**6.2**	2.9	6.5	1.06	✓		✓	✓	✓		✓		✓	
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	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	✓	✓	✓				✓		✓	
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																					
1042	Cheese Toastie	170	2083	498	28.9	16.8	34	3.5	2.2	23.8	2.12	✓			✓		✓		✓		
1031	Ham & Cheese Toastie	175	1776	**423**	26.6	**39.7**	1.6	**16.6**	9.3	2.1	2.6	✓							✓		
G1292	Smoked Sliced Ham	50	191	**46**	2.2	**0.7**	0.0	**0.0**	6.3	6.3	0.4	✓		✓							
Desserts - Cold Desserts, Ice Cream & Fruit																					
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				✓						
966	Banoffee Pie	128	1614	**384**	15.7	**5.0**	57.2	**42.9**	1.0	2.9	0.3				✓		✓				
2011	Berry Pavlova	2x63	670	160	8.2	6.0	19.5	15.8	0.4	1.5	0.07			✓	✓		✓				
860	Blackcurrant Cheesecake (2)	127g	1538	**368**	21.8	**9.3**	39	**25.3**	1.1	3.3	0.64				✓						
702	Black Forest Gateau	125	1665	**400**	27.3	**16.6**	34.4	**26.5**	1.6	4.3	0.2				✓		✓				
753	Bramley Apple Pie	150	1373	**326**	11.6	**4.7**	53.3	**31.8**	1.5	2.7	0.2				✓		✓				✓

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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

Desserts - Cold Desserts, Ice Cream & Fruit continued

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			✓	✓		✓				
2033	Fruits of the Forest Fruit Salad	500	142	**34.0**	0.2	**0.0**	5.8	**0.7**	3.0	0.7	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	✓		✓	✓		✓				
2018	Mango & Passionfruit Cheesecake	80	1080	**259**	16.8	**9.6**	23.2	**12.8**	0.7	3.0	0.27				✓		✓				✓
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				✓		✓				
238	Strawberry Eton Mess	80	1180	**282**	15.2	**7.9**	33.6	**24.8**	0.6	2.5	0.3				✓						
701	Strawberry Gateau	125	1406	**339**	25.8	**13.5**	24.0	**17.3**	0.4	3.1	0.4						✓				
587	Strawberry Tart	200	1778	**422**	9.6	**4.6**	77.8	**42.2**	3.8	3.2	0.3				✓		✓				
413	Raspberry & White Chocolate Panna Cotta	100	1321	**318**	25.5	**15.8**	19.4	**18.8**	0.7	2.4	0.3										
826	Raspberry Sorbet	70	268	**64**	0.1	**0**	15.3	**15.1**	~	0.2	0.1		✓	✓	✓		✓				
704	Raspberry Trifle	175	2140	**511**	26.1	**15.6**	63.7	**50.6**	1.4	5.6	1.1				✓						
823	Rum & Raisin Ice Cream	69	643	**154**	8.1	**5.6**	19.4	**19.2**	~	3.2	0.1			✓	✓		✓				
742	Sherry Trifle	175	1608	**385**	22.8	**13.7**	38.9	**35.2**	1.4	5.1	0.6				✓						
2034	Spiced Treacle & Orange Tart	133g	1762	**416**	6.7	**2.4**	84.9	**58.1**	1.1	3.6	0.75				✓						
263	Tiramisu	100	1287	**309**	20.1	**12.7**	25.3	**19.8**	0.8	3.9	0.1						✓				
160	Victoria Sponge Slice	83	1246	**298**	15.0	**3.8**	37.4	**26.6**	0.8	3.1	0.6				✓						

Desserts - Hot Desserts

633	Apple Crumble	150	1085	**260**	11.9	**4.8**	36.9	**12.6**	2.7	3.5	0.3				✓		✓	✓			
2009	Apple & Pear Crumble	240	1908	**456**	6.7	**62.6**	34.3	**18.5**	7.2	4.3	0.4				✓		✓	✓			
609	Apple Crumble with Custard	220	1536	**367**	15.6	**5.5**	48	**19.8**	3.3	5.9	0.37			✓	✓		✓	✓			
615	Apple Strudel	125	1293	**311**	15.1	**4.8**	38.6	**16.4**	2.4	4.5	0.6				✓						
200	Bread & Butter Pudding	220	1373	**328**	13.0	**5.9**	44.9	**30.4**	0.9	7.5	0.7				✓		✓				
771	Cherry Sponge with Custard	225	2340	**558**	23.6	**5.6**	78.3	**53.1**	1.4	7.7	1.1				✓						
624	Chocolate Pudding	225	2063	**491**	22.3	**5.9**	65.9	**42.8**	1.1	7.9	1.1				✓						
608	Jam Sponge & Custard	225	1584	**376**	6.3	**2.7**	73.1	**22.1**	0.7	6.5	0.7		✓		✓		✓				
627	Lemon Pudding with Lemon Custard	225	2579	**614**	21.2	**5.9**	99.2	**72.5**	1.1	5.9	0.9				✓						
589	Luxury Brioche & Butter Pudding & Custard	250	703	**168**	7.8	**3.3**	22.3	**17.8**	0.0	2.5	0.3			✓	✓		✓				
2026	Plum Crumble	270	1577	**374**	13.2	**5.0**	55.9	**29.5**	2.6	6.2	0.34				✓		✓				
638	Rhubarb & Custard	185	919	**216**	3.0	**1.9**	44.8	**38.1**	0.4	2.8	0.0		✓		✓	✓	✓				
632	Rhubarb Crumble	200	1696	**404**	16.4	**7.4**	63.2	**32.6**	3.0	5.0	0.4				✓		✓	✓			
620	Rice Pudding	150	666	**156**	0.3	**0.1**	29.0	**19.4**	0.0	11.3	0.4		✓	✓	✓	✓	✓		✓		
199	Spotted Dick	238	2021	**478**	11.2	**5.7**	86.6	**51.0**	1.7	7.6	1.0				✓						
626	Sticky Toffee Pudding	150	1970	**468**	18.0	**9.3**	72.9	**89.6**	1.5	3.6	1.1				✓						
625	Treacle Pudding with Custard	220	2000	**475**	18.3	**4.6**	71.9	**52.1**	0.4	6.6	1.1				✓						

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
Side dishes																				
525	Broccoli	90	76	**18**	0.0	**0.0**	1.8	**1.8**	3.2	2.7	0.0	✓	✓	✓	✓		✓	✓	✓	✓	
557	Cauliflower & Broccoli Cheese	200	892	**214**	13.0	**4.6**	16.4	**2.8**	2.2	6.8	1.1	✓		✓	✓			✓			
472	Cauliflower Cheese	400	1516	**364**	21.6	**12.0**	11.2	**3.4**	4.0	16.0	1.9	✓		✓	✓			✓			
400	Cheese & Spring Onion Mashed Potato	240	1543	**370**	20.4	**12.7**	33.8	**2.2**	4.1	10.6	1.8	✓		✓	✓	✓					
1329	Chicken Samosas (4)	200	1034	**248**	14.4	**1.6**	21.0	**2.4**	1.8	7.8	0.5	✓		✓							
1344	Garlic & Rosemary Roasting Potatoes	130	1110	**266**	13.6	**1.0**	30.9	**1.5**	3.6	3.1	1.0	✓		✓	✓						✓
556	Green Vegetables in a Wild Garlic & Herb Butter	150	627	**159**	9.0	**4.7**	7.2	**1.7**	4.4	4.8	0.3	✓		✓	✓	✓	✓	✓		✓	
395	Mashed Potato	240	1394	**334**	16.8	**10.6**	39.4	**2.2**	4.3	4.3	1.5	✓		✓	✓	✓					
414	Mini Dauphinoise Potatoes	240	1123	**269**	16.1	**8.9**	23.5	**5.8**	2.2	6.5	1.5	✓		✓	✓	✓					
1328	Onion Bhajis (6)	300	1491	**357**	21.9	**1.5**	28.8	**7.5**	6.6	8.1	1.2			✓	✓					✓	✓
294	Ratatouille	350	1285	**312**	20.7	**1.8**	21.7	**14.0**	4.9	8.4	1.8	✓		✓	✓	✓		✓		✓	
1027	Vegetable Spring Rolls	132	137	**577**	2.4	**18.8**	1.8	**5.5**	0.5	1.6	0.4	✓		✓	✓					✓	✓
Breakfast																					
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	✓		✓		✓			✓	✓	
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	✓		✓					✓		
1052	White Sliced Loaf	88	408	**97**	0.9	**0.4**	18.9	**0.2**	1.0	3.3	0.36	✓	✓		✓						✓
1053	Wholemeal Sliced Loaf	88	384	**92**	1.1	**0.3**	16.5	**0.5**	2.3	3.9	0.40	✓	✓		✓					✓	✓

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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