

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	VG	GF	S	ED				

Breakfast time

161	Apple, Raspberry & Cranberry Porridge	240	1865	446	23.0	13.0	56.9	32.6	4.3	7.0	0.3				✓	✓	✓		
251	The Big Breakfast	460	3271	782	47.4	15.6	41.4	8.7	6.4	49.7	5.6				✓	✓	✓	✓	✓
272	Apple, Sultana & Cinnamon Waffle	170	1047	248	6.5	1.2	44.4	24.8	2.7	4.3	0.0				✓	✓	✓	✓	
273	Apple and Blackberry Waffle	170	876	207	6.5	1.2	33.7	13.9	3.6	4.3	0.2				✓	✓	✓	✓	
366	All Day Breakfast	400	2320	556	36.0	11.6	24.4	8.8	5.2	35.2	5.0				✓	✓	✓	✓	✓
534	Breakfast Panini	150	1578	377	14.7	3.0	43.1	1.7	2.6	16.4	2.1	✓			✓	✓	✓	✓	
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	✓			✓	✓	✓	✓	
975	Apple, Sultana and Cinnamon Porridge	240	1613	384	23.3	13.4	39.1	19	3.1	7.2	0.3				✓	✓	✓	✓	
976	Granola Topped Porridge	215	1929	460	28.8	15.7	44.1	12.9	3.7	9.5	0.3				✓	✓	✓	✓	

Lunches & Soups

157	Potato & Leek Soup	285	1149	276	18.2	10.6	22.8	8.3	2.3	5.1	2.1	✓			✓	✓	✓	✓	
158	Onion Soup	285	673	162	6.6	2.9	18.5	8	2	4.8	2.8	✓	✓		✓	✓	✓	✓	
186	Scotch Broth	285	610	145	2.6	1.1	24.8	8.8	3.1	6.6	1.3	✓	✓		✓	✓	✓	✓	
187	Chorizo, Celery & Leek Soup	285	818	197	8.3	2.9	18.2	4.8	4.6	12.3	2.9	✓	✓		✓	✓	✓	✓	
188	Tomato & Basil Soup	285	482	114	2.6	0.9	20	11.1	1.7	3.7	1.1	✓	✓		✓	✓	✓	✓	
189	Minestrone Soup	285	587	140	4.8	1.7	17.1	5.4	2	6.8	1.7	✓	✓		✓	✓	✓	✓	
213	Quiche Lorraine	116	1097	263	15.1	6.5	19.8	2.8	1.0	11.6	1.4	✓			✓	✓	✓	✓	
227	Chicken & Vegetable Soup	300	1053	252	13.2	2.7	15.6	6	3.9	15.9	2.4	✓			✓	✓	✓	✓	
241	Cheese & Onion Quiche	116	1036	248	14.4	6.1	20.9	3.4	1.0	8.8	1.2	✓			✓	✓	✓	✓	
499	Cheese & Ham Omelettes	120	857	206	16.2	5.6	1.6	1.4	0.0	13.6	0.8	✓			✓	✓	✓	✓	
500	Cheese & Tomato Omelettes	120	804	193	15.4	5.2	1.7	1.7	0.1	12.0	0.6	✓			✓	✓	✓	✓	
501	Spanish Quiche	116	1046	251	14.5	6.3	21.1	3.5	0.9	8.9	1.3	✓			✓	✓	✓	✓	
503	Chilli Chicken & Cheddar Panini	181	1689	402	13.1	7.1	46.2	5.6	3.4	21.0	1.5	✓			✓	✓	✓	✓	
504	Ham, Cheddar & Wholegrain Mustard Panini	166	2045	488	21.9	7.9	53.5	8.8	3.0	20.8	2.0	✓			✓	✓	✓	✓	
505	Pesto, Mozzarella & Sundried Tomato Panini	184	2313	554	30.4	9.8	53.0	5.2	4.2	19.2	2.4	✓			✓	✓	✓	✓	
506	Pork Meatloaf	200	627	150	10.0	3.3	3.5	0.0	~	9.9	0.9	✓			✓	✓	✓	✓	
507	Pork & Bacon Meatloaf	200	627	150	10.0	3.3	3.5	0.0	~	9.9	0.9	✓			✓	✓	✓	✓	
514	Coldwater Prawns	165	238	56	0.7	0.2	0.1	0.1	~	12.5	1.7	✓	✓		✓	✓	✓	✓	
531	Meatball Marinara Panini	230	3167	761	55.4	7.1	47.6	6.0	2.5	17.3	2.5	✓			✓	✓	✓	✓	
533	Cheese & Red Onion Panini	160	2123	509	31.4	8.0	42.1	1.3	2.1	13.6	1.9	✓			✓	✓	✓	✓	
534	Breakfast Panini	150	1578	377	14.7	3.0	43.1	1.7	2.6	16.4	2.1	✓			✓	✓	✓	✓	
551	Sausage Rolls	70	852	204	13.2	6.0	16.3	0.4	0.8	4.8	0.9	✓			✓	✓	✓	✓	
964	Pea & Pulled Ham Soup	285	1220	291	17.1	6.6	22.5	8.6	7.1	13.1	1.8	✓			✓	✓	✓	✓	
988	Carrot & Coriander Soup	280	585	151	7.3	1.1	16.2	11.8	3.6	3.1	0.8	✓	✓		✓	✓	✓	✓	
989	Broccoli & Stilton Soup	285	1043	265	18.8	6.6	11.7	5.4	2.6	13.7	1.3	✓			✓	✓	✓	✓	
990	Creamy Mushroom Soup	285	419	131	8	3.1	10.5	1.7	0.9	3.7	1.5	✓	✓		✓	✓	✓	✓	
G1292	Smoked Sliced Ham	67	510	122	5.9	2.0	0.3	~	~	16.7	1.0	✓			✓	✓	✓	✓	

Beef dishes

102	Roast Beef Dinner	400	1560	372	8.4	2.4	43.6	6.4	6.0	27.2	2.3	✓	✓		✓	✓	✓	✓	
115	Beef Stroganoff	400	2288	544	12.8	7.2	71.6	3.6	7.6	31.6	1.7	✓			✓	✓	✓	✓	
135	BBQ Beef Brisket with Potatoes and Carrots	430	2176	520	17.2	6.5	62.8	44.3	4.3	23.7	2.6	✓			✓	✓	✓	✓	
175	Chilli con Carne	380	1991	464	14.4	5.3	58.5	6.1	8.0	27.7	1.2	✓			✓	✓	✓	✓	
202	Steak & Kidney Pudding	175	1859	445	25.2	10.7	35.7	1.1	1.5	18.7	1.8	✓			✓	✓	✓	✓	
208	Beef & Kidney Pie	360	2110	500	20.9	10.4	50.0	7.9	4.3	28.1	2.2	✓			✓	✓	✓	✓	
211	Cottage Pie Meal	395	1560	371	15.4	7.1	41.1	7.9	5.5	19.4	1.7	✓			✓	✓	✓	✓	
215	Beef Curry	400	1920	456	14.0	5.2	50.4	6.8	4.4	29.2	1.2	✓			✓	✓	✓	✓	
244	Steak Pie	255	2484	597	38.3	14.0	40.8	3.6	2.3	20.4	1.1	✓			✓	✓	✓	✓	

Continued overleaf

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Beef dishes *continued...*

276	Minced Beef & Mash	400	1468	348	12.0	4.8	37.2	5.2	5.2	23.6	2.2	✓	✓	✓						
285	Beef & Vegetable Hotpot	400	1660	396	12.4	3.2	39.6	9.2	6.0	28.8	3.7	✓		✓						
286	Beef Stew with a Parsley & Herb Dumpling	420	2167	521	30.7	12.6	29.8	8.8	3.8	24.8	2.1	✓								✓
303	Corned Beef Hash	400	1788	428	17.2	6.0	37.2	8.0	8.0	26.8	3.8	✓								
304	Cottage Pie	400	1764	420	19.6	9.2	32.4	4.8	4.0	26.4	2.2	✓								
344	Shanghai Beef	400	1404	356	11.6	1.6	56.0	30.0	1.2	20.4	4.4		✓	✓						
399	Beef Platter	425	1488	353	10.2	4.0	41.2	8.5	6.4	27.4	2.3	✓	✓	✓						
421	Beef au Poivre	415	2170	519	25.3	11.6	32.0	8.3	5.8	22.4	1.5	✓								✓
471	Beef Lasagne	400	2548	608	26.8	16.4	50.8	6.8	9.2	36.4	3.6	✓								✓
474	Steak & Mushroom Pie	420	1743	416	17.6	8.4	40.3	8.4	4.2	21.8	1.3	✓								
493	Mince Beef Pie & Sauté Potatoes	460	2562	612	29.0	13.8	59.3	7.8	8.3	23.9	1.4	✓							✓	✓
530	Cumberland Pie	400	2476	592	33.6	15.6	47.6	12.8	6.4	21.6	4.4	✓								✓
531	Meatball Marinara Panini	230	3167	761	55.4	7.1	47.6	6.0	2.5	17.3	2.5	✓								✓
641	Sunday Roast Beef	550	2299	550	22.0	9.4	49.5	11.6	8.3	35.2	3.2	✓								✓
648	Beef in Chianti	350	1414	357	10.2	3.5	28.7	9.8	2.5	22.1	1.0	✓	✓	✓					✓	
657	Beef Bourguignon	400	2904	696	38.0	22.4	48.0	7.2	12.8	34.0	4.0	✓								✓
660	Spaghetti Bolognese	400	1768	420	19.2	8.0	30.8	6.0	4.0	29.2	2.1	✓								
665	Steak & Stout Pie	384	3825	937	74.9	26.5	32.6	5.8	3.1	29.6	3.8	✓								✓
667	Steak Diane	350	1824	452	22.8	13.0	26.3	7.0	3.5	22.1	2.0	✓								
668	Beef & Wild Mushroom Lasagne	420	3221	785	49.6	24.4	54.2	8.4	4.2	28.1	2.5	✓								✓
832	Luxury Cottage Pie	435	2623	626	32.6	15.7	46.5	9.1	3.0	32.2	1.7	✓								✓
875	Italian Meatballs in Tomato Sauce	420	2142	512	20.2	9.7	45.4	12.2	10.1	31.9	3.6	✓								✓
876	Corned Beef Hotpot	340	1567	371	13.6	4.4	44.5	16.0	2.7	20.4	2.6	✓		✓						
985	Rustic Cottage Pie	400	1220	436	6.8	3.2	42.8	9.2	6.4	19.6	2.6	✓	✓							
991	Macaroni Bolognese	350	2321	585	18.6	7.7	71.8	13.3	4.6	28.4	1.8	✓								✓

Venison dishes

173	Hunter's Pie	400	2232	532	26.4	15.2	41.6	6.0	3.6	33.2	2.8	✓								✓
422	Game Pie	255	2387	594	27.3	16.2	61.7	8.9	3.8	24.5	1.0	✓								✓
908	Venison Casserole with Horseradish Mash	420	1466	349	10.1	5.0	40.3	14.7	3.4	25.2	2.3	✓	✓	✓						

Poultry dishes

104	Roast Chicken Dinner	400	1136	368	8.4	2.0	37.6	3.6	6.0	32.8	2.4	✓	✓	✓						
105	Roast Turkey Dinner	430	1393	331	9.0	2.2	36.6	5.6	6.9	23.2	3.3	✓	✓	✓						
134	Chicken & Mushroom with Puff Pastry	400	2172	516	23.2	7.6	44.4	7.2	5.2	31.6	1.3	✓								✓
138	Chicken Jalfrezi	400	1620	388	11.6	1.2	44.4	6.4	4.0	23.6	2.4	✓	✓	✓						
139	Chicken & Stuffing Bake	450	1607	383	13.5	4.1	30.6	6.3	3.6	31.1	2.3	✓	✓	✓						
140	Chicken with Onion Topped Mash	450	1634	473	20.7	10.8	39.2	25.2	2.3	29.7	3.8									
176	BBQ Chicken Bake	400	2464	588	24.0	6.8	56.4	25.6	4.8	34.0	2.8									✓
179	Chicken Supreme	400	2168	516	16.4	7.2	59.2	3.2	2.4	31.2	2.9	✓								✓
233	Sweet & Sour Chicken with Rice	400	2292	544	12.0	2.0	82.8	36.4	2.4	25.2	2.0		✓							✓
236	Pulled Chicken & Ham Pie	400	2596	620	28.0	10.0	65.6	9.2	3.6	28.4	1.6	✓								✓
237	Chicken Breast Platter	410	1583	377	9.4	4.1	41.8	2.5	9.4	31.2	2.3	✓	✓						✓	
242	Fruity Chicken Curry	400	2792	668	32.8	15.6	66.8	30.0	5.6	23.6	1.5							✓		✓
252	Chicken Casserole with Herb Dumpling	400	1940	464	24.4	8.0	30.0	9.2	4.0	26.8	2.6	✓								
253	Turkey & Mushroom Stroganoff	400	1852	436	11.6	5.2	50.4	6.0	2.4	36.8	0.6	✓	✓						✓	
255	Chicken, Bacon & Pea Pie	255	2774	666	43.1	16.3	46.2	4.1	2.8	24.7	2.1	✓								✓
261	Chicken & Mushroom Pie	255	1586	380	21.7	8.2	22.4	2.6	1.3	24.2	1.5	✓		✓						
275	Chicken with Ham Hock & Mushroom Sauce	440	2900	691	29.0	10.1	70.8	5.3	2.6	40.0	1.5	✓								✓
278	Chicken in Creamy Garlic Sauce	400	3848	920	54.8	26.8	77.2	5.2	4.8	34.4	1.4	✓								✓

Continued overleaf

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Poultry dishes *continued...*

284	Chicken Breast Wrapped in Bacon	435	1797	426	14.4	7.0	40.9	13.9	4.8	36.1	2.0	✓							
299	Chicken Casserole with Herby Mash	400	1324	316	9.2	3.6	33.2	6.8	4.8	23.2	1.8	✓	✓	✓					
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	✓	✓						
387	Chicken Stir-Fry	430	1716	404	2.6	0.4	55.5	13.8	7.7	36.1	3.7	✓	✓						
425	Luxury Turkey Dinner	585	3212	766	31.0	14.0	79.0	32.8	9.9	32.8	5.5	✓							✓
426	Turkey Curry	450	3263	779	29.7	19.8	81.9	12.6	5.4	42.8	2.0	✓							✓
427	Festive Pie	450	2489	594	26.1	14.4	55.8	28.4	9.5	29.3	3.3	✓							✓
477	Chicken and Mushroom Pie	420	1936	462	20.2	10.5	46.6	6.7	5.0	24.8	2.1	✓							
503	Chilli Chicken & Cheddar Panini	181	1689	402	13.1	7.1	46.2	5.6	3.4	21.0	1.5	✓							
529	Chicken with Mashed Potato	400	1484	352	9.2	5.2	32.8	6.8	6.0	32.0	2.0	✓	✓	✓				✓	
642	Summer Casserole	400	1124	268	9.2	1.2	21.6	3.6	5.2	24.4	2.8	✓	✓	✓				✓	
645	Woodland Chicken	400	2148	524	23.2	12.8	50.4	3.6	1.2	27.2	2.0	✓						✓	✓
652	Butter Chicken Curry	400	2160	516	18.4	10.7	49.6	0.8	6.0	34.4	2.4	✓						✓	✓
658	Coq au Vin	400	3044	728	39.6	24.4	31.6	7.2	11.2	56.0	3.7	✓							✓
672	Chicken & Ham Pie	359	2815	675	42.4	15.4	34.1	5.7	1.1	39.1	2.5	✓							✓
841	Chicken & Cider Hotpot	360	1919	457	21.2	10.4	34.9	5.4	5.0	29.9	2.2	✓							
873	Chicken Korma	400	3056	732	32.8	24.4	70.8	9.6	11.2	32.4	2.2	✓							✓
874	Chicken Tikka Masala with Rice & Bombay Potatoes	400	2536	604	26.0	11.2	57.2	8.8	7.2	32.0	2.6	✓							✓
878	Chicken Curry & Rice	400	2056	488	16.0	5.2	61.6	3.6	3.2	24.8	2.0	✓							
879	Chicken in Mushroom Sauce	380	1531	365	11.4	5.7	38.8	5.7	5.3	27.4	2.2	✓	✓	✓					
900	Turkey Platter	440	1201	286	3.5	1.3	41.4	9.7	3.5	20.7	3.9	✓	✓	✓					
973	Chicken Lasagne	400	2056	492	22.0	8.8	40.0	7.2	8.0	29.2	3.0	✓							
974	Chicken Tandoori Masala	400	1864	444	16.4	4.8	49.2	10.0	2.8	23.6	2.1	✓							
987	Luxury Roast Chicken Dinner	565	2254	542	19.8	5.1	52.0	9.6	6.8	36.7	3.3	✓							✓
992	Mediterranean Chicken	480	2021	480	20.6	7.2	38.9	15.4	7.2	35.5	4.8	✓							

Lamb dishes

152	Liver & Sausages	400	1476	352	11.2	3.6	38.8	6.0	4.8	21.2	2.4	✓	✓	✓					
182	Moussaka	400	2472	588	39.6	16.4	30.4	7.6	2.8	29.2	2.1	✓							✓
205	Lamb Stew	450	2102	500	21.2	10.4	55.8	19.8	5.4	24.8	1.1	✓						✓	✓
218	Shepherd's Pie	390	1568	374	15.6	8.6	36.7	7.8	5.9	23.0	1.7	✓		✓					
234	Lamb with Mint	400	2052	488	18.0	6.0	62.0	7.2	2.0	25.2	1.2	✓						✓	✓
246	Lamb and Beef Pie	420	1764	420	19.7	9.7	29.8	10.1	2.9	26.5	1.7	✓		✓					
247	Chunky Lamb & Redcurrant Pie	255	1619	388	21.2	8.2	28.1	12.0	1.5	22.4	1.1	✓							
274	Lamb Meatballs with Penne Pasta	400	2180	520	26.8	8.4	40.0	8.8	3.2	32.4	2.0	✓		✓					✓
305	Lancashire Hot Pot	400	1440	344	14.0	6.0	29.6	11.6	4.4	22.4	2.2	✓		✓					
398	Lamb Platter	430	1144	271	5.6	3.0	28.8	6.5	3.0	24.5	2.4	✓	✓	✓					
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	✓	✓	✓					
692	Roast Lamb	400	1356	320	6.4	3.0	43.2	5.6	7.2	26.5	2.0	✓	✓	✓					
833	Luxury Shepherds Pie	410	2353	562	27.9	14.8	44.7	7.4	2.9	29.5	1.3	✓							✓
886	Lamb and Barley Hotpot	400	2076	496	14.8	6.0	69.2	16.0	4.0	23.2	1.8	✓							
950	Minced Lamb and Potato Bake	400	1960	468	18.4	7.2	47.2	9.6	5.2	28.8	2.1	✓							

Pork dishes

103	Roast Pork Dinner	400	1252	296	6.8	2.0	32.8	6.4	6.0	23.6	2.5	✓	✓	✓					
143	Ham Hock with Parsley Sauce	400	1984	476	26.8	10.4	29.2	5.2	3.6	27.6	2.5	✓							
206	BBQ Pork & Beans	400	1752	412	6.0	1.6	68.4	13.6	2.4	25.6	1.2	✓	✓						✓

Continued overleaf

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Pork dishes *continued...*

213	Quiche Lorraine	116	1097	263	15.1	6.5	19.8	2.8	1.0	11.6	1.4	✓		✓						
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	✓								✓
248	Pork & Leek Sausage Casserole	400	2180	520	30.0	12.4	35.2	11.2	2.4	27.6	2.4	✓								✓
249	Roast Pork with Mustard Mash & Roasted Vegetables	450	1494	356	9.5	7.7	28.8	12.2	12.2	32.9	3.7	✓	✓	✓						✓
250	Sausage in Caramelised Onion Gravy	440	2319	607	38.7	16.3	43.1	14.5	4.8	22.9	2.3	✓								✓
251	The Big Breakfast	460	3271	782	47.4	15.6	41.4	8.7	6.4	49.7	5.6	✓								✓
287	Macaroni Cheese with Tomatoes & Bacon	370	3622	873	57.0	33.7	44.4	5.6	1.3	44.0	3.3	✓								✓
366	All Day Breakfast	400	2320	556	36.0	11.6	24.4	8.8	5.2	35.2	5.0	✓								✓
392	Cheese & Ham Omelette Meal	400	1352	544	25.2	8.0	56.4	8.4	9.2	25.6	3.0	✓				✓				✓
397	Pork Platter	425	1267	302	9.8	5.1	35.3	9.4	3.8	19.6	3.0	✓	✓	✓						✓
423	Pork & Mulled Apple	470	2195	526	25.4	10.8	46.5	21.2	7.5	22.1	2.4									✓
424	Pork with Port & Plum Sauce	545	2545	610	29.4	12.5	54.0	24.5	8.7	25.6	2.8									✓
458	Bangers & Mash in Onion Gravy	360	2102	504	28.1	11.5	42.8	10.4	4.0	21.2	3.8	✓								✓
499	Cheese & Ham Omelettes	120	857	206	16.2	5.6	1.6	1.4	0.0	13.6	0.8	✓		✓		✓				✓
504	Ham, Cheddar & Wholegrain Mustard Panini	166	2045	488	21.9	7.9	53.5	8.8	3.0	20.8	2.0									✓
534	Breakfast Panini	150	1578	377	14.7	3.0	43.1	1.7	2.6	16.4	2.1	✓		✓						✓
551	Sausage Rolls	70	852	204	13.2	6.0	16.3	0.4	0.8	4.8	0.9	✓		✓						✓
576	Sausage & Root Vegetable Bake	400	2604	624	35.2	14.8	50.8	10.0	5.6	25.2	3.6	✓								✓
595	Sweet & Sour Pork with Rice	400	2388	568	13.6	2.4	83.2	36.8	2.4	26.4	2.0									✓
596	Pork Faggot with Mashed Potato & Peas	420	1688	403	15.5	6.7	47.5	12.6	6.7	18.9	2.6	✓								✓
887	Spaghetti Carbonara	400	3332	800	47.6	32.4	58.0	8.8	3.2	32.8	4.2	✓								✓
944	Cumberland Sausage with Colcannon Mash & Onion Gravy	380	1695	407	23.9	10.6	25.1	0.4	8.0	19.0	1.9	✓								✓
952	Gammon in Onion Sauce	460	1444	345	7.8	4.1	40.0	9.7	7.4	26.7	3.4	✓	✓	✓						✓
986	Luxury Roast Pork Dinner	550	2266	539	21.5	5.5	56.1	13.8	7.7	28.1	3.8	✓								✓

Fish dishes

136	Smoked Haddock with Cheese & Sweetcorn	400	2068	496	23.6	13.2	44.4	11.2	3.6	29.2	3.2	✓								✓
235	Breaded Fish Fingers & Chips	300	2643	627	22.5	2.1	90.3	3.3	4.5	21.6	0.9	✓							✓	✓
240	Cod, Chips & Peas	300	2145	510	18.6	2.7	66.9	1.5	6.6	19.2	0.9	✓							✓	✓
245	Fish 'n' Chips	550	3080	732	28.6	8.8	82.0	10.5	6.6	41.8	1.0	✓							✓	✓
306	Fish Pie	400	1752	420	20.8	10.4	28.4	6.8	2.8	28.8	1.8	✓								✓
327	Cod & Prawn Bake	340	1452	466	23.5	13.3	35.0	5.8	1.0	29.2	1.9	✓					✓			✓
329	Salmon & Broccoli Bake	400	2688	648	46.8	18.8	37.2	7.2	4.4	20.0	1.8	✓					✓			✓
464	Breaded Haddock Fillet	125	1070	255	10.6	0.9	25.4	1.0	1.5	13.8	1.1	✓		✓						✓
514	Coldwater Prawns	165	238	56	0.7	0.2	0.1	0.1	~	12.5	1.7	✓	✓	✓						✓
563	Kipper Fillets	150	1256	302	22.4	4.7	0.2	0.0	0.0	25.2	3.8	✓		✓			✓			✓
592	Salmon in White Wine	400	1704	408	19.2	6.4	32.4	7.6	6.8	23.2	2.6	✓						✓		✓
593	Cod in Parsley	430	1587	378	11.6	6.0	34.4	7.7	2.2	33.1	1.7	✓	✓	✓						✓
594	Salmon in Watercress	400	1572	376	15.2	3.6	33.2	8.4	6.8	24.0	2.6	✓		✓						✓
676	Cheesy Smoked Haddock Fillet	420	1756	416	15.1	9.5	45.4	4.6	3.8	25.2	1.7	✓								✓
684	Smoked Haddock Florentine	415	1643	419	17.8	9.5	29.5	6.2	0.8	37.4	3.0	✓								✓
842	Salmon Pasta Bake	400	2944	704	42.0	23.6	49.2	2.8	3.2	29.2	3.1	✓								✓
882	Beer Battered Cod & Chips	340	2540	609	29.9	2.4	62.2	1.4	3.4	22.1	2.7	✓								✓
883	Breaded Scampi & Chips	300	1617	384	8.1	1.2	64.8	3.6	3.6	13.2	2.4	✓	✓	✓						✓
884	Smoked Haddock Fishcake & Chips	314	1806	430	13.8	1.6	59.3	1.6	4.4	16.6	3.2	✓								✓
977	Prawn Curry	400	2004	476	14.8	8.0	63.6	6.8	1.6	25.6	4.8	✓								✓
978	Salmon & Broccoli Pie	405	2624	628	37.7	15.8	48.2	9.3	6.5	23.5	2.9	✓								✓
983	Fish & Potato Gratin	400	2336	556	23.6	11.2	37.6	8.8	2.4	47.6	2.7	✓								✓

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	🍌	🍌	V	GF	S	ED		

Vegetarian dishes

185	Creamy Leek & Potato Bake	450	2853	684	44.1	8.1	54.5	7.2	3.2	15.3	2.9	✓		✓			✓
203	Vegetable Chilli	400	1756	420	10.0	3.2	62.8	27.6	13.6	12.4	1.0	✓	✓	✓			✓
219	Vegetable pie	400	2032	488	26.4	11.2	47.2	14.4	10.0	10.4	2.8	✓		✓			
241	Cheese & Onion Quiche	116	1036	248	14.4	6.1	20.9	3.4	1.0	8.8	1.2	✓		✓	✓		
254	Vegetable Lasagne	400	1444	344	17.6	6.4	32.0	12.0	5.6	13.6	1.6	✓		✓	✓		
256	Vegetable Tikka	500	2485	595	27.5	11.0	69.5	14.0	8.0	13.5	2.0	✓		✓	✓		✓
257	Butternut Squash & Vegetable Lasagne	430	2782	667	37.0	19.4	56.8	21.6	4.3	24.5	6.0	✓		✓			✓
288	Vegetable Rigatoni	400	1680	404	20.4	6.0	17.6	17.6	5.6	15.2	2.4	✓		✓			
294	Ratatouille	400	1508	364	24.0	6.0	19.6	19.6	5.6	11.2	2.4	✓		✓	✓		
332	Omelette, Chips & Peas	305	1845	442	24.7	8.8	35.7	3.1	6.4	19.2	0.9	✓		✓	✓		✓
468	Vegetable Hot Pot	400	1180	284	8.4	2.0	43.6	9.6	5.2	6.4	2.1	✓	✓	✓	✓		
472	Cauliflower Cheese	400	1920	460	30.8	16.4	29.2	9.6	5.6	16.8	2.5	✓		✓			
489	Roasted Vegetable Lasagne	420	1701	407	27.7	7.1	30.7	18.9	5.9	10.5	3.8	✓		✓			
500	Cheese & Tomato Omelettes	120	804	193	15.4	5.2	1.7	1.7	0.1	12.0	0.6	✓		✓	✓	✓	
501	Spanish Quiche	116	1046	251	14.5	6.3	21.1	3.5	0.9	8.9	1.3	✓		✓	✓		
505	Pesto, Mozzarella & Sundried Tomato Panini	184	2313	554	30.4	9.8	53.0	5.2	4.2	19.2	2.4	✓		✓			✓
533	Cheese & Red Onion Panini	160	2123	509	31.4	8.0	42.1	1.3	2.1	13.6	1.9	✓		✓			✓
577	Wild Mushroom & Butternut Risotto	400	2512	600	31.2	10.0	60.4	3.6	1.2	14.4	2.4	✓		✓	✓		✓
837	Roasted Vegetables & Goat's Cheese	400	1464	348	20.8	11.2	24.4	17.6	6.0	18.0	3.4	✓		✓	✓	✓	
889	Macaroni Cheese	400	3432	820	50.4	24.8	52.8	12.8	0.4	37.2	2.4	✓		✓			✓

Mini meals

144	Beef & Kidney Stew	250	995	238	7.3	1.8	22.5	5.8	3.0	18.3	1.9	✓	✓	✓			
155	Ham and Parsley Pie	240	2129	514	34.6	19.2	28.1	9.4	1.2	24.5	3.1	✓		✓			✓
156	Chicken & Stuffing Casserole	240	960	230	9.1	1.7	19.9	6.7	2.4	14.6	2.4	✓		✓			
162	Chicken Tikka Jacket Potato	240	982	233	7.7	3.6	25.7	7.4	3.8	13.2	1.6	✓		✓		✓	
163	Beef Chilli Jacket Potato	240	1022	245	9.6	5.0	25.9	7.4	4.1	11.5	1.3	✓		✓		✓	
164	BBQ Pulled Pork Jacket Potato	240	1296	307	9.1	4.3	40.3	21.4	2.4	14.6	1.7	✓		✓			
190	Savoury Minced Mash	240	1279	305	16.1	7.0	22.1	6.2	1.9	19.2	2.2	✓		✓			
191	Madeira Chicken	240	1834	442	30.0	18.0	22.8	4.1	1.9	20.2	2.3	✓		✓			
193	Goat's Cheese & Sweet Potato Pasta	240	1447	346	17.3	10.3	32.9	7.0	1.9	15.4	1.7	✓		✓	✓		
194	Filled Potato Skin with Baked Beans & Cheese	260	1373	328	10.9	5.5	42.6	9.1	9.6	16.1	2.6	✓		✓	✓	✓	
195	Cheese & Broccoli pasta	240	1447	346	17.8	10.1	29.0	4.1	1.9	20.4	1.2	✓		✓	✓		
196	Chicken Casserole & Dumpling	240	1056	252	7.0	2.4	21.8	6.7	1.9	18.0	2.4	✓	✓	✓			
197	Poachers Chicken	240	804	192	4.6	1.0	20.6	10.1	2.4	16.1	1.9	✓	✓	✓		✓	
198	Chicken & Vegetable Ragout	240	854	204	2.4	0.5	20.2	6.7	2.4	20.2	1.7	✓	✓	✓		✓	
209	Lamb & Mint Crumble	250	1695	405	25.0	12.3	26.5	6.0	2.0	20.5	0.8	✓		✓			✓
220	Beef Lasagne	240	1649	396	22.3	10.3	23.5	7.2	1.9	23.8	1.7	✓		✓			
226	Macaroni Cheese	240	2290	554	40.8	25.4	20.9	3.4	1.2	24.7	2.1	✓		✓			✓
258	Beef Stew with Bubble and Squeak	240	1099	262	10.6	2.2	15.4	4.8	2.9	23.0	0.7	✓		✓			✓
259	Lamb, Redcurrant and Cranberry Hotpot	250	1383	328	13.3	3.0	37.5	16.5	2.8	17.3	0.6	✓		✓		✓	✓
260	Chicken and Mushroom Hotpot	250	1265	300	11.5	3.5	26.0	5.5	1.8	23.5	0.4	✓		✓			✓
279	Corned Beef and Parsley	250	1440	343	17.3	8.5	26.5	7.5	1.0	22.3	1.8	✓		✓			
280	Tuna & Sweetcorn Pie	260	1456	348	18.7	10.9	23.9	3.9	1.3	21.6	1.6	✓		✓			
281	Lamb in Cider	240	1159	276	14.6	7.2	19.9	6.0	1.7	15.8	0.7	✓		✓			
282	Pork & Apple with a Savoury Crumble	250	1763	420	23.3	12.8	31.3	7.8	1.5	22.5	0.9	✓		✓			
283	Chicken, Pea & Parmesan Pasta	250	1538	365	15.0	7.3	31.0	7.8	2.5	27.5	0.9	✓		✓			
290	Tuna and Bean Salad	250	1555	370	10.5	1.5	24.0	24.0	12.5	30.0	1.5	✓		✓		✓	
291	Sweet and Sour Chicken & Rice	240	2018	478	9.1	1.0	47.8	47.8	1.7	14.9	0.7	✓		✓		✓	✓
292	Chicken Rice Salad	200	1634	388	8.0	2.4	10.0	10.0	2.8	22.0	0.8	✓		✓		✓	
293	Pasta & Cheese Salad	225	3177	758	37.1	13.3	4.5	4.5	4.7	27.9	2.5	✓		✓			✓

Continued overleaf

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			Energy kJ kcal	Fat g of which saturates	Carbohydrates g of which sugars	Fibre g	Protein g	Salt g	LS	🍷	✓	V	GF	S	ED	

Mini meals *continued...*

311	Corned Beef Hash	240	1147	274	10.8	4.1	25.0	3.6	3.1	17.8	1.4	✓	✓	✓			
312	Chicken & Mixed Peppers in Creamy Sauce	240	833	199	6.2	1.0	23.5	1.7	1.2	11.8	1.5	✓	✓	✓	✓		
313	Minced Lamb Hotpot	240	1056	252	11.8	5.5	20.6	12.2	2.4	15.1	1.9	✓	✓				
314	Cumberland Pie	240	1034	288	10.3	3.8	27.4	5.0	3.6	16.3	1.9	✓	✓				
317	Cauliflower Cheese & Sauté Potatoes	240	1966	475	33.6	20.2	21.1	15.8	2.4	20.6	1.7	✓		✓			
318	Gammon & Creamy Onion Sauce	240	991	238	11.3	5.5	18.0	5.5	2.6	17.3	1.8	✓	✓				
322	Filled Potato Skin with Gammon & Cheese Sauce	240	1291	310	16.8	8.9	28.1	2.4	2.6	10.3	1.0	✓	✓				
323	Filled Potato Skin with Cottage Pie Sauce	240	1006	240	9.1	4.1	24.0	1.4	4.1	13.2	1.2	✓	✓				
334	Beef & Barley Casserole	250	775	223	5.5	1.3	20.8	7.5	3.3	15.3	1.8	✓	✓	✓			
335	Spaghetti & Meatballs	240	1615	384	18.0	5.5	40.8	8.2	2.2	19.2	1.7	✓	✓				
336	Chicken Chasseur	240	679	161	2.6	1.0	13.0	4.8	2.2	20.2	1.6	✓	✓	✓			
338	Chicken Tikka Masala	240	1039	247	7.4	3.1	29.0	8.4	1.9	17.3	1.6	✓	✓				
339	Fruity Chicken Curry	240	1476	353	18.2	6.9	30.5	19.7	3.8	14.6	1.5	✓	✓		✓		
341	Haddock Smokie	240	958	228	9.4	5.0	14.9	5.5	1.0	21.6	1.6	✓	✓				
342	Salmon in Tomato Sauce	240	838	202	7.4	2.6	21.4	8.6	3.1	10.6	1.1	✓	✓		✓		
466	Spaghetti Bolognese	240	994	238	10.1	3.5	18.0	4.1	3.4	16.6	1.2	✓	✓				
495	Lamb & Beef Keema Pie	240	1284	307	16.1	8.2	26.2	4.3	3.8	13.0	1.6	✓	✓				
496	Aubergine Parmigiana	240	1217	293	22.3	12.2	9.4	7.9	3.6	11.8	1.8	✓	✓	✓			
497	Potato Topped Beef and Ale Pie	250	1155	275	13.0	7.0	23.5	5.3	3.8	15.5	0.7	✓	✓			✓	
498	Fish Pie with Crumble Topping	250	1710	410	23.3	12.3	21.5	3.8	2.5	25.8	1.0	✓	✓				
502	Cheese & Tomato Macaroni Pasta Bake	240	1788	427	25.9	10.8	30.7	6.7	4.6	16.3	1.8	✓	✓	✓			
528	Cod, Chips & Peas	240	1711	408	15.6	2.2	49.2	4.1	7.0	17.5	0.9	✓	✓				
579	Liver & Onions	240	994	238	10.1	4.3	22.6	5.8	1.9	15.1	0.9	✓	✓		✓		
580	Liver & Cocktail Sausage with Mash	240	1075	257	12.5	5.3	23.8	5.5	1.9	13.7	1.3	✓	✓				
581	Macaroni cheese and Pulled Ham	240	1154	278	11.0	5.5	24.7	6.7	1.0	21.4	2.2	✓	✓				
598	Sausages with Red Onion Gravy	240	1164	278	15.6	5.5	24.0	6.2	1.9	9.6	1.4	✓	✓				
848	Tuna Pasta Bake	240	1370	329	18.2	10.6	22.6	4.6	1.2	18.5	1.4	✓	✓				
849	Cod & Prawn Bake	240	1260	300	14.9	8.4	26.6	3.6	3.6	15.4	1.4	✓	✓				
850	All Day Breakfast	240	1130	269	11.3	4.3	28.8	5.8	5.5	13.7	2.4	✓	✓				
851	Beef & Vegetable Hotpot	240	1111	264	9.6	4.3	27.4	5.0	4.1	17.8	1.9	✓	✓				
852	Ocean Pie	240	1603	386	22.6	11.0	25.7	2.9	1.7	20.9	1.5	✓	✓				
853	Sausage Casserole	270	1029	246	11.3	4.9	26.7	8.4	3.2	9.5	2.5	✓	✓				
854	Yorkshire Pudding with Cocktail Sausages	245	1472	353	18.4	5.4	33.6	6.9	1.7	14.5	1.4	✓	✓				
858	Shepherd's Pie	240	1020	242	10.3	5.5	23.0	4.6	1.7	15.6	1.3	✓	✓				
893	Liver & Bacon Hotpot	240	1099	262	9.8	3.8	28.3	3.1	2.9	14.9	1.3	✓	✓				
894	Braised Beef, Tatties & Neeps	240	1387	331	15.1	3.6	15.1	6.0	1.2	19.4	0.5	✓	✓		✓	✓	
895	Cottage Pie	240	833	211	5.8	0.7	28.1	6.5	2.6	12.2	1.7	✓	✓	✓			
896	Beef & Black Bean Chow Mein	240	1039	247	8.2	2.2	26.2	12.5	1.2	11.0	1.7	✓	✓				
922	Roast Turkey Dinner	240	1126	271	13.0	4.6	17.0	4.8	1.4	15.4	1.4	✓	✓				
929	Sausages & Mash	240	996	238	9.8	4.8	26.4	4.1	1.9	11.5	1.7	✓	✓				
930	Roast Beef Dinner	240	890	211	5.8	1.2	20.2	0.2	2.4	18.5	1.5	✓	✓	✓			
931	Roast Lamb Dinner	240	425	108	6.5	0.2	15.6	2.6	4.3	15.4	1.4	✓	✓	✓			
932	Roast Pork Dinner	240	742	175	4.6	1.0	17.8	4.3	5.5	16.1	0.6	✓	✓	✓			✓
933	Roast Chicken Dinner	240	689	163	3.1	0.7	20.9	0.2	4.8	13.0	1.3	✓	✓	✓			
942	Chilli con Carne & Rice	240	1363	324	14.9	5.5	31.7	5.8	1.9	23.0	1.4	✓	✓		✓		
943	Vegetable Lasagne	240	1255	300	14.2	6.2	34.3	4.8	2.9	8.9	0.7	✓	✓	✓		✓	
945	Chicken with Mashed Potato	240	480	115	4.6	1.9	12.2	1.7	8.4	15.1	1.4	✓	✓	✓		✓	
947	Lamb in Mint Gravy	240	432	161	7.7	0.0	19.2	3.1	3.1	13.0	1.4	✓	✓		✓		
959	Lemon Pepper Chicken	250	1228	293	11.0	5.0	32.0	6.3	0.8	18.3	1.5	✓	✓				
967	Mexican Pulled Chicken	240	1330	314	11.3	3.8	43.4	26.6	1.7	11.8	1.4	✓	✓				
981	Pork, Chicken & Ham Pie	240	1711	408	23.3	10.8	25.7	5.0	1.2	23.0	2.3	✓	✓				
982	Turkey, Cranberry and Barley Casserole	240	1111	264	7.7	3.1	33.8	11.5	1.9	16.3	2.3	✓	✓				

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	🍌	🌱	V	GF	S	ED			

Side dishes

110	Sliced Brown Loaf	88	752	178	1.8	0.5	31.8	1.2	6.1	8.5	0.8	✓	✓	✓	✓			
111	Soft Grain Sliced Loaf	88	833	196	1.3	0.5	38.5	0.8	2.7	7.7	0.7	✓	✓	✓	✓			
112	Wholemeal Sliced Loaf	88	692	163	1.7	0.5	29.0	1.2	5.5	8.0	0.7	✓	✓	✓	✓			
395	Mashed Potato	240	1394	334	16.8	10.6	39.4	2.2	4.3	4.3	1.5	✓		✓	✓	✓		
400	Cheese and Spring Onion Mashed Potato	240	1543	370	20.4	12.7	33.8	2.2	4.1	10.6	1.8	✓		✓	✓	✓		
420	Garlic Baguettes	185	2531	603	25.2	15.9	82.9	1.7	3.5	11.3	2.4	✓		✓	✓			
525	Broccoli	90	76	18	0.0	0.0	1.8	1.8	3.2	2.7	0.0	✓	✓	✓	✓			✓
549	Sauté Potatoes with Cheese & Rosemary	225	1717	414	29.3	14.9	26.1	5.0	2.0	11.0	0.8	✓		✓	✓			
552	Dauphinoise Potatoes	200	1288	310	21.4	12.4	21.6	6.4	2.0	6.6	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	✓		✓	✓	✓	✓	✓
557	Cauliflower & Broccoli Cheese	200	892	214	13.0	4.6	16.4	2.8	2.2	6.8	1.1	✓		✓	✓			
560	Baby Carrots	90	113	27	0.0	0.0	6.0	5.9	2.9	0.7	0.1	✓	✓	✓	✓			✓
561	Petit Pois	90	229	55	0.3	~	9.5	0.0	~	3.6		✓	✓	✓	✓			✓
640	Jacket Potatoes	175	1073	252	0.4	0.0	55.5	2.1	4.7	6.8	0.0	✓	✓	✓	✓			✓
897	Carrot, Swede & Horseradish Mash	100	238	57	1.7	0.1	9.2	5.0	2.3	1.2	0.4	✓	✓	✓	✓	✓		

Butcher's farm

506	Pork Meatloaf	200	627	150	10.0	3.3	3.5	0.0	~	9.9	0.9	✓		✓				
507	Pork & Bacon Meatloaf	200	627	150	10.0	3.3	3.5	0.0	~	9.9	0.9	✓		✓				
G1288	Olde English Pork Sausages	133	1339	320	20.0	6.8	10.5	~	~	21.3	2.8	✓		✓				
G1289	Premium Pork Sausages	133	1337	320	20.0	6.8	10.9	~	~	21.3	2.3	✓		✓				
G1290	Dry Cured Smoked Back Bacon	83	1333	322	25.0	9.2	0.4	~	~	23.3	4.4	✓		✓				
G1291	Dry Cured Unsmoked Back Bacon	83	1313	317	25.0	9.2	0.4	~	~	21.7	4.2	✓		✓				
G1292	Smoked Sliced Ham	67	510	122	5.9	2.0	0.3	~	~	16.7	1.0	✓		✓				

Hot desserts

122	Salted Caramel Melt in The Middle Pudding	125	2099	503	30.6	9.8	49.8	34.1	1.8	5.6	0.8			✓				✓
199	Spotted Dick	238	2021	478	11.2	5.7	86.6	50.9	1.7	7.6	1.0			✓				✓
200	Bread & Butter Pudding	220	1373	328	13.0	5.9	44.9	30.4	0.9	7.5	0.7			✓			✓	✓
589	Luxury Brioche & Butter Pudding & Custard	250	703	168	7.8	3.3	22.3	17.8	0.0	2.5	0.3			✓	✓		✓	✓
590	Luxury Spotted Dick with Apricots & Custard	225	934	223	9.9	4.1	29.5	23.4	0.2	4.1	0.7			✓	✓		✓	✓
608	Jam Sponge & Custard	225	1584	376	6.3	2.7	73.1	22.1	0.7	6.5	0.7		✓	✓	✓		✓	✓
613	Apple & Cinnamon Pudding	225	1510	358	6.3	2.7	69.5	22.1	1.1	6.5	0.7		✓	✓	✓		✓	✓
615	Apple Strudel	125	826	198	8.5	0.1	21.1	11.1	0.8	2.8	0.3			✓	✓		✓	✓
620	Rice Pudding	150	666	156	0.3	0.1	29.0	19.4	0.0	11.3	0.4		✓	✓	✓	✓	✓	✓
624	Chocolate Pudding	225	2063	491	22.3	5.9	65.9	42.8	1.1	7.9	1.1			✓				✓
625	Treacle Pudding	220	2000	475	18.3	4.6	71.9	52.1	0.4	6.6	1.1			✓				✓
626	Sticky Toffee Pudding	150	1970	468	18.0	9.3	72.9	59.7	1.5	3.6	1.1			✓				✓
627	Lemon Pudding with Lemon Custard	225	2579	614	21.2	5.9	99.2	72.5	1.1	5.9	0.9			✓				✓
632	Rhubarb Crumble	200	1696	404	16.4	7.4	63.2	32.6	3.0	5.0	0.4			✓			✓	✓
633	Apple Crumble	150	1085	260	11.9	4.8	36.9	12.6	2.7	3.5	0.3			✓			✓	✓
634	Blackberry & Apple Crumble	150	1074	257	11.9	4.8	35.7	11.1	3.6	3.8	0.3			✓			✓	✓
635	Pineapple Upside Down Pudding	225	2061	491	18.7	4.7	74.0	53.8	0.9	6.5	0.9			✓				✓
638	Rhubarb & Custard	185	919	216	3.0	1.9	44.8	38.1	0.4	2.8	0.0		✓	✓	✓	✓		✓
771	Cherry Sponge with Custard	225	2340	558	23.6	5.6	78.3	53.1	1.4	7.7	1.1			✓				✓
970	Steamed Jam Pudding	195	1812	433	19.3	9.8	57.9	25.5	1.0	6.4	0.6			✓			✓	✓
X103	Individual Christmas Pudding	110	1637	387	9.1	4.2	71.8	1.2	3.1	4.7	0.6			✓				✓
429	Red Velvet Melt in the Middle	104	1543	368	17.2	8.4	48.2	32.4	2.6	4.9	1.0			✓				✓

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Cold desserts

117	Summer Fruit Punch	95	787	189	12.2	7.3	12.9	11.1	0.3	2.8	0.1			✓		✓	✓	
118	Rhubarb, Rosewater & Gingerbread Trifle	95	1012	243	15.5	8.6	23.8	16.2	0.6	2.1	0.1				✓		✓	
119	Black Forest Trifle	105	1380	330	19.0	11.4	34.9	28.3	1.8	3.8	0.2				✓		✓	✓
159	Cherry Meringue Pie	132	1382	327	7.8	3.0	60.1	43.7	0.8	3.7	0.3				✓		✓	✓
160	Victoria Sponge Slice	83	1246	298	15.0	3.8	37.4	26.6	0.8	3.1	0.6				✓			
238	Strawberry Eton Mess.	80	1180	282	15.2	7.9	33.6	24.8	0.6	2.5	0.3				✓			
239	Sticky Toffee Meringue	88	1427	341	16.7	9.7	44.0	35.2	0.8	4.0	0.3				✓			✓
263	Tiramisu	100	1351	324	21.1	13.3	26.6	20.8	0.8	4.1	0.1						✓	✓
428	Mulled Wine Cheesecake	95	1322	316	16.6	8.9	37.4	21.2	1.0	4.1	0.3							✓
430	Rum Truffle Dessert	95	1286	308	18.8	9.6	29.4	21.6	2.0	3.2	0.2						✓	✓
491	Chocolate Fudge Cake	93	1407	334	9.2	4.7	57.7	46.5	2.3	3.9	0.8				✓			✓
511	Blueberry Muffin	120	1788	426	17.9	1.9	59.2	30.7	~	6.2	0.5				✓			✓
513	Chocolate Muffin	120	1963	473	23.5	4.4	55.7	29.6	~	6.7	0.6				✓			✓
536	Blood Orange Sorbet	125	901	213	1.9	1.8	47.3	38.5	0.9	0.4	0.0		✓		✓		✓	
537	Arctic Roll	85	859	205	8.8	5.4	28.6	20.3	0.3	2.8	0.8				✓			
538	Mince Pie Ice Cream	125	1240	420	14.8	8.4	43.8	37.1	0.1	5.4	0.1				✓		✓	✓
582	Lemon Cheesecake	126	1610	386	21.3	9.2	43.6	32.3	1.1	4.2	0.6				✓			✓
587	Strawberry Tart	200	1650	394	17.0	10.2	54.8	36.2	1.6	5.2	0.4				✓		✓	✓
701	Strawberry Gateau	125	1406	339	25.8	13.5	24.0	17.3	0.4	3.1	0.4						✓	✓
702	Black Forest Gateau	125	1665	400	27.3	16.6	34.4	26.5	1.6	4.3	0.2				✓		✓	✓
704	Raspberry Trifle	175	2140	511	26.1	15.6	63.7	50.6	1.4	5.6	1.1				✓			✓
712	Mini Chocolate Eclairs	17	217	52	3.3	1.8	4.8	3.5	0.2	0.7	0.1			✓		✓	✓	
723	Lemon Charlotte	75	986	237	15.2	11.0	23.3	18.7	0.2	1.5	0.2						✓	
732	Lemon Meringue Pie	105	1220	290	7.7	2.8	52.5	32.6	0.7	2.8	0.2				✓		✓	
742	Sherry Trifle	175	1608	385	22.8	13.7	38.9	35.2	1.4	5.1	0.6				✓			✓
752	Apricot & Ginger Brulée	75	825	197	10.8	8.0	22.9	20.9	0.2	2.1	0.2			✓		✓	✓	
753	Bramley Apple Pie	150	1373	326	11.6	4.7	53.3	31.8	1.5	2.7	0.2				✓		✓	✓
754	Bakewell Tart	100	1660	397	20.5	4.4	48.5	23.4	1.3	4.5	0.5				✓			✓
769	Fruit Salad	113	182	43	0.1	0.0	9.9	9.9	1.2	0.6	0.0		✓		✓	✓	✓	✓
817	Clotted Cream Vanilla Ice Cream	120	403	96	5.4	3.8	10.4	10.3	~	2.2	0.1				✓	✓	✓	✓
818	Chunky Ginger Ice Cream	120	643	154	8.1	5.6	19.4	19.4	~	3.2	0.1				✓	✓	✓	✓
819	Clotted Cream & Strawberry Ice Cream	120	614	147	7.6	5.3	16.8	16.6	~	3.0	0.1				✓	✓	✓	✓
821	Crunchy Toffee Ice Cream	120	643	154	8.1	5.6	19.4	19.4	~	3.2	0.1				✓	✓	✓	✓
822	Chocolate Fudge Ice Cream	120	684	164	8.6	5.8	19.5	19.0	~	3.6	0.1				✓	✓	✓	✓
823	Rum & Raisin Ice Cream	120	643	154	8.1	5.6	19.4	19.2	~	3.2	0.1				✓	✓	✓	✓
824	Honeycomb Ice Cream	120	711	170	8.1	5.6	20.5	20.2	~	3.4	0.1				✓	✓	✓	✓
826	Raspberry Sorbet	120	268	64	0.1	0.0	15.3	15.1	~	0.2	0.1		✓		✓	✓	✓	✓
827	Vanilla Ice Cream	100	470	112	8.8	5.7	12.2	8.2	0.9	2.7	0.0				✓	✓	✓	✓
828	Strawberry Ripple Ice Cream	100	496	125	8.2	5.6	8.7	7.9	1.2	2.6	0.0				✓	✓	✓	✓
830	Olde English Lemon Tart	100	1493	357	18.5	11.2	44.2	28.4	0.7	2.9	0.2				✓		✓	✓
859	Irish Cream Cheesecake	108	1594	382	24.0	10.6	34.8	23.4	1.1	3.8	0.5				✓			✓
860	Blackcurrant Cheesecake	127	1538	368	21.8	9.3	39.0	25.3	1.1	3.3	0.6				✓			✓
861	Cherry Cheesecake	133	1587	380	21.7	9.2	42.0	28.6	0.9	3.6	0.7				✓			✓
862	Strawberry Cheesecake	133	1576	378	23.4	9.4	38.0	23.9	1.1	3.2	0.7				✓			✓
965	Lemon Brulée	105	1362	326	17.1	6.8	38.4	29.6	0.6	4.1	0.5				✓			✓
966	Banoffee Pie	128	1614	384	15.7	5.0	57.2	42.9	1.0	2.9	0.3				✓		✓	✓
984	Cherry Pie	141	1665	396	14.1	4.9	61.5	30.9	1.6	4.9	0.4				✓		✓	✓

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Fork mashable - Suitable for a Category E / Level 6 Diet

F100	Fork Mashable Beef Bolognese	380	1520	365	19.8	23.2	8.4	20.1	9.5	~	1.4	✓	✓	✓	✓	✓	✓
F101	Fork Mashable Cottage Pie	380	1258	300	19.8	32.3	4.9	9.1	2.3	~	1.3	✓	✓	✓	✓	✓	✓
F102	Fork Mashable Fisherman's Pie	380	1592	380	19.4	41.8	9.5	14.1	6.5	~	1.9	✓	✓	✓	✓	✓	✓
F103	Fork Mashable Lamb Casserole	380	1999	479	24.7	31.9	4.9	27.0	12.5	~	2.1	✓	✓	✓	✓	✓	✓
F104	Fork Mashable Chicken Casserole	380	1649	395	17.9	25.8	7.2	23.6	9.9	~	1.3	✓	✓	✓	✓	✓	✓
F105	Fork Mashable Vegetable Cottage Pie	380	1398	331	12.9	49.4	6.8	7.6	1.1	~	1.7	✓	✓	✓	✓	✓	✓
F106	Fork Mashable Macaroni Cheese	380	2280	559	14.8	45.6	6.5	34.2	12.5	~	1.5	✓	✓	✓	✓	✓	✓

Puréed dishes - Suitable for a Category C / Level 4 Diet

D100	Puréed Lemon Sponge & Custard	150	1217	289	8.8	3.3	42.0	23.2	0.8	3.1	0.2	✓	✓	✓	✓	✓	✓
D101	Puréed Rice Pudding	150	563	134	4.4	2.8	20.5	16.1	0.1	3.1	0.1	✓	✓	✓	✓	✓	✓
D102	Puréed Chocolate Sponge & Custard	150	1078	256	8.8	3.2	33.7	14.3	0.7	3.3	0.1	✓	✓	✓	✓	✓	✓
D103	Puréed Spiced Apple and Custard	150	825	181	6.0	2.2	27.5	10.5	1.0	2.3	0.1	✓	✓	✓	✓	✓	✓
D104	Mini Puréed Chicken Casserole	280	1419	342	20.7	6.6	19.9	3.4	3.7	16.7	1.1	✓	✓	✓	✓	✓	✓
D105	Mini Puréed Lamb with Mint	280	1392	333	20.7	8.5	19.2	3.8	3.4	15.6	1.6	✓	✓	✓	✓	✓	✓
D106	Mini Puréed Beef Casserole	280	1484	355	20.1	6.5	21.5	2.5	3.9	20.3	1.2	✓	✓	✓	✓	✓	✓
D107	Mini Puréed Macaroni Cheese	280	1788	448	27.7	12.2	30.8	6.4	4.1	13.9	1.7	✓	✓	✓	✓	✓	✓
D108	Puréed Mini Lancashire Hotpot	280	1434	342	20.5	8.3	21.7	4.4	4.0	15.6	0.9	✓	✓	✓	✓	✓	✓
D109	Mini Puréed Fishermans Pie	280	1620	399	22.8	9.9	27.1	4.5	3.6	18.7	1.1	✓	✓	✓	✓	✓	✓
D110	Puréed Traditional Chicken & Stuffing	380	2093	502	30.2	11.0	32.0	5.7	6.2	22.4	1.8	✓	✓	✓	✓	✓	✓
D111	Puréed Hearty Chicken Casserole	380	2119	510	31.0	11.1	33.5	5.2	6.2	20.6	1.6	✓	✓	✓	✓	✓	✓
D112	Puréed Chicken Curry	380	2088	501	32.2	10.9	28.4	5.7	6.2	21.4	1.5	✓	✓	✓	✓	✓	✓
D113	Puréed Lamb with Mint	380	2092	501	30.9	12.9	32.8	5.5	6.0	19.5	2.1	✓	✓	✓	✓	✓	✓
D114	Puréed Beef Stew & Dumplings	380	2119	507	30.2	11.1	35.1	6.3	6.7	20.4	1.8	✓	✓	✓	✓	✓	✓
D115	Puréed Roast Beef with Mustard Mash	380	2092	502	32.8	11.3	28.5	6.2	5.9	20.5	1.3	✓	✓	✓	✓	✓	✓
D116	Puréed Beef Bolognese with Pasta	380	2041	500	33.3	12.6	25.7	7.9	6.6	21.2	1.4	✓	✓	✓	✓	✓	✓
D117	Puréed Fish in Creamy Cheese Sauce	380	2107	505	31.2	12.8	32.7	5.5	4.9	20.5	1.6	✓	✓	✓	✓	✓	✓
D118	Puréed Salmon in Dill & Cream Sauce	380	2455	590	40.6	14.5	32.3	5.5	5.1	21.5	1.7	✓	✓	✓	✓	✓	✓
D119	Puréed Lancashire Hotpot	380	2134	510	30.8	12.8	35.3	6.1	6.6	19.5	1.4	✓	✓	✓	✓	✓	✓
D120	Puréed Sweet & Sour Chicken	380	2230	534	32.1	11.6	35.0	13.1	5.4	23.5	1.3	✓	✓	✓	✓	✓	✓
D121	Puréed Really Cheesy Macaroni Cheese	380	2393	593	38.0	16.7	41.5	9.9	6.5	15.2	2.0	✓	✓	✓	✓	✓	✓
D122	Puréed Pear Dessert	150	444	105	0.0	0.0	25.5	18.0	-	0.0	0.0	✓	✓	✓	✓	✓	✓
D123	Puréed Peach Dessert	150	405	96	0.0	0.0	24.0	19.0	-	0.0	0.0	✓	✓	✓	✓	✓	✓
D124	Puréed Fruit Cocktail	150	446	105	0.0	0.0	25.5	20.0	-	0.0	0.0	✓	✓	✓	✓	✓	✓
D125	Puréed Chocolate Orange Sponge with Custard	150	1122	267	10.1	2.4	27.0	13.0	-	3.2	0.6	✓	✓	✓	✓	✓	✓
D126	Puréed Banoffee Pie	150	1230	293	10.8	2.7	34.5	21.0	-	23.8	0.7	✓	✓	✓	✓	✓	✓
D127	Puréed Sticky Toffee Pudding	150	1443	347	21.0	10.1	28.5	19.0	-	2.3	0.2	✓	✓	✓	✓	✓	✓
D128	Puréed Mint Chocolate Pudding	150	1106	263	9.6	3.3	34.5	15.0	-	3.3	0.1	✓	✓	✓	✓	✓	✓
D129	Puréed Fish & Chips	280	921	221	9.2	2.8	25.5	2.1	-	7.0	1.6	✓	✓	✓	✓	✓	✓
D130	Puréed Beans on Toast	160	949	227	15.4	3.8	16.0	2.6	-	3.5	0.9	✓	✓	✓	✓	✓	✓
D131	Puréed Potato and Onion Gratin	380	2056	528	37.2	16.3	29.3	5.5	-	14.8	1.7	✓	✓	✓	✓	✓	✓
D132	Puréed All Day Breakfast	380	2079	509	31.9	14.8	29.6	8.1	-	21.7	1.5	✓	✓	✓	✓	✓	✓
D133	Puréed Shepherd's Pie	380	2136	509	30.8	12.9	35.3	6.1	-	19.8	1.4	✓	✓	✓	✓	✓	✓
D134	Puréed Cottage Pie	380	2071	502	31.2	11.8	31.5	6.5	-	19.8	1.3	✓	✓	✓	✓	✓	✓
D135	Puréed Omelette in Cheese Sauce	380	2633	635	48.8	21.7	41.8	10.0	-	14.4	1.8	✓	✓	✓	✓	✓	✓
D136	Mini Puréed Scrambled Egg on Toast	160	1086	262	22.4	7.2	12.5	1.7	-	3.5	0.8	✓	✓	✓	✓	✓	✓
D137	Puréed Christmas Pudding	150	659	156	3.2	2.0	29.0	22.0	~	2.7	0.1	✓	✓	✓	✓	✓	✓
D138	Puréed Roast Turkey	380	1881	452	25.0	9.8	32.0	6.5	~	21.0	1.7	✓	✓	✓	✓	✓	✓
D139	Mini Puréed Roast Turkey	280	1271	305	15.0	5.3	23.0	4.8	~	18.0	1.4	✓	✓	✓	✓	✓	✓
D140	Puréed Seasonal Vegetable Casserole	380	2060	521	33.0	14.0	37.0	6.8	~	15.0	1.5	✓	✓	✓	✓	✓	✓
D141	Mini Puréed Seasonal Vegetable Casserole	280	1450	372	22.0	9.1	28.0	5.2	~	13.0	1.2	✓	✓	✓	✓	✓	✓