



Dietary Summary Guide

SEPTEMBER 2025

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.



VEGAN

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



SOURCE OF FIBRE

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



HIGH PROTEIN

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



1 OF YOUR 5 A DAY

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



LOW SUGAR

Less than 5g of sugar per 100g.



LOW SALT

0.3g of salt or less per 100g.



Less than 400 calories for a meal.



Less than 200 calories for a dessert.



LOW FAT

3g of fat or less per 100g.

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

Main Meals - Chicken & Turkey

167	BBQ Chicken Bake	400g	2820	672	29.2	7.2	68.4	25.2	5.6	29.2	2.90											
1506	Butter Chicken with Pilau Rice	400g	2400	584	22.0	8.8	65.2	10.8	3.2	29.2	3.28	✓										
1382	Chicken & Chorizo Paella	380g	2459	559	21.3	3.8	60.8	8.4	4.6	28.5	3.90	✓										
841	Chicken & Cider Hotpot	360g	1919	457	21.2	10.4	34.9	5.4	5.0	29.9	2.20	✓							✓			
477	Chicken & Mushroom Pie	420g	1936	462	20.2	10.5	46.6	6.7	5.0	24.8	2.10	✓						✓				
1368	Chicken & Mushroom Risotto	400g	2804	672	36.0	20.0	50.0	3.2	2.4	29.2	4.52	✓										
139	Chicken & Stuffing Bake	450g	1467	351	11.3	4.5	34.7	6.3	4.2	24.8	1.80	✓	✓						✓			
1351	Chicken and Bacon Pasta Bake	360g	2293	544	16.2	7.9	61.2	6.1	4.3	35.6	3.10	✓							✓			
284	Chicken Breast & Bacon	435g	1797	426	14.4	7.0	40.9	13.9	4.8	36.1	2.00	✓							✓	✓		
1386	Chicken Cacciatore	380g	1680	414	15.2	3.0	36.5	13.7	5.3	24.3	2.62	✓							✓			
1420	Chicken Casserole with Herb Dumpling	400g	1404	336	10.4	5.2	31.2	6.0	2.0	28.0	2.68											
1323	Chicken Casserole with Vegetable Mash	400g	1412	340	13.6	6.4	34.0	10.0	19.6	20.8	2.40	✓							✓	✓	✓	
1511	Chicken Curry with Pilau Rice	400g	2204	524	17.2	4.8	64.0	9.2	3.2	29.6	3.40	✓										
1375	Chicken Enchilada	350g	2121	507	22.0	3.8	44.8	12.2	4.2	29.7	4.31	✓								✓		
1373	Chicken Fillet Cassoulet	400g	1716	408	15.2	3.6	28.8	13.6	9.6	32.8	3.12	✓								✓		
879	Chicken in Mushroom Sauce	380g	1531	365	11.4	5.7	38.7	5.7	5.3	27.3	2.24	✓							✓	✓		
1387	Chicken in White Wine & Garlic	380g	2291	566	36.1	19.4	30.0	4.9	4.1	23.9	2.70	✓										
1507	Chicken Jalfrezi with Pilau Rice	400g	2036	492	12.8	0.8	62.8	8.0	3.6	29.2	3.48	✓								✓		
1503	Chicken Kiev, Chips & Peas	400g	2884	688	29.6	8.0	71.2	2.8	6.8	31.2	2.28	✓										
1505	Chicken Korma with Pilau Rice	400g	2500	600	24.4	12.0	64.8	9.6	2.0	29.6	3.04	✓										
387	Chicken Stir Fry	430g	1707	387	9.0	1.0	46.4	14.6	5.6	27.1	3.00	✓	✓						✓	✓		
179	Chicken Supreme	400g	1752	416	10.4	5.6	50.4	6.0	1.2	27.6	1.90	✓	✓							✓		
1367	Chicken Tagine with Rice	315g	1714	406	13.2	1.9	44.7	7.6	4.7	24.3	2.00	✓								✓		
1504	Chicken Tikka Masala with Pilau Rice	400g	2740	660	28.4	10.0	66.4	12.4	3.2	33.2	3.64	✓										
1361	Chicken with Orange & Rosemary	400g	2180	516	11.6	3.2	65.2	7.6	2.4	30.4	3.48	✓								✓		
108	Chicken, Leek & Bacon Pie	450g	3227	774	49.5	27.9	51.3	9.9	5.4	27.5	2.80	✓							✓			
658	Coq au Vin	400g	1832	436	19.6	10.6	25.6	3.8	4.8	29.6	2.50	✓							✓	✓		
1508	Fruity Chicken Curry with Steamed Rice	400g	2496	596	20.0	10.4	74.4	26.4	4.0	28.4	2.16											
417	Honey & Mustard Chicken Hotpot	420g	2113	504	24.8	9.2	43.7	16.0	6.3	24.4	5.61	✓										
351	Hong Kong Chicken	400g	2185	517	7.6	0.8	79.4	52.2	2.6	31.2	1.37		✓							✓		
352	Hunter's Chicken	400g	1990	467	9.4	1.4	60.0	33.0	3.7	35.0	2.08		✓						✓	✓		
1494	Roast Chicken Dinner	455g	1724	410	8.2	1.8	49.6	6.8	9.6	29.1	2.68	✓	✓							✓	✓	
1514	Roast Turkey Dinner	460g	1941	460	10.6	2.8	51.1	5.1	10.1	35.9	3.17	✓	✓							✓	✓	
523	Sweet & Sour Chicken	380g	2375	562	16.0	1.9	81.3	47.1	4.2	20.9	2.13											
1448	Thai Style Green Chicken Curry	400g	1895	451	15.2	8.5	53.0	10.8	4.3	24.0	1.12											

Main Meals - Beef & Venison

135	BBQ Beef Brisket with Carrots & Potatoes	400g	1928	460	14.0	5.2	59.2	42.0	4.0	19.2	3.36								✓			
208	Beef & Kidney Pie	360g	2329	558	31.3	15.1	43.2	7.9	7.2	20.5	3.07	✓										
285	Beef & Vegetable Hotpot	380g	1862	445	13.7	5.3	43.3	9.1	6.5	33.1	3.56	✓							✓	✓		
668	Beef & Wild Mushroom Lasagne	420g	3221	785	49.6	24.4	54.2	8.4	4.2	28.1	2.52	✓							✓			
657	Beef Bourguignon	380g	1670	402	19.0	11.5	25.5	7.3	4.6	25.5	3.40	✓							✓	✓		
1354	Beef Casserole	400g	1440	344	10.0	3.2	25.6	8.0	3.4	30.4	3.28	✓	✓	✓					✓	✓		
1422	Beef Casserole with Herb Dumpling	400g	1572	376	15.2	6.8	30.8	7.2	3.2	28.4	2.40											
1509	Beef Curry with Pilau Rice	400g	2352	560	14.8	4.0	55.6	0.4	2.4	51.2	3.80	✓								✓		
168	Beef Lasagne	400g	2268	540	28.8	14.0	38.0	12.4	4.0	28.0	1.46	✓							✓			
115	Beef Stroganoff	380g	2071	490	10.6	4.9	65.7	4.9	2.5	25.5	2.05	✓										
1426	Bolognese Pasta Bake	400g	2076	496	17.2	10.8	61.6	9.2	4.4	23.2	2.68											
1472	Bolognese Ravioli with Arrabbiata Sauce	400g	2194	524	22.0	6.5	51.0	14.0	6.0	27.0	2.50											
1378	Chilli con Carne	365g	1891	449	11.7	4.0	62.4	5.1	6.2	19.3	2.14	✓										
303	Corned Beef Hash	375g	1669	409	16.1	5.6	36.8	6.8	7.1	25.1	3.40	✓								✓	✓	
304	Cottage Pie	400g	1628	388	14.0	6.0	40.0	9.6	6.8	22.8	2.28	✓							✓	✓		
211	Cottage Pie Meal	395g	1560	371	15.4	7.1	41.1	7.9	5.5	19.4	1.66	✓							✓			
530	Cumberland Pie	400g	1792	428	12.8	5.2	51.2	12.0	6.8	22.8	2.36	✓							✓			

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

Main Meals - Beef & Venison continued

173	Hunter's Pie	380g	2478	593	31.6	17.5	40.0	6.5	5.3	32.7	4.77	✓								✓		
1496	Roast Beef Dinner	450g	1742	414	8.1	2.3	50.9	7.2	9.9	29.3	3.47	✓	✓							✓	✓	
660	Spaghetti Bolognese	400g	1768	420	19.2	8.0	30.8	6.0	4.0	29.2	2.12	✓								✓		
1364	Steak & Ale Pie	420g	2604	622	31.1	15.1	52.9	11.8	6.7	29.0	2.85	✓										
407	Steak & Kidney Pudding	190g	2155	519	36.1	15.0	33.6	0.2	2.3	13.5	2.22	✓										
474	Steak & Mushroom Pie	420g	1743	416	17.6	8.4	40.3	8.4	4.2	21.8	1.34	✓							✓			
667	Steak Diane	350g	1446	347	18.2	11.9	21.7	7.0	2.8	22.4	2.91	✓		✓						✓		
1461	Venison & Root Vegetable Casserole with Dumpling	300g	1362	330	9.3	5.1	28.8	6.3	4.2	30.3	1.98											

Main Meals - Fish

883	Breaded Scampi & Chips	300g	1617	384	8.1	1.2	64.8	3.6	3.6	13.2	2.40	✓										
1463	Cod & Prawn Bake	340g	1780	428	20.8	7.6	30.0	7.6	5.6	23.2	1.76											
1462	Cod in Parsley	430g	1677	400	14.0	8.2	31.0	5.6	3.9	31.9	3.30											
240	Cod, Chips & Peas	300g	2145	510	18.6	2.7	66.9	1.5	6.6	19.2	0.90	✓										
1408	Fish Pie	400g	2256	560	30.4	16.4	38.8	7.2	4.4	28.4	2.88	✓									✓	
1464	Salmon & Broccoli Bake	380g	237	572	37.0	14.0	34.0	8.0	4.4	24.0	2.00											
1465	Salmon in White Wine	380g	1780	428	20.8	7.6	30.0	7.6	5.6	23.2	1.76											
842	Salmon Pasta Bake	405g	2795	664	36.9	19.4	48.6	2.5	3.6	33.2	1.80	✓										
419	Smoked Haddock & Bacon Gratin	400g	2072	496	19.2	10.4	39.6	7.2	4.8	35.6	2.40	✓								✓		
684	Smoked Haddock Florentine	415g	1643	419	17.9	9.6	29.5	6.2	0.8	37.4	3.00	✓								✓		
136	Smoked Haddock with Cheese & Sweetcorn	380g	2166	517	28.5	16.7	36.9	9.1	4.6	26.6	1.75	✓										
1360	Thai-Style Salmon Fishcake & Vegetables	335g	1250	298	8.4	1.0	39.2	39.2	6.7	13.1	0.54	✓	✓				✓				✓	

Main Meals - Lamb

1510	Lamb Bhuna with Pilau Rice	400g	1988	472	15.2	2.8	63.2	7.6	4.4	21.6	3.64	✓								
1326	Lamb Casserole	400g	1440	344	11.6	4.8	29.2	8.0	5.2	25.6	2.24	✓		✓				✓	✓	
1356	Lamb, Cranberry & Redcurrant Hotpot	380g	1744	414	12.9	5.7	44.8	20.5	5.0	24.7	3.22							✓	✓	
305	Lancashire Hotpot	400g	1499	358	17.2	7.6	29.7	10.6	3.4	19.5	2.28	✓		✓				✓	✓	
663	Liver & Onions	400g	1532	364	10.4	6.4	40.0	8.0	6.4	24.4	1.40	✓	✓	✓					✓	
1438	Moussaka	400g	1832	440	26.0	13.2	25.2	10.0	6.4	26.4	2.04									
1500	Roast Lamb Dinner	450g	1665	396	9.0	2.7	51.3	9.0	9.5	23.4	3.33	✓	✓	✓					✓	✓
218	Shepherd's Pie	390g	1568	374	15.6	8.6	36.7	7.8	5.9	23.0	1.72	✓		✓				✓	✓	

Main meals - Pork

944	Cumberland Sausages With Colcannon Mash	380g	1695	407	23.9	10.6	25.1	0.4	8.0	19.0	1.94	✓									✓	
287	Macaroni Cheese with Bacon	375g	1395	334	12.4	6.4	39.8	9.4	3.0	15.0	2.25	✓		✓								
1493	Mixed Grill Inspired	435g	1992	474	13.1	3.5	47.9	2.2	9.1	36.5	2.70	✓								✓	✓	
596	Pork Faggot With Mashed Potato & Peas	420g	1688	403	15.5	6.7	47.5	12.6	6.7	18.9	2.56	✓							✓			
1376	Pork Goulash	400g	1688	400	14.0	3.6	29.2	8.0	6.4	35.6	2.84	✓								✓		
1429	Pork Meatballs in a Tomato Sauce	400g	2596	620	33.0	15.0	57.0	11.0	5.2	23.0	3.40											
423	Pork with a Mulled Apple Sauce	470g	2195	526	25.4	10.8	46.5	21.2	7.5	22.1	2.40								✓			
424	Pork with a Port & Plum Sauce	545g	2719	648	17.9	5.4	86.1	58.8	9.2	25.6	1.63								✓			
1498	Roast Pork Dinner	450g	1832	437	10.4	2.7	55.8	6.8	9.5	24.8	2.75	✓	✓								✓	
221	Sausages & Mash	400g	2126	509	28.0	10.8	45.9	8.9	59.0	18.4	2.86	✓							✓			
1397	Sausages & Mash Big Eat	550g	2816	677	35.2	13.8	48.4	14.3	9.4	34.1	5.34	✓										
224	Sausages, Chips & Beans	380g	2508	597	28.1	11.0	65.7	9.5	9.5	20.5	3.91	✓										
887	Spaghetti Carbonara	400g	2676	636	38.4	20.4	41.6	6.0	2.4	30.0	3.60	✓										
616	Sweet & Sour Pork	400g	2632	624	16.0	2.4	100.0	76.8	2.0	18.8	1.20								✓			
1409	The Big Breakfast	400g	2908	696	41.6	12.8	40.0	8.0	8.4	36.8	4.40	✓										
1366	Tuscan Style Pasta Ragù	400g	3168	768	48.0	21.6	46.4	9.2	4.0	32.0	3.32	✓										

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

S

1

HP

F

VE

Main meals - Vegetarian

257	Butternut Squash & Vegetable Lasagne	400g	1920	464	18.4	7.6	52.8	16.4	7.2	17.2	2.40	✓			✓		✓				
472	Cauliflower Cheese	400g	1516	364	21.6	12.0	11.2	3.4	4.0	16.0	1.89	✓			✓		✓				
1365	Cheese & Onion Pie	470g	2674	639	31.0	16.9	64.4	16.0	11.3	20.7	3.57	✓			✓						
166	Creamy Leek & Potato Bake	420g	2302	550	31.9	18.9	45.5	10.1	5.5	18.1	3.20	✓			✓						
889	Macaroni Cheese	400g	3316	788	46.8	28.8	50.4	7.2	2.9	40.8	3.40	✓			✓						
1474	Mushroom Moussaka	400g	1892	452	25.4	11.2	39.0	6.8	6.2	14.0	2.38										
1384	Mushroom Stroganoff with Rice	380g	1512	376	13.3	5.7	42.2	91.2	5.3	11.0	1.71	✓		✓	✓		✓				
524	Quorn & Vegetable Pie	400g	1432	340	10.4	4.4	41.2	8.4	7.2	10.8	1.71	✓	✓	✓	✓						
294	Ratatouille	350g	1285	312	20.7	1.8	21.7	14.0	4.9	8.4	1.75	✓		✓	✓		✓				
489	Roasted Vegetable Lasagne	420g	1701	407	27.7	7.1	30.7	18.9	5.9	10.5	3.78				✓		✓				
1473	Spinach & Ricotta Ravioli in a Lemon & Herb Sauce	400g	3092	738	39.0	13.0	71.0	16.0	7.2	23.0	3.50										
1449	Thai Green Vegetable Curry	400g	2050	489	23.6	15.7	60.7	11.7	6.6	8.9	2.23										
1362	Three Bean Chilli	400g	1692	404	8.0	1.6	62.0	11.6	13.6	15.6	3.56	✓	✓		✓		✓			✓	
1380	Vegetable Hotpot	380g	1064	270	10.3	3.0	32.7	9.5	4.6	9.5	1.52	✓		✓	✓		✓				
288	Vegetable Rigatoni	375g	1729	416	19.5	5.6	42.7	14.6	6.0	15.0	2.32	✓			✓		✓				
1337	Vegetable Sweet & Sour	400g	1436	340	4.8	0.8	61.6	27.2	6.4	8.4	0.48		✓	✓	✓	✓	✓				
1512	Vegetable Tikka Masala with Pilau Rice	400g	2288	548	25.6	9.6	65.2	13.6	5.6	12.0	3.24	✓			✓		✓				

Mini Meals - Chicken

312	Mini Chicken & Mixed Peppers in Creamy Sauce	240g	833	199	6.2	1.0	23.5	1.7	1.2	11.8	1.46	✓	✓	✓				✓			
260	Mini Chicken & Mushroom Hotpot	230g	1012	242	8.1	3.9	23.9	6.2	2.5	15.4	3.10	✓		✓				✓			
1008	Mini Chicken & Mushroom Pie	240g	1937	461	20.3	10.6	46.6	6.8	5.2	24.8	2.16	✓									
198	Mini Chicken & Vegetable Ragout	240g	854	204	2.4	0.5	20.2	6.7	2.4	20.2	1.68	✓	✓	✓				✓			
1058	Mini Chicken Cacciatore with Olives	240g	1061	262	9.6	1.9	23.0	8.6	3.4	15.4	1.66	✓		✓				✓			
1421	Mini Chicken Casserole with Herb Dumpling	240g	1027	247	8.9	4.6	24.2	3.4	1.2	16.3	1.70										
336	Mini Chicken Chasseur	240g	679	161	2.6	1.0	13.0	4.8	2.2	20.2	1.61	✓	✓	✓				✓	✓		
1050	Mini Chicken Fillet Cassoulet	240g	1030	245	9.1	2.2	17.3	8.2	5.8	19.7	1.87	✓		✓				✓			
1059	Mini Chicken in Garlic & White Wine	240g	1498	370	24.5	13.0	19.2	3.4	2.6	14.2	1.75	✓		✓							
1006	Mini Chicken Supreme	220g	1393	332	14.1	7.3	30.4	3.5	2.0	17.8	2.13	✓									
1517	Mini Chicken Tikka Masala with Pilau Rice	240g	1668	403	19.4	7.2	36.7	8.9	2.2	19.7	2.23	✓									
1065	Mini Chicken with Mashed Potato	240g	787	187	5.5	3.1	20.6	4.6	3.8	12.0	1.54	✓	✓	✓							
415	Mini Chicken, Sage & Onion Yorkshire Pudding	270g	1277	305	12.4	4.6	23.0	7.6	3.8	21.3	2.96	✓		✓				✓			
1516	Mini Fruity Chicken Curry with Steamed Rice	240g	1498	358	12.0	6.2	44.6	15.8	2.4	17.0	1.30										
1055	Mini Hunter's Chicken	240g	1418	338	8.9	1.4	42.2	17.8	2.8	21.1	1.50			✓				✓			
1495	Mini Roast Chicken Dinner	240g	878	209	3.8	1.0	24.7	2.4	5.5	16.1	1.63	✓	✓					✓	✓		
1515	Mini Roast Turkey Dinner	240g	936	223	4.3	1.2	24.2	2.2	6.2	18.2	1.44	✓	✓	✓				✓	✓		
291	Mini Sweet & Sour Chicken	240g	1636	388	8.9	1.2	63.1	49.2	1.2	12.7	1.08						✓				

Mini Meals - Beef

851	Mini Beef & Vegetable Hotpot	220g	1071	255	7.7	3.3	24.9	4.0	3.3	20.0	1.56	✓		✓				✓			
1423	Mini Beef Casserole with Herb Dumpling	240g	1154	278	11.8	5.8	24.2	4.6	1.7	17.5	1.58										
220	Mini Beef Lasagne	240g	1649	396	22.3	10.3	23.5	7.2	1.9	23.8	1.70	✓						✓			
1427	Mini Bolognese Pasta Bake	240g	1298	310	9.8	6.2	41.3	5.0	2.9	13.9	1.49										
942	Mini Chilli Con Carne & Rice	240g	1363	324	14.9	5.5	31.7	5.8	1.9	23.0	1.44	✓		✓				✓			
311	Mini Corned Beef Hash	240g	1147	274	10.8	4.1	25.0	3.6	3.1	17.8	1.44	✓		✓				✓			
895	Mini Cottage Pie	240g	977	233	8.4	3.6	24.0	5.8	4.1	13.7	1.37	✓		✓				✓	✓		
314	Mini Cumberland Pie	240g	1075	257	7.7	3.1	30.7	7.2	4.1	12.5	1.41	✓		✓				✓			
1497	Mini Roast Beef Dinner	240g	977	233	5.0	1.2	25.2	1.2	5.5	19.0	1.87	✓	✓					✓	✓		
466	Mini Spaghetti Bolognese	240g	994	238	10.1	3.5	18.0	4.1	3.4	16.6	1.19	✓		✓				✓			
1040	Mini Steak & Ale Pie	240g	1450	345	17.0	8.4	29.7	6.7	3.6	16.3	1.60	✓		✓							
1025	Mini Steak & Mushroom Pie	220g	1058	253	10.3	5.1	25.7	5.1	3.5	12.1	1.44	✓		✓							

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

528	Mini Cod, Chips & Peas	240g	1714	408	15.6	2.2	49.2	4.1	7.0	17.5	0.90	✓							✓
1413	Mini Fish Pie	240g	1258	300	16.1	8.7	21.6	6.2	2.1	15.3	1.10								
341	Mini Haddock Smokie	240g	958	228	9.4	5.0	14.9	5.5	1.0	21.6	1.56	✓		✓				✓	
1007	Mini Salmon & Broccoli Bake	240g	1090	259	12.7	3.8	20.2	4.8	2.6	16.3	0.26	✓		✓		✓	✓	✓	
848	Mini Tuna Pasta Bake	220g	1401	334	15.8	9.0	27.9	2.9	2.9	17.4	1.00	✓		✓					

Mini Meals - Lamb

1026	Mini Lamb Casserole	220g	792	189	6.4	2.6	16.1	4.4	2.9	14.1	1.23	✓		✓				✓	
259	Mini Lamb, Cranberry & Redcurrant Hotpot	250g	1383	328	13.3	3.0	37.5	16.5	2.8	17.3	0.60			✓		✓	✓		
1029	Mini Lancashire Hotpot	240g	734	175	5.3	1.9	17.8	6.2	2.2	13.0	1.34	✓	✓	✓			✓		VE
579	Mini Liver & Onions	240g	994	238	10.1	4.3	22.6	5.8	1.9	15.1	0.86	✓		✓			✓		
1501	Mini Roast Lamb Dinner	240g	782	187	4.3	1.4	18.2	1.2	7.2	15.1	1.73	✓	✓	✓			✓	✓	
858	Mini Shepherd's Pie	220g	950	227	9.9	5.3	23.8	4.8	2.9	9.5	0.95	✓		✓					

Mini Meals - Pork

850	Mini All Day Breakfast	240g	1130	269	11.3	4.3	28.8	5.8	5.5	13.7	2.42	✓		✓					
309	Mini Faggot, Mash & Peas	240g	1214	290	14.4	0.2	25.7	4.3	2.4	11.3	2.47	✓		✓					
318	Mini Gammon & Creamy Onion Sauce	240g	991	238	11.3	5.5	18.0	5.5	2.6	17.3	1.78	✓		✓			✓		
581	Mini Macaroni Cheese & Pulled Ham	220g	1294	308	9.5	4.6	32.6	4.6	2.0	21.6	0.75	✓		✓			✓		
1428	Mini Pork Meatballs in a Tomato Sauce	240g	1572	377	19.0	8.2	36.0	6.2	3.1	14.0	2.00								
1499	Mini Roast Pork Dinner	240g	982	233	6.2	1.9	25.0	1.4	4.8	16.8	1.51	✓	✓				✓	✓	
929	Mini Sausages & Mash	240g	996	238	9.8	4.8	26.4	4.1	1.9	11.5	1.66	✓		✓					
1012	Mini Sausages, Beans & Chips	240g	2654	636	36.5	5.8	61.0	4.3	8.9	15.8	1.48	✓						✓	
295	Mini Sweet & Sour Pork	240g	1579	374	9.6	1.4	60.0	46.0	1.2	11.5	0.70					✓			

Mini Meals - Vegetarian

557	Cauliflower & Broccoli Cheese	200g	892	214	13.0	4.6	16.4	2.8	2.2	6.8	1.08	✓		✓	✓		✓		
317	Mini Cauliflower Cheese & Saut./© Potatoes	240g	1966	475	33.6	20.2	21.1	15.8	2.4	20.6	1.70			✓					
195	Mini Cheese & Broccoli Pasta	240g	1447	346	17.8	10.1	29.0	4.1	1.9	20.4	1.20	✓		✓	✓		✓		
1041	Mini Cheese & Onion Pie	240g	1366	326	15.8	8.6	32.9	8.2	5.8	10.6	1.82	✓			✓				
502	Mini Cheese & Tomato Macaroni Pasta Bake	240g	1788	427	25.9	10.8	30.7	6.7	4.6	16.3	1.80	✓			✓				
226	Mini Macaroni Cheese	240g	2290	554	40.8	25.4	20.9	3.4	1.2	24.7	2.10	✓			✓				
1475	Mini Mushroom Moussaka	240g	1160	278	16.0	7.2	23.0	4.3	3.6	8.6	1.50								
1056	Mini Mushroom Stroganoff with Rice	240g	948	235	8.6	3.8	25.9	6.0	3.1	6.7	1.13	✓		✓	✓		✓		
1450	Mini Thai Green Vegetable Curry	240g	1269	304	17.3	11.6	32.3	8.1	4.4	5.2	0.73								
1057	Mini Vegetable Hotpot	240g	689	175	7.4	2.6	19.2	6.2	2.9	6.5	0.96	✓		✓	✓		✓		
943	Mini Vegetable Lasagne	240g	1255	300	14.2	6.2	34.3	4.8	2.9	8.8	0.69	✓		✓	✓		✓		
1011	Mini Vegetable Sweet & Sour	240g	862	204	2.9	0.5	37.0	16.3	3.8	5.0	0.30		✓	✓	✓	✓	✓		

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Light Meals & Soups

534	Breakfast Panini	150g	1578	377	14.7	3.0	43.1	1.7	2.6	16.4	2.10	✓								
1343	Broccoli & Cauliflower Cheese Loaded Jacket Potato	375g	2017	483	24.4	10.1	43.3	5.3	9.1	18.0	1.53	✓			✓					
988	Carrot & Coriander Soup	280g	585	151	7.3	1.1	16.2	11.8	3.6	3.1	0.81	✓	✓	✓	✓		✓		✓	
1345	Cheese & Beans Loaded Jacket Potato	375g	1804	429	12.1	6.9	55.2	12.1	11.8	5.1	1.79				✓				✓	
533	Cheese & Red Onion Panini	160g	2123	509	31.4	8.0	42.1	1.3	2.1	13.6	1.90	✓			✓					
1042	Cheese Toastie	170g	2082	498	28.9	16.8	34.0	3.6	2.2	23.8	2.13	✓			✓					
227	Chicken & Vegetable Soup	300g	1053	252	13.2	2.7	15.6	6.0	3.9	15.9	2.40	✓		✓			✓	✓		
1031	Ham & Cheese Toastie	175g	1776	423	16.6	9.3	39.7	1.6	2.1	26.6	2.63	✓						✓		
993	Ham, Cheddar & Wholegrain Mustard Panini	175g	2045	488	21.9	8.0	53.5	8.8	3.0	20.8	2.02									
1467	Happy Egg Omelettes - Cheese	200g	912	219	17.0	6.5	1.6	1.5	0.2	14.0	0.79									
1466	Happy Egg Omelettes - Plain	200g	773	186	15.0	3.5	1.9	1.8	0.4	12.0	0.67									
1030	Hunter's Chicken Panini	210g	1796	477	17.2	8.8	49.8	9.0	1.9	30.0	3.21	✓						✓		
640	Jacket Potatoes (Servings 4)	700g	1072	252	0.4	0.0	55.5	2.1	4.7	6.8	0.00	✓	✓	✓	✓	✓			✓	✓
1346	Mature Cheddar Loaded Jacket Potato	375g	2354	562	25.3	11.2	60.1	12.4	9.4	18.9	1.75				✓					
1468	Sausage Roll - OVEN ONLY	150g	1828	435	27.0	13.0	0.6	0.6	0.3	10.0	2.30									
1469	Savoury Cheese and Onion Slice - OVEN ONLY	165g	2026	483	31.0	16.0	42.0	0.8	0.7	11.0	2.00									
186	Scotch Broth	285g	610	145	2.6	1.1	24.8	8.8	2.3	6.6	1.31	✓	✓	✓			✓		✓	
G1292	Smoked Sliced Ham	200g	191	46	2.2	0.7	<0.1	<0.1	0.0	6.3	0.37	✓							✓	

At Home Takeaways - Indian & Thai

1509	Beef Curry with Pilau Rice	400g	2352	560	14.8	4.0	55.6	0.4	2.4	51.2	3.80	✓						✓		
1506	Butter Chicken with Pilau Rice	400g	2400	584	22.0	8.8	65.2	10.8	3.2	29.2	3.28	✓								
1511	Chicken Curry with Pilau Rice	400g	2204	524	17.2	4.8	64.0	9.2	3.2	29.6	3.40	✓								
1507	Chicken Jalfrezi with Pilau Rice	400g	2036	492	12.8	0.8	62.8	8.0	3.6	29.2	3.48	✓						✓		
1505	Chicken Korma with Pilau Rice	400g	2500	600	24.4	12.0	64.8	9.6	2.0	29.6	3.04	✓								
1504	Chicken Tikka Masala with Pilau Rice	400g	2740	660	28.4	10.0	66.4	12.4	3.2	33.2	3.64	✓								
1418	Chicken Tikka Samosa	160g	472	113	5.8	0.4	9.6	1.0	1.6	4.8	0.39	✓							✓	
1508	Fruity Chicken Curry with Steamed Rice	400g	2496	596	20.0	10.4	74.4	26.4	4.0	28.4	2.16									
1510	Lamb Bhuna with Pilau Rice	400g	1988	472	15.2	2.8	63.2	7.6	4.4	21.6	3.64	✓								
1517	Mini Chicken Tikka Masala with Pilau Rice	240g	1668	403	19.4	7.2	36.7	8.9	2.2	19.7	2.23	✓								
1516	Mini Fruity Chicken Curry with Steamed Rice	240g	1498	358	12.0	6.2	44.6	15.8	2.4	17.0	1.30									
1450	Mini Thai Green Vegetable Curry	240g	1269	304	17.3	11.6	32.3	8.1	4.4	5.2	0.73			✓	✓					
1417	Onion Bhaji	160g	445	107	6.5	0.4	8.0	1.8	2.2	2.9	0.39	✓			✓				✓	
1449	Thai Green Vegetable Curry	400g	2050	489	23.6	15.7	60.7	11.7	6.6	8.9	2.23	✓			✓					
1448	Thai Style Green Chicken Curry	400g	1895	451	15.2	8.5	53.0	10.8	4.3	24.0	1.12	✓								
1460	Vegetable Samosas	160g	396	95	5.1	0.4	9.3	1.0	1.2	2.2	0.48	✓			✓					
1512	Vegetable Tikka Masala with Pilau Rice	400g	2288	548	25.6	9.6	65.2	13.6	5.6	12.0	3.24	✓			✓		✓			

At Home Takeaways - Chinese

387	Chicken Stir Fry	430g	1707	387	9.0	1.0	46.4	14.6	5.6	27.1	3.00	✓	✓					✓	✓	
351	Hong Kong Chicken	400g	2185	517	7.6	0.8	79.4	52.2	2.6	31.2	1.37		✓					✓		
291	Mini Sweet & Sour Chicken	240g	1636	388	8.9	1.2	63.1	49.2	1.2	12.7	1.08						✓			
295	Mini Sweet & Sour Pork	240g	1579	374	9.6	1.4	60.0	46.0	1.2	11.5	0.70						✓			
1011	Mini Vegetable Sweet & Sour	240g	862	204	2.9	0.5	37.0	16.3	3.8	5.0	0.30		✓	✓	✓	✓	✓			
523	Sweet & Sour Chicken	380g	2375	562	16.0	1.9	81.3	47.1	4.2	20.9	2.13									
616	Sweet & Sour Pork	400g	2632	624	16.0	2.4	100.0	76.8	2.0	18.8	1.20						✓			
1416	Vegetable Spring Rolls	200g	462	110	4.8	0.3	14.3	1.6	1.2	1.9	0.33				✓					
1337	Vegetable Sweet & Sour	400g	1436	340	4.8	0.8	61.6	27.2	6.4	8.4	0.48		✓	✓	✓	✓	✓			

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Desserts - Hot Desserts

633	Apple Crumble (Pack Of 2)	150g	1085	260	11.9	4.8	36.9	12.6	2.7	3.5	0.32			✓	✓	✓							
609	Apple Crumble with Custard	220g	1536	367	15.6	5.5	48.0	19.8	3.3	5.9	0.37			✓	✓	✓							
200	Bread & Butter Pudding (Pack Of 2)	220g	1373	328	13.0	5.9	44.9	30.4	0.9	7.5	0.66			✓									
771	Cherry Sponge With Custard (Pack Of 2)	225g	2340	558	23.6	5.6	78.3	53.1	1.4	7.7	1.13			✓									
608	Jam Sponge & Custard (Pack Of 2)	225g	1584	376	6.3	2.7	73.1	22.1	0.7	6.5	0.68			✓									
627	Lemon Pudding With Lemon Custard (Pack Of 2)	225g	2579	614	21.2	5.9	99.2	72.5	1.1	5.9	0.90			✓									
2026	Plum Crumble	270g	1577	374	13.2	5.0	55.9	29.5	2.6	6.2	0.34			✓	✓								
638	Rhubarb & Custard (Pack Of 2)	185g	919	216	3.0	1.9	44.8	38.1	0.4	2.8	0.00		✓	✓	✓								
632	Rhubarb Crumble (Pack Of 2)	200g	1696	404	16.4	7.4	63.2	32.6	3.0	5.0	0.42			✓	✓	✓							
620	Rice Pudding (Pack Of 2)	150g	666	156	0.3	0.1	29.0	19.4	0.0	11.3	0.41		✓	✓	✓			✓					
199	Spotted Dick (Pack Of 2)	238g	2021	478	11.2	5.7	86.6	51.0	1.7	7.6	0.95			✓									
626	Sticky Toffee Pudding (Pack Of 2)	150g	1970	468	18.0	9.3	72.9	59.7	1.5	3.6	1.13			✓									
625	Treacle Pudding with Custard (Pack Of 2)	220g	2000	475	18.3	4.6	71.9	52.1	0.4	6.6	1.10			✓									

Desserts - Cold Desserts

494	Apple & Blackberry Pie (Pack of 2)	145g	1248	297	10.4	3.8	47.9	24.7	1.6	2.8	0.20			✓	✓								
537	Arctic Roll (Pack of 2)	85g	859	205	8.8	5.4	28.6	24.7	0.3	2.8	0.80			✓									
1487	Banoffee Pie	100g	1463	349	16.0	8.9	49.0	34.0	0.7	2.5	0.18												
1490	Banoffee Pie - Single Serve	124g	1614	386	17.3	9.7	54.3	37.2	0.7	2.7	0.20												
1436	Black Forest Cheesecake	113g	1365	328	21.2	13.8	26.6	16.5	1.9	4.6	0.28												
702	Black Forest Gateau (Pack Of 2)	125g	1665	400	27.3	16.6	34.4	26.5	1.6	4.3	0.17			✓	✓								
2020	Black Forest Torte	80g	940	225	16.0	9.6	15.2	3.8	1.0	3.4	0.26	✓		✓									
1486	Blackcurrant Cheesecake	100g	1239	296	17.0	9.9	32.0	18.0	1.1	3.3	0.21												
2032	Blackcurrant Crumble Tart	125g	1383	329	12.4	4.5	50.6	22.9	1.9	3.0	0.04			✓	✓								
1458	Bramley Apple Pie - Single Serve	115g	1045	250	8.9	3.1	40.3	40.3	1.0	2.2	0.22												
753	Bramley Apple Pie (Pack Of 2)	115g	1045	250	8.9	3.1	40.3	21.9	1.0	2.2	0.22			✓	✓								
2019	Cherry Cheesecake	85g	1193	286	20.4	11.9	23.0	4.1	1.2	3.8	0.21	✓		✓									
159	Cherry Meringue Pie	132g	1382	327	7.8	3.0	60.1	43.7	0.8	3.7	0.24			✓	✓								
984	Cherry Pie	140g	1653	393	14.0	4.9	61.0	30.6	1.5	4.9	0.39			✓									
491	Chocolate Fudge Cake (Pack of 2)	93g	1407	334	9.2	4.7	57.7	46.5	2.3	3.9	0.82			✓									
1432	Dark Chocolate Mousse Pot	72g	766	182	6.6	4.3	24.9	20.4	1.0	5.1	0.18												
1484	Honeycomb & Toffee Cheesecake	90g	1373	329	19.0	11.0	36.0	25.0	0.8	3.1	0.15												
1485	Irish Cream Cheesecake	90g	1385	331	18.0	11.0	37.0	28.0	1.3	3.5	0.23												
1482	Lemon Cheesecake (Pack of 2)	110g	1373	329	19.0	11.0	35.0	22.0	0.8	3.5	0.20												
1457	Lemon Meringue Pie - Single Serve	105g	1220	290	7.7	2.8	53.0	52.5	0.7	2.8	0.16												
732	Lemon Meringue Pie (Pack Of 2)	105g	1220	290	7.7	2.8	52.5	32.6	0.7	2.8	0.16			✓	✓								
1434	Lemon Mousse Pot	72g	723	173	8.4	5.1	19.0	18.2	0.3	5.3	0.17												
830	Olde English Lemon Tart (Pack Of 2)	100g	1493	357	18.5	11.2	44.2	28.4	0.7	2.9	0.18			✓	✓								
1492	Profiteroles with Chocolate Sauce	130g	1921	461	35.0	25.0	32.0	27.0	2.1	4.2	0.08												
413	Raspberry & White Chocolate Panna Cotta (Pack of 2)	100g	1321	318	25.5	15.8	19.4	18.8	0.7	2.4	0.32												
1433	Raspberry Mousse Pot	72g	495	117	3.3	2.7	18.0	16.1	0.5	3.5	0.12												
704	Raspberry Trifle (Pack Of 2)	175g	2140	511	26.1	15.6	63.7	50.6	1.4	5.6	1.10			✓									
742	Sherry Trifle (Pack Of 2)	175g	1608	385	22.8	13.7	38.9	35.2	1.4	5.1	0.55			✓									
1424	Spiced Fruit Brioche Teacake	98g	1335	318	9.4	5.2	51.3	19.0	2.8	7.0	0.87												
2034	Spiced Treacle & Orange Tart (Pack of 2)	133g	1762	416	6.7	2.4	84.9	58.1	1.1	3.6	0.75			✓									
1435	Sticky Toffee Pudding Cake	93g	1854	443	19.7	4.3	62.3	49.8	0.8	3.3	0.10												
1483	Strawberry Eton Mess	70g	1056	253	15.0	9.5	26.0	18.0	0.6	2.2	0.15												
701	Strawberry Gateau (Pack Of 2)	125g	1406	339	25.8	13.5	24.0	17.3	0.4	3.1	0.37												
587	Strawberry Tart	200g	1778	422	9.6	4.6	77.8	42.2	3.8	3.2	0.26			✓	✓								
263	Tiramisu (Pack of 2)	100g	1287	309	20.1	12.7	25.3	19.8	0.8	3.9	0.10				✓								
1491	Victoria Sponge	75g	1309	314	17.0	4.6	37.0	24.0	0.6	3.3	0.66												

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Desserts - Ice Cream

822	Chocolate Fudge Ice Cream	120ml	684	164	8.6	5.8	19.5	19.0	0.0	3.6	0.10									
818	Chunky Ginger Ice Cream	120ml	643	154	8.1	5.6	19.4	19.4	0.0	3.2	0.10									
819	Clotted Cream & Strawberry Ice Cream	120ml	614	147	7.6	5.3	16.8	16.6	0.0	3.0	0.10									
817	Clotted Cream Vanilla Ice Cream	120ml	605	145	8.1	5.6	15.6	15.5	0.1	3.2	0.20									
1425	Coffee Ice Cream	125ml	983	235	12.8	7.4	27.5	26.5	0.6	4.8	0.09									
824	Honeycomb Ice Cream	120ml	711	170	8.1	5.6	20.5	20.2	0.0	3.4	0.10									
1439	Lemon Sorbet	125ml	676	160	0.2	0.2	37.9	32.2	0.7	0.0	0.01									
826	Raspberry Sorbet	120ml	268	64	0.1	0.0	15.3	15.1	0.0	0.2	0.10									
823	Rum & Raisin Ice Cream	120ml	643	154	8.1	5.6	19.4	19.2	0.0	3.2	0.10									
1513	Sea Salt & Caramel Ice Cream	120	930	222	12.6	7.3	24.8	24.2	<0.5	4.6	0.26									

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	S	1	HP	F	VE

Side dishes

525	Broccoli (5-6 Servings)	450g	76	18	0.0	0.0	1.8	1.8	3.2	2.7	0.03									
557	Cauliflower & Broccoli Cheese	200g	892	214	13.0	4.6	16.4	2.8	2.2	6.8	1.08									
472	Cauliflower Cheese	400g	1516	364	21.6	12.0	11.2	3.4	4.0	16.0	1.89									
400	Cheese & Spring Onion Mashed Potato	240g	1543	370	20.4	12.7	33.8	2.2	4.1	10.6	1.80									
1418	Chicken Tikka Samosa	160g	472	113	5.8	0.4	9.6	1.0	1.6	4.8	0.39									
1344	Garlic & Rosemary Roasting Potatoes	360g	1110	266	13.6	1.0	30.9	1.5	3.6	3.1	1.04									
395	Mashed Potato	240g	1394	334	16.8	10.6	39.4	2.2	4.3	4.3	1.54									
1502	Medley of Green Vegetables	147g	545	131	7.5	3.7	6.2	0.6	5.7	6.9	0.15									
414	Mini Dauphinoise Potatoes	240g	1123	269	16.1	8.9	23.5	5.8	2.2	6.5	1.54									
1417	Onion Bhaji	160g	445	107	6.5	0.4	8.0	1.8	2.2	2.9	0.39									
1518	Pigs in Blankets	125g	1247	299	19.5	7.2	19.8	0.6	1.5	12.0	2.32									
294	Ratatouille	350g	1285	312	20.7	1.8	21.7	14.0	4.9	8.4	1.75									
1401	Triple Cooked Gastro Chips	640g	3216	771	42.0	9.9	84.0	1.5	9.3	9.6	1.41									
1460	Vegetable Samosas	160g	396	95	5.1	0.4	9.3	1.0	1.2	2.2	0.48									
1416	Vegetable Spring Rolls	200g	462	110	4.8	0.3	14.3	1.6	1.2	1.9	0.33									

Breakfast

975	Apple, Sultana and Cinnamon Porridge	240g	1613	384	23.3	13.4	39.1	19.0	3.1	7.2	0.30									
534	Breakfast Panini	150g	1578	377	14.7	3.0	43.1	1.7	2.6	16.4	2.10									
605	Cumberland Pork Sausages	400g	1117	266	19.9	6.7	5.3	0.0	0.0	21.3	1.73									
850	Mini All Day Breakfast	240g	1130	269	11.3	4.3	28.8	5.8	5.5	13.7	2.42									
G1288	Olde English Sausages	400g	1569	377	35.3	10.5	11.2	0.6	0.0	19.5	2.80									
G1290	Smoked Back Bacon	250g	1007	243	19.1	6.9	0.3	0.3	0.0	23.3	4.40									
1409	The Big Breakfast	400g	2908	696	41.6	12.8	40.0	8.0	8.4	36.8	4.40									
G1291	Unsmoked Back Bacon	250g	992	239	19.1	7.0	0.3	0.3	0.0	41.7	3.20									
1052	White Sliced Loaf	800g	408	97	0.9	0.4	18.9	0.2	1.0	3.3	0.36									
1053	Wholemeal Sliced Loaf	800g	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.