



Winter 2018 Products – *Low Calorie*

Code	Product
102	Roast Beef Dinner
103	Roast Pork Dinner
104	Roast Chicken Dinner
105	Roast Turkey Dinner
110	Sliced Brown Loaf
111	Soft Grain Sliced Loaf
112	Wholemeal Sliced Loaf
117	Summer Fruit Punch
138	Chicken Jalfrezi
139	Chicken and Stuffing Bake
144	Mini Beef & Kidney Stew
152	Liver & Sausages
156	Mini Chicken and Stuffing Casserole
157	Potato and Leek Soup
158	Onion Soup
162	Mini Chicken Tikka Jacket Potato
163	Mini Beef Chilli Jacket Potato
164	BBQ Pulled Pork Jacket Potato
186	Scotch Broth
187	Chorizo, Celery & Leek
188	Tomato & Basil
189	Minestrone
190	Mini Savoury Minced Mash
193	Mini Goat's Cheese & Sweet Potato Pasta
194	Mini Filled Potato Skin with Baked Beans & Cheese
195	Mini Cheese & Broccoli pasta
196	Mini Chicken Casserole & Dumpling
197	Mini Poachers Chicken
198	Mini Chicken & Vegetable Ragout
211	Cottage Pie Meal
213	Quiche Lorraine
218	Shepherd's Pie
220	Mini Beef Lasagne
227	Chicken & Vegetable Soup
237	Chicken Breast Platter
241	Cheese & Onion Quiche
247	Chunky Lamb & Redcurrant Pie
249	Roast Pork with Mustard Mash and Roasted Vegetables
254	Vegetable Lasagne
258	Mini Beef Stew with Bubble and Squeak
259	Mini Lamb, Redcurrant and Cranberry Hotpot
260	Mini Chicken and Mushroom Hotpot
261	Chicken and Mushroom Pie

272	Apple, Sultana & Cinnamon Waffle
273	Apple and Blackberry Waffle
276	Minced Beef & Mash
279	Mini Corned Beef and Parsley
280	Mini Tuna & Sweetcorn Pie
281	Mini Lamb in Cider
283	Mini Chicken, Pea & Parmesan Pasta
285	Beef & Vegetable Hotpot
290	Tuna and Bean Salad
292	Chicken Rice Salad
294	Ratatouille
299	Chicken Casserole with Herby Mash
305	Lancashire Hot Pot
309	Mini Faggot, Mash & Peas
310	Mini Fisherman's Pie
311	Mini Corned Beef Hash
312	Mini Chicken & Mixed Peppers in Creamy Sauce
313	Mini Minced Lamb Hotpot
314	Mini Cumberland Pie
318	Mini Gammon & Creamy Onion Sauce
322	Mini Filled Potato Skin with Gammon & Cheese Sauce
323	Mini Filled Potato Skin with Cottage Pie Sauce
334	Mini Beef & Barley Casserole
335	Mini Spaghetti & Meatballs
336	Mini Chicken Chasseur
338	Mini Chicken Tikka Masala
339	Mini Fruity Chicken Curry
341	Mini Haddock Smokie
342	Mini Salmon in Tomato Sauce
344	Shanghai Beef
395	Mashed Potato
397	Pork Platter
398	Lamb Platter
399	Beef Platter
400	Cheese and Spring Onion Mashed Potato
464	Breaded Haddock Fillet
466	Spaghetti Bolognese
495	Lamb and Beef Keema Pie
496	Aubergine Parmigiana
497	Mini Potato Topped Beef and Ale Pie
499	Cheese & Ham Omelettes
500	Cheese & Tomato Omelettes
501	Spanish Quiche
506	Pork Meatloaf
507	Pork & Bacon Meatloaf
514	Coldwater Prawns
525	Broccoli
529	Chicken with Mashed Potato
534	Breakfast Panini
537	Arctic Roll
551	Sausage Rolls

552	Dauphinoise Potatoes
556	Green Vegetables in a Wild Garlic & Herb Butter
557	Cauliflower & Broccoli Cheese
560	Baby Carrots
561	Petit Pois
563	Kipper Fillets
579	Mini Liver and Onions
580	Mini Liver and Cocktail Sausage with Mash
581	Mini Macaroni cheese and Pulled Ham
589	Luxury Brioche & Butter Pudding & Custard
593	Cod in Parsley
594	Salmon in Watercress
598	Mini Sausages with Red Onion Gravy
615	Apple Strudel
620	Rice Pudding
640	Jacket Potatoes
642	Summer Casserole
648	Beef in Chianti
663	Liver & Onions
692	Roast Lamb
712	Mini Chocolate Eclairs
752	Apricot & Ginger Brulée
769	Fruit Salad
817	Clotted Cream Vanilla Ice Cream
818	Chunky Ginger Ice Cream
819	Clotted Cream & Strawberry Ice Cream
821	Crunchy Toffee Ice Cream
822	Chocolate Fudge Ice Cream
823	Rum & Raisin Ice Cream
824	Honeycomb Ice Cream
826	Raspberry Sorbet
827	Vanilla Ice Cream
828	Strawberry Ripple Ice Cream
837	Roasted Vegetables & Goat's Cheese
848	Mini Tuna Pasta Bake
849	Mini Cod & Prawn Bake
850	Mini All Day Breakfast
851	Beef and Vegetable Hotpot
852	Ocean Pie
853	Sausage Casserole
854	Yorkshire Pudding with Cocktail Sausages
858	Mini Shepherd's Pie
876	Corned Beef Hotpot
879	Chicken in Mushroom Sauce
883	Breaded Scampi & Chips
893	Mini Liver & Bacon Hotpot
894	Mini Braised Beef, Tatties & Neeps
895	Mini Cottage Pie
896	Mini Beef & Black Bean Chow Mein
897	Carrot, Swede & Horseradish Mash
900	Turkey Platter
908	Venison Casserole with Horseradish Mash

922	Mini Roast Turkey Dinner
929	Mini Sausages & Mash
930	Mini Roast Beef Dinner
931	Mini Roast Lamb Dinner
932	Mini Roast Pork Dinner
933	Mini Roast Chicken Dinner
942	Mini Chilli con Carne & Rice
943	Mini Vegetable Lasagne
945	Mini Chicken with Mashed Potato
947	Mini Lamb in Mint Gravy
952	Gammon in Onion Sauce
959	Lemon Pepper Chicken
964	Pea & Pulled Ham
967	Mini Mexican Pulled Chicken
975	Apple, Sultana and Cinnamon Porridge
982	Mini Turkey, Cranberry and Barley Casserole.
988	Carrot and Coriander Soup
989	Broccoli & Stilton Soup
990	Creamy Mushroom Soup