

WILTSHIRE

EST. FARM 1991

FOODS

SPRING 2024

Say hello to
Spring



Dishes
from just
€3.70

INCLUDES
ESSENTIALS
Everyday
favourites
for less



NO CONTRACT
NO COMMITMENT

OVER 330
TASTY DISHES

EASY ORDERING
FREE DELIVERY

SPRING 2024

Step into *spring*



Welcome to your new season menu

With the worst of winter behind us, we look forward to some longer, lighter days – and **lots of delicious food!** It's wonderful to know that with Wiltshire Farm Foods dishes in your freezer, you can enjoy **a tasty and nutritious meal whenever you wish, with no effort at all!**

If you're a fan of our Mini Meal and Hearty menus, look out for some exciting new additions for spring. And **our Essentials menu is back for another season**, bringing you tasty, great quality meals from as little as **€3.70**.

Just like our **free, friendly delivery service** and **easy no-contract ordering**, it's all part of **our commitment to putting you first.**

With best wishes for spring,

Phil Rimmer
Head Chef



P.S. Don't forget delivery is FREE*



*Celebrating
spring*
Roast Lamb in
Mint Gravy
Page 28

ESSENTIALS MENU

Dishes from just

€3.70



13 dishes
to choose
from, see
page 41

Follow us on Facebook and Instagram



*Minimum order in some areas

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LOOK OUT FOR THESE SYMBOLS:



Nutritious & Delicious

These delicious dishes are low in fat, saturated fat, sugar and salt, plus under 400 calories each.



Vegetarian

Vegetarian meals with no meat/fish derivatives.



Vegan

Made without any animal products, including meat, fish, and their derivatives, and milk derivatives, eggs and animal fats. We do not use honey as an ingredient in any of our vegan dishes.



Gluten-free

All our meals labelled as gluten free meet the strict standards agreed by Coeliac UK.

Delivering

HAPPINESS FROM START TO FINISH



We're passionate about great food at Wiltshire Farm Foods – and you can taste it in every bite! But it's you that we care most about, which is why we're committed to good old-fashioned friendly service, every step of the way.

Dependable Value

With our perfectly portioned microwaveable meals complete with sides there's no wastage and no need to even run your oven! Delivery is free▲ and with our Essentials dishes from just €3.70, we help you save a little every day!

Good Old-Fashioned Service

We've always got time for you, from those friendly chats on the phone or on your doorstep to the helping hand putting your meals away.

Made With Love

Before we're happy with a dish, it's tested and tweaked by our dietitian and award-winning chefs until it's the best that it can be!

Ethical At Heart

As members of the Ethical Trade Initiative, sustainability is a priority for us. We source with care, and work tirelessly to reduce plastic usage.

Delicious Food, Quality Ingredients

Choose from over 330 delicious dishes, each meeting our demanding standards, with options to suit different diets and appetites.

Effortless Ordering

With no contract or commitment, you've the flexibility to order as and when you wish! Give us a call, shop online, or order through your driver.

Our Experience Shines

With experience spanning over 30 years, you're in safe hands - to which our prestigious awards and Trustpilot rating of 'Excellent' can attest.



**We'll replace any meal you're
not happy with - for free!**

Try any new dish without worry

Keep the film lid from the top of your meal (if you can), then give us a call and we'll sort the rest. (See page 106 for Terms and Conditions)

Ordering MADE EASY

1 Choose how you want to order

Give your friendly
local team a call



Go online -
it's simple and secure



Order direct with
your delivery driver



*“Excellent food, friendly
delivery drivers. Easy
to order online and
very helpful staff on the
telephone lines.”*

Mrs B
Wiltshire Farm Foods Customer

Always
here to
help



2 Select your delivery day

We will let you know what
delivery days are available
in your area and you can
pick one to suit you.



3 We deliver for FREE [▲]

Your friendly local driver will
deliver your food to your door.
We'll even put your food
in the freezer if you wish.

[▲] Minimum order in some areas



4 Heat, eat & enjoy!

Pop straight in the
microwave or oven from
frozen following the clear
instructions on the label.

Perfect PORTIONS FOR EVERY APPETITE

Mini

A light meal or
for a smaller
appetite
from page 71

Hearty

For a larger
appetite
from page 80

Main

Perfect for
every day
from page 11

UNDERSTAND YOUR FOOD

Our simple labelling and ingredient policy keeps everything clear.

TRAFFIC LIGHTS

Every meal inside displays the well-known 'traffic light' system.

High

Medium

Low

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2097 kJ 500 kcal	20g	5.6g	9.0g	1.5g
25%	29%	28%	10%	25%

% of an adult's reference intake

NO ADDED EXTRAS

Our meals are always free from:

Artificial flavours

Artificial colours

HVOs as ingredients

(Hydrogenated Vegetable Oils)

Artificial trans fatty acids

GMOs

(Genetically Modified Organisms)

ALLERGY OR INTOLERANCE?

Our 'Free From' menu on page 85 is free from the 14 major allergens.

For further information about allergens, please visit our website or ask your local team for our Information on Allergens and Special Diets.

Good **OLD-FASHIONED** SERVICE

In today's world of automated phone-lines and self-checkouts, you can depend on Wiltshire Farm Foods to do customer service the right way. A friendly voice on the phone, a lovely local driver you get to know, a helping hand to put your meals away - it's that little extra time, care and attention that can make all the difference.

We wouldn't have it any other way – and we know you wouldn't either.

It's all just part of the service

Your friendly local team is always happy to help and is waiting to take your call.

You'll get to know your delivery driver, who'll be there with your meals whenever you need them.

If you need assistance outside of your branch's hours, we have a 24/7 helpline.

Our online live chat is another easy way to ask a real person a question.



YOU'VE RATED US...

Excellent

What really matters to us is what you think, so we couldn't be happier that after over 30 years of experience and 45,000 customer reviews on Trustpilot, we're rated Excellent.

Rated EXCELLENT at time of writing, December 2023.



PLAYING OUR PART TO *protect* THE PLANET

You probably know about our commitment to our customers, but did you know that we're just as dedicated to caring for the world around us? We strive, wherever we can, to both source sustainably and reduce plastic usage.

SUSTAINABLE SOURCING

We source all our ingredients with care, building relationships with suppliers who share our values, and treating them fairly.



All our beef comes from British and Irish Farm Assured suppliers



100% of the fish we use is sustainably sourced
(as specified by the Marine Conservation Society)



All our peas and Bramley apples are 100% British

Acting now for our future

We've made a commitment to reduce our carbon footprint right down until we're completely 'net zero'. With one of the strongest commitments of any company in the UK, we aim to achieve this target by 2040. There's lots of work to be done, with projects across every part of the business, but the journey has begun and we're on our way!



Yorkshire Greens

Meet our eco-friendly supplier of brilliant British peas

Not only do Yorkshire Greens grow first-class veggies, the plant where they prep and pack is completely carbon neutral. They turn any food waste from the processing of their peas into biogas, which in turn powers all their onsite energy. Not content to stop there, they've got their sights set on producing a completely carbon neutral pea - from planting through to delivery.

And there's no greener pea than that!



Ian Keyes

"We share many positives with Wiltshire Farm Foods, in particular our shared drive towards sustainability and ethics. We all know the effects of carbon on climate change, and we have a responsibility as businesses to have a positive impact."

Ian Keyes, Yorkshire Greens



DON'T MISS OUR GREAT VALUE ESSENTIALS MENU

This **great value menu** has been specially created to help make your money go further, with tasty dishes from **as little as €3.70**

- ✓ Prices from €3.70 to €4.90
- ✓ Always Free Delivery
- ✓ Meals come complete with sides so no wastage
- ✓ Microwave from frozen - no need to power the oven
- ✓ All made with the same high quality ingredients as our standard dishes



Browse
the full
menu from
page 41



MEALS
STARTING
FROM
€3.70

New additions TO MINI AND HEARTY

Everyone is different - and that includes our appetites!
Now you can enjoy some much-loved dishes from our main menu
in your choice of a larger or smaller portion.

Mini Meals

NEW



1165 Chilli con Carne
Mini Meal



1164 Beef Curry & Rice
Mini Meal



1166 Tuna Pasta Bake
Mini Meal

*"We're delighted to bring you
more of your favourite dishes in
a portion size to suit you."*



Phil Rimmer
Head Chef

NEW

Hearty



7146 Hearty Chilli con Carne



7145 Hearty Beef Curry & Rice

“

The Roast Beef dinner was particularly nice - lovely, tender beef, crispy roast potatoes and vegetables exactly how I like them!

Mrs N
Wiltshire Farm Foods
Customer



Roast Beef &
Yorkshire Pudding
Page 12

Beef

From tasty pies and stews to roast beef, you can taste the quality of our British and Irish beef.

MAIN MEALS

**Beef Hotpot**

Chunks of beef cooked with mixed vegetables and topped with sauté potatoes. Served with carrots and green beans.

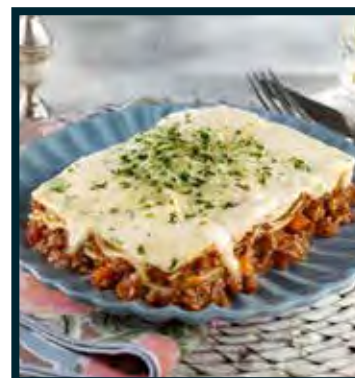
207**€5.70** 350g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1447 kJ 345 kcal 17%	13g 19%	5.2g 26%	9.0g 10%	1.4g 23%

% of an adult's reference intake



CHEF'S Favourites

Luxury Lasagne

Minced beef and smoked bacon cooked in a red wine, tomato and herb sauce, layered between pasta sheets. Topped with a white sauce and a sprinkling of cheese and parsley.

0684**€7.05** 405g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2642 kJ 631 kcal 32%	30g 43%	12g 60%	13g 14%	2.2g 37%

% of an adult's reference intake

**Savoury Minced Beef in a Yorkshire Pudding**

A giant Yorkshire pudding filled with savoury minced beef in gravy, fluffy mashed potato and peas.

5500**€7.20** 305g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1787 kJ 425 kcal 21%	13g 19%	2.8g 14%	5.9g 7%	1.5g 25%

% of an adult's reference intake

**Roast Beef & Yorkshire Pudding**

Tender steam roasted beef. Served with a Yorkshire pudding, roast potatoes, sprouts, carrots and gravy.

7536**€7.20** 420g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1487 kJ 353 kcal 18%	8.8g 13%	1.8g 9%	5.1g 6%	2.2g 37%

% of an adult's reference intake

MAIN MEALS



Chilli Con Carne

Minced beef simmered in a rich tomato, red kidney bean and chilli sauce. Served with vegetable rice.

8191 €5.90 350g GF

Each meal contains

Energy 1406 kJ 334 kcal 17%	Fat 8.8g 13%	Saturates 3.0g 15%	Sugars 4.7g 5%	Salt 1.6g 27%
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% of an adult's reference intake



CHEF'S Favourites

Beef Bourguignon

Slices of Silverside beef in a rich red wine sauce with silverskin onions, mushrooms and bacon lardons. Served with roast potatoes and cauliflower in a Cheddar cheese sauce.

4297 €8.10 400g GF

Each meal contains

Energy 1843 kJ 440 kcal 22%	Fat 18g 26%	Saturates 7.0g 35%	Sugars 8.5g 9%	Salt 2.3g 38%
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% of an adult's reference intake

Bit on the side

Delicately spiced with a sweet, fruity tang - the perfect partner for a warming stew.



Red Cabbage

Red cabbage and apple cooked with Ruby port and butter. Seasoned with nutmeg and cinnamon.

1148 €2.35 160g GF V

Each pot contains

Energy 731 kJ 174 kcal 9%	Fat 5.5g 8%	Saturates 3.5g 18%	Sugars 24g 27%	Salt 0.78g 13%
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% of an adult's reference intake



Beef & Dumpling Red Wine Stew

Chunks of beef with courgette, peppers and red onion in a red wine gravy. Served with mashed potato, green beans, broccoli and a dumpling.

7537 €6.60 400g

Each meal contains

Energy 1734 kJ 414 kcal 21%	Fat 19g 27%	Saturates 7.7g 39%	Sugars 5.3g 6%	Salt 1.9g 32%
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% of an adult's reference intake



CHEF'S Favourites

Luxury Cottage Pie

Minced beef and brisket in a red wine gravy topped with mashed potato and a ciabatta, Cheddar cheese and parsley crumb.

4281 €7.00 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1832 kJ 438 kcal 22%	21g 30%	6.5g 33%	6.6g 7%	2.5g 42%

% of an adult's reference intake

Love to treat yourself?

More **Luxury** dishes to try on pages 50-51

Bit on the side

Add a side of extra veggies to your meal - we make it effortless.



Vegetable Medley with Parsley Butter

A medley of carrots, courgettes and asparagus with parsley butter, sea salt and cracked black pepper.

1141 €2.15 110g GF V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
401 kJ 97 kcal 5%	7.9g 11%	5.1g 26%	2.7g 3%	0.09g 2%

% of an adult's reference intake



CHEF'S Favourites

Beef & Stilton Pie

Pieces of beef, root vegetables and blue Stilton in gravy. Topped with a puff pastry lid and served with mashed potato and red cabbage with apple and port.

7515 €8.05 450g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2886 kJ 691 kcal 35%	36g 51%	16g 80%	25g 28%	2.4g 40%

% of an adult's reference intake



Spaghetti Bolognese

Spaghetti with a rich minced beef and Bolognese sauce.

4275 €6.45 340g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1511 kJ 359 kcal 18%	11g 16%	3.4g 17%	7.1g 8%	1.6g 27%

% of an adult's reference intake

MAIN MEALS



Beef Curry with Rice

Aromatic beef curry cooked with spices, creamed coconut, sultanas, mango chutney and yoghurt. Served with seasoned rice.

4271 €7.65 415g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2758 kJ 658 kcal 33%	29g 41%	12g 60%	11g 12%	1.6g 27%

% of an adult's reference intake



Cottage Pie

Classic cottage pie made from minced beef and mashed potato. Served with peas and carrots.

208 €5.25 380g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1307 kJ 312 kcal 16%	11g 16%	3.2g 16%	5.6g 6%	1.4g 23%

% of an adult's reference intake



Steak & Mushroom Casserole

Tender chunks of steak with mushrooms and mixed vegetables. Served with mashed potato, broccoli and mashed carrot.

214 €6.05 360g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1353 kJ 324 kcal 16%	16g 23%	4.4g 22%	6.5g 7%	0.92g 15%

% of an adult's reference intake



Beef with Mashed Potato

Silverside beef in gravy with a Yorkshire pudding. Served with smooth mashed potato, green beans and peas.

7251 €6.15 370g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1385 kJ 330 kcal 17%	12g 17%	2.5g 13%	4.3g 5%	1.8g 30%

% of an adult's reference intake

MAIN MEALS



Savoury Minced Beef

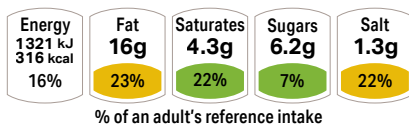
A British classic of savoury minced beef and mashed potato. Served with carrots.

209

€5.15 350g

GF

Each meal contains



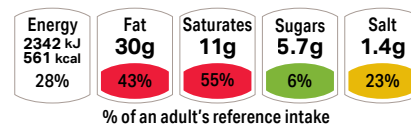
Steak & Kidney Pie

Beef steak, pork kidney, shortcrust pastry and gravy make for a classic. Served with mashed potato, carrots and peas.

211

€5.60 370g

Each meal contains



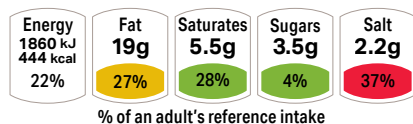
Cumberland Pie

Minced beef cooked in rich gravy, topped with a mashed potato and cheese crumb.

507

€6.25 400g

Each meal contains



Love
Pies?

Try our **Somerset
Chicken Pie** on
page 18

Bit on the side

The most delicious way to eat your veg!
Enjoy as a side or on its own.



Cauliflower & Broccoli Cheese

Florets of cauliflower and broccoli with a tasty Cheddar cheese sauce.

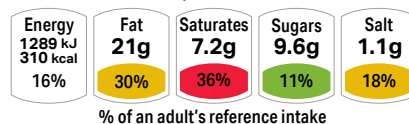
664

€3.25 250g

GF

V

Each pack contains



A top-down view of a meal on a light blue plate. The plate contains a portion of Chicken & Mushroom Puff Pastry Pie, a serving of green beans and sliced carrots, and a mound of mashed potatoes. A white oval dish containing a chicken and mushroom sauce is also on the plate. A fork and knife are placed to the right of the plate. In the background, there are fresh vegetables like carrots, mushrooms, and green onions on a wooden cutting board.

Chicken &
Mushroom Puff
Pastry Pie
Page 19

“

**The Chicken and
Mushroom Puff Pastry
Pie is very tasty.**

Mrs N
Wiltshire Farm Foods
Customer

Chicken & Turkey

*Curries, casseroles, classic roasts and more –
find all your favourites, each created with care.*

MAIN MEALS



Roast Chicken Breast with Stuffing

Steam roasted chicken breast with stuffing. Served with roast potatoes, gravy, carrots and sprouts.

549 €6.85 390g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1317 kJ 313 kcal 16%	7.6g 11%	1.3g 7%	5.4g 6%	1.4g 23%

% of an adult's reference intake



Somerset Chicken Pie

Chicken and mushrooms in a cheesy mustard, apple and cider sauce topped with mashed potato. Served with savoy cabbage and carrots.

4237 €6.75 440g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1543 kJ 369 kcal 18%	15g 21%	5.3g 27%	9.6g 11%	1.6g 27%

% of an adult's reference intake



Chicken Lasagne

Pieces of chicken in a rich herby tomato sauce layered between lasagne sheets, with a creamy cheese sauce topped with a Regato crumb.

4284 €7.40 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2488 kJ 593 kcal 30%	25g 36%	8.9g 45%	14g 16%	1.9g 32%

% of an adult's reference intake

Love Pasta?

Take a look at our **Italian & Mediterranean** menu on page 61-63

Bit on the side

Add a side of extra veggies to your meal - we make it effortless.



Vegetable Medley with Parsley Butter

A medley of carrots, courgettes and asparagus with parsley butter, sea salt and cracked black pepper.

1141 €2.15 110g

GF

V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
401 kJ 97 kcal 5%	7.9g 11%	5.1g 26%	2.7g 3%	0.09g 2%

% of an adult's reference intake

MAIN MEALS



Honey Mustard Chicken

Chicken breast in a honey and mustard sauce. Served with mashed potato, peas, carrots, sweetcorn and green beans.

8154

€5.85 395g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1601 kJ 382 kcal 19%	16g 23%	5.1g 26%	9.5g 11%	1.8g 30%

% of an adult's reference intake



Chicken Breast in Cheese & Bacon Sauce

Chicken breast in a cheese and bacon sauce. Served with diced potatoes and peas.

8139

€7.75 375g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1859 kJ 443 kcal 22%	16g 23%	6.7g 34%	5.7g 6%	1.4g 23%

% of an adult's reference intake



Chicken & Mushroom Puff Pastry Pie

Chicken in a chestnut mushroom sauce topped with puff pastry. Served with mashed potato, carrots and green beans.

7260

€5.75 428g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2045 kJ 489 kcal 24%	25g 36%	8.1g 41%	5.9g 7%	1.6g 27%

% of an adult's reference intake



Chicken & Vegetable Casserole

A delicious chicken and mixed vegetable casserole. Served with mashed potato, carrots and green beans.

8138

€4.85 410g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1250 kJ 299 kcal 15%	13g 19%	2.5g 13%	8.4g 9%	1.4g 23%

% of an adult's reference intake

MAIN MEALS

**Chicken in Gravy**

Tasty chicken pieces in gravy. Served with mashed potato, green beans, peas, carrots and sweetcorn.

256	€5.55	355g	GF
Each meal contains			
Energy 1276 kJ 304 kcal 15%	Fat 13g 19%	Saturates 2.3g 12%	Sugars 3.6g 4%
			Salt 1.5g 25%
% of an adult's reference intake			

**Chicken Curry with Rice**

Tender pieces of chicken in a mildly spiced curry sauce. Served with yellow long grain rice.

8156	€5.20	360g	GF
Each meal contains			
Energy 1609 kJ 381 kcal 19%	Fat 7.3g 10%	Saturates 1.6g 8%	Sugars 8.8g 10%
			Salt 1.1g 18%
% of an adult's reference intake			

**Turkey with Stuffing**

Turkey* with sage and onion stuffing in gravy. Served with roast potatoes, savoy cabbage, mashed carrots & swede.

4242	€7.05	395g	
Each meal contains			
Energy 1301 kJ 309 kcal 15%	Fat 7.5g 11%	Saturates 1.3g 7%	Sugars 6.6g 7%
			Salt 1.8g 30%
% of an adult's reference intake			

**Chicken & Dumpling Somerset Cider Casserole**

Tender pieces of chicken with carrots, leeks and swede in a creamy herb gravy made with Somerset cider. Served with a dumpling, mashed potato and carrots tumbled with parsley.

7545	€8.45	430g	
Each meal contains			
Energy 1857 kJ 444 kcal 22%	Fat 23g 33%	Saturates 8.2g 41%	Sugars 8.9g 10%
			Salt 1.9g 32%
% of an adult's reference intake			

CHEF'S Favourites

* Please refer to page 106



Chicken & Vegetable Pie

Tender chicken and vegetables in sauce, topped with shortcrust pastry. Served with mashed potato, cauliflower, carrots and green beans.

252 €5.05 440g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1943 kJ 465 kcal 23%	21g 30%	7.6g 38%	6.7g 7%	1.7g 28%

% of an adult's reference intake



Honey Mustard Chicken & Summer Vegetables

Pieces of chicken breast in a honey, mustard and ginger dressing with red onion, diced potatoes, green beans, carrots and asparagus.

4231 €6.85 285g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1487 kJ 353 kcal 18%	7.5g 11%	1.2g 6%	37g 41%	2.0g 33%

% of an adult's reference intake



Hunter's Chicken

Juicy pieces of chicken* with bacon, smothered in a tangy barbeque sauce and topped with mozzarella. Served with diced potatoes and green beans.

4286 €7.10 370g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1433 kJ 341 kcal 17%	13g 19%	3.3g 17%	9.7g 11%	1.5g 25%

% of an adult's reference intake



CHEF'S Favourites

Roast Chicken with Lemon & Herb Stuffing

Steam roasted chicken breast with pork, lemon & herb stuffing in gravy. Served with sauté potatoes in dauphinoise sauce, carrots & Romano beans.

759 €8.45 420g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1625 kJ 387 kcal 19%	14g 20%	5.6g 28%	7.1g 8%	1.6g 27%

% of an adult's reference intake

MAIN MEALS

**Chicken Breast**

Steam roasted chicken breast in a rich gravy. Served with parsley boiled potatoes, carrots and peas.

257**€6.00** 365g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1189 kJ 282 kcal 14%	6.6g 9%	1.0g 5%	4.8g 5%	1.1g 18%

% of an adult's reference intake

Nutritious
& DeliciousCHEF'S
Favourites**Chicken Breast in White Wine & Mushroom Sauce**

Chicken breast in a creamy mushroom and white wine sauce. Served with skin on parsley potatoes, carrots and Romano beans.

625**€7.40** 450g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1301 kJ 309 kcal 15%	7.9g 11%	2.8g 14%	7.7g 9%	1.1g 18%

% of an adult's reference intake

**Sweet & Sour Chicken**

Tender chicken pieces in sweet and sour sauce with pineapple and peppers. Served with rice, peas and peppers.

8194**€5.35** 415g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1792 kJ 424 kcal 21%	6.6g 9%	1.2g 6%	27g 30%	1.3g 22%

% of an adult's reference intake

**Chicken Hotpot**

A filling hotpot with pieces of chicken, mushroom, swede, carrot and parsnip, topped with sauté potatoes. Served with carrots and Romano beans.

4207**€6.10** 400g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1281 kJ 305 kcal 15%	9.1g 13%	3.1g 16%	9.8g 11%	1.2g 20%

% of an adult's reference intake

“

I ordered the
Gammon which was
wonderful, full of
flavour and I really
enjoyed it.

Mrs A
Wiltshire Farm Foods
Customer

Gammon with
Pineapple
Page 24

Pork

*Flavoursome gammon, satisfying sausages and more,
served in tasty sauces.*



Wiltshire Ham

Slices of Wiltshire cured ham in port sauce with orange and cranberry. Served with roast potatoes, red cabbage with apple & port and Brussels sprouts.

4263 €7.40 340g

GF

Each meal contains				
Energy	Fat	Saturates	Sugars	Salt
1492 kJ 354 kcal	8.5g	2.4g	24g	1.8g
18%	12%	12%	27%	30%
% of an adult's reference intake				



Faggots in Gravy with Mash & Peas

Three classic seasoned pork faggots in a tasty rich onion gravy. Served with mashed potato and peas.

7335 €6.05 445g

Each meal contains				
Energy	Fat	Saturates	Sugars	Salt
1870 kJ 447 kcal	19g	4.7g	3.9g	2.8g
22%	27%	24%	4%	47%
% of an adult's reference intake				



Gammon with Pineapple

Sliced gammon in a sweet sauce. Served with diced potatoes, a pineapple ring and peas.

520 €8.30 380g

GF

Each meal contains				
Energy	Fat	Saturates	Sugars	Salt
1571 kJ 374 kcal	11g	2.5g	11g	1.8g
19%	16%	13%	12%	30%
% of an adult's reference intake				



Sausages in Rich Onion Gravy

Two sausages in onion gravy with Cheddar cheese mashed potato. Served with red cabbage with apple & port and carrots.

4117 €7.25 370g

Each meal contains				
Energy	Fat	Saturates	Sugars	Salt
1995 kJ 478 kcal	25g	11g	15g	3.0g
24%	36%	55%	17%	50%
% of an adult's reference intake				

Nutritious
& Delicious



Roast Pork in Apple and Cider Gravy

Sliced pork* in a delicious apple gravy made with Somerset cider. Served with roast potatoes, broccoli and carrots.

7531 €7.85 380g

GF

Each meal contains				
Energy	Fat	Saturates	Sugars	Salt
1225 kJ 291 kcal	6.7g	1.7g	8.3g	1.1g
15%	10%	9%	9%	18%
% of an adult's reference intake				

* Please refer to page 106

www.wiltshirefarmfoods.ie

MAIN MEALS

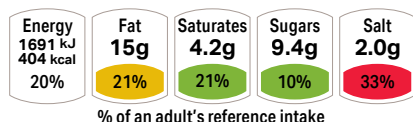


Sausage, Chips & Beans

Two tasty pork sausages in a rich onion gravy. Served with chips and baked beans.

8150 €5.95 335g

Each meal contains

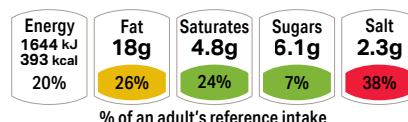


Cumberland Sausages

Two Cumberland sausages in a tasty gravy. Served with mashed potato, carrots and peas.

322 €6.10 384g

Each meal contains



Bit on the side

Delicately spiced with a sweet, fruity tang - the perfect partner for any warming dish.

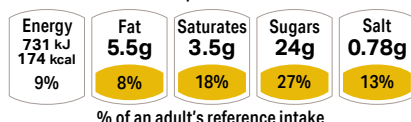


Red Cabbage

Red cabbage and apple cooked with Ruby port and butter. Seasoned with nutmeg and cinnamon.

1148 €2.35 160g GF V

Each pot contains

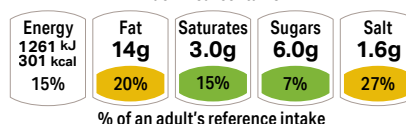


Pork Loin & Stuffing

Tender sliced pork loin in gravy with sage stuffing. Served with mashed potato, savoy cabbage and carrots.

225 €7.85 350g

Each meal contains



Love Stuffing?

Try our
**Roast Chicken
Breast with Stuffing**
on page 18

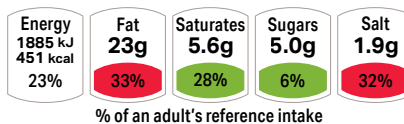
MAIN MEALS

**Bangers & Mash**

Delicious pork sausages in a rich gravy. Served with peas and smooth mashed potato.

235 €5.70 380g

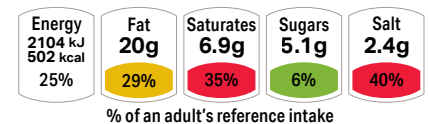
Each meal contains

**Mixed Grill**

The perfect combination of pork sausage, gammon, black pudding, mushrooms and tomatoes. Served with chips and peas.

7519 €8.50 400g

Each meal contains

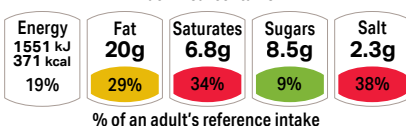
**Bacon Loin in Parsley Sauce**

Slices of bacon loin in a creamy parsley sauce. Served with mashed potato, savoy cabbage and mashed swede.

4108 €8.55 400g

GF

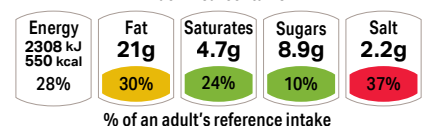
Each meal contains

**Sausages & Mash in a Yorkshire Pudding**

A giant Yorkshire pudding filled with two delicious pork sausages in a rich onion gravy with mashed potato and peas.

5502 €7.40 360g

Each meal contains



Lancashire
Hotpot
Page 29

Liver &
Bacon
Casserole
Page 28

“

The Lancashire
Hotpot was amazing.
I thoroughly recommend
Wiltshire Farm Foods.
They are quick and easy.

Mrs B

Wiltshire Farm Foods
Customer

Roast Lamb
in Mint Gravy
Page 28

Lamb

*Savour the flavour of our British, Irish and New Zealand lamb
in these much-loved classics.*



Roast Lamb in Mint Gravy

Succulent roast lamb in mint gravy. Served with roast potatoes, mashed carrot & swede and green beans.

533

€7.95

350g

GF

Each meal contains

Energy

1267 kJ
302 kcal

15%

Fat

10g

14%

Saturates

3.4g

17%

Sugars

4.4g

5%

Salt

1.2g

20%

% of an adult's reference intake



CHEF'S Favourites

Lamb in Honey & Mint Sauce

Slow cooked lamb in a honey & mint sauce. Served with mashed potato topped with a lemon and parsley ciabatta crumb, carrots, Romano beans and green beans.

7548	€7.85	385g	
Each meal contains			
Energy 1271 kJ 303 kcal 15%	Fat 9.4g 13%	Saturates 2.1g 11%	Sugars 13g 14%
% of an adult's reference intake			
			Salt 1.8g 30%



Minted Lamb Pie

Diced lamb shoulder in a mint gravy topped with shortcrust pastry. Served with mashed potato, carrots and green beans.

4264 €6.50 390g

Each meal contains				
Energy 2188 kJ 524 kcal 26%	Fat 29g 41%	Saturates 12g 60%	Sugars 6.0g 7%	Salt 1.2g 20%
% of an adult's reference intake				



Liver & Bacon Casserole

Lambs' liver with onion and dry cured smoked bacon. Served with mashed potato, green beans and carrots.

324 €5.05 365g

Each meal contains				
Energy 1321 kJ 316 kcal 16%	Fat 15g 21%	Saturates 3.9g 20%	Sugars 6.1g 7%	Salt 1.3g 22%
% of an adult's reference intake				

MAIN MEALS



Lamb, Vegetable & Butter Bean Stew

Tender lamb shoulder with butter beans, oak smoked bacon and carrots. Served with skin on boiled thyme potatoes and green beans.

7529

€7.50 350g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1276 kJ 305 kcal 15%	13g 19%	5.6g 28%	4.6g 5%	1.0g 17%

% of an adult's reference intake



Shepherd's Pie

Delicious minced mutton in gravy, topped with a layer of mashed potato. Served with carrots and peas.

245

€5.20 380g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1427 kJ 342 kcal 17%	16g 23%	5.5g 28%	6.0g 7%	1.7g 28%

% of an adult's reference intake



Lambs' Liver & Bacon in Onion Gravy

Lambs' liver and bacon in onion gravy, served with mashed potato, carrots and red cabbage with apple.

4260

€7.00 405g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1513 kJ 361 kcal 18%	15g 21%	5.1g 26%	13g 14%	2.1g 35%

% of an adult's reference intake



Lancashire Hotpot

Lamb casserole topped with sauté potatoes. Served with carrots, cauliflower and green beans.

240

€5.95 410g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1687 kJ 403 kcal 20%	18g 26%	9.2g 46%	8.8g 10%	1.8g 30%

% of an adult's reference intake

MAIN MEALS



Lamb & Vegetable Casserole

Delicious lamb shoulder with mixed root vegetables. Served with mashed carrot, green beans and boiled potatoes.

8148 €5.50 350g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1380 kJ 330 kcal 17%	15g 21%	6.6g 33%	6.6g 7%	1.4g 23%

% of an adult's reference intake



Lamb in Gravy

Tender lamb* slices in rich gravy. Served with roast potatoes, peas and carrots.

237 €6.50 350g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1264 kJ 301 kcal 15%	8.0g 11%	3.3g 17%	4.6g 5%	1.1g 18%

% of an adult's reference intake



Irish Stew

Lamb stew with pearl barley, carrots, leeks and potatoes. Served with mashed root vegetables, savoy cabbage and mashed potato.

241 €5.95 360g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1320 kJ 315 kcal 16%	14g 20%	5.9g 30%	7.1g 8%	1.3g 22%

% of an adult's reference intake



CHEF'S Favourites

Luxury Shepherd's Pie

Minced lamb and vegetables in a red wine gravy topped with sweet potato & carrot mash with a ciabatta, Cheddar cheese and parsley crumb.

4235 €7.80 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2047 kJ 489 kcal 24%	24g 34%	9.3g 47%	10g 11%	2.0g 33%

% of an adult's reference intake

Love to treat yourself?

More Luxury dishes to try on pages 50-51

Bit on the side

Delicately spiced with a sweet, fruity tang - the perfect partner for any warming dish.



Red Cabbage

Red cabbage and apple cooked with Ruby port and butter. Seasoned with nutmeg and cinnamon.

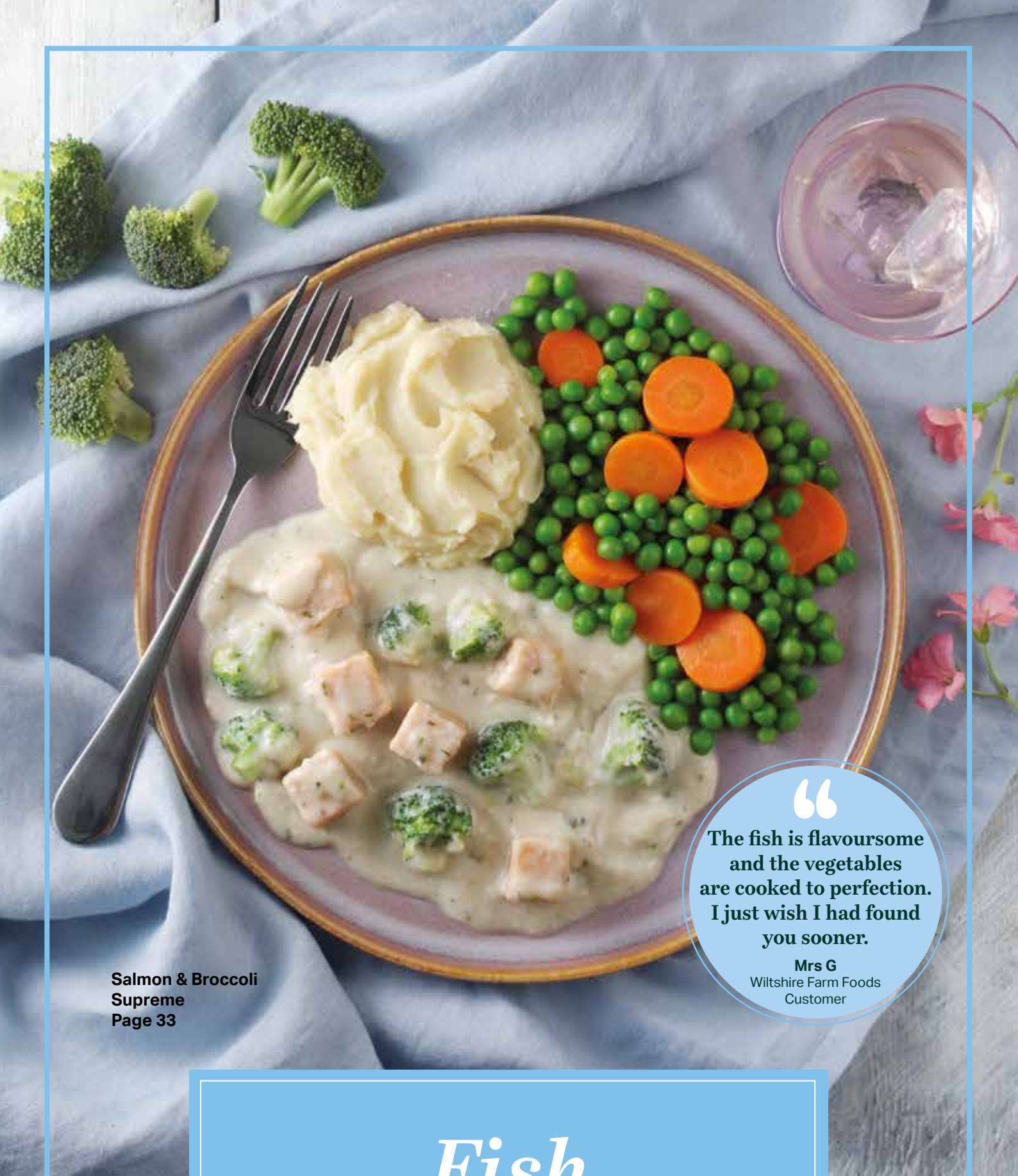
1148 €2.35 160g



Each pot contains

Energy	Fat	Saturates	Sugars	Salt
731 kJ 174 kcal 9%	5.5g 8%	3.5g 18%	24g 27%	0.78g 13%

% of an adult's reference intake



**Salmon & Broccoli
Supreme
Page 33**

“

The fish is flavoursome
and the vegetables
are cooked to perfection.
I just wish I had found
you sooner.

Mrs G
Wiltshire Farm Foods
Customer

Fish

All the fish we use in our Wiltshire kitchen is sustainable, as specified by the Marine Conservation Society, also 100% of the wild fish we source comes from Marine Stewardship Council (MSC) certified fisheries.



Spaghetti with King Prawns in a Creamy Lemon Sauce

Succulent king prawns and courgettes in a creamy garlic and lemon sauce. Served on a bed of spaghetti.

4290 €7.05 380g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1660 kJ 395 kcal 20%	13g 19%	5.2g 26%	6.9g 8%	0.94g 16%

% of an adult's reference intake



Salmon, Dill & Asparagus Pearl Barley Risotto

A creamy salmon and dill pearl barley risotto with peas, asparagus tips, white wine and Regato cheese.

4252 €6.00 300g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1563 kJ 374 kcal 19%	19g 27%	5.0g 25%	2.3g 3%	1.6g 27%

% of an adult's reference intake



CHEF'S Favourites

Fish & Chips (Oven Cook Only)

Delicious battered white fish* served with chunky chips.

7503 €6.25 300g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2120 kJ 505 kcal 25%	19g 27%	2.1g 11%	1.5g 2%	1.4g 23%

% of an adult's reference intake



Scampi & Chips

Golden breaded whole-tail scampi served with chips and peas.

531 €7.75 275g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1625 kJ 388 kcal 19%	14g 20%	1.2g 6%	3.1g 3%	1.2g 20%

% of an adult's reference intake

* Please refer to page 106

www.wiltshirefarmfoods.ie



Salmon & Broccoli Supreme

Tender chunks of salmon with broccoli florets in a tasty sauce. Served with mashed potato, carrots and peas.

318

€5.35 370g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1425 kJ 341 kcal 17%	16g 23%	3.9g 20%	7.1g 8%	0.96g 16%

% of an adult's reference intake



CHEF'S Favourites

Smoked Haddock & Spinach Gratin

Layers of smoked haddock pieces and creamy spinach in a cheese sauce topped with a parsley & lemon crumb. Served with skin on potatoes, green beans and peas.

7549

€7.60 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1441 kJ 343 kcal 17%	11g 16%	5.0g 25%	7.0g 8%	2.0g 33%

% of an adult's reference intake

Bit on the side

The most delicious way to eat your veg!
Enjoy as a side or on its own.



Cauliflower & Broccoli Cheese

Florets of cauliflower and broccoli with a tasty Cheddar cheese sauce.

664

€3.25 250g



Each pack contains

Energy	Fat	Saturates	Sugars	Salt
1289 kJ 310 kcal 16%	21g 30%	7.2g 36%	9.6g 11%	1.1g 18%

% of an adult's reference intake



Fisherman's Pie

Smoked haddock, white fish and peas in a creamy dill sauce, finished with a fluffy mashed potato topping. Served with carrots and peas.

4223

€5.70 445g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1620 kJ 386 kcal 19%	14g 20%	3.5g 18%	9.4g 10%	1.4g 23%

% of an adult's reference intake



Fishcake with Mushy Peas

A smoked haddock, pollock, spring onion and Cheddar cheese fishcake. Served with parsley fried potatoes and mushy peas.

7530 €6.05 305g

Each meal contains				
Energy 1676 kJ 400 kcal 20%	Fat 15g 21%	Saturates 2.5g 13%	Sugars 3.5g 4%	Salt 0.98g 16%
% of an adult's reference intake				



Salmon Crumble

Salmon pieces in a cheesy sauce, topped with a breaded cheese crumble. Served with mashed potato and minted vegetables.

552 €6.20 360g

Each meal contains				
Energy 2121 kJ 508 kcal 25%	Fat 28g 40%	Saturates 8.1g 41%	Sugars 5.2g 6%	Salt 1.4g 23%
% of an adult's reference intake				



CHEF'S Favourites

Cod Fillet with Mornay Sauce

Fillet of cod cooked with a tasty cheese sauce. Served with parsley boiled potatoes, green beans, peas and Romano green beans.

568 €8.30 400g

GF

Each meal contains				
Energy 1394 kJ 332 kcal 17%	Fat 11g 16%	Saturates 5.3g 27%	Sugars 5.6g 6%	Salt 1.2g 20%
% of an adult's reference intake				



Fish in Parsley Sauce

A delicious piece of white fish in parsley sauce. Served with mashed potato, green beans and carrots.

314 €5.40 380g

GF

Each meal contains				
Energy 1287 kJ 308 kcal 15%	Fat 15g 21%	Saturates 7.2g 36%	Sugars 5.9g 7%	Salt 1.3g 22%
% of an adult's reference intake				

Bit on the side

Add a side of extra veggies to your meal - we make it effortless.



Vegetable Medley with Parsley Butter

A medley of carrots, courgettes and asparagus with parsley butter, sea salt and cracked black pepper.

1141 €2.15 110g GF V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
401 kJ 97 kcal 5%	7.9g 11%	5.1g 26%	2.7g 3%	0.09g 2%

% of an adult's reference intake



Tuna Pasta Bake

Pasta with tuna baked in a rich tomato & basil sauce. Topped with a creamy white sauce and a sprinkling of Cheddar cheese.

4289 €6.45 320g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1801 kJ 429 kcal 21%	17g 24%	5.6g 28%	9.2g 10%	1.2g 20%

% of an adult's reference intake

Love Pasta?

Try our
Luxury Lasagne
on page 51

Nutritious
& Delicious



CHEF'S Favourites

Salmon Fillet in Mint Butter Sauce

Wild salmon fillet with mint butter sauce. Served with boiled potatoes, carrots and peas.

7754 €8.70 480g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1554 kJ 370 kcal 19%	11g 16%	4.4g 22%	8.0g 9%	1.2g 20%

% of an adult's reference intake



Breaded Fish & Chips

Breaded white fish served with golden chips and peas.

304 €5.05 305g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1674 kJ 398 kcal 20%	12g 17%	1.2g 6%	2.8g 3%	0.55g 9%

% of an adult's reference intake

“

Good choice of
vegetarian food.
Very tasty and great
service too.

Mrs P
Wiltshire Farm Foods
Customer

Root Vegetable
Spaghetti Bolognese
Page 39

Macaroni Cheese
Page 38

Broccoli, Cauliflower
& Stilton Hotpot
Page 38

Vegetarian

*Featuring satisfying flavours and filling ingredients,
these tasty dishes deserve a place on everyone's table.*

MAIN MEALS



Ricotta & Spinach Tortelloni

Spinach and ricotta tortelloni with a rich tomato ratatouille sauce, topped with mozzarella.

4269 €6.35 320g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1487 kJ 355 kcal 18%	15g 21%	4.5g 23%	12g 13%	1.6g 27%

% of an adult's reference intake



Vegetable Curry

A mix of onions, carrot tips, green beans and cauliflower in a tomato and coconut sauce. Served with yellow basmati rice.

7272 €5.40 430g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1848 kJ 441 kcal 22%	19g 27%	5.7g 29%	11g 12%	1.5g 25%

% of an adult's reference intake



Mushroom Stroganoff

Sliced Chestnut mushrooms in a creamy smoked paprika and brandy sauce. Served with pea and parsley rice.

7535 €6.15 420g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1782 kJ 425 kcal 21%	15g 21%	3.5g 18%	3.9g 4%	1.5g 25%

% of an adult's reference intake



Nutritious & Delicious

Vegetarian Cottage Pie

Quorn mince in tomato and onion sauce with ruby port, topped with mashed potato. Served with peas and carrots.

694 €6.45 450g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1361 kJ 324 kcal 16%	5.6g 8%	0.7g 4%	12g 13%	1.2g 20%

% of an adult's reference intake

MAIN MEALS



CHEF'S Favourites

Vegetable & Red Wine Casserole with Dumpling

A delicious medley of butter beans, lentils, carrots, sweet potato, apple, parsnip and swede in a rich red wine and herb gravy. Served with a dumpling, mashed potato, peas and red cabbage with apple & port.

7544 €6.60 455g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2013 kJ 480 kcal	16g	6.1g	15g	1.8g
24%	23%	31%	17%	30%

% of an adult's reference intake



Broccoli, Cauliflower & Stilton Hotpot

Broccoli and cauliflower in a rich and creamy Stilton sauce, topped with sauté potatoes and a parsley crumb. Served with braised red cabbage.

7552 €6.15 440g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2407 kJ 576 kcal	27g	13g	30g	1.8g
29%	39%	65%	33%	30%

% of an adult's reference intake



Garden Vegetable Gratin

Peas, lentils, pearl barley, leeks, mushrooms, carrots and spinach in a herby sauce topped with cheesy diced potatoes and edamame beans.

4253 €5.80 375g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2488 kJ 595 kcal	30g	13g	8.9g	2.0g
30%	43%	65%	10%	33%

% of an adult's reference intake



Macaroni Cheese

Macaroni in a creamy sauce made with Cheddar cheese and topped with a Regato crumb. Served with green beans and carrots.

4222 €5.35 370g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2127 kJ 508 kcal	25g	13g	10g	1.8g
25%	36%	65%	11%	30%

% of an adult's reference intake



CHEF'S
Favourites

Mushroom, Leek & Cheddar Bake

A tasty and creamy bake topped with sauté potatoes. Served with braised red cabbage with apple & port and broccoli.

364

€5.75 425g

GF

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2119 kJ 507 kcal 25%	27g 39%	15g 75%	16g 18%	2.0g 33%

% of an adult's reference intake



Root Vegetable Spaghetti Bolognese

Spaghetti topped with a classic Bolognese sauce made with lentils, swede, carrots, onion, celeriac and celery.

4255

€6.15 330g

VEGAN

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1370 kJ 324 kcal 16%	5.7g 8%	0.8g 4%	6.6g 7%	0.96g 16%

% of an adult's reference intake



Nutritious
& Delicious

Provençale Vegetable Bake

Courgette, haricot beans and peppers in tomato sauce topped with sauté potatoes. Served with green beans, peas and broccoli.

8196

€5.10 435g

GF

VEGAN

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1414 kJ 336 kcal 17%	8.7g 12%	2.7g 14%	11g 12%	1.2g 20%

% of an adult's reference intake



Omelette, Chips & Beans

A deliciously fluffy omelette, served with chips and baked beans.

343

€5.20 370g

GF

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1909 kJ 456 kcal 23%	21g 30%	3.9g 20%	8.7g 10%	1.4g 23%

% of an adult's reference intake

MAIN MEALS



Cauliflower Cheese & Broccoli Bake

Tender pieces of cauliflower and broccoli in a delicious cheesy sauce. Served with parsley boiled potatoes.

588

€6.40 420g

GF

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1968 kJ 472 kcal 24%	26g 37%	13g 65%	8.6g 10%	1.6g 27%

% of an adult's reference intake



Cheese & Mushroom Omelette

A fluffy omelette filled with mushrooms and mature Cheddar cheese. Served with fried, diced potatoes and peas.

7339

€6.45 350g

GF

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1960 kJ 468 kcal 23%	21g 30%	5.4g 27%	4.8g 5%	0.89g 15%

% of an adult's reference intake



Vegetable Lasagne

Colourful vegetables and tomato sauce layered between pasta, covered with cheese sauce and sprinkled with Cheddar cheese. Served with carrots and green beans.

609

€5.95 465g

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2021 kJ 482 kcal 24%	20g 29%	6.0g 30%	17g 19%	1.7g 28%

% of an adult's reference intake



Cheese, Onion, Leek & Potato Bake

Diced potatoes, leeks and onions in cheese sauce. Served with green beans and mashed root vegetables.

554

€5.25 400g

GF

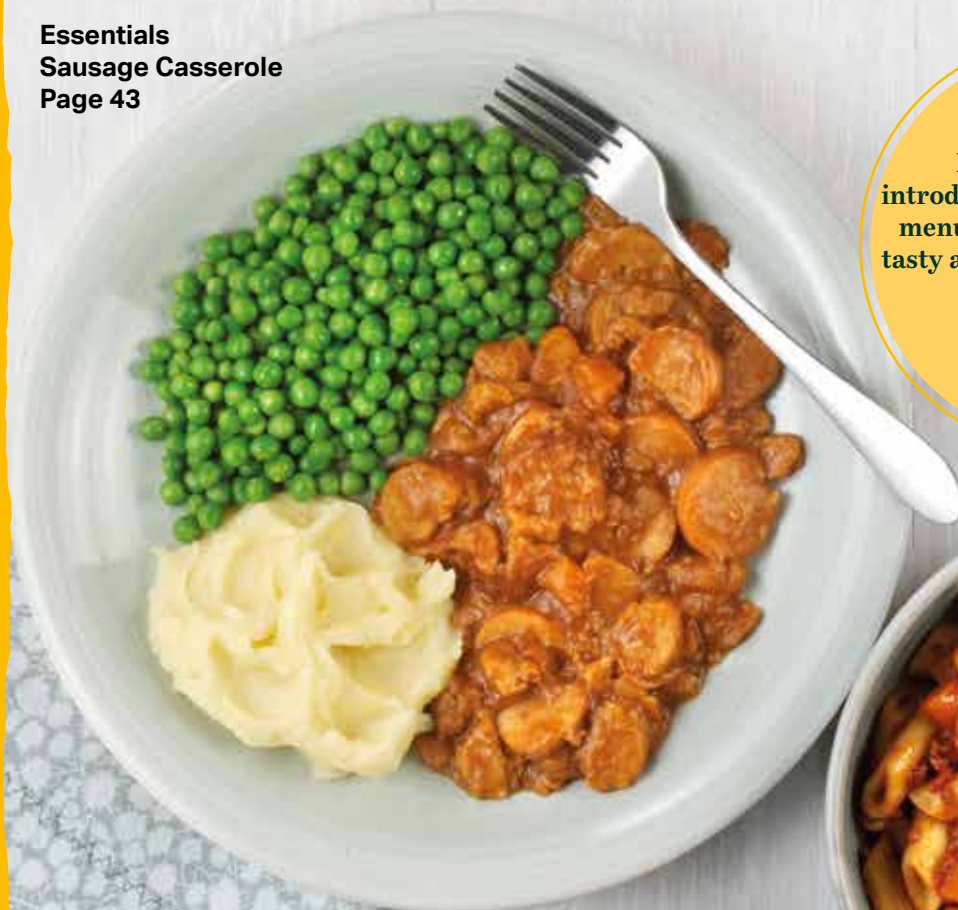
V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1679 kJ 402 kcal 20%	20g 29%	8.3g 42%	10g 11%	1.2g 20%

% of an adult's reference intake

Essentials
Sausage Casserole
Page 43



“

Pleased to see the introduction of the Essentials menu. They are a good and tasty addition. And the prices are attractive!

Mr H
Wiltshire Farm Foods
Customer

Essentials
Pasta Bolognese
Page 44



Essentials
Sweet & Sour Chicken
Page 43

ESSENTIALS

Everyday favourites for less

MICROWAVE
FROM FROZEN

MEALS
FROM €3.70

SAME GREAT
QUALITY

**MEALS
FROM
ONLY
€3.70**

ESSENTIALS

Everyday favourites for less

We created our great value Essentials menu last season as our way of lending a helping hand in these times when the cost of everything seems to be rising. As it's proved popular, it's back for another season!

Choose from a great selection of everyday classics, created together by our chefs and dietitians to ensure each dish delivers on quality and nutrition as well as flavour. Keep a few in the freezer and you'll always have some quick and easy budget-friendly weekday meals ready to go!

The same great quality you know and trust

- ✓ Prices from €3.70 to €4.90
- ✓ Always Free Delivery
- ✓ Meals come complete with sides so no wastage
- ✓ Microwave from frozen - no need to power the oven
- ✓ All made with the same high quality ingredients as our standard dishes



ESSENTIALS

Sausage Casserole

Slices of sausage with carrot and swede in gravy. Served with mashed potato and peas.

"A tasty dish that's sure to hit the spot every time."

Phil Rimmer
Head Chef

8512 €4.30 375g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1552 kJ 371 kcal 19%	16g 23%	4.2g 21%	6.5g 7%	1.8g 30%

% of an adult's reference intake



Savour the flavour for less!



ESSENTIALS Sweet & Sour Chicken

Pieces of chicken in a sweet and sour sauce with pineapple and peppers. Served with white rice.

8507 €4.70 350g (GF)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1736 kJ 411 kcal 21%	7.2g 10%	1.4g 7%	15g 17%	1.3g 22%

% of an adult's reference intake



ESSENTIALS Cheese & Onion Pie

Cheddar cheese and onion topped with mashed potato and served with Romano beans.

8501 €3.70 410g (GF) (V)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1577 kJ 378 kcal 19%	17g 24%	8.1g 41%	6.7g 7%	1.6g 27%

% of an adult's reference intake



ESSENTIALS Pasta Bolognese

Minced beef in a tomato and herb sauce with penne pasta.

8504 €4.75 330g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1349 kJ 320 kcal	8.1g	2.7g	5.1g	1.5g
16%	12%	14%	6%	25%

% of an adult's reference intake



ESSENTIALS Chicken Curry

Pieces of chicken in a mildly spiced tomato sauce. Served with yellow rice.

8502 €4.20 350g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1456 kJ 344 kcal	6.8g	1.5g	4.4g	0.97g
17%	10%	8%	5%	16%

% of an adult's reference intake

Favourite flavours, perfect prices



ESSENTIALS Chicken & Vegetable Stew

Chicken, swede and carrots in a tasty gravy. Served with mashed potato and peas.

8503 €4.30 360g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1345 kJ 321 kcal	13g	2.5g	5.7g	1.3g
16%	19%	13%	6%	22%

% of an adult's reference intake



ESSENTIALS Macaroni Cheese

Macaroni in a tasty cheese sauce, served with Romano beans.

8511 €4.00 370g

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1721 kJ 410 kcal	13g	7.3g	6.4g	1.2g
21%	19%	37%	7%	20%

% of an adult's reference intake

ESSENTIALS**Fish Pie**

White fish in a creamy dill sauce with a mashed potato topping. Served with carrots.

"With veggies included, enjoy a complete meal the easy way."

Phil Rimmer
Head Chef

8510 €4.90 415g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1345 kJ 322 kcal 16%	12g 17%	2.6g 13%	11g 12%	1.0g 17%

% of an adult's reference intake



Quality you can trust

ESSENTIALS

**ESSENTIALS Butter Bean and Cauliflower Curry**

Butter beans, cauliflower and potato in a mildly spiced tomato curry sauce. Served with yellow rice.

8500 €3.70 370g

GF

VEGAN

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1735 kJ 413 kcal 21%	15g 21%	1.5g 8%	3.5g 4%	1.0g 17%

% of an adult's reference intake

**ESSENTIALS Cottage Pie**

Minced beef in gravy topped with mashed potato. Served with carrots and peas.

8505 €4.40 390g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1260 kJ 300 kcal 15%	11g 16%	2.8g 14%	6.8g 8%	1.4g 23%

% of an adult's reference intake

MAIN MEALS



ESSENTIALS Creamy Chicken Casserole

A creamy garlic chicken casserole served with mashed potato and Brussels sprouts.

8513

€4.70 385g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1482 kJ 355 kcal	18g	4.3g	6.2g	1.7g
18%	26%	22%	7%	28%

% of an adult's reference intake



ESSENTIALS Chilli Con Carne

Minced beef in a lightly spiced tomato sauce with kidney beans and peppers. Served with white rice.

8508

€4.75 350g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1629 kJ 386 kcal	8.3g	2.7g	2.8g	1.2g
19%	12%	14%	3%	20%

% of an adult's reference intake

Prices you can depend on

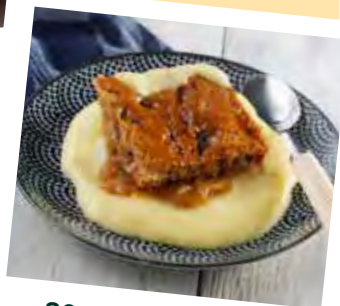
Fancy a delicious hot dessert?



800 Apple Pie & Custard

Starting from only €1.75

Find them on pages 96-99



866 Sticky Toffee Pudding & Custard



ESSENTIALS Minced Beef Hotpot

Minced beef in gravy, topped with diced potatoes and served with carrots and swede.

8509

€4.75 360g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1226 kJ 293 kcal	12g	3.0g	8.6g	1.2g
15%	17%	15%	10%	20%

% of an adult's reference intake

“

This is my
favourite so far.
Just wonderful!

Mrs T
Wiltshire Farm Foods
Customer

Chicken Breast
in White Wine &
Mushroom Sauce
Page 48



CHEF'S
Favourites

*Make mealtimes extra delicious with these finest dishes
specially created with the best ingredients.*

MAIN MEALS



Vegetable & Red Wine Casserole with Dumpling

A delicious medley of butter beans, lentils, carrots, sweet potato, apple, parsnip and swede in a rich red wine and herb gravy. Served with a dumpling, mashed potato, peas and red cabbage with apple & port.

7544 €6.60 455g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2013 kJ 480 kcal 24%	16g 23%	6.1g 31%	15g 17%	1.8g 30%
% of an adult's reference intake				



Beef Bourguignon

Slices of Silverside beef in a rich red wine sauce with silverskin onions, mushrooms and bacon lardons. Served with roast potatoes and cauliflower in a Cheddar cheese sauce.

4297 €8.10 400g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1843 kJ 440 kcal 22%	18g 26%	7.0g 35%	8.5g 9%	2.3g 38%
% of an adult's reference intake				



Smoked Haddock & Spinach Gratin

Layers of smoked haddock pieces and creamy spinach in a cheese sauce topped with a parsley & lemon crumb. Served with skin on potatoes, green beans and peas.

7549 €7.60 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1441 kJ 343 kcal 17%	11g 16%	5.0g 25%	7.0g 8%	2.0g 33%
% of an adult's reference intake				

Nutritious
& Delicious



Chicken Breast in White Wine & Mushroom Sauce

Chicken breast in a creamy mushroom and white wine sauce. Served with skin on parsley potatoes, carrots and Romano beans.

625 €7.40 450g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1301 kJ 309 kcal 15%	7.9g 11%	2.8g 14%	7.7g 9%	1.1g 18%
% of an adult's reference intake				

MAIN MEALS



Beef & Stilton Pie

Pieces of beef, root vegetables and blue Stilton in gravy. Topped with a puff pastry lid and served with mashed potato and red cabbage with apple and port.

7515 €8.05 450g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2886 kJ 691 kcal 35%	36g 51%	16g 80%	25g 28%	2.4g 40%

% of an adult's reference intake



Roast Chicken with Lemon & Herb Stuffing

Steam roasted chicken breast with pork, lemon & herb stuffing in gravy. Served with sauté potatoes in dauphinoise sauce, carrots & Romano beans.

759 €8.45 420g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1625 kJ 387 kcal 19%	14g 20%	5.6g 28%	7.1g 8%	1.6g 27%

% of an adult's reference intake



Cod Fillet with Mornay Sauce

Fillet of cod cooked with a tasty cheese sauce. Served with parsley boiled potatoes, green beans, peas and Romano beans.

568 €8.30 400g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1394 kJ 332 kcal 17%	11g 16%	5.3g 27%	5.6g 6%	1.2g 20%

% of an adult's reference intake



Sausages in Rich Onion Gravy

Two sausages in onion gravy with Cheddar cheese mashed potato. Served with red cabbage with apple & port and carrots.

4117 €7.25 370g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1995 kJ 478 kcal 24%	25g 36%	11g 55%	15g 17%	3.0g 50%

% of an adult's reference intake



LUXURY *collection*



*Elevate mealtimes with a premium twist on an all-time favourite.
It doesn't get more delicious than this.*



From our kitchen to yours

Our talented team of chefs took up the challenge of taking some of our best-loved dishes and layering on a little more luxury! The result is a premium eating experience that will leave your plate clean, and your face smiling!

“We’ve really enjoyed creating these luxurious dishes for you – especially the taste-testing! Details like red wine in the sauces and a ciabatta crumb on the top really add an extra dimension.”



Phil Rimmer
Head Chef



Matthew Peters
Development Chef



Jethro Lawrence
Development Chef



Luxury Shepherd's Pie

Minced lamb and vegetables in a red wine gravy topped with sweet potato & carrot mash with a ciabatta, Cheddar cheese and parsley crumb.

4235 **€7.80** 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2047 kJ 489 kcal	24g	9.3g	10g	2.0g
24%	34%	47%	11%	33%

% of an adult's reference intake

CHEF'S Favourites

Luxury Cottage Pie

Minced beef and brisket in a red wine gravy topped with mashed potato and a ciabatta, Cheddar cheese and parsley crumb.

4281 €7.00 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1832 kJ 438 kcal	21g	6.5g	6.6g	2.5g
22%	30%	33%	7%	42%

% of an adult's reference intake



Luxury Lasagne

Minced beef and smoked bacon cooked in a red wine, tomato and herb sauce, layered between pasta sheets. Topped with a white sauce and a sprinkling of cheese and parsley.

0684 €7.05 405g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2642 kJ 631 kcal	30g	12g	13g	2.2g
32%	43%	60%	14%	37%

% of an adult's reference intake



For a perfect pairing, team with our sides on page 67



1141 Vegetable Medley
with Parsley Butter



1148
Red Cabbage



664 Cauliflower &
Broccoli Cheese



1137 Root Vegetable
Mash with Parsley Butter

MAIN MEALS



Mushroom, Leek & Cheddar Bake

A tasty and creamy bake topped with sauté potatoes. Served with braised red cabbage with apple & port and broccoli.

364

€5.75 425g

GF

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2119 kJ 507 kcal 25%	27g 39%	15g 75%	16g 18%	2.0g 33%

% of an adult's reference intake



Lamb in Honey & Mint Sauce

Slow cooked lamb in a honey & mint sauce. Served with mashed potato topped with a lemon and parsley ciabatta crumb, carrots, Romano beans and green beans.

7548

€7.85 385g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1271 kJ 303 kcal 15%	9.4g 13%	2.1g 11%	13g 14%	1.8g 30%

% of an adult's reference intake



Chicken & Dumpling Somerset Cider Casserole

Tender pieces of chicken with carrots, leeks and swede in a creamy herb gravy made with Somerset cider. Served with a dumpling, mashed potato and carrots tumbled with parsley.

7545

€8.45 430g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1857 kJ 444 kcal 22%	23g 33%	8.2g 41%	8.9g 10%	1.9g 32%

% of an adult's reference intake

*Nutritious
& Delicious*



Salmon Fillet in Mint Butter Sauce

Wild salmon fillet with mint butter sauce. Served with boiled potatoes, carrots and peas.

7754

€8.70 480g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1554 kJ 370 kcal 19%	11g 16%	4.4g 22%	8.0g 9%	1.2g 20%

% of an adult's reference intake



OVEN COOK *selection*



Pop these dishes straight into the oven from frozen for that irresistible crisp and golden finish.

Roast Chicken & Yorkshire Pudding (Oven Cook Only)

Tender steam roasted chicken breast with a pork stuffing ball in gravy. Served with roast potatoes, a Yorkshire pudding, carrots and peas.

5124 €8.85 535g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2085 kJ 495 kcal	13g	2.2g	6.5g	2.3g
25%	19%	11%	7%	38%

% of an adult's reference intake



Roast Beef & Yorkshire Pudding (Oven Cook Only)

Steam roasted silverside beef in a rich gravy. Served with roast potatoes, a Yorkshire pudding, carrots and peas.

5123 €8.80 515g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1983 kJ 471 kcal	11g	2.3g	7.1g	2.4g
24%	16%	12%	8%	40%

% of an adult's reference intake



Fish & Chips (Oven Cook Only)

Delicious battered white fish* served with chunky chips.

7503 €6.25 300g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2120 kJ 505 kcal	19g	2.1g	1.5g	1.4g
25%	27%	11%	2%	23%

% of an adult's reference intake



Ham & Cheddar
Cheese Omelette
Page 56

Pork Pie
Page 56

Cheesy
Potato
Wedges
Page 56

“
Love the Chicken and
Vegetable soup, which
is just a nice portion
so no wastage!

Mrs M
Wiltshire Farm Foods
Customer

Chicken &
Vegetable Soup
Page 57

Soups & Snacks

*For lunch, supper, or when you need a quick
bite to eat, these are sure to hit the spot.*



Cream of Tomato Soup

A creamy tomato soup with a hint of basil and a sprinkling of black pepper.

1129 €1.70 200g GF V

Each soup contains

Energy	Fat	Saturates	Sugars	Salt
415 kJ 100 kcal 5%	6.0g 9%	2.0g 10%	5.8g 6%	1.1g 18%

% of an adult's reference intake



Jacket Potato with Baked Beans & Cheddar Cheese

A fluffy jacket potato topped with baked beans in a tomato sauce and sprinkled with Cheddar cheese.

4267 €5.80 405g GF V

Each 100g contains

Energy	Fat	Saturates	Sugars	Salt
395 kJ 94 kcal 5%	1.6g 2%	0.8g 4%	3.2g 4%	0.37g 6%

% of an adult's reference intake



Sausage Roll (pack of 2)

Delicately seasoned pork sausage meat baked into a delicious flaky golden pastry. Simply thaw and serve.

2206 €2.60 90g

Each sausage roll contains

Energy	Fat	Saturates	Sugars	Salt
1261 kJ 302 kcal 15%	19g 27%	8.4g 42%	1.8g 2%	0.97g 16%

% of an adult's reference intake



Chunky Vegetable Soup

A tasty vegetable soup made with tomatoes, green beans, carrots, courgettes, butternut squash and savoy cabbage.

1133 €1.70 200g GF VEGAN

Each soup contains

Energy	Fat	Saturates	Sugars	Salt
437 kJ 105 kcal 5%	6.1g 9%	0.5g 3%	4.5g 5%	1.1g 18%

% of an adult's reference intake

SOUPS & SNACKS



Cheesy Potato Wedges

Chunky skin on potato wedges covered in a tasty cheese sauce. Topped with Cheddar cheese.

1142 €2.55 155g GF V

Each meal contains

Energy 962 kJ 230 kcal 12%	Fat 12g 17%	Saturates 5.3g 27%	Sugars 3.0g 3%	Salt 0.59g 10%
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% of an adult's reference intake



Pork Pie

Lightly seasoned pork in a rich hot water crust pastry. Simply thaw and serve.

2209 €2.25 140g

Each pie contains

Energy 2166 kJ 520 kcal 26%	Fat 35g 50%	Saturates 14g 70%	Sugars 1.8g 2%	Salt 1.8g 30%
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% of an adult's reference intake



Ham & Cheddar Cheese Omelette

A plain omelette topped with a creamy sauce made with ham*, Cheddar cheese and chives.

4265 €3.85 220g GF

Each meal contains

Energy 1353 kJ 326 kcal 16%	Fat 24g 34%	Saturates 8.2g 41%	Sugars 5.6g 6%	Salt 1.3g 22%
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% of an adult's reference intake

Mini Meals

Enjoy your favourites in a smaller portion – perfect for days you have a smaller appetite.



Find them on page 71

TASTY PASTRY BITES

**Quiche Lorraine (pack of 2)**

Shortcrust pastry filled with a blend of fluffy eggs, smoked bacon*, mature Cheddar cheese and onion.

2211 €5.30 100g

Each slice contains

Energy	Fat	Saturates	Sugars	Salt
990 kJ 237 kcal 12%	13g 19%	6.5g 33%	2.4g 3%	0.53g 9%

% of an adult's reference intake

**Cheese & Onion Quiche (pack of 2)**

Shortcrust pastry filled with a blend of fluffy eggs, mature Cheddar cheese, onions and chives.

2210 €5.30 100g

V

Each slice contains

Energy	Fat	Saturates	Sugars	Salt
1028 kJ 246 kcal 12%	13g 19%	6.1g 31%	2.9g 3%	0.62g 10%

% of an adult's reference intake

**Chicken & Vegetable Soup**

A chunky chicken soup with onions, green beans, carrots, peas and leeks.

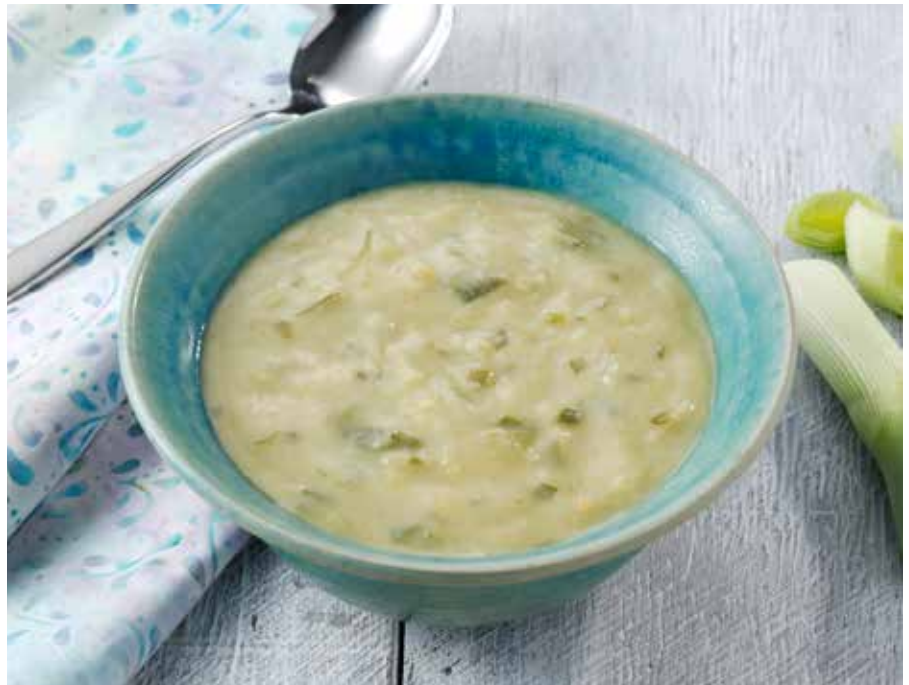
1132 €1.70 200g

GF

Each soup contains

Energy	Fat	Saturates	Sugars	Salt
640 kJ 153 kcal 8%	7.8g 11%	1.0g 5%	2.4g 3%	1.3g 22%

% of an adult's reference intake

**Leek & Potato Soup**

A delicious combination of leek and potato seasoned with chives.

1131 €1.70 200g

GF

V

Each soup contains

Energy	Fat	Saturates	Sugars	Salt
462 kJ 110 kcal 6%	5.8g 8%	0.9g 5%	4.8g 5%	1.0g 17%

% of an adult's reference intake



Sweet & Sour
Chicken with
Noodles
Page 60

“
Really enjoyed many
of the dishes but the
Chicken Tikka Masala
is the best ever.

Mrs L
Wiltshire Farm Foods
Customer

Chicken Korma
Page 60

Chicken Tikka Masala
Page 60

Indian & Chinese

*Aromatic, authentic, and always full of flavour –
which of these is your takeaway favourite?*

MAIN MEALS



Coronation Chicken with Bombay Potatoes

Tender chicken pieces with apricot, mango chutney and sultanas cooked in a coconut curry sauce. Served with bombay potatoes.

4248 €6.40 360g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1750 kJ 417 kcal 21%	15g 21%	7.0g 35%	27g 30%	2.0g 33%
% of an adult's reference intake				



Chicken Curry with Rice

Tender pieces of chicken in a mildly spiced curry sauce. Served with yellow long grain rice.

8156 €5.20 360g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1609 kJ 381 kcal 19%	7.3g 10%	1.6g 8%	8.8g 10%	1.1g 18%
% of an adult's reference intake				



Sweet & Sour Chicken with Egg Fried Rice

Tender pieces of chicken with peppers, pineapple and water chestnuts in a delicious sweet and sour sauce. Served with a fluffy egg fried rice.

4176 €6.65 465g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2071 kJ 490 kcal 25%	8.5g 12%	1.2g 6%	37g 41%	0.47g 8%
% of an adult's reference intake				



Beef Curry with Rice

Aromatic beef curry cooked with spices, creamed coconut, sultanas, mango chutney and yoghurt. Served with seasoned rice.

4271 €7.65 415g



Each meal contains

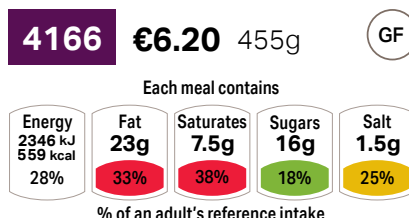
Energy	Fat	Saturates	Sugars	Salt
2758 kJ 658 kcal 33%	29g 41%	12g 60%	11g 12%	1.6g 27%
% of an adult's reference intake				

MAIN MEALS



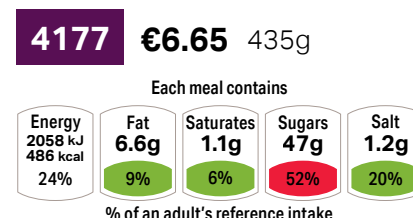
Chicken Tikka Masala

Marinated chicken in a medium spiced creamy tomato sauce. Served with yellow basmati rice.



Sweet & Sour Chicken with Noodles

Chicken with peppers, pineapple and water chestnuts mixed with a sweet and sour sauce. Served with egg noodles.



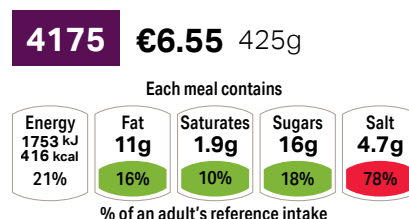
Sweet & Sour Chicken

Tender chicken pieces in sweet and sour sauce with pineapple and peppers. Served with rice, peas and peppers.



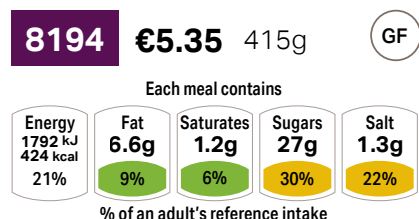
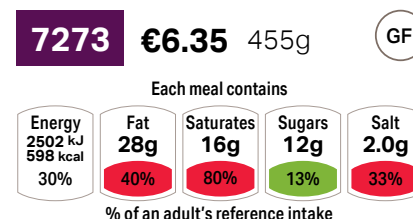
Chicken in Black Bean Sauce with Noodles

Delicious chicken, grilled peppers, onion and sliced water chestnuts in a black bean sauce. Served with egg noodles.



Chicken Korma

Marinated chicken in a lightly spiced creamy coconut sauce. Served with yellow basmati rice.





“

A very good dish of spaghetti bolognese, just the right amount - as good as a freshly cooked dish.

Mr H
Wiltshire Farm Foods
Customer

Spaghetti
Bolognese
Page 63

Italian & Mediterranean

Whether you prefer a creamy sauce, a rich tomato base or a bit of both, these dishes are pasta perfection.

MAIN MEALS



Spaghetti Carbonara

An Italian classic of spaghetti and sweet cured bacon* in a creamy cheese sauce.

4288 €6.40 295g

Each meal contains				
Energy	Fat	Saturates	Sugars	Salt
1827 kJ 436 kcal 22%	20g 29%	9.1g 46%	8.9g 10%	1.8g 30%
% of an adult's reference intake				



Ricotta & Spinach Tortelloni

Spinach and ricotta tortelloni with a rich tomato ratatouille sauce, topped with mozzarella.

4269 €6.35 320g

Each meal contains				
Energy	Fat	Saturates	Sugars	Salt
1487 kJ 355 kcal 18%	15g 21%	4.5g 23%	12g 13%	1.6g 27%
% of an adult's reference intake				



Macaroni Cheese

Macaroni in a creamy sauce made with Cheddar cheese and topped with a Regato crumb. Served with green beans and carrots.

4222 €5.35 370g

Each meal contains				
Energy	Fat	Saturates	Sugars	Salt
2127 kJ 508 kcal 25%	25g 36%	13g 65%	10g 11%	1.8g 30%
% of an adult's reference intake				



Spaghetti & Meatballs

A delicious dish of pork meatballs in a rich tomato, garlic and basil sauce. Served on a bed of spaghetti.

4266 €6.65 400g

Each meal contains				
Energy	Fat	Saturates	Sugars	Salt
2158 kJ 514 kcal 26%	20g 29%	4.1g 21%	10g 11%	1.9g 32%
% of an adult's reference intake				



Spaghetti with King Prawns in a Creamy Lemon Sauce

Succulent king prawns and courgettes in a creamy garlic and lemon sauce. Served on a bed of spaghetti.

4290 €7.05 380g

Each meal contains				
Energy	Fat	Saturates	Sugars	Salt
1660 kJ 395 kcal 20%	13g 19%	5.2g 26%	6.9g 8%	0.94g 16%
% of an adult's reference intake				

MAIN MEALS



Spaghetti Bolognese

Spaghetti with a rich minced beef and Bolognese sauce.

4275 €6.45 340g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1511 kJ 359 kcal 18%	11g 16%	3.4g 17%	7.1g 8%	1.6g 27%

% of an adult's reference intake



Lasagne

Beef Bolognese layered between lasagne sheets, with a cheese sauce. Served with carrots and Romano beans.

4204 €7.15 445g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2179 kJ 521 kcal 26%	26g 37%	10g 50%	14g 16%	1.8g 30%

% of an adult's reference intake



Tuna Pasta Bake

Pasta with tuna baked in a rich tomato & basil sauce, topped with a creamy white sauce and a sprinkling of Cheddar cheese.

4289 €6.45 320g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1801 kJ 429 kcal 21%	17g 24%	5.6g 28%	9.2g 10%	1.2g 20%

% of an adult's reference intake



Luxury Lasagne

Minced beef and smoked bacon cooked in a red wine, tomato and herb sauce, layered between pasta sheets. Topped with a white sauce and a sprinkling of cheese and parsley.

0684 €7.05 405g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2642 kJ 631 kcal 32%	30g 43%	12g 60%	13g 14%	2.2g 37%

% of an adult's reference intake



Chicken Lasagne

Pieces of chicken in a rich herby tomato sauce layered between lasagne sheets, with a creamy cheese sauce topped with a Regato crumb.

4284 €7.40 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2488 kJ 593 kcal 30%	25g 36%	8.9g 45%	14g 16%	1.9g 32%

% of an adult's reference intake

“

Extra delicious meals and sides. I am spoilt for choice when I order. The service is immaculate and the delivery people are amazing, so friendly.

Mrs A

Wiltshire Farm Foods
Customer

**Extra Buttery
Mash
Page 67**

**Vegetable Medley
with Parsley Butter
Page 67**

**Luxury
Shepherd's Pie
Page 66**

Select
Your meal, your way

Mix and match 8 tasty main dishes with 6 delicious sides. Browse our sides overleaf, or rustle up your own to make your ultimate meal.



CHEF'S Favourites

Luxury Cottage Pie

Minced beef and brisket in a red wine gravy topped with mashed potato and a ciabatta, Cheddar cheese and parsley crumb.

4281 €7.00 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1832 kJ 438 kcal 22%	21g 30%	6.5g 33%	6.6g 7%	2.5g 42%

% of an adult's reference intake



Honey Mustard Chicken & Summer Vegetables

Pieces of chicken breast in a honey, mustard and ginger dressing with red onion, diced potatoes, green beans, carrots and asparagus.

4231 €6.85 285g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1487 kJ 353 kcal 18%	7.5g 11%	1.2g 6%	37g 41%	2.0g 33%

% of an adult's reference intake



Chicken Lasagne

Pieces of chicken in a rich herby tomato sauce layered between lasagne sheets, with a creamy cheese sauce topped with a Regato crumb.

4284 €7.40 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2488 kJ 593 kcal 30%	25g 36%	8.9g 45%	14g 16%	1.9g 32%

% of an adult's reference intake



Salmon, Dill & Asparagus Pearl Barley Risotto

A creamy salmon and dill pearl barley risotto with peas, asparagus tips, white wine and Regato cheese.

4252 €6.00 300g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1563 kJ 374 kcal 19%	19g 27%	5.0g 25%	2.3g 3%	1.6g 27%

% of an adult's reference intake

MAIN MEALS



CHEF'S Favourites

Luxury Shepherd's Pie

Minced lamb and vegetables in a red wine gravy topped with sweet potato & carrot mash with a ciabatta, Cheddar cheese and parsley crumb.

4235 €7.80 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2047 kJ 489 kcal 24%	24g 34%	9.3g 47%	10g 11%	2.0g 33%

% of an adult's reference intake



Garden Vegetable Gratin

Peas, lentils, pearl barley, leeks, mushrooms, carrots and spinach in a herby sauce topped with cheesy diced potatoes and edamame beans.

4253 €5.80 375g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2488 kJ 595 kcal 30%	30g 43%	13g 65%	8.9g 10%	2.0g 33%

% of an adult's reference intake

Select

Tasty mains to enjoy on their own



CHEF'S Favourites

Luxury Lasagne

Minced beef and smoked bacon cooked in a red wine, tomato and herb sauce, layered between pasta sheets. Topped with a white sauce and a sprinkling of cheese and parsley.

0684 €7.05 405g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2642 kJ 631 kcal 32%	30g 43%	12g 60%	13g 14%	2.2g 37%

% of an adult's reference intake



Cumberland Pie

Minced beef cooked in rich gravy, topped with mashed potato and cheese crumb.

507 €6.25 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1860 kJ 444 kcal 22%	19g 27%	5.5g 28%	3.5g 4%	2.2g 37%

% of an adult's reference intake

MAIN MEALS



Cauliflower & Broccoli Cheese

Florets of cauliflower and broccoli with a tasty Cheddar cheese sauce.

664

€3.25 250g

GF

V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
1289 kJ 310 kcal 16%	21g 30%	7.2g 36%	9.6g 11%	1.1g 18%

% of an adult's reference intake



Extra Buttery Mash

Deliciously rich, extra buttery mashed potato.

327

€1.60 150g

GF

V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
937 kJ 225 kcal 11%	15g 21%	6.7g 34%	1.0g 1%	0.43g 7%

% of an adult's reference intake



Vegetable Medley with Parsley Butter

A medley of carrots, courgettes and asparagus with parsley butter, sea salt and cracked black pepper.

1141

€2.15 110g

GF

V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
401 kJ 97 kcal 5%	7.9g 11%	5.1g 26%	2.7g 3%	0.09g 2%

% of an adult's reference intake

or serve with your choice of sides

Select

Select



Red Cabbage

Red cabbage and apple cooked with Ruby port and butter. Seasoned with nutmeg and cinnamon.

1148

€2.35 160g

GF

V

Each pot contains

Energy	Fat	Saturates	Sugars	Salt
731 kJ 174 kcal 9%	5.5g 8%	3.5g 18%	24g 27%	0.78g 13%

% of an adult's reference intake



Cheesy Potato Wedges

Chunky skin on potato wedges covered in a tasty cheese sauce. Topped with Cheddar cheese.

1142

€2.55 155g

GF

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
962 kJ 230 kcal 12%	12g 17%	5.3g 27%	3.0g 3%	0.59g 10%

% of an adult's reference intake



Root Vegetable Mash with Parsley Butter

Mashed carrot & swede with cracked black pepper and parsley butter.

1137

€2.35 220g

GF

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
550 kJ 132 kcal 7%	8.3g 12%	5.1g 26%	10g 11%	0.24g 4%

% of an adult's reference intake

“

My husband really enjoys the Extra Tender selection as they are full of flavour and so tasty.

Mrs M
Wiltshire Farm Foods
Customer

Extra Tender
Chicken & Vegetable
Casserole
Page 70

Extra Tender

Relish the rounded flavours of low and slow cooking where even the veggies are meltingly tender, ready in a fraction of the time.

MAIN MEALS



Extra Tender Pork in a Creamy Somerset Cider Sauce

Tender slow cooked pork in a creamy sauce made with Somerset cider. Served with diced potatoes tumbled with celeriac & apple in a honey mustard dressing and peas.

7725

€7.60 390g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1492 kJ 356 kcal 18%	13g 19%	2.9g 15%	11g 12%	1.8g 30%

% of an adult's reference intake



Extra Tender Cheese & Onion Pie

A classic cheese and onion filling topped with smooth mashed potato, served with green beans and peas.

4711

€6.05 440g

GF

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1755 kJ 419 kcal 21%	19g 27%	8.7g 44%	7.9g 9%	1.7g 28%

% of an adult's reference intake



Extra Tender Chicken in Gravy

Chicken pieces in a delicious gravy, served with diced potatoes, Brussels sprouts and mashed swede.

4712

€6.40 400g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1534 kJ 366 kcal 18%	13g 19%	2.1g 11%	6.5g 7%	1.4g 23%

% of an adult's reference intake



Extra Tender Beef Hotpot

Minced beef in a flavoursome gravy, topped with perfectly seasoned parsley potatoes. Served with green beans and carrots.

4709

€6.35 410g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1528 kJ 365 kcal 18%	17g 24%	4.3g 22%	7.0g 8%	1.8g 30%

% of an adult's reference intake

MAIN MEALS



Extra Tender Chicken & Vegetable Casserole

Diced chicken with mushrooms, parsnips, cabbage, swede and carrots in a tasty casserole sauce. Served with mashed potato, broccoli and cauliflower.

4708

€6.45 390g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1288 kJ 307 kcal 15%	13g 19%	2.7g 14%	5.8g 6%	1.4g 23%

% of an adult's reference intake

Nutritious
& Delicious



Extra Tender Chicken in a Creamy Lemon & Thyme Sauce

Delicate chicken pieces in a creamy lemon and thyme sauce. Served with carrots and a medley of fried potatoes with peas and seasoned with lemon juice and parsley.

7726

€6.70 410g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1295 kJ 309 kcal 15%	12g 17%	4.4g 22%	9.6g 11%	0.97g 16%

% of an adult's reference intake



Extra Tender Beef Casserole

Slow cooked beef brisket, root vegetables and mushrooms in a rich sauce. Served with mashed potato, tender broccoli and cauliflower.

7723

€8.45 395g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1256 kJ 300 kcal 15%	14g 20%	3.2g 16%	5.8g 6%	2.0g 33%

% of an adult's reference intake

Love
Brisket?

Take a look at
our **Luxury
Cottage Pie** on
page 51

Bit on the side

A delicious alternative to mashed potato
- such a tasty way to eat your veg!



Root Vegetable Mash with Parsley Butter

Mashed carrot & swede with cracked black pepper and parsley butter.

1137

€2.35 220g

GF

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
550 kJ 132 kcal 7%	8.3g 12%	5.1g 26%	10g 11%	0.24g 4%

% of an adult's reference intake

“

The Mini Meals are good for smaller appetites. Overall a great service which took a lot of work and worry from my shoulders.

Ms B
Wiltshire Farm Foods
Customer

**Chicken
with Stuffing
Mini Meal
Page 72**

**Gammon
with Pineapple
Mini Meal
Page 74**

**Fish in
Parsley Sauce
Mini Meal
Page 72**

**Cottage Pie
Mini Meal
Page 72**

Mini Meals

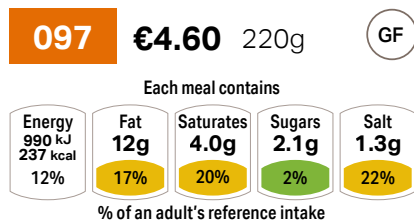
Perfect for lunch or for those with a smaller appetite, these smaller portioned dishes have 141-350 calories.

MAIN MEALS



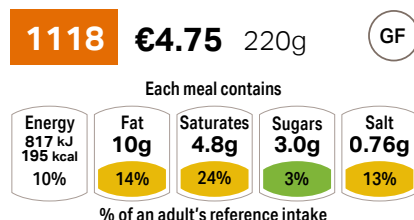
Cottage Pie Mini Meal

A classic cottage pie, made with minced beef and topped with mashed potato.



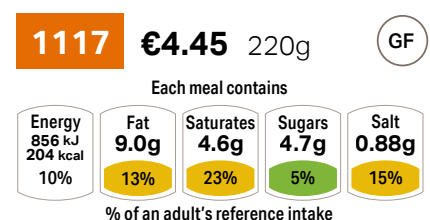
Fish in Parsley Sauce Mini Meal

Delicious pieces of white fish in parsley sauce. Served with mashed potato, green beans and carrots.



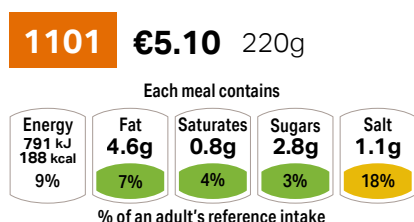
Lancashire Hotpot Mini Meal

Lamb and vegetable casserole topped with sauté potatoes. Served with carrots, cauliflower and green beans.



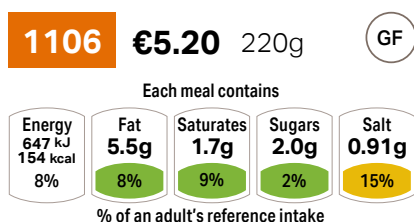
Chicken with Stuffing Mini Meal

Chicken breast in gravy with a mini stuffing ball. Served with roast potatoes, carrots and Brussels sprouts.



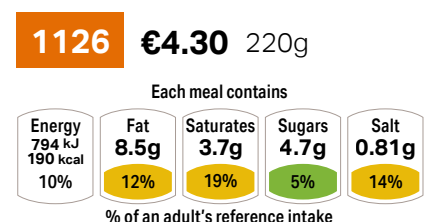
Roast Lamb in Mint Gravy Mini Meal

Succulent roast lamb in a minted gravy. Served with roast potatoes and green beans.



Irish Stew Mini Meal

Lamb stew with pearl barley, carrots, leeks and potatoes. Served with mashed root vegetables, savoy cabbage and mashed potato.



NEW



WHY NOT TRY?

Beef Curry & Rice Mini Meal

Aromatic beef curry cooked with spices, creamed coconut, sultanas, mango chutney and yogurt. Served with seasoned rice.

“This rich and flavoursome curry is gently spiced for a satisfying savoury experience, with sultanas for pops of sweetness.”



Phil Rimmer
Head Chef

1164 **€4.70** 230g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1467 kJ 350 kcal 18%	15g 21%	6.2g 31%	5.7g 6%	0.86g 14%
% of an adult's reference intake				



Roast Pork in Apple & Cider Gravy Mini Meal

Roast pork* in a delicious apple gravy made with Somerset cider. Served with roast potatoes, carrots and broccoli.

1154 **€5.25** 230g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
646 kJ 153 kcal 8%	3.6g 5%	0.9g 5%	5.1g 6%	0.61g 10%
% of an adult's reference intake				



Fish & Chips Mini Meal

Flaky white fish coated in golden breadcrumbs. Served with chips and peas.

093 **€4.75** 185g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
993 kJ 236 kcal 12%	6.8g 10%	0.7g 4%	2.2g 2%	0.36g 6%
% of an adult's reference intake				



Shepherd's Pie Mini Meal

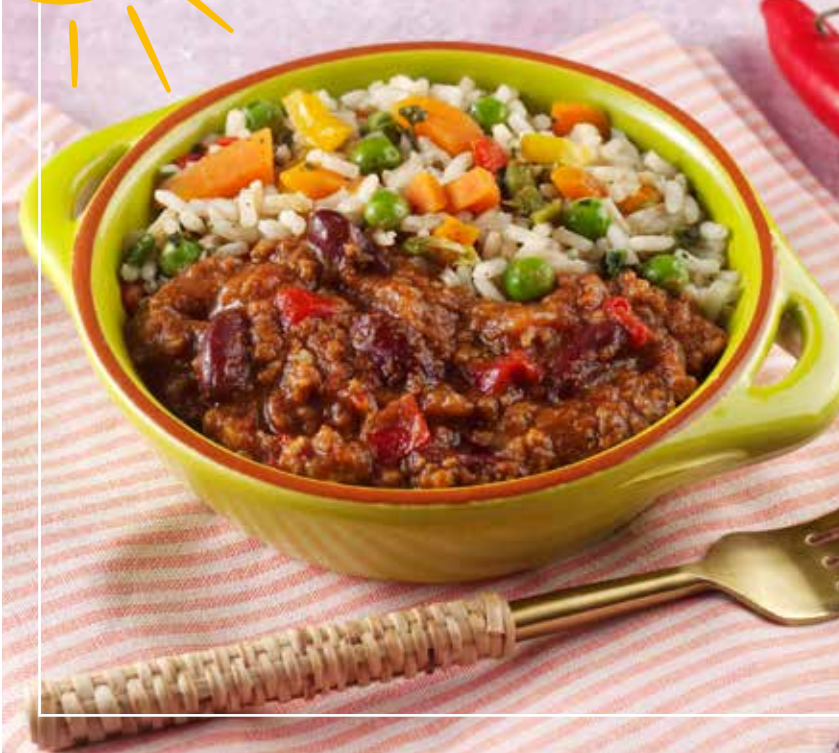
A classic Shepherd's pie made with minced mutton, topped with a layer of mashed potato.

098 **€4.85** 220g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1096 kJ 263 kcal 13%	16g 23%	6.1g 31%	2.1g 2%	1.6g 27%
% of an adult's reference intake				

NEW



WHY NOT TRY?

Chilli Con Carne Mini Meal

Minced beef simmered in a rich tomato, red kidney bean and chilli sauce. Served with vegetable rice.

“Enjoy a taste of Tex-Mex cuisine with this all-time classic. The flavours are beautifully balanced to make it warming and aromatic.”



Phil Rimmer
Head Chef

1165

€4.30

230g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
874 kJ 208 kcal 10%	5.3g 8%	1.8g 9%	3.2g 4%	1.1g 18%

% of an adult's reference intake



Macaroni Cheese Mini Meal

Macaroni in a creamy sauce made with Cheddar cheese and topped with a Regato crumb. Served with green beans and carrots

1128

€4.40

220g

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1259 kJ 301 kcal 15%	15g 21%	7.8g 39%	6.0g 7%	1.1g 18%

% of an adult's reference intake



Gammon with Pineapple Mini Meal

Gammon in a sweet sauce. Served with pineapple, diced potatoes and peas.

1113

€5.35

200g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
780 kJ 186 kcal 9%	5.2g 7%	1.2g 6%	8.4g 9%	0.95g 16%

% of an adult's reference intake



Sweet & Sour Chicken Mini Meal

Tender chicken pieces in a sweet and sour sauce with pineapple and peppers. Served with rice, peas and peppers.

044

€4.60

205g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
883 kJ 209 kcal 10%	4.0g 6%	0.7g 4%	16g 18%	0.75g 12%

% of an adult's reference intake

NEW



WHY NOT TRY?

Tuna Pasta Bake **Mini Meal**

Pasta with tuna baked in a rich tomato and basil sauce, topped with a creamy white sauce and a sprinkling of Cheddar cheese.

“Tuna teamed with a tomato sauce makes a really tasty combination – add white sauce and cheese and it’s a taste sensation!”



Matthew Peters
Development Chef

1166 €4.70 200g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1106 kJ 263 kcal	11g	3.5g	6.0g	0.76g
13%	16%	18%	7%	13%

% of an adult's reference intake



Roast Beef **Mini Meal**

Sliced tender beef. Served with golden roast potatoes, gravy, Brussels sprouts and carrots.

1104 €5.25 220g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
593 kJ 141 kcal	3.2g	0.8g	2.9g	1.1g
7%	5%	4%	3%	18%

% of an adult's reference intake



Chicken Curry with Rice **Mini Meal**

Tender pieces of chicken in a mildly spiced curry sauce. Served with yellow long grain rice.

1163 €4.55 220g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1022 kJ 242 kcal	4.7g	1.0g	5.7g	0.72g
12%	7%	5%	6%	12%

% of an adult's reference intake



Cumberland Sausage **Mini Meal**

A delicious Cumberland sausage in gravy. Served with mashed potato, carrots and peas.

1102 €4.90 207g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
872 kJ 208 kcal	9.9g	2.4g	2.8g	1.3g
10%	14%	12%	3%	22%

% of an adult's reference intake

MAIN MEALS



Chicken & Vegetable Casserole **Mini Meal**

Chicken and mixed vegetable casserole served with mashed potato, carrots and green beans.

1103 €5.10 220g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
672 kJ 160 kcal 8%	7.1g 10%	1.3g 7%	4.8g 5%	0.91g 15%

% of an adult's reference intake



Spaghetti Bolognese **Mini Meal**

Spaghetti with a rich minced beef and Bolognese sauce topped with cheese.

1108 €4.75 220g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
964 kJ 229 kcal 11%	7.7g 11%	2.8g 14%	4.2g 5%	1.1g 18%

% of an adult's reference intake



Creamy Pork & Mushroom Casserole **Mini Meal**

Tender pieces of pork cooked in a creamy mushroom, smoked bacon and white wine sauce. Served with Colcannon mashed potato and carrots tumbled in parsley.

1156 €4.90 220g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
911 kJ 219 kcal 11%	12g 17%	4.1g 21%	3.4g 4%	1.2g 20%

% of an adult's reference intake



Steak & Mushroom Casserole **Mini Meal**

Tender chunks of chuck steak and mushrooms. Served with mashed potato and carrots.

1110 €5.05 210g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
868 kJ 208 kcal 10%	10g 14%	3.1g 16%	4.6g 5%	0.61g 10%

% of an adult's reference intake



Fisherman's Pie **Mini Meal**

Smoked haddock, white fish and peas in a creamy dill sauce, finished with a fluffy mashed potato topping.

036 €4.75 220g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1051 kJ 251 kcal 13%	13g 19%	3.6g 18%	3.5g 4%	1.1g 18%

% of an adult's reference intake



Vegetarian Sausage & Mash **Mini Meal**

A meat free Lincolnshire sausage in an onion gravy. Served with mashed potato and peas.

1153 €4.70 230g V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
851 kJ 203 kcal 10%	8.2g 12%	0.7g 4%	3.2g 4%	1.4g 23%

% of an adult's reference intake



Ham & Leek Bake
Mini Meal Extra
Page 79

“

I can honestly say
now I have found Mini
Meals Extra, I would
be lost without them.

Mrs M
Wiltshire Farm Foods
Customer

Beef Stroganoff
Mini Meal Extra
Page 79

Pasta Carbonara
Mini Meal Extra
Page 79

Mini Meals Extra

*More manageable meals for those with smaller appetites, with 501-514 calories
and at least 20g of protein packed into one small serving.*

MAIN MEALS



Chicken Biryani Mini Meal Extra

Tender pieces of chicken cooked with fragrant spices, coriander and coconut. Served with fruity sultana rice.

1576	€5.30	300g	GF
Each meal contains			
Energy 2142 kJ 512 kcal 26%	Fat 25g 36%	Saturates 4.8g 24%	Sugars 7.4g 8%
% of an adult's reference intake			
Salt 0.76g 13%			



Macaroni Cheese Mini Meal Extra

Macaroni pasta in a deliciously creamy sauce made with Cheddar & Regato cheese.

1577	€4.95	290g	V
Each meal contains			
Energy 2097 kJ 502 kcal 25%	Fat 27g 39%	Saturates 14g 70%	Sugars 9.0g 10%
% of an adult's reference intake			
Salt 1.7g 28%			



Salmon Bake Mini Meal Extra

Flaked salmon and peas in a cheesy white sauce topped with diced potatoes.

583	€5.85	290g	GF
Each meal contains			
Energy 2098 kJ 501 kcal 25%	Fat 25g 36%	Saturates 5.6g 28%	Sugars 11g 12%
% of an adult's reference intake			
Salt 1.4g 23%			



Chicken Hotpot Mini Meal Extra

A tasty hotpot with diced chicken, carrots and swede, topped with sauté potatoes.

1578	€5.20	300g	GF
Each meal contains			
Energy 2120 kJ 504 kcal 25%	Fat 17g 24%	Saturates 2.5g 13%	Sugars 6.9g 8%
% of an adult's reference intake			
Salt 0.90g 15%			

MAIN MEALS



Ham & Leek Bake Mini Meal Extra

Chunks of ham* in a leek sauce topped with diced potatoes.

587

€5.45 285g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2099 kJ 502 kcal 25%	24g 34%	5.1g 26%	11g 12%	1.8g 30%

% of an adult's reference intake



Cheese & Potato Bake Mini Meal Extra

Broccoli florets in a tasty cheese sauce with onion, topped with fried diced potatoes.

597

€5.10 300g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2143 kJ 514 kcal 26%	32g 46%	15g 75%	8.7g 10%	1.6g 27%

% of an adult's reference intake



Pasta Carbonara Mini Meal Extra

Penne pasta with succulent pieces of chicken and smoked flavoured ham* in a creamy carbonara sauce with mushrooms.

584

€5.35 290g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2139 kJ 509 kcal 25%	20g 29%	6.0g 30%	7.7g 9%	1.7g 28%

% of an adult's reference intake



Beef Stroganoff Mini Meal Extra

Succulent beef and mushrooms in a creamy white wine sauce. Served with white rice.

592

€5.95 300g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2140 kJ 510 kcal 26%	18g 26%	6.0g 30%	5.4g 6%	0.89g 15%

% of an adult's reference intake

“

Your hearty meals
are excellent and
good value too.

Mr B
Wiltshire Farm Foods
Customer

Hearty Roast
Chicken
Page 82

Hearty

*Perfectly portioned for bigger appetites - or perhaps
you've a favourite dish you'd enjoy a little more of?*

NEW



WHY NOT TRY?

Hearty Chilli Con Carne

Minced beef simmered in a rich tomato, red kidney bean and chilli sauce. Served with vegetable rice.

“Enjoy a larger portion of this all-time classic, bursting with our quality beef and aromatic flavours.”



Phil Dummer
Head Chef

7146	€7.30	500g	GF	
Each meal contains				
Energy 1958 kJ 465 kcal 23%	Fat 12g 17%	Saturates 3.9g 20%	Sugars 7.2g 8%	Salt 2.5g 42%
% of an adult's reference intake				



Hearty Cumberland Sausages

Three filling Cumberland sausages in a rich sauce. Served with mashed potato, carrots and peas.

7102

€8.25

530g

Each meal contains

Energy

2348 kJ

561 kcal

28%

Fat

27g

39%

Saturates

7.1g

36%

Sugars

8.0g

9%

Salt

3.4g

57%

% of an adult's reference intake



Hearty Shepherd's Pie

Tender minced mutton cooked in gravy and topped with mashed potato. Served with carrots and peas.

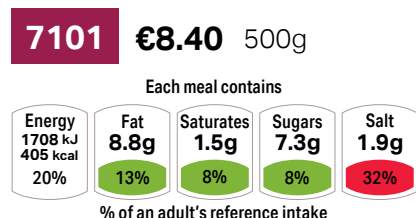
160	€8.80	500g	GF
Each meal contains			
Energy 1857 kJ 444 kcal 22%	Fat 21g 30%	Saturates 7.6g 38%	Sugars 8.2g 9%
			Salt 2.3g 38%
% of an adult's reference intake			

MAIN MEALS



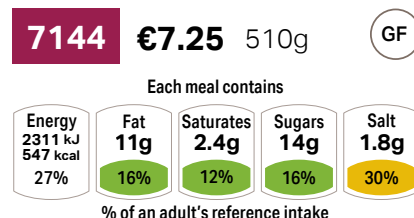
Hearty Roast Chicken

Steam roasted chicken breast and stuffing in a delicious gravy. Served with roast potatoes, carrots and sprouts.



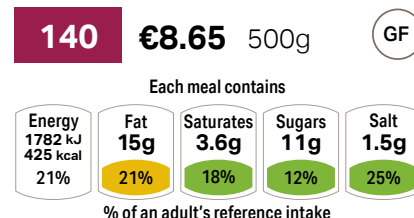
Hearty Chicken Curry with Rice

Tender pieces of chicken in a mildly spiced curry sauce. Served with yellow long grain rice.



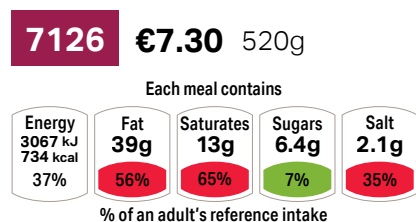
Hearty Fisherman's Pie

Smoked haddock, white fish and peas in a creamy dill sauce, finished with a fluffy mashed potato topping. Served with carrots and peas.



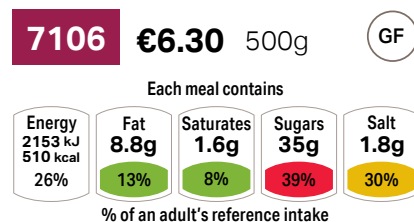
Hearty Steak & Kidney Pie

Beef steak and pork kidney, shortcrust pastry and gravy make for a classic. Served with mashed potato, carrots and peas.



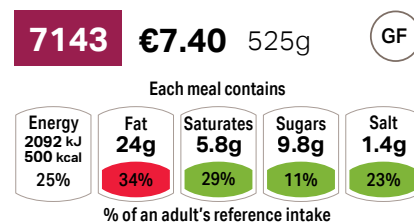
Hearty Sweet & Sour Chicken

Tender chicken pieces in sweet and sour sauce with pineapple and peppers. Served with rice, peas and peppers.



Hearty Salmon & Broccoli Supreme

Tender chunks of salmon with broccoli florets in a creamy sauce. Served with mashed potato, carrots and peas.



NEW

WHY NOT TRY?

Hearty Beef Curry & Rice

Aromatic beef curry cooked with spices, creamed coconut, sultanas, mango chutney and yogurt. Served with seasoned rice.

“Dig into a generous plateful of this fragrant and satisfying favourite served with fluffy white rice.”



Phil Rimmer
Head Chef

7145 €8.25 500g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
3282 kJ 783 kcal 39%	35g 50%	15g 75%	14g 16%	1.9g 32%

% of an adult's reference intake



Hearty Irish Stew

Lamb stew with pearl barley, carrots, leeks and potatoes. Served with mashed root vegetables, savoy cabbage and mashed potato.

7118 €7.65 500g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1883 kJ 450 kcal 23%	20g 29%	8.5g 43%	9.2g 10%	1.9g 32%

% of an adult's reference intake



Hearty Chicken Leek & Ham Puff Pastry Pie

Pieces of chicken and ham* in a creamy leek, mustard and Cheddar cheese sauce topped with puff pastry. Served with mashed potato, minted broccoli & Romano beans.

7137 €8.50 500g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2664 kJ 637 kcal 32%	33g 47%	14g 70%	7.1g 8%	2.5g 42%

% of an adult's reference intake



Hearty Cottage Pie

Minced beef cooked in a savoury sauce and topped with mashed potato. Served with carrots and peas.

7100 €8.15 565g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1947 kJ 464 kcal 23%	17g 24%	5.2g 26%	9.3g 10%	2.1g 35%

% of an adult's reference intake

MAIN MEALS



Hearty Roast Lamb in Mint Gravy

Tender lamb slices in delicious minted gravy. Served with roast potatoes, green beans, mashed carrot & swede.

195

€9.20 500g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1727 kJ 411 kcal	14g	5.0g	7.3g	1.7g
21%	20%	25%	8%	28%

% of an adult's reference intake



Hearty Roast Beef & Yorkshire Pudding

Tender steam roasted silverside beef in gravy. Served with a Yorkshire pudding, roast potatoes, sprouts and carrots.

7105

€9.00 500g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1804 kJ 428 kcal	10g	2.4g	6.5g	2.5g
21%	14%	12%	7%	42%

% of an adult's reference intake



Hearty Chicken & Vegetable Casserole

Chicken pieces cooked with chestnut mushrooms and root vegetables. Served with mashed potato, carrots and green beans.

142

€7.25 500g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1388 kJ 330 kcal	11g	1.7g	8.8g	1.7g
17%	16%	9%	10%	28%

% of an adult's reference intake



Hearty Beef Hotpot

Chunks of beef cooked with mixed vegetables and topped with sauté potatoes. Served with carrots and green beans.

7114

€7.90 500g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2066 kJ 493 kcal	20g	7.7g	13g	2.4g
25%	29%	39%	14%	40%

% of an adult's reference intake



Hearty Bangers & Mash

Three filling sausages in a delicious gravy. Served with mashed potato and peas.

133

€7.25 510g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2343 kJ 560 kcal	25g	6.3g	6.3g	2.7g
28%	36%	32%	7%	45%

% of an adult's reference intake



Hearty Chicken Tikka Masala

Marinated chicken in a medium spiced creamy tomato sauce. Served with bombay potatoes and yellow basmati rice.

7139

€7.40 540g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2639 kJ 629 kcal	26g	7.7g	19g	1.8g
31%	37%	39%	21%	30%

% of an adult's reference intake

“

Great service and excellent quality food with a great choice for gluten free and free from options.

Mrs A
Wiltshire Farm Foods
Customer

Free From
Chilli Con Carne
Page 87

Free From

Dine in confidence with these dishes free from 14 major allergens and made without onion and garlic.

All the meals in this section are free from:

- ✓ Soya
- ✓ Gluten
- ✓ Sesame
- ✓ Sulphites
- ✓ Lupin
- ✓ Egg
- ✓ Crustacean
- ✓ Mustard
- ✓ Celery
- ✓ Peanuts
- ✓ Nuts
- ✓ Fish
- ✓ Mollusc
- ✓ Milk

(and all products produced or derived from milk)

For definitions of 'Free From', 'Made Without' and 'May Contain', please turn to page 106.

Request a copy of our Information on Allergens and Special Diets for more information about our menu.

Nutritious
& Delicious



Free From Provençale Vegetable Bake

Courgette, haricot beans and peppers in tomato sauce topped with sauté potatoes. Served with green beans, peas and broccoli.

8196	€5.10	435g	GF	VEGAN
Each meal contains				
Energy 1414 kJ 336 kcal 17%	Fat 8.7g 12%	Saturates 2.7g 14%	Sugars 11g 12%	Salt 1.2g 20%
% of an adult's reference intake				



Free From Roast Lamb in Gravy

Succulent roast lamb in a mint gravy. Served with golden roast potatoes and minted green vegetables.

8199

€7.40

370g

GF

Each meal contains

Energy

1459 kJ
348 kcal

17%

Fat

14g

20%

Saturates

3.8g

19%

Sugars

3.9g

4%

Salt

1.5g

25%

% of an adult's reference intake



Free From Pork in Gravy

Three filling slices of pork* in a tasty gravy. Served with roast potatoes, carrots and peas.

7360

€7.10

405g

GF

Each meal contains

Energy

1385 kJ
329 kcal

16%

Fat

11g

16%

Saturates

2.6g

13%

Sugars

5.2g

6%

Salt

1.7g

28%

% of an adult's reference intake



Free From Chicken, Bacon & Thyme Hotpot

Chicken and bacon* casserole topped with sauté potatoes. Served with broccoli, peas, green beans, mashed carrot & swede.

8193

€5.85

360g

GF

Each meal contains

Energy

1425 kJ

340 kcal

17%

Fat

11g

16%

Saturates

4.5g

23%

Sugars

8.0g

9%

Salt

1.0g

17%

% of an adult's reference intake

* Please refer to page 106

www.wiltshirefarmfoods.ie

MAIN MEALS



Free From Sweet & Sour Chicken

Tender chicken pieces in sweet and sour sauce with pineapple and peppers. Served with rice, peas and peppers.

8194 €5.35 415g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1792 kJ 424 kcal 21%	6.6g 9%	1.2g 6%	27g 30%	1.3g 22%

% of an adult's reference intake



Free From Chilli Con Carne

Minced beef simmered in a rich tomato, red kidney bean and chilli sauce. Served with vegetable rice.

8191 €5.90 350g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1406 kJ 334 kcal 17%	8.8g 13%	3.0g 15%	4.7g 5%	1.6g 27%

% of an adult's reference intake



Nutritious
& Delicious

Free From Roast Chicken in Gravy

Steam roasted chicken in gravy. Served with golden roast potatoes, mashed carrot and peas.

8192 €7.05 370g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1282 kJ 304 kcal 15%	6.5g 9%	0.9g 5%	4.3g 5%	1.0g 17%

% of an adult's reference intake



Free From Roast Beef in Gravy

Slices of steam roasted silverside beef in gravy. Served with roast potatoes, carrots and Romano beans.

8190 €7.05 390g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1291 kJ 307 kcal 15%	7.2g 10%	2.3g 12%	5.7g 6%	1.2g 20%

% of an adult's reference intake

“

The All Day
Breakfast is a
real treat!

Mrs H
Wiltshire Farm Foods
Customer

All Day Breakfast
Page 89

Breakfast

*Begin your day with a hot breakfast the easy way –
perfect for when you wake up with a big appetite!*



Porridge

A warming portion of creamy porridge.

022

€1.70 200g

V

Each pot contains

Energy	Fat	Saturates	Sugars	Salt
1115 kJ 267 kcal	15g	4.3g	15g	0.21g
13%	21%	22%	17%	4%

% of an adult's reference intake



Sausage, Beans & Omelette

A tasty pork sausage with baked beans and a plain mini omelette.

095

€5.05 205g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1009 kJ 241 kcal	9.0g	2.6g	6.8g	1.4g
12%	13%	13%	8%	23%

% of an adult's reference intake



All Day Breakfast

A classic combination of back bacon, delicious pork sausage, plain omelette, baked beans and hash browns.

575

€7.10 310g

Each meal contains


Energy	Fat	Saturates	Sugars	Salt
1934 kJ 463 kcal	22g	5.4g	7.0g	2.3g
23%	31%	27%	8%	38%

% of an adult's reference intake

Fancy a mid-morning treat?



See pages 90-92



Chocolate Éclairs
(pack of 5)
Page 92

“

The chocolate éclairs
are so luscious, I really
mustn't buy anymore,
but I will!

Mrs M
Wiltshire Farm Foods
Customer

Country
Cake
Page 92

Chocolate
Chip Muffin
Page 92

Sweet Treats

*It's always a good idea to keep some tempting treats in for
when those sweet cravings hit. Simply scrumptious.*



Lemon Drizzle Cake

A moist and zesty cake with a tangy lemon drizzle topping.



Malt Loaf

A delicious treacle and mixed spiced malt loaf, filled with juicy sultanas.

012 €4.50 203g V

Each 68g portion contains

Energy 1302 kJ 311 kcal 16%	Fat 16g 23%	Saturates 1.9g 10%	Sugars 21g 23%	Salt 0.35g 6%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

3032 €4.50 243g V

Each 81g portion contains

Energy 1238 kJ 294 kcal 15%	Fat 8.2g 12%	Saturates 0.7g 4%	Sugars 29g 32%	Salt 0.40g 7%
--------------------------------------	---------------------------	--------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



Cherry & Almond Cake

A delicious almond flavoured sponge with fruity glacé cherry pieces.

3030 €4.50 178g V

Each 59g portion contains

Energy 1113 kJ 266 kcal 13%	Fat 12g 17%	Saturates 1.5g 8%	Sugars 20g 22%	Salt 0.28g 5%
--------------------------------------	--------------------------	--------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



All Butter Shortbread (pack of 3)

Rich and buttery shortbread dusted with sugar. Perfect with a cup of tea!

3052 €4.20 41g x 3 V

Each biscuit contains

Energy 925 kJ 221 kcal 11%	Fat 13g 19%	Saturates 8.2g 41%	Sugars 8.3g 9%	Salt <0.01g 0%
-------------------------------------	--------------------------	---------------------------------	-----------------------------	--------------------------------

% of an adult's reference intake

DESSERTS & CAKES

**Country Cake**

A moist, golden cake filled with juicy currants and sultanas.

015**€4.50** 195g

V

Each 65g portion contains

Energy	Fat	Saturates	Sugars	Salt
1169 kJ 279 kcal 14%	14g 20%	1.6g 8%	22g 24%	0.34g 6%

% of an adult's reference intake

**Chocolate Chip Muffin**

A delicious vanilla muffin packed full of dark chocolate chips.

016**€1.95** 75g

V

Each muffin contains

Energy	Fat	Saturates	Sugars	Salt
1330 kJ 319 kcal 16%	18g 26%	3.1g 16%	19g 21%	0.37g 6%

% of an adult's reference intake

**Chocolate Éclairs (pack of 5)**

Choux pastry with a sweet cream filling and chocolate topping.

399**€5.20** 32g x 5

V

Each Éclair contains

Energy	Fat	Saturates	Sugars	Salt
565 kJ 136 kcal 7%	9.8g 14%	5.9g 30%	5.5g 6%	0.08g 1%

% of an adult's reference intake

Soups & Snacks

If you're not in the mood for a full meal, our snacks fill the gap! Just the thing for a between meal top-up too.

**Find them on page 54**

Crème
Caramel
Page 94

West Country
Clotted Cream
Rice Pudding
Page 95

Plum & Cherry
Crumble
Page 94

“

The plum & cherry
crumble was a triumph and
we are going to order
a freezer full of them!

Mr H
Wiltshire Farm Foods
Customer



CHEF'S *Favourites* DESSERTS

*A little of what you fancy does you good – so treat yourself
to some of these delectable delights.*



Chocolate Profiteroles

Three choux pastry buns filled with custard cream and covered in a rich chocolate sauce.

2151 €3.50 80g 

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
866 kJ 207 kcal 10%	8.5g 12%	6.9g 35%	15g 17%	0.20g 3%

% of an adult's reference intake



Lemon Sponge

A gluten free sponge pudding drizzled with a tangy lemon sauce.

3707 €2.40 120g  

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1550 kJ 370 kcal 19%	17g 24%	4.4g 22%	31g 34%	0.25g 4%

% of an adult's reference intake



Crème Caramel

A delicious French inspired dessert topped with a rich and sweet caramel sauce.

477 €3.10 120g 

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1162 kJ 277 kcal 14%	10g 14%	6.5g 33%	26g 29%	0.14g 2%

% of an adult's reference intake



Plum & Cherry Crumble

Deliciously fruity plums and cherries topped with a golden oat crumble.

3778 €2.45 135g 

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1314 kJ 312 kcal 16%	9.8g 14%	3.4g 17%	27g 30%	0.05g 1%

% of an adult's reference intake

DESSERTS & CAKES



Tiramisu

A classic coffee dessert made with mascarpone, Marsala wine mousse and sponge, topped with cocoa powder.

2177 €3.10 80g

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
742 kJ 176 kcal 9%	3.6g 5%	2.6g 13%	15g 17%	0.13g 2%

% of an adult's reference intake



West Country Clotted Cream Rice Pudding

A delicious pudding made with West Country clotted cream and a hint of spicy nutmeg.

842 €2.40 160g

GF

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1561 kJ 375 kcal 19%	27g 39%	16g 80%	15g 17%	0.23g 4%

% of an adult's reference intake



CHEF'S
Favourites

You don't need to wait
for a special occasion
to treat yourself to
something special

You'll find our
Chef's Favourites Meals
on pages 47-53



Summer Fruit Crumble
& Custard
Page 98

Bread and Butter
Pudding & Custard
Page 99

“

The lemon
sponge was lovely
and light.

Mrs L
Wiltshire Farm Foods
Customer

Lemon Sponge
& Custard
Page 99

Hot Desserts

These good old-fashioned hot sponges, crumbles and more will take you right back to your childhood.

DESSERTS & CAKES



Apple Pie & Custard

A delicious apple filling topped with shortcrust pastry and served with custard.

800

€1.80 156g

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1260 kJ 301 kcal 15%	13g 19%	3.6g 18%	18g 20%	0.34g 6%

% of an adult's reference intake



Apple Crumble & Custard

Bramley apple topped with a golden oatly crumble. Served with custard.

3126

€1.85 150g

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1376 kJ 328 kcal 16%	14g 20%	3.4g 17%	22g 24%	0.30g 5%

% of an adult's reference intake



Rhubarb Crumble & Custard

Tender pieces of rhubarb topped with a golden oatly crumble. Served with custard.

3127

€1.85 150g

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1358 kJ 324 kcal 16%	15g 21%	3.4g 17%	21g 23%	0.24g 4%

% of an adult's reference intake



Sticky Toffee Pudding & Custard

Sticky toffee pudding with dates and sweet toffee sauce, served with custard.

866

€1.85 160g

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1514 kJ 362 kcal 18%	19g 27%	7.5g 38%	31g 34%	0.73g 12%

% of an adult's reference intake

DESSERTS & CAKES



Spotted Dick & Custard

Suet pudding made with sultanas and currants, served with custard.

852 €1.75 140g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1143 kJ 273 kcal 14%	13g 19%	3.8g 19%	17g 19%	0.54g 9%

% of an adult's reference intake



Summer Fruit Crumble & Custard

A fruity mix of blackcurrants, apple and raspberries topped with a golden oatly crumble. Served with custard.

3128 €1.85 150g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1322 kJ 316 kcal 16%	14g 20%	3.4g 17%	21g 23%	0.26g 4%

% of an adult's reference intake



Jam Sponge & Custard

Vanilla flavoured sponge with a raspberry, plum and apple jam, served with custard.

822 €1.85 149g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1366 kJ 325 kcal 16%	13g 19%	1.3g 7%	37g 41%	0.44g 7%

% of an adult's reference intake



Rice Pudding

Our classic rice pudding. Comforting, warming and an all-time favourite.

830 €1.75 160g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
760 kJ 180 kcal 9%	4.9g 7%	2.0g 10%	17g 19%	0.15g 3%

% of an adult's reference intake



Jam Sponge

A delicious gluten free sponge with a sweet raspberry, plum and apple jam.

3701 €2.15 120g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1865 kJ 444 kcal 22%	17g 24%	4.6g 23%	52g 58%	0.28g 5%

% of an adult's reference intake



Lemon Sponge with Rhubarb & White Chocolate Custard

Lemon sponge with rhubarb served with a white chocolate custard.

3131 €2.10 135g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1158 kJ 277 kcal 14%	14g 20%	3.6g 18%	22g 24%	0.46g 8%

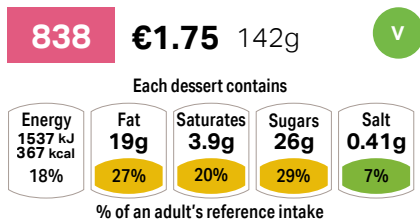
% of an adult's reference intake

DESSERTS & CAKES



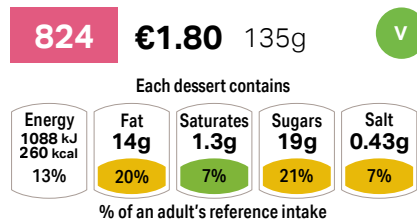
Bakewell Tart & Custard

A pastry base topped with raspberry, plum and apple jam layered in sponge and served with custard.



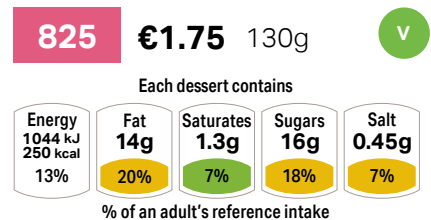
Lemon Sponge & Custard

A zesty lemon flavour sponge drizzled with tangy lemon sauce and served with custard.



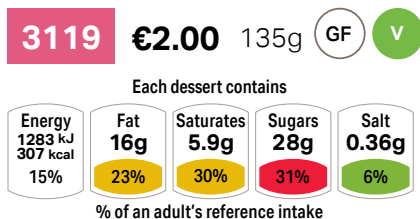
Ginger Sponge & Custard

A lightly ginger spiced sponge with custard.



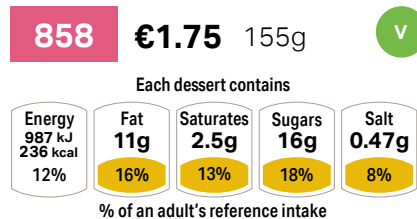
Chocolate & Cherry Brownie with Vanilla Cream Sauce

A gooey chocolate and glacé cherry brownie with a vanilla cream sauce.



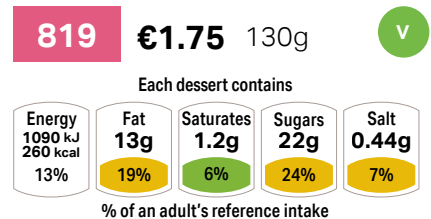
Bread and Butter Pudding & Custard

Layers of bread and butter, filled with juicy sultanas and currants, served with custard.



Syrup Sponge & Custard

A fluffy sponge with golden syrup sauce and custard.



Reduced Sugar Hot Desserts

Watch your sugar intake and still enjoy your favourites with these puds made with at least 30% less sugar than our standard desserts.



Reduced Sugar Rhubarb Crumble & Custard

Tender pieces of rhubarb topped with a golden oaty crumble. Served with custard. With sugars and sweetener.

3959 €1.85 150g



Each dessert contains				
Energy 1286 kJ 308 kcal 15%	Fat 17g 24%	Saturates 4.2g 21%	Sugars 6.7g 7%	Salt 0.19g 3%

% of an adult's reference intake



Reduced Sugar Blackcurrant Pie & Custard

Zesty blackcurrants topped with shortcrust pastry and served with custard. With sugar and sweetener.

906 €1.75 150g



Each dessert contains				
Energy 1156 kJ 277 kcal 14%	Fat 15g 21%	Saturates 4.1g 21%	Sugars 14g 16%	Salt 0.22g 4%

% of an adult's reference intake



Reduced Sugar Jam Roly Poly & Custard

Suet sponge with raspberry, plum and apple jam, with custard and raspberry sauce. With sugars and sweeteners.

928 €1.80 150g



Each dessert contains				
Energy 995 kJ 238 kcal 12%	Fat 11g 16%	Saturates 2.9g 15%	Sugars 8.4g 9%	Salt 0.71g 12%

% of an adult's reference intake

DESSERTS & CAKES



Reduced Sugar Apple & Blackberry Crumble & Custard

Apples and blackberries topped with a golden oaty crumble. Served with custard. With sugars and sweetener.

3957	€1.85	155g	V
Each dessert contains			
Energy 1295 kJ 310 kcal 16%	Fat 17g 24%	Saturates 4.2g 21%	Sugars 8.3g 9%
			Salt 0.24g 4%
% of an adult's reference intake			



Reduced Sugar Lemon Sponge & Custard

A delicious lemon flavour sponge with a drizzle of tangy lemon sauce. Served with custard. With sugars and sweetener.

925	€1.75	130g	V
Each dessert contains			
Energy 963 kJ 231 kcal 12%	Fat 14g 20%	Saturates 1.6g 8%	Sugars 13g 14%
			Salt 0.35g 6%
% of an adult's reference intake			



Reduced Sugar Sultana Sponge & Custard

A fluffy sponge packed with juicy sultanas and served with custard. With sugars and sweetener.

926	€1.75	130g	V
Each dessert contains			
Energy 991 kJ 238 kcal 12%	Fat 15g 21%	Saturates 1.7g 9%	Sugars 12g 13%
			Salt 0.38g 6%
% of an adult's reference intake			



Reduced Sugar Apple Pie & Custard

Bramley apples topped with shortcrust pastry and served with custard. With sugar and sweetener.

900	€1.80	150g	V
Each dessert contains			
Energy 1153 kJ 276 kcal 14%	Fat 14g 20%	Saturates 4.0g 20%	Sugars 11g 12%
			Salt 0.27g 4%
% of an adult's reference intake			



Reduced Sugar Stewed Apple & Rice

Delicious and creamy rice pudding topped with stewed Bramley apples.

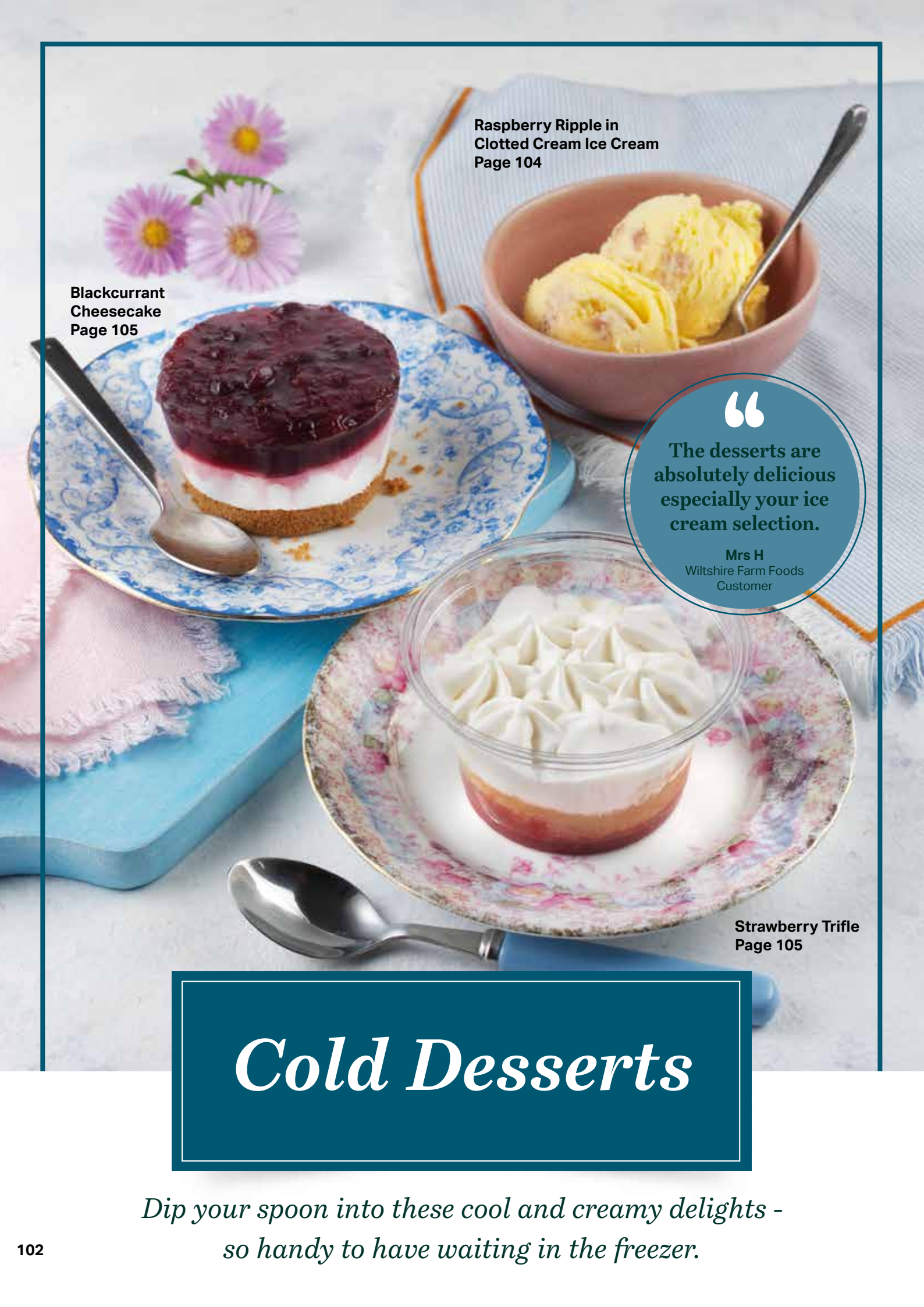
990	€1.75	155g	GF	V
Each dessert contains				
Energy 655 kJ 155 kcal 8%	Fat 3.1g 4%	Saturates 1.3g 7%	Sugars 12g 13%	Salt 0.20g 3%
% of an adult's reference intake				



Reduced Sugar Golden Syrup Sponge & Custard

A fluffy sponge with delicious golden syrup, served with custard. With sugars and sweetener.

924	€1.75	130g	V
Each dessert contains			
Energy 973 kJ 233 kcal 12%	Fat 14g 20%	Saturates 1.6g 8%	Sugars 14g 16%
			Salt 0.38g 6%
% of an adult's reference intake			



Raspberry Ripple in
Clotted Cream Ice Cream
Page 104

Blackcurrant
Cheesecake
Page 105

“

The desserts are
absolutely delicious
especially your ice
cream selection.

Mrs H
Wiltshire Farm Foods
Customer

Strawberry Trifle
Page 105

Cold Desserts

*Dip your spoon into these cool and creamy delights -
so handy to have waiting in the freezer.*

Cool and Dreamy Sundaes



Caramel Sundae

Vanilla flavoured ice cream swirled with caramel sauce.

411
€2.15

106g

GF

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
756 kJ 181 kcal	5.9g	5.3g	23g	0.24g
9%	8%	27%	26%	4%

% of an adult's reference intake



Strawberry Sundae

Vanilla flavoured ice cream swirled with sweet strawberry sauce.

410
€2.15

106g

GF

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
700 kJ 167 kcal	5.3g	4.8g	21g	0.19g
8%	8%	24%	23%	3%

% of an adult's reference intake



Nordica (pack of 4)

Individual rippled vanilla flavoured ice cream desserts with chocolate flavoured layers.

407
€5.55

70g x4

GF

V

Each Nordica contains

Energy	Fat	Saturates	Sugars	Salt
754 kJ 181 kcal	11g	9.8g	17g	0.06g
9%	16%	49%	19%	1%

% of an adult's reference intake



Strawberries in Clotted Cream Ice Cream

Strawberry flavour ripple swirled through West Country clotted cream ice cream.

2143
€2.50

100g

GF

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1079 kJ 258 kcal	15g	8.9g	26g	0.12g
13%	21%	45%	29%	2%

% of an adult's reference intake



Raspberry Ripple in Clotted Cream Ice Cream

Raspberry flavour ripple swirled through dairy clotted cream ice cream.

2152	€2.45	100g	GF	V
Each dessert contains				
Energy 1109 kJ 266 kcal 13%	Fat 17g 24%	Saturates 10g 50%	Sugars 24g 27%	Salt 0.14g 2%
% of an adult's reference intake				



Raspberry Trifle

Delicious layers of raspberry filling, sponge and custard, topped with cream.

2149	€1.95	105g		V
Each dessert contains				
Energy 885 kJ 211 kcal 11%	Fat 7.8g 11%	Saturates 5.8g 29%	Sugars 22g 24%	Salt 0.14g 2%
% of an adult's reference intake				

Sumptuously Smooth



Chocolate Mousse

A fluffy chocolate flavoured mousse. With sugar and sweetener.

416	€1.80	65g	GF	V
Each dessert contains				
Energy 379 kJ 92 kcal 5%	Fat 3.8g 5%	Saturates 3.2g 16%	Sugars 4.5g 5%	Salt 0.17g 3%
% of an adult's reference intake				



Coffee Dessert

A delicious and tasty coffee dessert with vanilla flavoured decoration.

414	€1.80	77g	GF	V
Each dessert contains				
Energy 540 kJ 129 kcal 6%	Fat 4.2g 6%	Saturates 3.9g 20%	Sugars 17g 19%	Salt 0.21g 4%
% of an adult's reference intake				



Strawberry Mousse

A refreshing strawberry flavoured mousse. With sugar and sweetener.

418	€1.80	65g	GF	V
Each dessert contains				
Energy 356 kJ 86 kcal 4%	Fat 3.7g 5%	Saturates 3.2g 16%	Sugars 4.5g 5%	Salt 0.08g 1%
% of an adult's reference intake				



Strawberry Trifle

Layers of strawberry filling, sponge and custard, topped with cream.



2148 €1.95 105g V

Each dessert contains

Energy 916 kJ 218 kcal 11%	Fat 7.8g 11%	Saturates 5.8g 29%	Sugars 23g 26%	Salt 0.15g 3%
-------------------------------------	--------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

Clotted Cream Ice Cream

Delicious ice cream made with fresh milk and West Country clotted cream.

456 €2.50 100g GF V

Each dessert contains

Energy 942 kJ 226 kcal 11%	Fat 13g 19%	Saturates 7.8g 39%	Sugars 23g 26%	Salt 0.10g 2%
-------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

CHEF'S Favourites DESSERTS

Extra special desserts for when you fancy a spot of indulgence. Well, why not?

You'll find our Chef's Favourites Desserts on pages 93-95



Blackcurrant Cheesecake

A biscuit crumb base topped with a delicious cheesecake mousse and blackcurrant sauce.

412 €1.90 94g V

Each dessert contains

Energy 882 kJ 210 kcal 11%	Fat 6.8g 10%	Saturates 4.6g 23%	Sugars 25g 28%	Salt 0.38g 6%
-------------------------------------	--------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

Love Blackcurrants?

Why not try our Summer Fruit Crumble & Custard on page 98

Important Information

Our Recipes

Please note that recipes or suppliers may change from time to time if we cannot obtain the quality or quantity of ingredients we need, or to improve flavour. We therefore advise that you always refer to the label on your chosen dish, as this will show all the ingredients and indicate any allergens used in that specific recipe. While every effort is made to minimise changes, more than one recipe could be available at the same time. Ingredients and cooking instructions for our meals can also be found on our website or by contacting your local team.

Our Meals

Our talented team of chefs create all our meal recipes in Trowbridge, Wiltshire. We source our ingredients from a range of carefully approved suppliers in the UK, Europe and worldwide.

All our main meals, mini meals and many of our snacks and desserts featured in this brochure are made by us and frozen for freshness in Wiltshire. Some of our desserts, snacks, puréed and minced meals are produced for us by suppliers in the UK and Europe.

Ensuring Tenderness

- * We only buy our meat & fish from carefully selected suppliers who we work closely with to make sure we choose the right cuts for the recipe we are cooking.

In a small number of our meals (only those showing a star in the description) we use selected cuts of formed meat or fish to ensure your meal is as tender as possible.

Formed meat and fish are high quality ingredients; formed meat is made by binding together large individual pieces of meat into a regular shape and then slicing. Formed fish combines individual pieces of fish into regular portions.

Definitions

Free From

We work hard to ensure the relevant ingredients are not detectable, or if legal limits have been set that they are never exceeded e.g. gluten. We carry out scientific tests to make sure these strict standards are maintained.

Made Without

This term shows that an ingredient is not deliberately used in a recipe. We take care to avoid any accidental inclusion, but very small amounts could be present, meaning they may not be suitable for someone living with a food allergy.

May Contain

This highlights foods where a specific and unavoidable risk of accidental contamination has been identified i.e. where a supplier has told us that it's a possibility.

Wiltshire Farm Foods Privacy Notice

It is important to us that you know how we will use the information that you provide to us, from when you make that first enquiry and then become a valued customer. We take data protection very seriously and value the privacy of our customers.

Please read the key points from our Privacy Notice, which can be found on our website or by contacting your local outlet.

- Wiltshire Farm Foods (a division of apetito Ltd) deliver delicious meals and desserts through a network of outlets operated by ourselves and our franchise partners. We will only disclose the necessary information with your local outlet so that they can provide services to you.
- If you provide information about someone else to us, it is your responsibility to ensure that the individual is happy for you to share their information with us. For example, a relative or loved one.
- We will only process your information in compliance with the law, and will delete it when required to do so.
- We will never sell or share your information to a third party.
- We may contact you by post, telephone or email to make sure you are happy with our service and with offers. You can change your contact preferences anytime or update your details either by speaking to your driver or calling us.
- To provide our service, we use trusted partners who have access to our data under strict conditions of confidentiality and security, for example to post your brochure.

Wiltshire Farm Foods is a division of apetito Ltd which is registered as a data controller with the Information Commissioner's Office. Our registration number is Z5944325. You can contact our data protection officer at dpo@apetito.co.uk with any concerns or queries you may have regarding your data, or to notify us that you no longer wish to receive marketing from us. You also have the right to make a complaint to the Information Commissioner's Office if you are unhappy with how we have handled your personal data.

Satisfaction Guaranteed



Terms and conditions: our satisfaction guarantee applies to all meals purchased from Wiltshire Farm Foods. To request a replacement please contact your local team or tell your delivery driver.

You must provide us with the film lid for the meal that is being replaced (at the time the replacement meal is delivered), otherwise we reserve the right to withhold the replacement meal. This guarantee is subject to fair use and we reserve the right to withhold replacement meals. We may amend the terms of this guarantee from time to time – please visit our website for the most up to date position.



SOFTER FOODS

*We believe everyone should
look forward to a tasty and
appetising meal, even with
a swallowing difficulty.
That's why we're so proud
of our world-leading
texture modified menu.*

Tasty, easy meals for *spring*

Peeling, chopping, cooking, blending... not to mention washing up - when just the thought of preparing meals in the right texture for you is enough to put you off, please don't settle for less. As **the world leaders in texture modified meals**, we don't believe there should be anything stopping you from enjoying good food - **you deserve something delicious and nutritious, every single mealtime.**

When you have Wiltshire Farm Foods meals waiting in your freezer, you can relax knowing that good food is only ever a matter of minutes away. Enjoy a perfectly prepared dish simply by popping one **straight from the freezer into the microwave or oven** – it's as easy as that!

With **88 tasty dishes** to choose from including breakfasts, lunches, and desserts, whatever the time of day, there are always options that fit the bill. And because each one is **honed to perfection by our team of expert chefs**, you can be sure that each one is as delicious as it is effortless.

Phil Rimmer
Head Chef



EFFORTLESS MEALS FOR ALL



Carefully created

Dine with confidence, safe in the knowledge that each dish is created in line with the latest texture guidance from the NHS*.



Brilliantly balanced

Thanks to the input of our expert dietitians, our meals meet a wide range of nutritional needs, with different portion options too.



Unsure which texture is right for you?

Please speak to your healthcare professional who will be able to advise you.



88
DELICIOUS
DISHES
for you to
choose from

Three CAREFULLY CREATED TEXTURES TO CHOOSE FROM!

Level 4 - Purée Meals Pages 110-122

These smooth texture dishes are perfectly puréed and filled with flavour.

Try our Purée

Lamb in Mint Gravy on **page 115**



Level 5 - Minced Meals Pages 123-127

Effortless to prepare minced dishes that require minimal chewing.

Try our Minced

Salmon in Dill Sauce on **page 127**

Level 6 - Soft & Bite-Sized Meals Pages 128-130

Enjoy softer textures and small, manageable pieces.

Try our Soft & Bite-Sized

Shepherd's Pie on **page 130**



LET'S HEAR IT FROM OUR CUSTOMERS

“Beautifully presented
and very tasty!”



★ Trustpilot

Mrs V

Wiltshire Farm Foods Customer

“The opportunity
to have time off from
blending and cooking
is much appreciated.”



★ Trustpilot

Mrs K

Wiltshire Farm Foods Customer

“The variety of
meals is excellent
and they can be
prepared quickly.”



★ Trustpilot

Mrs C

Wiltshire Farm Foods Customer

**Purée Chicken
in Rich Gravy
Page 115**

“
The puréed meals suit
my needs perfectly and I
wouldn't go anywhere else.

Mrs B
Wiltshire Farm Foods
Customer

**Puréed Quiche Lorraine
(Oven Cook Only)
Page 119**

**Puréed Bakewell
Sponge &
Custard
Page 121**

**Purée Petite Fish & Chips
(Oven Cook Only) Page 113**



IMPORTANT:

When heating our puréed dishes, always
set your microwave to **HALF POWER**.

Purée Meals

*With options for every eating occasion plus your pick of two
portion sizes, our Level 4 menu offers so much choice.*

SOFTER FOODS



Purée Petite Omelette, Chips & Beans

Tasty puréed cheese omelette served with chips and baked beans.

7099

€7.50

275g

V

Each meal contains

Energy

2148 kJ

516 kcal

26%

Fat

36g

51%

Saturates

9.8g

49%

Sugars

6.0g

7%

Salt

1.5g

25%

% of an adult's reference intake



7097

€7.40

275g

GF

Each meal contains

Energy

2081 kJ

501 kcal

25%

Fat

36g

51%

Saturates

4.6g

23%

Sugars

4.0g

4%

Salt

1.9g

32%

% of an adult's reference intake



Purée Petite

Spaghetti Bolognese

Puréed beef in a rich tomato and herb sauce. Served on a bed of puréed spaghetti.

7397

€8.05

300g

Each meal contains

Energy

2100 kJ

504 kcal

25%

Fat

31g

44%

Saturates

8.8g

44%

Sugars

9.8g

11%

Salt

1.8g

30%

% of an adult's reference intake



Purée Petite

Pork & Gravy

Puréed pork shoulder in gravy served with broccoli and duchess potatoes.

7017

€7.50

275g

GF

Each meal contains

Energy

2173 kJ

524 kcal

26%

Fat

40g

57%

Saturates

6.7g

34%

Sugars

5.6g

6%

Salt

1.5g

25%

% of an adult's reference intake

SOFTER FOODS



Purée Petite
Turkey in Gravy

Puréed turkey in gravy served with sage and onion sauté potatoes and carrots.

7026

€7.45

275g

GF

Each meal contains

Energy 2094 kJ 503 kcal 25%	Fat 33g 47%	Saturates 3.3g 17%	Sugars 5.9g 7%	Salt 1.6g 27%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Purée Petite
Vegetarian Sausages

Puréed vegetarian sausages served with mashed potato and peas.

7095

€7.35

275g

VEGAN

Each meal contains

Energy 2145 kJ 516 kcal 26%	Fat 36g 51%	Saturates 3.5g 18%	Sugars 4.6g 5%	Salt 1.7g 28%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Purée Petite
Salmon Fillet
(Oven Cook Only)

Puréed salmon served with creamed spinach and sauté potatoes.

7047

€7.65

275g

GF

Each meal contains

Energy 2146 kJ 516 kcal 26%	Fat 36g 51%	Saturates 5.1g 26%	Sugars 7.2g 8%	Salt 1.5g 25%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Purée Petite
Lamb Chop

Puréed lamb chop served with creamed savoy cabbage and sauté potatoes.

7048

€7.60

275g

GF

Each meal contains

Energy 2080 kJ 501 kcal 25%	Fat 36g 51%	Saturates 6.4g 32%	Sugars 6.3g 7%	Salt 1.7g 28%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Purée Petite
Tomato & Basil Pasta

Puréed pasta in a delicious tomato and basil sauce. Served with peas.

7080

€7.45

275g

VEGAN

Each meal contains

Energy 2087 kJ 502 kcal 25%	Fat 35g 50%	Saturates 4.2g 21%	Sugars 9.5g 11%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	-----------------------	---------------------

% of an adult's reference intake



Purée Petite
Chicken Chasseur

A French classic! Puréed chicken chasseur served with peas and duchess potatoes.

7027

€7.85

275g

GF

Each meal contains

Energy 2154 kJ 518 kcal 26%	Fat 36g 51%	Saturates 3.5g 18%	Sugars 5.0g 6%	Salt 1.7g 28%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

SOFTER FOODS



Purée Petite
Cheese & Onion Bake
(Oven Cook Only)

Puréed Cheddar cheese and onion bake served with broccoli and duchess potatoes.

7012

€7.65

275g

V

Each meal contains

Energy 2237 kJ 539 kcal 27%	Fat 40g 57%	Saturates 11g 55%	Sugars 6.1g 7%	Salt 1.7g 28%
% of an adult's reference intake				



Purée Petite Sausage,
Chips & Beans

Puréed pork sausages served with chips and baked beans.

7013

€7.85

275g

Each meal contains

Energy 2116 kJ 508 kcal 25%	Fat 34g 49%	Saturates 4.4g 22%	Sugars 5.2g 6%	Salt 1.9g 32%
% of an adult's reference intake				



Purée Petite
Beef & Gravy

Puréed beef in a rich gravy served with duchess potatoes and peas.

7018

€7.75

275g

GF

Each meal contains

Energy 2079 kJ 500 kcal 25%	Fat 34g 49%	Saturates 5.1g 26%	Sugars 4.4g 5%	Salt 1.8g 30%
% of an adult's reference intake				



Purée Petite
Fish & Chips
(Oven Cook Only)

Tasty puréed white fish in a white sauce served with chips and peas.

7098

€7.75

275g

Each meal contains

Energy 2111 kJ 508 kcal 25%	Fat 35g 50%	Saturates 4.4g 22%	Sugars 5.6g 6%	Salt 1.8g 30%
% of an adult's reference intake				

LEVEL 4

PURÉE PETITE MEALS

SOFTER FOODS



Purée Petite Chicken Tikka Masala

Puréed chicken in a medium spiced coconut and tomato sauce. Served with rice and creamed spinach.

7024

€7.90

275g

GF

Each meal contains

Energy 2096 kJ 504 kcal 25%	Fat 35g 50%	Saturates 6.1g 31%	Sugars 4.1g 5%	Salt 1.7g 28%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Purée Petite Steak & Chips (Oven Cook Only)

A delicious puréed beef grillsteak served with chips and peas.

7093

€7.85

275g

Each meal contains

Energy 2160 kJ 519 kcal 26%	Fat 35g 50%	Saturates 5.1g 26%	Sugars 7.0g 8%	Salt 1.9g 32%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Purée Petite Beef Chilli

A warming puréed beef chilli with kidney beans served with rice and peas.

7022

€7.90

275g

Each meal contains

Energy 2079 kJ 500 kcal 25%	Fat 35g 50%	Saturates 5.1g 26%	Sugars 5.0g 6%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Purée Petite Steak Casserole

A warming puréed steak casserole served with red cabbage and duchess potatoes.

7014

€7.80

275g

GF

Each meal contains

Energy 2077 kJ 500 kcal 25%	Fat 36g 51%	Saturates 5.1g 26%	Sugars 6.5g 7%	Salt 1.7g 28%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Purée Petite Sweet & Sour Chicken

Puréed chicken, pineapple and peppers in a sweet and sour sauce. Served with rice and peas.

7023

€7.90

275g

Each meal contains

Energy 2110 kJ 507 kcal 25%	Fat 34g 49%	Saturates 4.4g 22%	Sugars 8.4g 9%	Salt 1.7g 28%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Purée Petite Vegetable & Bean Casserole

A comforting puréed vegetable and bean casserole served with peas and sauté potatoes.

7049

€7.35

275g

GF

VEGAN

Each meal contains

Energy 2133 kJ 514 kcal 26%	Fat 37g 53%	Saturates 3.5g 18%	Sugars 5.4g 6%	Salt 1.7g 28%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



**Purée Chicken
in Rich Gravy**

Puréed chicken breast in a chicken gravy. Served with broccoli and duchess potatoes.

7379

€8.00

345g

GF

Each meal contains

Energy

2325 kJ
560 kcal

28%

Fat

41g

59%

Saturates

5.8g

29%

Sugars

4.3g

5%

Salt

2.1g

35%

% of an adult's reference intake



Purée Macaroni Cheese

Delicious puréed pasta in a comforting cheese sauce served with broccoli.

7306

€6.90

340g

V

Each meal contains

Energy

2136 kJ
514 kcal

26%

Fat

36g

51%

Saturates

14g

70%

Sugars

5.2g

6%

Salt

1.9g

32%

% of an adult's reference intake

SAUCES FOR EVEN MORE FLAVOUR

These Purée Petite dishes are served with sensational sauces making them extra delicious.



**Purée Chicken &
Vegetable Casserole**

Puréed chicken and vegetable casserole in gravy. Served with sauté potatoes and carrots & swede.

7356

€8.10

345g

GF

Each meal contains

Energy

2263 kJ
544 kcal

27%

Fat

36g

51%

Saturates

3.6g

18%

Sugars

7.2g

8%

Salt

2.0g

33%

% of an adult's reference intake



**Purée Lamb in
Mint Gravy**

Puréed lamb in a mint gravy. Served with carrots & swede and duchess potatoes.

7357

€8.20

345g

GF

Each meal contains

Energy

2248 kJ
541 kcal

27%

Fat

37g

53%

Saturates

5.7g

29%

Sugars

6.5g

7%

Salt

2.0g

33%

% of an adult's reference intake



Purée Classic
Beef Stew

A warming puréed stew made with beef, onions and carrots. Served in gravy with mashed potato and parsnips.

362

€7.65

480g

GF

Each meal contains

Energy 2184 kJ 522 kcal 26%	Fat 25g 36%	Saturates 5.6g 28%	Sugars 8.6g 10%	Salt 1.7g 28%
% of an adult's reference intake				



Purée Classic
Shepherd's Pie
(Oven Cook Only)

Puréed seasoned lamb and mutton topped with mashed potato and served with carrots.

383

€7.65

430g

GF

Each meal contains

Energy 2115 kJ 504 kcal 25%	Fat 20g 29%	Saturates 5.8g 29%	Sugars 10g 11%	Salt 1.4g 23%
% of an adult's reference intake				



Purée Classic
Mediterranean
Vegetable Pasta

Puréed tomato and carrot pasta seasoned with mediterranean herbs. Served with mashed potato, peas and tomato sauce.

392

€7.40

480g

VEGAN

Each meal contains

Energy 1908 kJ 456 kcal 23%	Fat 20g 29%	Saturates 2.5g 13%	Sugars 9.3g 10%	Salt 1.6g 27%
% of an adult's reference intake				



Purée Classic
Turkey in Gravy

Delicious puréed turkey breast in a smooth gravy. Served with mashed potato, carrots and swede.

7353

€7.90

480g

GF

Each meal contains

Energy 2112 kJ 505 kcal 25%	Fat 24g 34%	Saturates 3.1g 16%	Sugars 10g 11%	Salt 1.4g 23%
% of an adult's reference intake				

SOFTER FOODS



Purée Classic
Salmon Supreme

Puréed salmon with carrots and peppers in a creamy sauce. Served with mashed potato and broccoli.



Purée Classic
Fish in Creamy Sauce

Puréed white fish in a creamy sauce. Served with mashed potato and carrots.

368

€7.60

480g

GF

Each meal contains

Energy 2246 kJ 537 kcal 27%	Fat 26g 37%	Saturates 8.6g 43%	Sugars 13g 14%	Salt 1.4g 23%
% of an adult's reference intake				

367

€7.85

480g

Each meal contains

Energy 2143 kJ 511 kcal 26%	Fat 19g 27%	Saturates 7.1g 36%	Sugars 16g 18%	Salt 1.3g 22%
% of an adult's reference intake				

LEVEL 4



Purée Classic
Cottage Pie
(Oven Cook Only)

Seasoned beef topped with mashed potato and served with peas.

360

€7.40

430g

GF

Each meal contains

Energy 2103 kJ 502 kcal 25%	Fat 22g 31%	Saturates 5.5g 28%	Sugars 7.5g 8%	Salt 1.5g 25%
% of an adult's reference intake				



Purée Classic
Beef Grillsteak

Puréed beef grillsteak served with mashed potato, baked beans and gravy.

384

€7.65

480g

GF

Each meal contains

Energy 2097 kJ 500 kcal 25%	Fat 19g 27%	Saturates 4.7g 24%	Sugars 9.2g 10%	Salt 1.7g 28%
% of an adult's reference intake				

PURÉE CLASSIC MEALS



**Purée Classic
Beef & Gravy**

Puréed beef in a tasty gravy. Served with mashed potato and peas.

363

€7.55

480g

GF

Each meal contains

Energy 2107 kJ 503 kcal 25%	Fat 22g 31%	Saturates 4.9g 25%	Sugars 8.8g 10%	Salt 1.8g 30%
% of an adult's reference intake				



**Purée Classic
Chicken Curry**

Puréed chicken curry with mashed potato and cauliflower in a mild curry sauce.

371

€7.45

480g

Each meal contains

Energy 1886 kJ 450 kcal 23%	Fat 20g 29%	Saturates 4.1g 21%	Sugars 14g 16%	Salt 1.7g 28%
% of an adult's reference intake				



**Purée Classic
Pork & Apple Casserole**

Puréed pork and apple casserole in gravy served with mashed potato and parsnips.

378

€7.65

480g

GF

Each meal contains

Energy 2092 kJ 501 kcal 25%	Fat 27g 39%	Saturates 5.2g 26%	Sugars 10g 11%	Salt 1.5g 25%
% of an adult's reference intake				



**Purée Classic
Cheese Omelette**

Puréed cheese omelette with a delicious Cheddar and Emmental cheese sauce. Served with mashed potato and baked beans.

396

€7.30

480g

GF

V

Each meal contains

Energy 2363 kJ 566 kcal 28%	Fat 31g 44%	Saturates 13g 65%	Sugars 11g 12%	Salt 1.3g 22%
% of an adult's reference intake				



**Purée Classic
Vegetable Curry**

Puréed cauliflower, pea, tomato, carrot, broccoli and swede curry served with mashed potato, parsnips and curry sauce.

394

€7.40

480g

VEGAN

Each meal contains

Energy 1801 kJ 430 kcal 22%	Fat 17g 24%	Saturates 1.7g 9%	Sugars 12g 13%	Salt 1.3g 22%
% of an adult's reference intake				

SOFTER FOODS



Puréed Cheese & Onion Quiche
(Oven Cook Only)

A tasty puréed pastry base with a classic cheese and onion filling.

7039

€4.30

120g

V

Each pack contains

Energy 854 kJ 205 kcal 10%	Fat 14g 20%	Saturates 6.7g 34%	Sugars 1.6g 2%	Salt 0.73g 12%
-------------------------------------	-------------------	--------------------------	----------------------	----------------------

% of an adult's reference intake



Puréed Quiche Lorraine
(Oven Cook Only)

Puréed quiche, made with smoked streaky bacon, onion and leek, on a tasty puréed pastry base.

7029

€4.20

120g

Each pack contains

Energy 852 kJ 205 kcal 10%	Fat 16g 23%	Saturates 7.2g 36%	Sugars 1.3g 1%	Salt 0.56g 9%
-------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

LEVEL 4

A trio of tasty toasties

A puréed toasted sandwich makes the perfect quick and easy lunch. Ours are beautifully browned and made with Cheddar cheese, tuna with cheese, or bacon, on puréed white bread.



Puréed Hot Cheese
Toastie

7038

€4.70

200g

V

Each pack contains

Energy 1484 kJ 356 kcal 18%	Fat 20g 29%	Saturates 5.9g 30%	Sugars 8.0g 9%	Salt 0.99g 16%
--------------------------------------	-------------------	--------------------------	----------------------	----------------------

% of an adult's reference intake



Puréed Hot Tuna
Toastie

7037

€4.70

200g

Each pack contains

Energy 1390 kJ 334 kcal 17%	Fat 18g 26%	Saturates 5.0g 25%	Sugars 5.7g 6%	Salt 0.89g 15%
--------------------------------------	-------------------	--------------------------	----------------------	----------------------

% of an adult's reference intake



Puréed Hot Bacon
Toastie

7036

€4.70

200g

Each pack contains

Energy 1254 kJ 300 kcal 15%	Fat 15g 21%	Saturates 3.6g 18%	Sugars 2.9g 3%	Salt 0.85g 14%
--------------------------------------	-------------------	--------------------------	----------------------	----------------------

% of an adult's reference intake

PURÉE SNACKS, SANDWICHES & BREAKFASTS

SOFTER FOODS



Puréed Beans on Toast

A classic dish of puréed baked beans on toast.

7020

€6.10

175g

V

Each meal contains

Energy 1176 kJ 282 kcal 14%	Fat 16g 23%	Saturates 4.9g 25%	Sugars 4.3g 5%	Salt 0.81g 13%
% of an adult's reference intake				



Puréed Porridge

Smooth and creamy puréed porridge.

7350

€2.35

200g

V

Each meal contains

Energy 1278 kJ 306 kcal 15%	Fat 16g 23%	Saturates 4.9g 25%	Sugars 16g 18%	Salt 0.24g 4%
% of an adult's reference intake				



Purée Petite All Day Breakfast

A puréed British classic of sausages, baked beans and scrambled egg.

7094

€7.40

275g

GF

Each meal contains

Energy 2142 kJ 515 kcal 26%	Fat 37g 53%	Saturates 5.9g 30%	Sugars 5.3g 6%	Salt 1.8g 30%
% of an adult's reference intake				



Puréed Scrambled Eggs on Toast

A breakfast favourite of puréed scrambled eggs on toast.

7021

€6.30

175g

V

Each meal contains

Energy 1147 kJ 276 kcal 14%	Fat 19g 27%	Saturates 6.2g 31%	Sugars 1.3g 1%	Salt 1.0g 17%
% of an adult's reference intake				



Puréed Apple & Cinnamon Porridge

A creamy puréed porridge with delicious apple and cinnamon.

7351

€2.40

200g

V

Each meal contains

Energy 1228 kJ 293 kcal 15%	Fat 14g 20%	Saturates 4.4g 22%	Sugars 17g 19%	Salt 0.23g 4%
% of an adult's reference intake				

SOFTER FOODS



Puréed Bakewell
Sponge & Custard

Puréed mixed fruit and almond flavour sponge with custard.

134

€1.85 155g



Each dessert contains

Energy 1048 kJ 250 kcal 13%	Fat 11g 16%	Saturates 3.3g 17%	Sugars 22g 24%	Salt 0.49g 8%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Puréed Apple Pie
& Custard

Puréed sweet apple and pastry with custard.

171

€1.85 155g



Each dessert contains

Energy 939 kJ 224 kcal 11%	Fat 11g 16%	Saturates 3.0g 15%	Sugars 17g 19%	Salt 0.33g 6%
-------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Puréed Summer Fruit
Sponge & Custard

Delicious puréed blackberries, strawberries, blackcurrants and cherries with sponge. Served with custard.



Puréed Lemon Sponge

Puréed lemon flavoured sponge in a lemon sauce.



Puréed Sticky Toffee
Pudding & Custard

A sweet and creamy puréed toffee pudding served with custard.

7167

€2.05 155g

GF



Each dessert contains

Energy 1039 kJ 249 kcal 12%	Fat 13g 19%	Saturates 3.1g 16%	Sugars 18g 20%	Salt 0.41g 7%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

7161

€1.85 170g



Each dessert contains

Energy 1302 kJ 310 kcal 16%	Fat 13g 19%	Saturates 2.5g 13%	Sugars 30g 33%	Salt 0.39g 6%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

7165

€1.85 170g

GF



Each dessert contains

Energy 1394 kJ 334 kcal 17%	Fat 21g 30%	Saturates 7.0g 35%	Sugars 22g 24%	Salt 0.58g 10%
--------------------------------------	-------------------	--------------------------	----------------------	----------------------

% of an adult's reference intake

LEVEL 4

PURÉE CAKES & DESSERTS

Delicious hot cakes to enjoy

PURÉE CAKES & DESSERTS

LEVEL 4



Purée Hot Apple Cake (Oven Cook Only)

Sweet and fruity apple cake with hints of cinnamon, topped with a layer of puréed apple.

7045

€3.45

120g

V

Each pack contains

Energy 849 kJ 204 kcal 10%	Fat 12g 17%	Saturates 4.6g 23%	Sugars 15g 17%	Salt 0.20g 3%
-------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Purée Hot Chocolate Cake (Oven Cook Only)

A deliciously rich puréed chocolate cake.

7044

€3.45

120g

V

Each pack contains

Energy 1029 kJ 247 kcal 12%	Fat 14g 20%	Saturates 3.4g 17%	Sugars 18g 20%	Salt 0.23g 4%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Purée Coffee Dessert

A delicious and tasty coffee dessert with vanilla flavoured decoration.

414

€1.80

77g

GF

V

Each dessert contains

Energy 540 kJ 129 kcal 6%	Fat 4.2g 6%	Saturates 3.9g 20%	Sugars 17g 19%	Salt 0.21g 4%
------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Purée Chocolate Mousse

A fluffy chocolate flavoured mousse. With sugar and sweetener.

416

€1.80

65g

GF

V

Each dessert contains

Energy 379 kJ 92 kcal 5%	Fat 3.8g 5%	Saturates 3.2g 16%	Sugars 4.5g 5%	Salt 0.17g 3%
-----------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Purée Strawberry Mousse

A refreshing strawberry flavoured mousse. With sugar and sweetener.

418

€1.80

65g

GF

V

Each dessert contains

Energy 356 kJ 86 kcal 4%	Fat 3.7g 5%	Saturates 3.2g 16%	Sugars 4.5g 5%	Salt 0.08g 1%
-----------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

Minced Meals

Enjoy these tasty favourites complete with lots of lovely sides, all perfectly prepared for a Level 5 diet.



“

I order the minced meals for my husband. They are delicious and just the right texture. Good value for money too.

Mrs D
Wiltshire Farm Foods
Customer

Minced Cottage Pie

A British classic made with minced beef and topped with mashed potato. Served with mashed carrot and swede.

119 **€6.40** 425g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1864 kJ 445 kcal	18g	4.4g	9.8g	1.8g
22%	26%	22%	11%	30%

% of an adult's reference intake

Minced Sticky Toffee Pudding

Delicious sponge served with a tasty toffee sauce.

7811 **€2.40** 160g

GF

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1823 kJ 436 kcal	23g	11g	39g	0.46g
22%	33%	55%	43%	8%

% of an adult's reference intake



Minced Salmon Supreme

Salmon with onion, tomato and carrot in a tasty sauce. Served with parsley mashed potato, carrots and broccoli.

104

€6.75

400g

GF

Each meal contains

Energy 1641 kJ 392 kcal 20%	Fat 18g 26%	Saturates 3.1g 16%	Sugars 13g 14%	Salt 1.1g 18%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Minced Mediterranean Vegetables

A tempting mix of carrots, courgettes, mushrooms and spinach in a tomato sauce. Served with parsley mashed potato, parsnips and sprouts.

115

€6.15

410g

VEGAN

Each meal contains

Energy 1494 kJ 357 kcal 18%	Fat 13g 19%	Saturates 1.2g 6%	Sugars 13g 14%	Salt 1.0g 17%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake



Minced Macaroni Cheese

An Italian classic of pasta cooked in cheese sauce. Served with mashed potato, broccoli, carrots & swede.

112

€6.10

410g

V

Each meal contains

Energy 1762 kJ 421 kcal 21%	Fat 19g 27%	Saturates 7.4g 37%	Sugars 8.9g 10%	Salt 1.5g 25%
--------------------------------------	-------------------	--------------------------	-----------------------	---------------------

% of an adult's reference intake



Minced Chicken & Vegetable Casserole

Chicken and vegetable casserole made with carrots, swede and herbs. Served with mashed potato, carrots and Brussels sprouts.

107

€6.35

400g

GF

Each meal contains

Energy 2137 kJ 511 kcal 26%	Fat 25g 36%	Saturates 3.0g 15%	Sugars 8.0g 9%	Salt 1.3g 22%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Minced Chicken in Rich Gravy

Tender chicken breast in a rich, seasoned gravy. Served with mashed potato, carrots and swede.

7128

€6.65

410g

GF

Each meal contains

Energy 1398 kJ 333 kcal 17%	Fat 11g 16%	Saturates 1.0g 5%	Sugars 7.5g 8%	Salt 1.4g 23%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake

SOFTER FOODS



Minced Creamy Chicken Pie

Delicious minced chicken in a creamy sauce topped with mashed potato. Served with carrots and broccoli.

7202

€6.60

425g

GF

Each meal contains

Energy

1782 kJ
425 kcal

21%

Fat

16g

23%

Saturates

4.5g

23%

Sugars

11g

12%

Salt

1.6g

27%

% of an adult's reference intake



Minced Chicken Curry

Chicken in a mild tomato and onion curry sauce. Served with white rice, broccoli and cauliflower.

105

€6.45

410g

GF

Each meal contains

Energy

2245 kJ
536 kcal

27%

Fat

21g

30%

Saturates

2.6g

13%

Sugars

12g

13%

Salt

1.2g

20%

% of an adult's reference intake

LEVEL 5



Minced Cheesy Potato Bake

Potatoes, onion and carrots in cheese sauce served with mashed potato, carrots and parsnips.

117

€6.45

400g

V

Each meal contains

Energy

1509 kJ
360 kcal

18%

Fat

12g

17%

Saturates

4.8g

24%

Sugars

17g

19%

Salt

1.3g

22%

% of an adult's reference intake



Minced Turkey in Gravy

Succulent turkey breast in a rich, seasoned gravy. Served with mashed potato, carrots and Brussels sprouts.

7129

€6.65

400g

GF

Each meal contains

Energy

1386 kJ
330 kcal

17%

Fat

12g

17%

Saturates

1.2g

6%

Sugars

5.0g

6%

Salt

1.7g

28%

% of an adult's reference intake



Minced Rich Beef Stew

Tender British and Irish beef stew with carrots and swede. Served with mashed potato, broccoli and cauliflower.

7125

€6.70

400g

GF

Each meal contains

Energy

1396 kJ
333 kcal

17%

Fat

14g

20%

Saturates

4.5g

23%

Sugars

6.0g

7%

Salt

1.5g

25%

% of an adult's reference intake

MINCED MEALS

SOFTER FOODS



Minced Lamb Stew

A tasty stew with lamb, carrots and seasoning, served with mashed potato, parsnips and Brussels sprouts.

111

€6.50

400g

GF

Each meal contains

Energy 1429 kJ 341 kcal 17%	Fat 14g 20%	Saturates 4.9g 25%	Sugars 7.8g 9%	Salt 1.4g 23%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Minced Fisherman's Pie

Tasty minced smoked haddock and white fish in a white sauce topped with mashed potato. Served with broccoli.

7203

€6.60

435g

GF

Each meal contains

Energy 2099 kJ 502 kcal 25%	Fat 27g 39%	Saturates 2.4g 12%	Sugars 6.6g 7%	Salt 1.2g 20%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Minced Pasta Bolognese

Minced pasta and beef in a rich Bolognese sauce. Served with carrots.

7204

€6.60

410g

Each meal contains

Energy 1710 kJ 408 kcal 20%	Fat 15g 21%	Saturates 4.4g 22%	Sugars 13g 14%	Salt 1.4g 23%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

Fancy a dessert?

Try our Minced Sticky Toffee Pudding.



Find it on page 123

Served with sensational sauces



Minced Cod in Parsley Sauce

Minced cod in a delicious parsley sauce. Served with mashed potato, carrots and broccoli.

7209 €7.65 400g

Each meal contains				
Energy 1841 kJ 441 kcal 22%	Fat 26g 37%	Saturates 5.8g 29%	Sugars 6.1g 7%	Salt 1.6g 27%
% of an adult's reference intake				



Minced Salmon in Dill Sauce

Delicious minced salmon in a creamy dill sauce served with mashed potato, broccoli and carrots.

7212 €7.60 370g

GF

Each meal contains				
Energy 1850 kJ 444 kcal 22%	Fat 26g 37%	Saturates 6.4g 32%	Sugars 9.7g 11%	Salt 1.1g 18%
% of an adult's reference intake				

LEVEL 5



IMPORTANT: When heating our shaped minced dishes, always set your microwave to HALF POWER.



Minced Sausages in Onion Gravy

Filling pork in a flavoursome onion and herb gravy. Served with parsley mashed potato, carrots and broccoli.

109 €6.50 400g

GF

Each meal contains				
Energy 2127 kJ 511 kcal 26%	Fat 30g 43%	Saturates 8.8g 44%	Sugars 6.0g 7%	Salt 1.1g 18%
% of an adult's reference intake				



Minced Fish in Mornay Sauce

Delicious white fish cooked with Mornay cheese sauce. Served with mashed potato, carrots and broccoli.

103 €6.50 410g

GF

Each meal contains				
Energy 2145 kJ 514 kcal 26%	Fat 30g 43%	Saturates 6.8g 34%	Sugars 15g 17%	Salt 1.7g 28%
% of an adult's reference intake				



Minced Pork & Root Vegetable Casserole

Tasty pork casserole made with carrots, swede and onion. Served with mashed potato, cauliflower and Brussels sprouts

7108 €6.90 400g

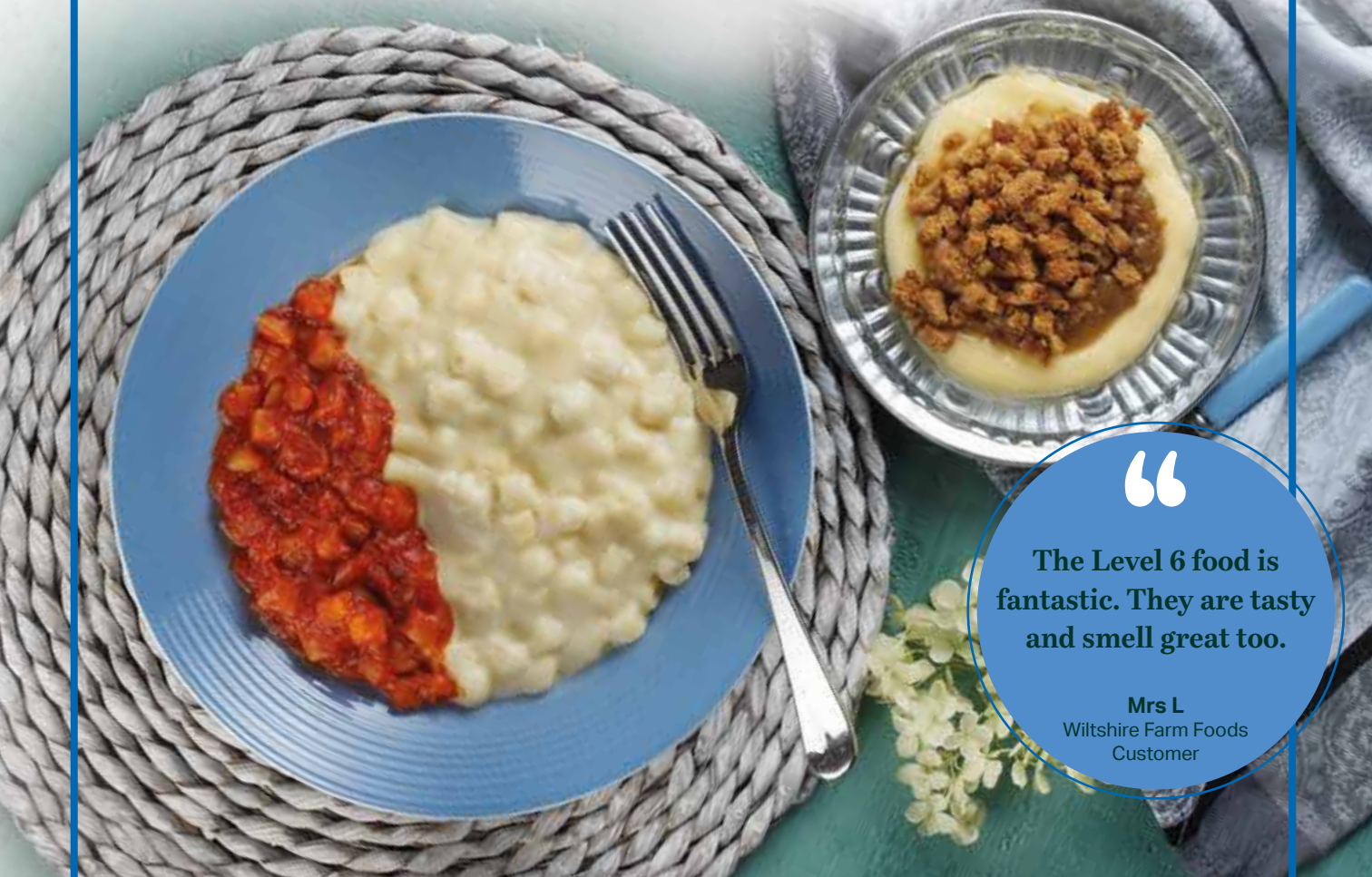
GF

Each meal contains				
Energy 2106 kJ 505 kcal 25%	Fat 25g 36%	Saturates 5.2g 26%	Sugars 6.9g 8%	Salt 1.1g 18%
% of an adult's reference intake				

MINCED MEALS

Soft & Bite-Sized Meals

Sticking to a Level 6 diet is easy with these satisfying favourites, each created with expertise by our chefs.



“

The Level 6 food is fantastic. They are tasty and smell great too.

Mrs L
Wiltshire Farm Foods
Customer

Soft & Bite-Sized Macaroni Cheese

Pasta in a cheese sauce. Served with a vibrant root vegetable ratatouille.

7341 €6.30 355g V

Each meal contains

Energy 2307 kJ 553 kcal 28%	Fat 34g 49%	Saturates 16g 80%	Sugars 14g 16%	Salt 1.8g 30%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake

Soft & Bite-Sized Sticky Toffee Pudding

A delicious toffee sauce with custard, topped with treacle sponge pieces.

7821 €2.45 150g V

Each dessert contains

Energy 1298 kJ 311 kcal 16%	Fat 17g 24%	Saturates 6.0g 30%	Sugars 22g 24%	Salt 0.53g 9%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Soft & Bite-Sized
Chicken in a Creamy
Mushroom Sauce

Chicken* in a creamy mushroom sauce, served with cheesy garlic potatoes, butternut squash and root vegetable mash.

7349

€6.85

360g

GF

Each meal contains

Energy 1439 kJ 344 kcal 17%	Fat 16g 23%	Saturates 6.3g 32%	Sugars 8.6g 10%	Salt 1.9g 32%
% of an adult's reference intake				



Soft & Bite-Sized
Cottage Pie

Classic cottage pie with minced beef, topped with mashed potato. Served with carrots and mashed swede.

7310

€6.45

440g

GF

Each meal contains

Energy 1778 kJ 423 kcal 21%	Fat 14g 20%	Saturates 3.0g 15%	Sugars 12g 13%	Salt 1.8g 30%
% of an adult's reference intake				



Soft & Bite-Sized
Cheese and Onion Pie

Tasty cheese and onion topped with mashed potato. Served with mashed broccoli, carrots and swede.

7317

€6.35

450g

V

Each meal contains

Energy 2172 kJ 522 kcal 26%	Fat 35g 50%	Saturates 9.1g 46%	Sugars 10g 11%	Salt 1.6g 27%
% of an adult's reference intake				



Soft & Bite-Sized
Creamy Chicken Pie

Delicious chicken* in a creamy sauce topped with mashed potato. Served with mashed broccoli, diced carrots and swede.

7325

€7.00

415g

GF

Each meal contains

Energy 1612 kJ 385 kcal 19%	Fat 16g 23%	Saturates 4.4g 22%	Sugars 11g 12%	Salt 1.8g 30%
% of an adult's reference intake				

SOFTER FOODS



Soft & Bite-Sized Sausages in Onion Gravy

Diced pork sausage in onion gravy. Served with Cheddar cheese mashed potato and carrots tumbled in honey.

7346 €7.00 420g

Each meal contains				
Energy 1994 kJ 478 kcal 24%	Fat 29g 41%	Saturates 14g 70%	Sugars 10g 11%	Salt 2.5g 42%
% of an adult's reference intake				



Soft & Bite-Sized Beef Hotpot

Delicious minced beef cooked in a rich gravy, topped with garlic, parsley and thyme potatoes with a side of cheesy puréed spinach.

7344 €6.80 410g GF

Each meal contains				
Energy 2233 kJ 535 kcal 27%	Fat 32g 46%	Saturates 11g 55%	Sugars 8.3g 9%	Salt 2.0g 33%
% of an adult's reference intake				



Soft & Bite-Sized Shepherd's Pie

Warming minced mutton in a flavoursome gravy, topped with fluffy mashed potato and a side of mixed herby root vegetables.

7348 €6.65 430g GF

Each meal contains				
Energy 1775 kJ 426 kcal 21%	Fat 24g 34%	Saturates 9.2g 46%	Sugars 7.8g 9%	Salt 1.7g 28%
% of an adult's reference intake				



Soft & Bite-Sized Chicken in Gravy

Tasty chicken* in a rich gravy, with sage and onion potatoes. Served with a cauliflower and broccoli cheese purée and diced carrots.

7342 €6.80 365g GF

Each meal contains				
Energy 1530 kJ 366 kcal 18%	Fat 20g 29%	Saturates 4.3g 22%	Sugars 5.7g 6%	Salt 2.1g 35%
% of an adult's reference intake				



Soft & Bite-Sized Fish Pie

A tempting fish pie with smoked haddock and white fish, topped with mashed potato. Served with carrots.

7312 €6.70 460g GF

Each meal contains				
Energy 2148 kJ 514 kcal 26%	Fat 27g 39%	Saturates 2.3g 12%	Sugars 9.9g 11%	Salt 1.4g 23%
% of an adult's reference intake				



4297

Beef Bourguignon
Page 48



568

Cod Fillet with Mornay Sauce
Page 49



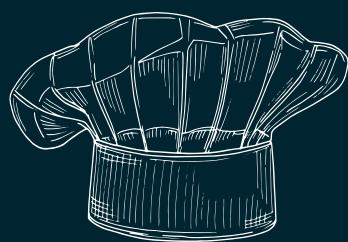
4281

Luxury Cottage Pie
Page 51



3778

Plum & Cherry Crumble
Page 94



CHEF'S
Favourites
Menu Pack

Make mealtimes
even more special
for only

€53.85

Treat yourself to a
little luxury with
6 of our finest main
courses plus 3
decadent desserts.

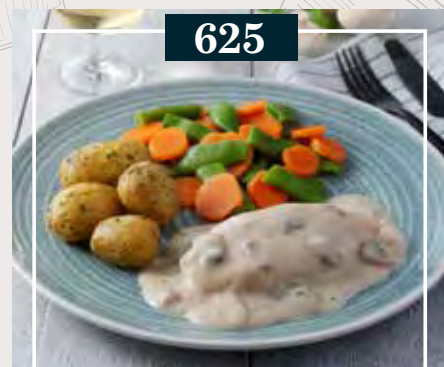
*Every dish is
a delight!*

Simply quote code
CF29
when ordering



842

West Country Clotted Cream Rice Pudding
Page 95



625

Chicken Breast in White Wine & Mushroom Sauce
Page 48



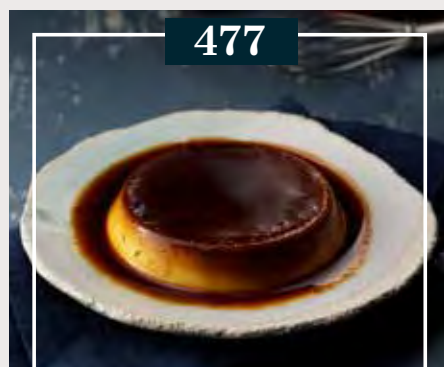
4117

Sausages in Rich Onion Gravy
Page 49



7548

Lamb in Honey & Mint Sauce
Page 52



477

Crème Caramel
Page 94

Great Tastes Menu Pack

Stuck for choice? Order these 9 tasty favourites – effortlessly!

6 Mains & 3 Desserts only €38.95

Quote
GT29
when you
order

4286



6 Main Dishes

4286 Hunter's Chicken **page 21**

208 Cottage Pie **page 15**

252 Chicken & Vegetable Pie **page 21**

324 Liver & Bacon Casserole **page 28**

235 Bangers & Mash **page 26**

318 Salmon & Broccoli Supreme **page 33**

3 Desserts

3126 Apple Crumble & Custard **page 97**

866 Sticky Toffee Pudding & Custard **page 97**

858 Bread and Butter Pudding & Custard **page 99**

208



252



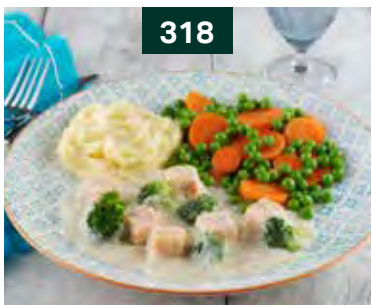
324



235



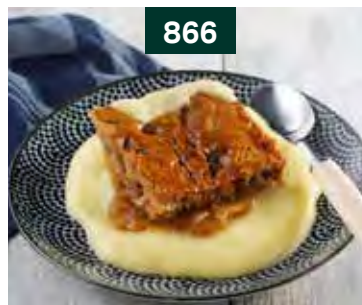
318



3126



866



858



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