

WILTSHIRE

EST. FARM 1991

FOODS

*Life made
deliciously easy*

AUTUMN 2026

Introducing our

BEST EVER PIES & WARMING STEWS

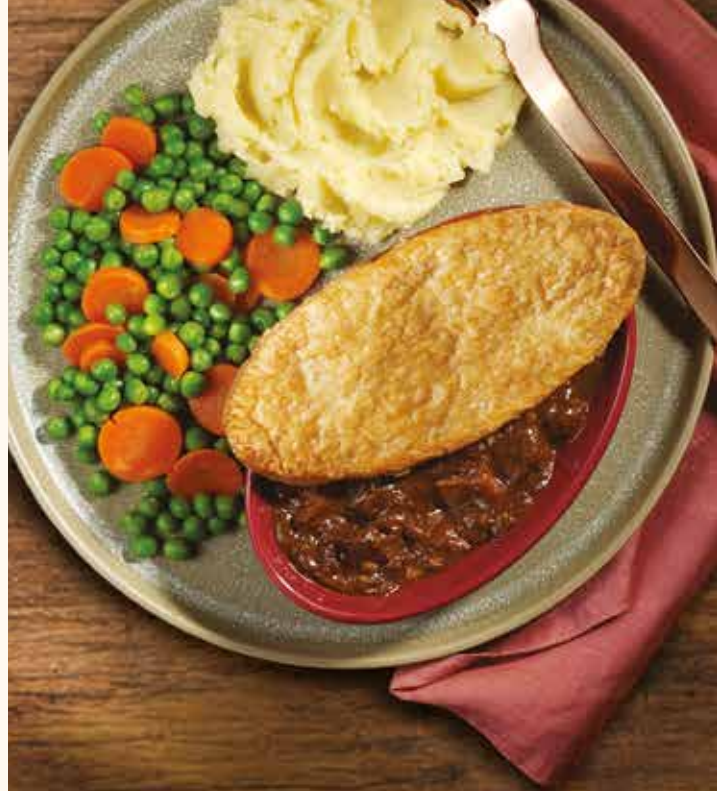
Cosy up with **GOOD FOOD** this Autumn

As the nights draw in, we long for food to warm our hearts and bring a smile to our faces. These are meals that taste like they've been home-cooked with love, yet all they take is **minutes in the microwave or oven, no need to even defrost**. We create our recipes with every care – and you can really taste it.

That same care goes into our service too. The friendly chats, the helping hand, the local teams you get to know – we're all here for you. **And you don't need to worry about subscriptions or delivery charges either.**[^]

This season we're excited to bring you some wonderfully comforting new dishes. **From satisfying new stews to bigger, better pies**, they'll warm both body and soul. We hope you love them.

Warmest wishes,



David Lawrence
Development Chef

Jethro Lawrence
Head Chef

Phil Rimmer
Executive Chef

Meet David! He's joined the team in the Wiltshire Kitchens, creating recipes you'll love! David brings **a wealth of culinary experience** with him and we're excited for you to try his new dishes...

100%
SATISFACTION
GUARANTEED

With our meals you've nothing to lose. We'll replace any meal you're not happy with **FOR FREE!**

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

Discover NEW stews & best ever pies!

See from page 8

LOOK OUT FOR THESE SYMBOLS



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

We routinely test our gluten-free meals to ensure they meet the requirements of those living with coeliac disease or a gluten intolerance.



Vegetarian

Vegetarian meals with no meat/fish derivatives.

MAIN MEALS

Chicken & Turkey 12

Pork 18

Beef 22

Lamb 29

Fish 33

Vegetarian 38

The Chef's Kitchen
Our luxury menu 44

Essentials
Meals from just €4.05 55

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Cold Desserts 102

SOFTER FOODS

Puréed Meals 110

Minced Meals 120

Soft & Bite-Sized Meals 127

Ordering couldn't be easier

1. Choose how you want to order



Order the way that suits you:



Go online - it's simple
and secure:
wiltshirefarmfoods.ie



Call your friendly
local team



Order direct with
your delivery driver

You can pay by cash/cheque
on delivery, or by card over
the phone or online.

2. Select your delivery day



We'll let you know the delivery days in
your area so you can choose.

3. We deliver for FREE*



Your friendly local driver will even put your
food away in the freezer if you wish.

* In a small number of areas there may be a minimum spend.

4. Cook from frozen



Pop straight from the freezer into
the microwave or oven.
Instructions are on the label.

Superb service is what we stand for

We don't just make ordering easy – we want to bring a smile to your face! Your friendly local team is only a phone call away, and with a 24/7 helpline plus an online chat service, we're always there when you need us.

You'll see the same driver each time, get to know them, and if you'd like your meals putting away, they'll be only too happy to help – and make you smile.



We've built our name on quality

These aren't your regular ready meals. Each dish has been created with expert care by our talented chefs to be as delicious as can be.

These are proper meals, most complete with vegetables (our dietitians makes sure of that), and free from artificial colours and flavours. Before it makes our menu, we test, tweak and refine every recipe until we're happy the flavours and nutrition are up to our high standards.

And yet a dish is never 'done', as we're always listening to your feedback, and making them even better wherever we can. This season we've improved our pies in response to your feedback - find out more on pages 10 and 11.

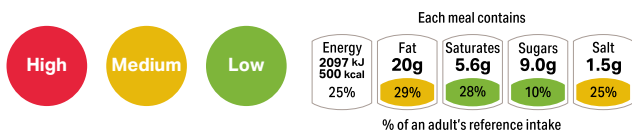


Know what you're eating

It's not just that our chefs and dietitians ensure quality ingredients go into our meals - we're just as passionate about leaving out undesirable ingredients. With clear nutritional information on every meal label - and throughout this brochure - we make it easy to make an informed choice.

Clear labelling on every dish

Every meal inside this brochure displays the well-known **'traffic light'** system, so you can see what's in your meals at a glance.



All our food is free from:

Artificial flavours

Artificial colours

HVOs as ingredients

(Hydrogenated Vegetable Oils)

Artificial trans fatty acids

GMOs

(Genetically Modified Organisms)

Goodness goes in

A quality dish starts with quality ingredients, carefully sourced.



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 Bramley apples are 100% British



Our West Country Cheddar* comes from Wyke Farms in Somerset

*West Country cheese - made from British milk.

HAVE YOU TRIED OUR WELL BALANCED⁺ MEALS?

A helping hand when it comes to making healthy choices.

Discover **dishes specifically selected** to support a healthy diet. They are **low in saturated fat** to help maintain healthy blood cholesterol levels, and a **good source of protein** to support muscle mass maintenance and keep bones strong.

Not just delicious - they count as one of your five a day! **Meals that support you in living well** - that taste great too.

♦Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.

LOW IN SATURATED FAT

A SOURCE OF PROTEIN

1 OF YOUR 5 A DAY

LOW IN SUGAR

A SOURCE OF FIBRE



Find our **Well Balanced⁺** meals in your brochure wherever you see this sign.

Pick a portion to suit your appetite

Mini



Main



Hearty



Would you prefer...

Mini

A light meal for a smaller appetite

from page 71

Main

Perfect for every day

from page 12

Hearty

For a larger appetite

from page 81

Different diets catered for too...

Dining with an allergy or intolerance can be difficult, but we make it easy with our dedicated 'Free From' menu on page 87. It's free from all 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.

From everyday value to anytime luxury

ESSENTIALS

Everyday favourites for less

Great value freezer-fillers. From page 55

MEALS FROM ONLY €4.05



The CHEF'S KITCHEN

When you want a little luxury. From page 44



Cosy up with our winter warmers

We've created three superb new stews, cooked to tender perfection so all you need to do is heat and enjoy.

3 Satisfying New Stews

On a cold day, nothing warms you up quite like a piping hot stew!

4337

White Bean & Stilton Stew

A warming dish with the unmistakable savoury flavours of our tasty blue Stilton cheese.

[see page 39](#)

4336

Moroccan Style Lamb Stew

Chickpeas, tomato, sultanas and Moroccan inspired spice - with lamb that melts in the mouth.

[see page 31](#)

4338

Steak & Dorset Ale Stew

A flavoursome Dorset ale brings it all together and makes for a rich and tasty gravy.

[see page 23](#)

Your favourite soups are back!

Soup season is here once again so we just had to bring back these four fantastic favourites.

1186

Lentil & Bacon Soup

1180

Smoked Haddock Chowder

1184

Butternut Squash & Ginger Soup

1185

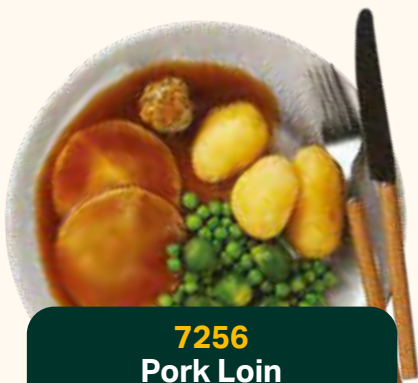
Beef & Vegetable Soup

From page 59

Roasts with the most!

We recently pulled out all the stops to make our roast dinners even better than ever. These are some of our best-selling meals so if you haven't tried them, you really are missing out!

Why save for Sundays?



7256
Pork Loin
& Stuffing

Page 19



7579
Roast Beef &
Yorkshire Pudding

Page 25



7581
Roast Lamb in
Minted Gravy

Page 32

Introducing our *NEW* *Best Ever Pies*

Whether mash-topped or pastry, a pie is the ultimate great British comfort food at this time of year – so we knew ours needed to be their best!

★
BIGGER
portion

The
CHEF'S KITCHEN



7585 Beef & Stilton Pie

*Bigger portions,
better value!*

We've increased the portion size of our most popular pies, including Hearty size, giving you more pie on your plate – and even better value for money.

Our Beef & Stilton Pie now has more mash, more pie filling and more red cabbage!

★
BIGGER
& better

The
CHEF'S KITCHEN



4643

Luxury Shepherd's Pie

★
BETTER
recipe

The
CHEF'S KITCHEN



4644 Luxury Cottage Pie

NEW & improved tastier recipes!

Our chefs have worked hard to make lots of our pies more delicious than ever, tasting, testing and refining many recipes until they're the best they can be. Not content to stop there, we've made lots of tastier recipe pies bigger too!

★
Based on your
feedback, they're
now **bigger**
- and **better** -
than ever!

We don't just listen to your feedback - we act on it.

When you tell us there's room for improvement,
we go ahead and improve - it's all part of our
commitment to keeping you happy.

Do give our new and improved pies a try
and share your thoughts with us.

We'd love to hear from you!

Cottage Pie

A more generous helping of this customer favourite
in both Main (page 23) and Hearty sizes (page 84).

Also available

Mini Meal page 75 | Rustic page 25

Fisherman's Pie

A more mouthwatering recipe, plus a little more on
your plate in Main (page 37) and Hearty (page 85).

Also available

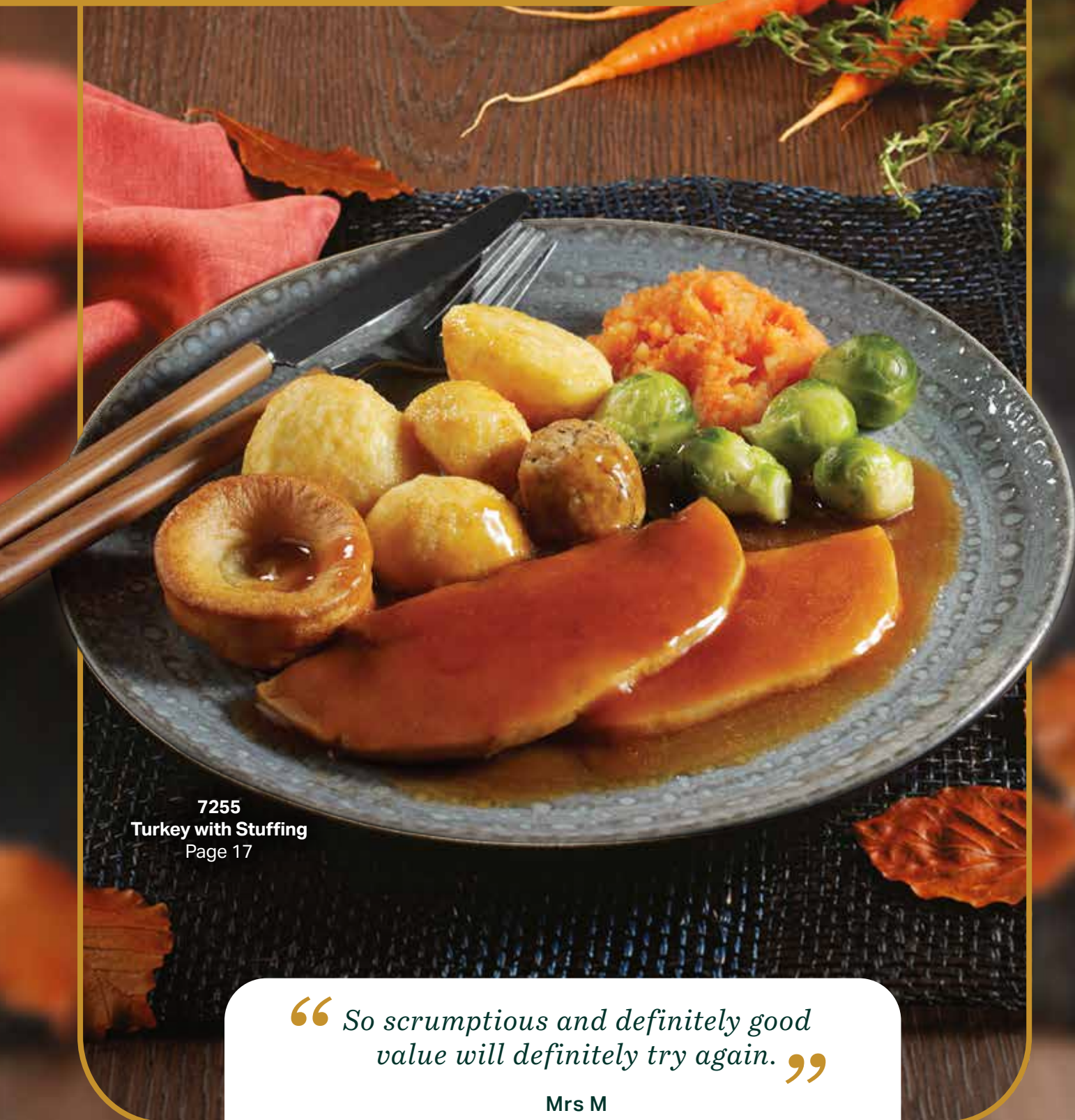
Mini Meal page 73

Steak & Kidney Puff Pastry Pie

Now even more delicious with
a new puff pastry lid – and
a bigger portion to boot!
(page 26)

Chicken & Turkey

Warm up with all your favourite classic casseroles, pies and roasts or choose more vibrant dishes to add a burst of bold flavour to mealtimes.



7255
Turkey with Stuffing
Page 17

“ So scrumptious and definitely good value will definitely try again. ”

Mrs M
Wiltshire Farm Foods Customer

Chicken & Mushroom Puff Pastry Pie

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

“

Chestnut mushrooms bring a deep, delicious flavour to the creamy sauce.”



Jethro Lawrence
Head Chef

7260 €6.35 435g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2106 kJ 504 kcal 25%	25g 36%	8.4g 42%	7.0g 8%	1.7g 28%

% of an adult's reference intake



THE CHEF'S KITCHEN

Luxury Sweet & Sour Chicken

Tender pieces of chicken breast with bright peppers, juicy pineapple and crunchy water chestnuts in a brilliant balance of sweet and sharp sauce. Served with fluffy egg fried rice with peas and spring onion.

4176 €7.70 465g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2056 kJ 487 kcal 24%	8.4g 12%	1.2g 6%	36g 40%	0.50g 8%

% of an adult's reference intake



Chicken Chasseur

Succulent pieces of chicken simmered in a rich tomato, mushroom and white wine sauce. Served with diced potatoes, green beans and peas.

8162 €6.45 400g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1286 kJ 305 kcal 15%	7.3g 10%	0.9g 5%	4.3g 5%	1.5g 25%

% of an adult's reference intake

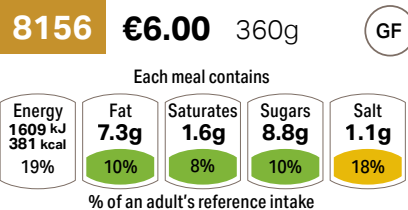
Chicken & Turkey

*Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.



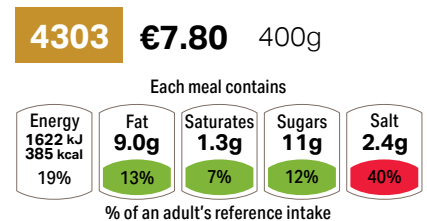
Chicken Curry with Rice

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



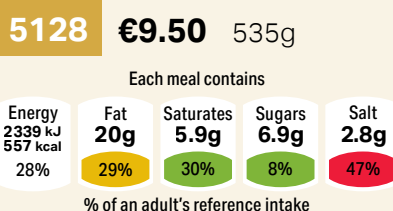
Chicken Stir-Fry

Tender chicken pieces with vegetables in a spring onion, garlic and black bean sauce. Served with egg noodles.



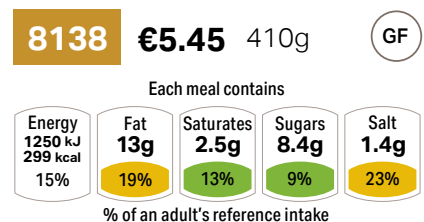
Luxury Roast Chicken (Oven Cook Only)

Tender roast chicken breast with carrots, peas, roast potatoes and a pork stuffing ball in rich gravy, Yorkshire pudding and a decadent cauliflower & broccoli cheese made with Wyke Farms Cheddar.



Chicken & Vegetable Casserole

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





THE CHEF'S KITCHEN

Coq au Vin

Tender chicken slow-cooked in red wine and brandy with bacon lardons, chestnut mushrooms and button onions. Accompanied by extra buttery mash and green beans.

4312 €8.85 440g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1794 kJ 429 kcal 21%	22g 31%	7.4g 37%	5.5g 6%	1.8g 30%

% of an adult's reference intake



Roast Chicken with Stuffing

Tender steam-roasted chicken breast served with a classic sage & onion stuffing in a rich gravy. Served with golden roast potatoes, Romano beans and broccoli.

7580 €7.75 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1422 kJ 337 kcal 17%	8.1g 12%	1.2g 6%	2.9g 3%	1.8g 30%

% of an adult's reference intake



Chicken in Gravy

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

256 €6.15 365g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1294 kJ 309 kcal 15%	13g 19%	2.3g 12%	3.6g 4%	1.6g 27%

% of an adult's reference intake



Chicken Supreme

Chicken breast with bacon in a creamy mustard and white wine sauce. Served with mashed potato and a medley of green beans & peas.

4301 €8.40 440g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1832 kJ 437 kcal 22%	18g 26%	4.7g 24%	6.5g 7%	2.2g 37%

% of an adult's reference intake

Chicken & Turkey



Hunter's Chicken

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

4286	€7.85	370g	GF
Each meal contains			
Energy 1454 kJ 346 kcal 17%	Fat 13g 19%	Saturates 3.4g 17%	Sugars 9.2g 10%
			Salt 1.5g 25%
% of an adult's reference intake			



Chicken Katsu Curry

Golden breadcrumbed chicken breast served on a bed of white rice with edamame beans and peas. Finished with a mild, aromatic curry sauce infused with rice wine, soy sauce, garlic and ginger.

7562	€6.70	400g	
Each meal contains			
Energy 2045 kJ 487 kcal 24%	Fat 15g 21%	Saturates 3.8g 19%	Sugars 12g 13%
			Salt 1.5g 25%
% of an adult's reference intake			



Chicken Hotpot

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

4207	€6.85	400g	GF
Each meal contains			
Energy 1184 kJ 282 kcal 14%	Fat 9.1g 13%	Saturates 1.3g 7%	Sugars 8.6g 10%
			Salt 1.2g 20%
% of an adult's reference intake			



Honey Mustard Chicken

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

8154	€6.55	395g	GF
Each meal contains			
Energy 1467 kJ 349 kcal 17%	Fat 12g 17%	Saturates 2.2g 11%	Sugars 13g 14%
			Salt 1.9g 32%
% of an adult's reference intake			

* Please refer to page 106

* Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.



Chicken Arrabbiata

Penne pasta with tender pieces of chicken in a warming tomato, basil and chilli sauce. Topped with mozzarella.

4318 €6.50 380g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2138 kJ 510 kcal 26%	21g 30%	4.8g 24%	8.5g 9%	1.8g 30%

% 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 €6.00 415g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1790 kJ 424 kcal 21%	6.6g 9%	1.2g 6%	27g 30%	1.3g 22%

% of an adult's reference intake



Why not add a side dish?

Cauliflower & Broccoli Cheese

Perfectly cooked florets of cauliflower and broccoli with Cheddar cheese sauce.

664 €3.65 250g

GF

V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
1283 kJ 308 kcal 15%	21g 30%	7.4g 37%	9.8g 11%	1.1g 18%

% of an adult's reference intake



Turkey with Stuffing

Succulent slices of cooked turkey* with sage & onion stuffing in a rich gravy. Served with roast potatoes, a Yorkshire pudding, mashed carrot & swede and Brussels sprouts.

7255 €8.05 410g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1538 kJ 366 kcal 18%	10g 14%	1.3g 7%	5.5g 6%	2.1g 35%

% of an adult's reference intake

* Please refer to page 106

Pork

Comforting dishes for colder days, served up with flavoursome gravy, delicious sauces and perfectly prepared sides.



235
Bangers & Mash
Page 21

“ It’s a lovely meal and only takes a few minutes to warm. ”

Mrs D
Wiltshire Farm Foods Customer



Pork Loin & Stuffing

Succulent slices of pork loin served with a traditional sage & onion stuffing in rich gravy. Served with roast potatoes, peas and Brussels sprouts.

7256 €8.80 390g (GF)

Each meal contains

Energy 1493 kJ 356 kcal 18%	Fat 13g 19%	Saturates 2.9g 15%	Sugars 3.9g 4%	Salt 2.0g 33%
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% of an adult's reference intake



Cumberland Sausages

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

322 €6.75 384g

Each meal contains

Energy 1664 kJ 398 kcal 20%	Fat 18g 26%	Saturates 4.8g 24%	Sugars 6.2g 7%	Salt 2.3g 38%
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% 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 €9.15 380g (GF)

Each meal contains

Energy 1498 kJ 357 kcal 18%	Fat 11g 16%	Saturates 2.4g 12%	Sugars 9.8g 11%	Salt 1.7g 28%
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% of an adult's reference intake



THE CHEF'S KITCHEN

Slow-Cooked Pork Belly in Apple & Somerset Cider Sauce

Melt-in-your-mouth perfection; slow-cooked pork belly in a luxurious apple, Somerset cider and sage sauce with a hint of butter and wholegrain mustard. Served with mashed potato and red cabbage with apple and Ruby Port.

4322 €9.15 380g (GF)

Each meal contains

Energy 2132 kJ 512 kcal 26%	Fat 32g 46%	Saturates 12g 60%	Sugars 19g 21%	Salt 1.5g 25%
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% of an adult's reference intake

Pork



THE CHEF'S KITCHEN

Luxury Sausage & Mash

Our extra meaty butcher's choice sausages, ladled with lashings of rich and tasty sage & red onion gravy. Add our cheesy mash made with Wyke Farms Cheddar and minted garden veg... perfection.

4305

€8.55 400g

GF

Each meal contains

Energy 2179 kJ 523 kcal 26%	Fat 32g 46%	Saturates 11g 55%	Sugars 9.9g 11%	Salt 2.9g 48%
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% of an adult's reference intake



Ham in Parsley Sauce

Tender diced ham* simmered in a creamy parsley sauce. Served with mashed potatoes and a medley of carrots and green beans.

8161

€6.50 370g

GF

Each meal contains

Energy 1282 kJ 307 kcal 15%	Fat 16g 23%	Saturates 5.5g 28%	Sugars 6.3g 7%	Salt 2.3g 38%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% 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

€6.90 445g

Each meal contains

Energy 1870 kJ 447 kcal 22%	Fat 19g 27%	Saturates 4.7g 24%	Sugars 3.9g 4%	Salt 2.8g 47%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



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

€8.75 380g

GF

Each meal contains

Energy 1212 kJ 288 kcal 14%	Fat 8.0g 11%	Saturates 2.3g 12%	Sugars 8.4g 9%	Salt 1.3g 22%
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% of an adult's reference intake

* Please refer to page 106

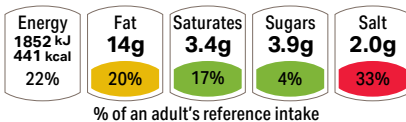


Mixed Grill

The perfect combination of pork sausage, gammon, chicken fillets, mushrooms & tomatoes. Served with chips and peas.

7555 €9.50 369g

Each meal contains

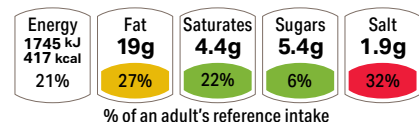


Bangers & Mash

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

235 €6.35 380g

Each meal contains

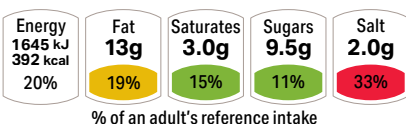


Sausage, Chips & Beans

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

8150 €6.70 335g

Each meal contains



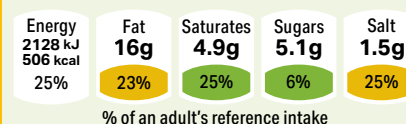
Spanish Style Pork Stew

Tender pork and chorizo simmered in a rich tomato and white wine sauce with butter beans, haricot beans and red peppers. Served with rice tossed with haricot beans and peppers.

4328 €6.55 430g

GF

Each meal contains



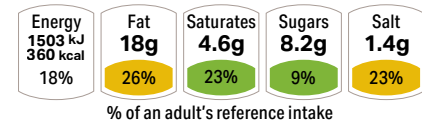
Pork, Apple & White Wine Casserole

Tender pieces of pork simmered in a delicate apple and white wine gravy. Served with mashed potato, parsley seasoned carrots and Brussels sprouts.

8163 €6.40 380g

GF

Each meal contains



*Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.

Beef

From our best-selling Roast Beef & Yorkshire Pud to our brand-new Steak & Dorset Ale Stew, you can taste the quality of our British & Irish Beef.



7579
Roast Beef &
Yorkshire Pudding
Page 25

“ Perfect Sunday dinner without the stress of preparing and cooking it. It’s so tasty and plenty of lean beef and delicious gravy. ”

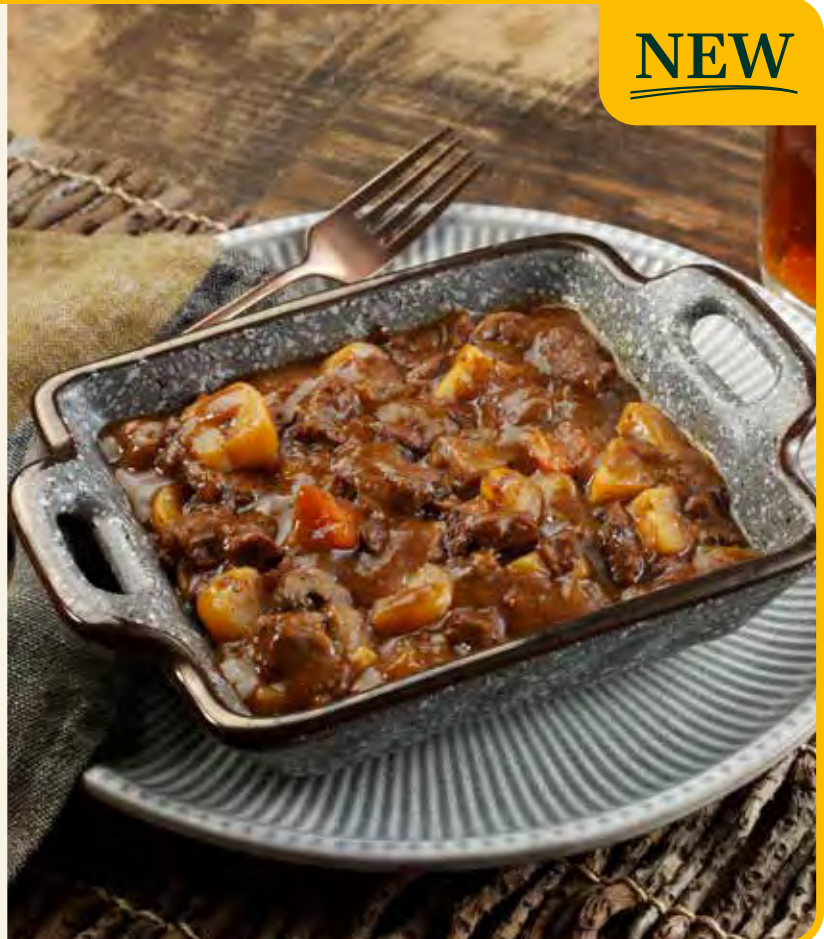
Mrs G

Wiltshire Farm Foods Customer

Steak & Dorset Ale Stew

Pieces of tender beef cooked in a rich Dorset brown ale and beef gravy with diced potatoes, chestnut mushrooms, carrot and swede.

NEW



“

Our wonderful Dorset brown ale enhances the deeply beefy flavours. Superb.”



Jethro Lawrence
Head Chef

4338 €7.05 360g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1598 kJ 382 kcal 19%	18g 26%	5.8g 29%	5.3g 6%	2.2g 37%

% of an adult's reference intake



THE CHEF'S KITCHEN

Beef Bourguignon

Tender slices of silverside beef in a rich red wine sauce with silverskin button onions, mushrooms and bacon lardons. Served with roast potatoes and cauliflower cheese made with Wyke Farms Cheddar.

4297 €9.20 400g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1841 kJ 439 kcal 22%	18g 26%	6.8g 34%	8.9g 10%	2.4g 40%

% of an adult's reference intake



★
BIGGER
portion

Cottage Pie

Minced beef and onion in a rich gravy, topped with mashed potato and served with carrots and peas.

8166 €5.90 470g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1595 kJ 381 kcal 19%	14g 20%	4.1g 21%	6.2g 7%	1.8g 30%

% of an adult's reference intake

Beef



Steak & Mushroom Casserole

Tender pieces of beef and minced beef with chestnut mushrooms, onion, carrot and swede in a rich gravy. Served with mashed potato, mashed carrot and broccoli.

214 €7.05 380g

GF

Each meal contains				
Energy 1444 kJ 345 kcal 17%	Fat 17g 24%	Saturates 5.0g 25%	Sugars 8.0g 9%	Salt 1.2g 20%
% of an adult's reference intake				



Braised Steak

Tender pieces of braised beef with carrots, onions and parsnips in a rich gravy. Served with mashed potatoes and peas.

8157 €6.55 335g

GF

Each meal contains				
Energy 1497 kJ 358 kcal 18%	Fat 16g 23%	Saturates 4.5g 23%	Sugars 6.3g 7%	Salt 1.5g 25%
% 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 €7.65 400g

Each meal contains				
Energy 1701 kJ 406 kcal 20%	Fat 19g 27%	Saturates 7.7g 39%	Sugars 5.3g 6%	Salt 2.0g 33%
% of an adult's reference intake				

BIGGER
portion



Beef & Stilton Pie

Tender pieces of beef with swede, carrot and rich blue Stilton in gravy, topped with a light puff pastry lid. Served with mashed potato and red cabbage with apple & port.

7585 €9.10 495g

Each meal contains				
Energy 3030 kJ 725 kcal 36%	Fat 38g 54%	Saturates 17g 85%	Sugars 24g 27%	Salt 2.4g 40%
% of an adult's reference intake				

THE CHEF'S KITCHEN

Rustic Cottage Pie

A comforting classic made with minced beef, carrots and onions in a rich gravy, topped with mashed potato.

NEW

“

The extra veggies inside bring a rich and rounded flavour. The ultimate comfort meal. ”



David Lawrence
Development Chef

4340

€6.45 380g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1429 kJ 341 kcal 17%	13g 19%	3.7g 19%	3.8g 4%	1.8g 30%

% of an adult's reference intake



Savoury Minced Beef

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

209

€5.85 350g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1321 kJ 316 kcal 16%	16g 23%	4.3g 22%	6.2g 7%	1.3g 22%

% of an adult's reference intake



Roast Beef & Yorkshire Pudding

Succulent steam-roasted beef served with a Yorkshire pudding in a rich gravy. Served with roast potatoes, carrots, broccoli and sweet honey roasted parsnips.

7579

€8.35 430g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1613 kJ 383 kcal 19%	10g 14%	2.3g 12%	7.6g 8%	2.3g 38%

% of an adult's reference intake

Beef

BIGGER
& better



Steak & Kidney Puff Pastry Pie

Tender beef, pork kidney and onions in a rich gravy, topped with golden puff pastry and served with mashed potato, carrots and peas.

7587 €6.45 430g

Each meal contains				
Energy 2361 kJ 565 kcal 28%	Fat 28g 40%	Saturates 9.7g 49%	Sugars 7.0g 8%	Salt 2.0g 33%
% of an adult's reference intake				



THE CHEF'S KITCHEN

Beef Ragù with Pappardelle Pasta

Minced beef steak and tender shredded beef brisket cooked in a rich red wine and tomato ragù. Served on a bed of pappardelle pasta and finished with a generous sprinkle of Regato cheese.

4324 €8.40 340g

Each meal contains				
Energy 1687 kJ 401 kcal 20%	Fat 13g 19%	Saturates 4.3g 22%	Sugars 7.1g 8%	Salt 1.7g 28%
% of an adult's reference intake				



Beef in Peppercorn Sauce

Succulent slices of silverside beef smothered in a creamy peppercorn sauce with brandy and Dijon mustard. Served with crispy chips and peas.

4323 €9.15 345g

GF

Each pack contains				
Energy 1684 kJ 402 kcal 20%	Fat 15g 21%	Saturates 3.6g 18%	Sugars 4.4g 5%	Salt 1.7g 28%
% of an adult's reference intake				



Chilli Con Carne

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

8191 €6.60 350g

GF

Each meal contains				
Energy 1490 kJ 333 kcal 17%	Fat 8.8g 13%	Saturates 3.0g 15%	Sugars 4.7g 5%	Salt 1.6g 27%
% of an adult's reference intake				



THE CHEF'S KITCHEN

Luxury Roast Beef

Tuck into tender, melt in the mouth beef, slow-cooked to perfection, with our best ever red wine gravy, golden roasties, Yorkshire pudding and our signature cauliflower cheese made with Wyke Farms Cheddar. Plus peas and carrots!

5127 **€10.00** 549g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2420 kJ 576 kcal	21g	7.6g	7.4g	2.7g
29%	30%	38%	8%	45%

% 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 **€7.10** 370g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1379 kJ 329 kcal	12g	2.9g	4.0g	1.9g
16%	17%	15%	4%	32%

% of an adult's reference intake



Why not add a side dish?

Vegetable Medley with Parsley Butter

Carrot, courgette and asparagus, simply seasoned with parsley butter, sea salt and cracked black pepper.

1141 **€2.45** 110g

GF V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
385 kJ 93 kcal	7.9g	5.0g	2.9g	0.09g
5%	11%	25%	3%	1%

% of an adult's reference intake

BETTER
recipe



THE CHEF'S KITCHEN

Luxury Cottage Pie

Rich minced beef and shredded beef brisket with carrots in a rich tomato and red wine gravy, topped with fluffy mashed potato and Regato cheese.

4644 **€8.10** 400g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1774 kJ 425 kcal	22g	7.7g	5.7g	2.6g
21%	31%	39%	6%	43%

% of an adult's reference intake

Beef



Spaghetti Bolognese

Spaghetti with a rich minced beef and Bolognese sauce.

4275 €7.35 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



Beef Curry with Rice

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

4271 €8.60 415g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2757 kJ 658 kcal 33%	29g 41%	12g 60%	11g 12%	1.6g 27%

% of an adult's reference intake



Beef Noodles

Egg noodles and a vibrant mix of green beans, broccoli, edamame beans, peppers, spring onions and coriander. Topped with minced beef infused with Chinese five spice and soy sauce.

4329 €7.90 410g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1626 kJ 387 kcal 19%	12g 17%	3.2g 16%	13g 14%	1.5g 25%

% of an adult's reference intake



Beef Hotpot

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

207 €6.45 350g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1333 kJ 318 kcal 16%	13g 19%	3.4g 17%	7.9g 9%	1.3g 22%

% of an adult's reference intake



Beef Stroganoff

Rich and creamy, the deep, rounded flavours of slow-cooked beef come alive with Dijon mustard, brandy and a hint of smoked paprika. Accompanied by parsley rice.

4313 €8.90 410g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2403 kJ 572 kcal 29%	21g 30%	7.7g 39%	4.6g 5%	1.6g 27%

% of an adult's reference intake



Luxury Lasagne (Oven Cook Only)

Our best minced beef, dry cured oak smoked bacon, ripe tomatoes and red wine, layered between sheets of pasta and topped with our rich cheese sauce made with Wyke Farms Cheddar.

0684 €7.95 405g

Each meal contains

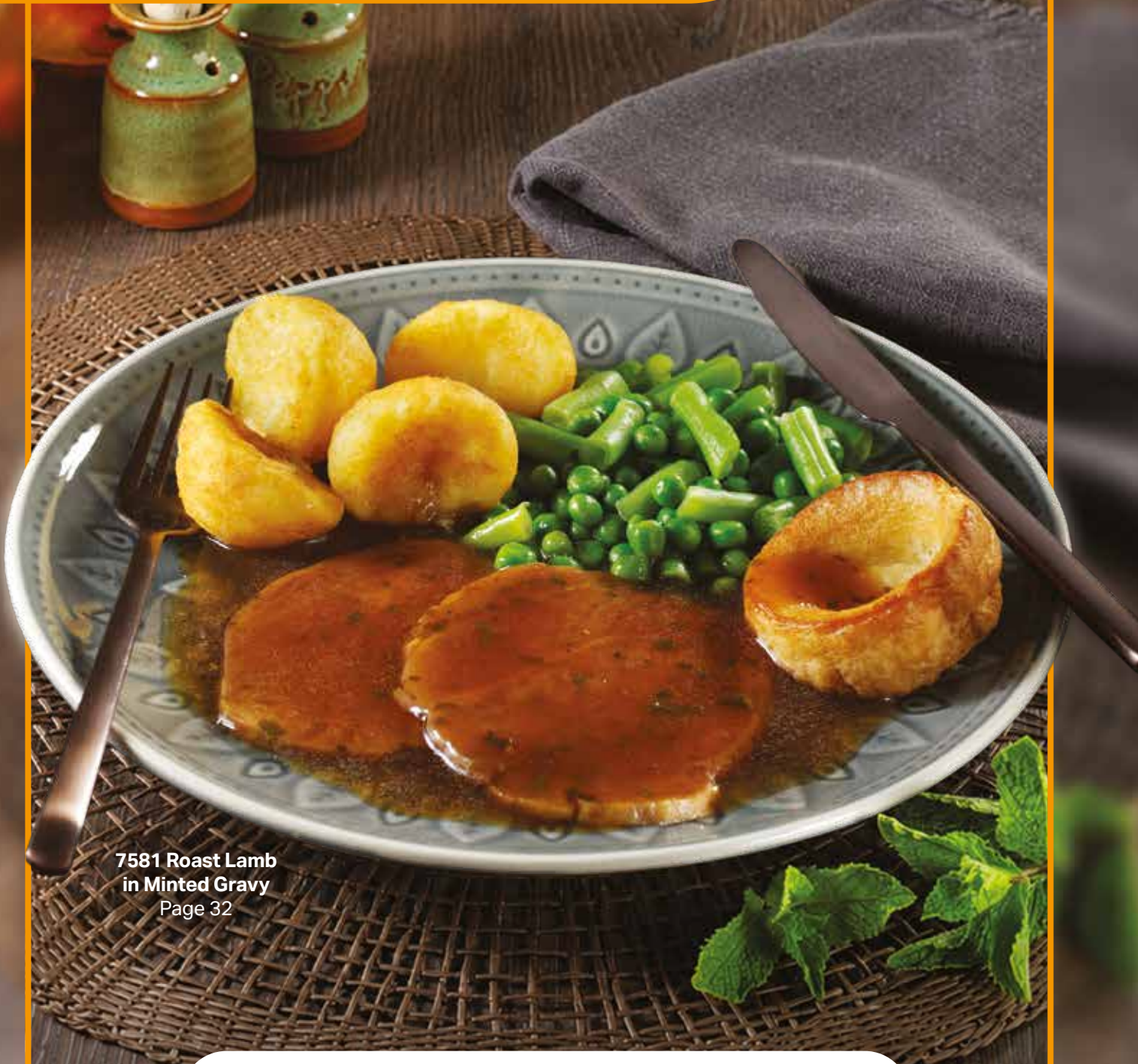
Energy	Fat	Saturates	Sugars	Salt
2627 kJ 627 kcal 31%	30g 43%	12g 60%	12g 13%	2.2g 37%

% of an adult's reference intake

*Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.

Lamb

A great mix of much-loved classics showcasing our British, Irish and New Zealand lamb. Don't miss our new Moroccan Style Lamb Stew.



7581 Roast Lamb
in Minted Gravy
Page 32

*“Beautiful meal, very tasty.
Well worth the money.”*

Mrs M
Wiltshire Farm Foods Customer

★
BIGGER
portion



Shepherd's Pie

Minced mutton and onion in a rich gravy, topped with mashed potato and served with carrots and peas.

8167

€5.70 460g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1718 kJ 411 kcal	19g	7.0g	6.1g	2.2g
21%	27%	35%	7%	37%

% of an adult's reference intake



Lamb & Vegetable Casserole

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

8148

€6.20 350g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1381 kJ 330 kcal	15g	6.5g	6.3g	1.2g
17%	21%	33%	7%	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

€5.70 365g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1317 kJ 315 kcal	15g	3.9g	6.1g	1.2g
16%	21%	20%	7%	20%

% 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

€6.75 360g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1317 kJ 315 kcal	14g	5.9g	7.0g	1.3g
16%	20%	30%	8%	22%

% of an adult's reference intake



Lamb in Gravy

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

237

€7.55 350g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1314 kJ 313 kcal	10g	3.4g	4.5g	1.1g
16%	14%	17%	5%	18%

% of an adult's reference intake

Easy to cook, no defrosting

Moroccan Style Lamb Stew

Tender pieces of lamb simmered with chickpeas in a rich tagine style sauce. Tomatoes and sultanas bring a gentle sweetness, balanced by warming notes of cinnamon, smoked paprika and a touch of chilli.

NEW

“

Rich, flavoursome and aromatic, with little hints of fruit to balance the savoury flavours.”



David Laurence
Development Chef

4336

€7.65 360g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2209 kJ 529 kcal 26%	28g 40%	12g 60%	13g 14%	2.0g 33%

% of an adult's reference intake



Moussaka

Layers of aromatically seasoned minced lamb and mutton simmered in a robust tomato, onion and red wine sauce, layered between tender fried aubergine and sliced potato. Topped with a Regato cheese sauce with a smoked paprika finish.

4325

€7.75 372g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2241 kJ 539 kcal 27%	36g 51%	12g 60%	8.8g 10%	1.4g 23%

% of an adult's reference intake

**BIGGER
& better**



THE CHEF'S KITCHEN

Luxury Shepherd's Pie

Tender minced lamb with carrots and onion in a rich red wine gravy, topped with fluffy mashed potato and finished with Wyke Farms Cheddar cheese.

4643

€8.75 400g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2215 kJ 532 kcal 27%	33g 47%	13g 65%	5.9g 7%	2.5g 42%

% of an adult's reference intake

*Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.

Lamb



Lamb in Honey & Mint Sauce

Slow-cooked lamb shoulder in a tasty honey and mint gravy. Served with mashed potato topped with a lemon and parsley ciabatta crumb, plus carrots, green beans and Romano beans.

7548 **€8.80** 385g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1233 kJ 293 kcal	9.3g	2.1g	13g	1.8g
15%	13%	11%	14%	30%

% of an adult's reference intake



Lamb's Liver & Bacon in Onion Gravy

Lamb's liver and bacon in onion gravy, served with mashed potato, carrots and red cabbage with apple & port.

4260 **€7.95** 405g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1507 kJ 360 kcal	15g	5.0g	13g	2.1g
18%	21%	25%	14%	35%

% of an adult's reference intake



Lancashire Hotpot

A traditional lamb casserole, topped with golden sauté potatoes. Served with carrots, cauliflower and green beans.

240 **€6.85** 410g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1581 kJ 378 kcal	18g	7.4g	7.6g	1.7g
19%	26%	37%	8%	28%

% of an adult's reference intake



Roast Lamb in Minted Gravy

Tender slices of roast lamb served with a fragrant minted gravy. Served with roast potatoes, a Yorkshire pudding, peas and green beans.

7581 **€8.90** 375g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1520 kJ 362 kcal	12g	3.6g	3.7g	1.7g
18%	17%	18%	4%	28%

% of an adult's reference intake

Why not add a side dish?

Extra Buttery Mash

You can really taste the Wyke Farms butter in this beautifully smooth and comforting mashed potato.

327 **€1.90** 150g

GF V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
941 kJ 226 kcal	15g	6.5g	1.1g	0.41g
11%	21%	33%	1%	7%

% of an adult's reference intake

Fish

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

318
Salmon & Broccoli
Supreme
Page 34



“Absolutely delicious. The salmon was tender, the broccoli was cooked perfectly, and the creamy sauce brought everything together beautifully.”

Mr C

Wiltshire Farm Foods Customer



Fish in Parsley Sauce

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

314

€6.10 380g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1270 kJ 304 kcal	15g	7.2g	5.6g	1.3g
15%	21%	36%	6%	22%

% 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

€7.35 320g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1791 kJ 426 kcal	16g	5.3g	9.5g	1.2g
21%	23%	27%	11%	20%

% of an adult's reference intake



Salmon & Broccoli Supreme

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

318

€6.00 370g

GF

Each meal contains

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

% of an adult's reference intake



Luxury Fishcake

A delicate blend of salmon and pollock with potato and dill coated in breadcrumbs. Served with potatoes and a vibrant medley of green beans, asparagus and peas, lightly tumbled with cracked black pepper, parsley and a Sicilian lemon flavour for a bright and zesty finish.

7758

€8.35 340g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1954 kJ 467 kcal	22g	3.2g	4.6g	1.3g
23%	32%	16%	5%	21%

% of an adult's reference intake

THE CHEF'S KITCHEN

Call our friendly team to place your order

Luxury Fish & Chips (Oven Cook Only)

Indulge in a timeless classic! Tender, flaky haddock* encased in a perfectly golden batter and served with crispy chunky chips. Each bite delivers a satisfying crunch and melt-in-your-mouth flavour.

“

The perfect balance of crunch, flavour, and indulgence.”



Jethro Laurence
Head Chef

7565 €8.40 290g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2062 kJ 492 kcal	20g	1.7g	0.6g	1.0g
25%	29%	9%	1%	17%

% of an adult's reference intake



THE CHEF'S KITCHEN



Breaded Fish & Chips

Breaded white fish served with golden chips and peas.

304 €5.80 305g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1732 kJ 412 kcal	13g	1.4g	3.0g	0.62g
21%	19%	7%	3%	10%

% of an adult's reference intake



Fish in a Creamy Lemon Sauce

Tender white fish smothered in a rich and creamy lemon and chive sauce. Served with diced potatoes, carrots and Romano beans.

8158 €6.50 405g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1370 kJ 326 kcal	12g	4.4g	7.5g	0.90g
16%	17%	22%	8%	15%

% of an adult's reference intake

* Please refer to page 106

*Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.

Fish



Fishcake with Mushy Peas

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

7530 €6.85 305g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1604 kJ 383 kcal	15g	2.3g	4.3g	0.86g
19%	21%	12%	5%	14%

% of an adult's reference intake



Lemon & Parsley Dusted Sole

A fillet of sole coated in a light batter with a lemon & parsley crumb. Served with rice and vegetables tumbled in a chive & parsley dressing.

4330 €7.95 385g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2244 kJ 535 kcal	21g	2.2g	3.4g	0.85g
27%	30%	11%	4%	14%

% of an adult's reference intake



Salmon in Tomato, Olive & Basil Sauce

Salmon fillet cooked in a light tomato sauce with olives and basil. Served with roasted Mediterranean vegetables and herby lemon potatoes.

7582 €8.55 435g

GF

Each portion contains

Energy	Fat	Saturates	Sugars	Salt
1803 kJ 432 kcal	26g	3.1g	9.0g	1.5g
22%	37%	16%	10%	25%

% of an adult's reference intake



Cod Mornay

Premium loin of sustainably caught cod in our signature sauce made with Wyke Farms Cheddar – rich, savoury and satisfying. Served with parsley tumbled baby potatoes and garden vegetables.

7558 €9.80 390g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1437 kJ 343 kcal	15g	5.9g	6.0g	1.1g
17%	21%	30%	7%	18%

% of an adult's reference intake



BIGGER
& better



Salmon Crumble

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

552

€7.00 360g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2106 kJ 504 kcal	28g	8.1g	5.3g	1.4g
25%	40%	41%	6%	23%

% of an adult's reference intake

Fisherman's Pie

Delicately flaky pieces of smoked haddock, white fish and salmon in a creamy sauce, topped with mashed potato and served with a side of peas and green beans.

7766

€6.70 500g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1889 kJ 451 kcal	19g	4.0g	8.0g	1.8g
23%	27%	20%	9%	30%

% of an adult's reference intake



Why not add a side dish?

Vegetable Medley with Parsley Butter

Carrot, courgette and asparagus, simply seasoned with parsley butter, sea salt and cracked black pepper.

1141

€2.45 110g

GF

V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
385 kJ 93 kcal	7.9g	5.0g	2.9g	0.09g
5%	11%	25%	3%	1%

% 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

€7.85 380g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1630 kJ 387 kcal	12g	5.4g	6.9g	0.93g
19%	17%	27%	8%	15%

% of an adult's reference intake

Fish

Vegetarian

From cosy favourites like Macaroni Cheese to the easiest veggie roast dinner ever, each dish is bursting with flavour and quality ingredients.

**554 Cheese, Onion,
Leek & Potato Bake**
Page 40



“ It was delicious. I’m not vegetarian but this hit the spot just the same as a meat meal. ”

Mrs L
Wiltshire Farm Foods Customer

White Bean & Stilton Stew

A comforting stew of haricot and butter beans, gently cooked with carrot & swede in a delicate tomato and white wine sauce. Finished with rich Stilton cheese melted throughout.

NEW

“

Tender beans pair beautifully with sweet root vegetables and the savoury tang of Stilton.”



David Lawrence
Development Chef

4337

€6.45

380g

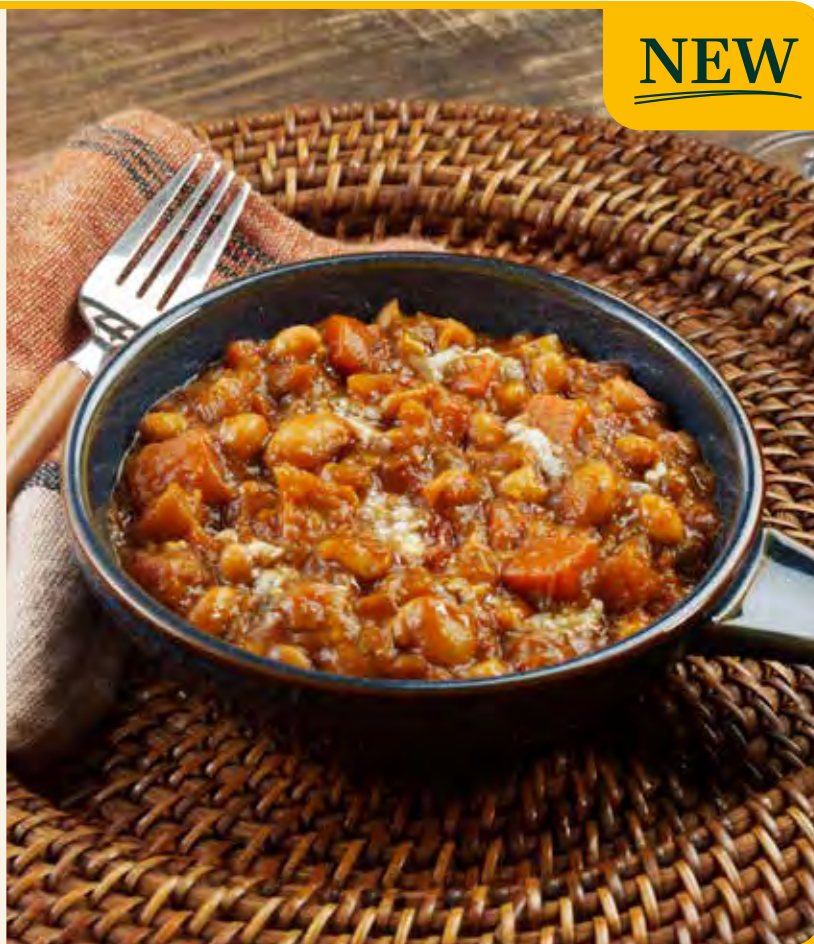
GF

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1631 kJ 391 kcal	19g	5.7g	11g	1.6g
20%	27%	29%	12%	27%

% of an adult's reference intake



THE CHEF'S KITCHEN

Vegetable & Red Wine Pie

The earthy flavours of root vegetables, green lentils, butter beans and red wine paired perfectly with the sweetness of redcurrant jelly beneath a puff pastry lid. With cheesy mash made with Wyke Farms Cheddar and peas.

7556

€7.75

440g

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2396 kJ 572 kcal	23g	11g	11g	2.1g
29%	33%	55%	12%	35%

% of an adult's reference intake



Cauliflower Cheese & Broccoli Bake

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

588

€7.25

420g

GF

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1856 kJ 444 kcal	23g	11g	7.4g	1.4g
22%	33%	55%	8%	23%

% of an adult's reference intake

Vegetarian



Cheese, Onion, Leek & Potato Bake

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

554
€5.85 400g

GF

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1598 kJ 382 kcal	20g	8.1g	11g	1.1g
19%	29%	41%	12%	18%

% 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
€6.65 330g

VEGAN

Each meal contains

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

% of an adult's reference intake


**WELL
BALANCED**


Spiced Chickpea Stew

A delicious blend of chickpeas, sweet potato, butternut squash, red onion and dried apricots simmered in a mildly spiced tomato and coriander sauce. Served with turmeric-infused rice and broccoli.

7573
€6.70 400g

GF

VEGAN

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1639 kJ 389 kcal	8.8g	1.1g	11g	1.4g
19%	13%	6%	12%	23%

% of an adult's reference intake



The CHEF'S KITCHEN

Luxury Macaroni Cheese

Perfectly cooked pasta in our decadent signature three cheese sauce, rich with Wyke Farms Cheddar. Finished with crisp ciabatta breadcrumbs and Regato cheese for a really full flavour.

4300
€7.75 340g

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2982 kJ 714 kcal	40g	24g	9.3g	2.4g
36%	57%	120%	10%	40%

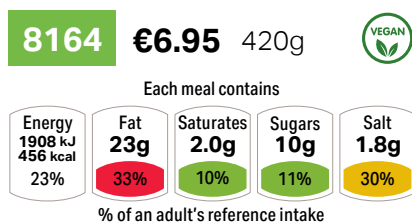
% of an adult's reference intake

*Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.



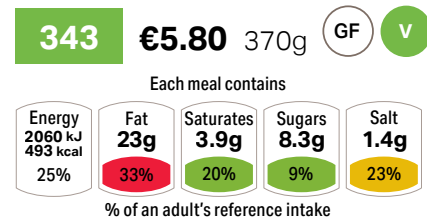
Vegetarian Sausages & Mash

Vegetarian sausages served in a rich onion gravy. Served with mashed potato and a medley of green beans & peas lightly seasoned with mint and cracked black pepper.



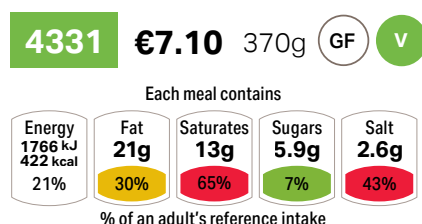
Omelette, Chips & Beans

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



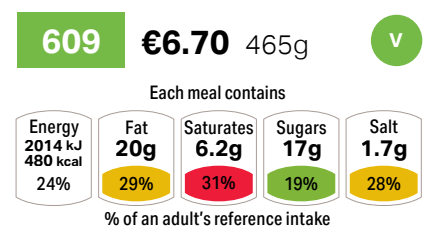
Mushroom Risotto

A rich and flavoursome risotto cooked with white wine and roasted mushrooms. Finished with parsley butter and Regato cheese.



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.





Provençale Vegetable Bake

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

8196 €5.80 435g GF VEGAN

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1306 kJ 311 kcal 16%	8.6g 12%	1.0g 5%	9.9g 11%	1.1g 18%

% of an adult's reference intake



Vegetarian Roast Dinner

Chicken style soya pieces served in a rich onion, redcurrant and sage gravy for a comforting meat-free twist. Served with roast potatoes, a Yorkshire pudding and parsley seasoned green beans & carrots.

7569 €7.85 375g V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1581 kJ 377 kcal 19%	12g 17%	1.2g 6%	13g 14%	1.7g 28%

% of an adult's reference intake



Tomato & Mozzarella Pasta

Macaroni pasta in a chunky tomato sauce with carrots, onions, and leeks. With a splash of red wine and basil. Topped with mozzarella cheese.

4201 €6.00 320g V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1415 kJ 336 kcal 17%	9.4g 13%	4.2g 21%	6.3g 7%	1.5g 25%

% of an adult's reference intake



Luxury Vegetable Cottage Pie

A comforting medley of vegetables and earthy lentils in a rich red wine and herb gravy. Topped with a potato, sweet potato & carrot mash and finished with a golden crust of Wyke Farms Cheddar and a parsley crumb. Full of flavour.

4326 €7.80 400g V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1697 kJ 404 kcal 20%	13g 19%	3.0g 15%	9.9g 11%	1.8g 30%

% of an adult's reference intake



Mushroom Stroganoff

Sliced Chestnut mushrooms in a creamy paprika, Dijon mustard and brandy sauce. Served with pea & parsley wholegrain rice.

7567 €7.20 420g (GF) (V)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1765 kJ 421 kcal 21%	15g 21%	3.2g 16%	4.8g 5%	1.4g 23%

% 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 €7.30 350g (GF) (V)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1862 kJ 445 kcal 22%	21g 30%	5.2g 26%	5.7g 6%	0.82g 14%

% of an adult's reference intake



Macaroni Cheese

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

4222 €5.95 400g (V)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2255 kJ 539 kcal 27%	26g 37%	12g 60%	9.9g 11%	1.7g 28%

% 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 €6.05 430g (GF) (VEGAN)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1705 kJ 407 kcal 20%	17g 24%	5.1g 26%	9.9g 11%	1.4g 23%

% of an adult's reference intake



The CHEF'S KITCHEN

Treat yourself to our Luxury Menu

Our chefs pull out all the stops when it comes to these dishes, combining our most wonderful ingredients, and all their expertise, to make something very special.



3711
Luxury Lemon
Sponge
Page 53



1141
Vegetable Medley
with Parsley Butter
Page 51



7582
Salmon in Tomato,
Olive & Basil Sauce
Page 46

“ I had the salmon straight away and wow it was delicious! Full of flavour and very filling. ”

Mrs V
Wiltshire Farm Foods Customer

Luxury Sweet & Sour Chicken

Tender pieces of chicken breast with peppers, pineapple and water chestnuts in a sweet and sharp sauce. Served with fluffy egg fried rice with peas and spring onion.

“A delicious combination of sweet and tangy flavours, with tender chicken and juicy pineapple in every mouthful.”

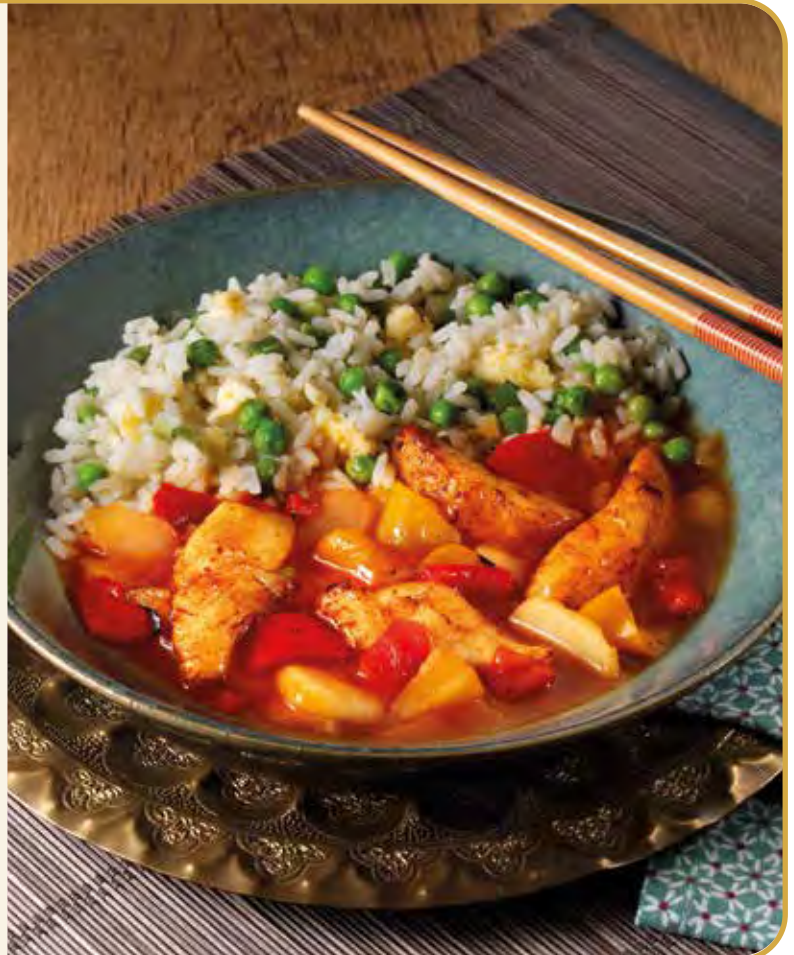


Jethro Lawrence
Head Chef

4176 €7.70 465g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2056 kJ 487 kcal 24%	8.4g 12%	1.2g 6%	36g 40%	0.46g 8%
% of an adult's reference intake				



Luxury Fish & Chips (Oven Cook Only)

Indulge in a timeless classic! Tender, flaky haddock* encased in a perfectly golden batter and served with crispy chunky chips. Each bite delivers a satisfying crunch and melt-in-your-mouth flavour.

7565 €8.40 290g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2062 kJ 492 kcal 25%	20g 29%	1.7g 9%	0.6g 1%	1.0g 17%
% of an adult's reference intake				



Lamb in Honey & Mint Sauce

Slow-cooked lamb shoulder in a tasty honey and mint gravy. Served with mash topped with a lemon and parsley ciabatta crumb, plus carrots, green beans and Romano beans.

7548 €8.80 385g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1233 kJ 293 kcal 15%	9.3g 13%	2.1g 11%	13g 14%	1.8g 30%
% of an adult's reference intake				

* Please refer to page 106

★
BIGGER
& better



Luxury Cottage Pie

Rich minced beef and shredded beef brisket with carrots in a rich tomato and red wine gravy, topped with fluffy mashed potato and Regato cheese.

4644

€8.10 400g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1774 kJ 425 kcal 21%	22g 31%	7.7g 39%	5.7g 6%	2.6g 43%
% of an adult's reference intake				



Vegetable & Red Wine Pie

The earthy flavours of root vegetables, green lentils, butter beans and red wine paired perfectly with the sweetness of redcurrant jelly beneath a puff pastry lid. With cheesy mash made with Wyke Farms Cheddar and peas.

7556

€7.75 440g

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2396 kJ 572 kcal 29%	23g 33%	11g 55%	11g 12%	2.1g 35%
% of an adult's reference intake				



Beef Stroganoff

Rich and creamy, the deep, rounded flavours of slow-cooked beef come alive with Dijon mustard, brandy and a hint of smoked paprika. Accompanied by parsley rice.

4313

€8.90 410g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2403 kJ 572 kcal 29%	21g 30%	7.7g 39%	4.6g 5%	1.6g 27%
% of an adult's reference intake				



Salmon in Tomato, Olive & Basil Sauce

Salmon fillet cooked in a light tomato sauce with olives and basil. Served with roasted Mediterranean vegetables and herby lemon potatoes.

7582

€8.55 435g

GF

Each portion contains

Energy	Fat	Saturates	Sugars	Salt
1803 kJ 432 kcal 22%	26g 37%	3.1g 16%	9.0g 10%	1.5g 25%
% of an adult's reference intake				

Call our friendly team to place your order



Luxury Roast Chicken (Oven Cook Only)

Tender roast chicken breast with carrots, peas, roast potatoes and a pork stuffing ball in rich gravy. Plus Yorkshire pudding and a decadent cauliflower & broccoli cheese made with Wyke Farms Cheddar.

5128 **€9.50** 535g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2339 kJ 557 kcal 28%	20g 29%	5.9g 30%	6.9g 8%	2.8g 47%

% of an adult's reference intake



Cod Mornay

Premium loin of sustainably caught cod in our signature sauce made with Wyke Farms Cheddar – rich, savoury and satisfying. Served with parsley tumbled baby potatoes and garden vegetables.

7558 **€9.80** 390g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1437 kJ 343 kcal 17%	15g 21%	5.9g 30%	6.0g 7%	1.1g 18%

% of an adult's reference intake



Beef Bourguignon

Tender slices of silverside beef in a rich red wine sauce with silverskin button onions, mushrooms and bacon lardons. Served with roast potatoes and cauliflower cheese made with Wyke Farms Cheddar.

4297 **€9.20** 400g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1841 kJ 439 kcal 22%	18g 26%	6.8g 34%	8.9g 10%	2.4g 40%

% of an adult's reference intake



Luxury Macaroni Cheese

Perfectly cooked pasta in our decadent signature three cheese sauce, rich with Wyke Farms Cheddar. Finished with crisp ciabatta breadcrumbs and Regato cheese for a really full flavour.

4300 **€7.75** 340g

V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2982 kJ 714 kcal 36%	40g 57%	24g 120%	9.3g 10%	2.4g 40%

% of an adult's reference intake



Luxury Vegetable Cottage Pie

A comforting medley of vegetables and earthy lentils in a rich red wine and herb gravy. Topped with a potato, sweet potato & carrot mash and finished with a golden crust of Wyke Farms Cheddar and a parsley crumb. Full of flavour.

4326	€7.80	400g	V
Each meal contains			
Energy 1697 kJ 404 kcal 20%	Fat 13g 19%	Saturates 3.0g 15%	Sugars 9.9g 11%
% of an adult's reference intake			
Salt 1.8g 30%			



Luxury Lasagne (Oven Cook Only)

Our best minced beef, oak smoked bacon, tomatoes and red wine, layered between sheets of pasta and topped with our rich cheese sauce made with Wyke Farms Cheddar.

0684	€7.95	405g	
Each meal contains			
Energy 2627 kJ 627 kcal 31%	Fat 30g 43%	Saturates 12g 60%	Sugars 12g 13%
% of an adult's reference intake			
Salt 2.2g 37%			



Luxury Fishcake

A delicate blend of salmon and pollock with potato and dill coated in breadcrumbs. Served with skin-on potatoes and a vibrant medley of green beans, asparagus and peas, lightly tumbled with cracked black pepper, parsley and a Sicilian lemon flavour for a bright and zesty finish.

7758	€8.35	340g	
Each meal contains			
Energy 1954 kJ 467 kcal 23%	Fat 22g 32%	Saturates 3.2g 16%	Sugars 4.6g 5%
% of an adult's reference intake			
Salt 1.3g 21%			



Slow-Cooked Pork Belly in Apple & Somerset Cider Sauce

Melt-in-your-mouth slow-cooked pork belly in an apple, Somerset cider and sage sauce with a hint of butter and wholegrain mustard. Served with mashed potato and red cabbage with apple and Ruby Port.

4322	€9.15	380g	GF
Each meal contains			
Energy 2132 kJ 512 kcal 26%	Fat 32g 46%	Saturates 12g 60%	Sugars 19g 21%
% of an adult's reference intake			
Salt 1.5g 25%			



Luxury Sausage & Mash

Our extra meaty butcher's choice sausages, ladled with lashings of rich and tasty sage & red onion gravy. Add our cheesy mash made with Wyke Farms Cheddar and minted garden veg... perfection.

4305 €8.55 400g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2179 kJ 523 kcal	32g	11g	9.9g	2.9g
26%	46%	55%	11%	48%

% of an adult's reference intake

BIGGER
& better



Luxury Shepherd's Pie

Tender minced lamb with carrots and onion in a rich red wine gravy, topped with fluffy mashed potato and finished with Wyke Farms Cheddar cheese.

4643 €8.75 400g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2215 kJ 532 kcal	33g	13g	5.9g	2.5g
27%	47%	65%	7%	42%

% of an adult's reference intake



Beef Ragù with Pappardelle Pasta

Minced beef steak and tender shredded beef brisket cooked in a rich red wine and tomato ragù. Served on a bed of pappardelle pasta and finished with a generous sprinkle of Regato cheese.

4324 €8.40 340g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1687 kJ 401 kcal	13g	4.3g	7.1g	1.7g
20%	19%	22%	8%	28%

% of an adult's reference intake



Luxury Roast Beef

Tuck into tender, melt in the mouth beef, slow-cooked to perfection, with our best ever red wine gravy, golden roasties, Yorkshire pudding and our signature cauliflower cheese made with Wyke Farms Cheddar. Plus peas and carrots!

5127 €10.00 549g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2420 kJ 576 kcal	21g	7.6g	7.4g	2.7g
29%	30%	38%	8%	45%

% of an adult's reference intake

★
BIGGER
portion



Beef & Stilton Pie

Tender pieces of beef with swede, carrot and rich blue Stilton in gravy, topped with a light puff pastry lid. Served with mashed potato and red cabbage with apple & port.

“We’re now giving you more pie filling, more mash, and more red cabbage - enjoy!”



Jethro Lawrence
Head Chef

7585 €9.10 495g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
3030 kJ 725 kcal	38g	17g	24g	2.4g
36%	54%	85%	27%	40%

% of an adult's reference intake

Coq au Vin

Tender chicken slow-cooked in red wine and brandy with bacon lardons, earthy chestnut mushrooms and silverskin button onions. Accompanied by our extra buttery mash and green beans.

“Slow-cooked to perfection, this classic Coq au Vin is packed with rich, hearty flavours and feels like home in every bite.”



David Lawrence
Development Chef

4312 €8.85 440g (GF)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1794 kJ 429 kcal	22g	7.4g	5.5g	1.8g
21%	31%	37%	6%	30%

% of an adult's reference intake



Easy to cook, no defrosting



Smoked Haddock Chowder

Delicate pieces of smoked haddock simmered with tender potatoes, leeks, onions, and sweetcorn in a rich, creamy sauce. Finished with a sprinkling of chives for a burst of flavour.

1180 €3.90 200g GF

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
670 kJ 160 kcal	6.8g	3.2g	4.2g	1.3g
8%	10%	16%	5%	22%

% of an adult's reference intake



Dauphinoise Potatoes

Layers of sliced potato smothered in a rich and creamy cheese and garlic sauce. Topped with a sprinkle of Regato cheese and parsley.

1179 €3.35 220g GF V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
1198 kJ 286 kcal	15g	6.8g	2.4g	1.3g
14%	21%	34%	3%	22%

% of an adult's reference intake



Extra Buttery Mash

You can really taste the Wyke Farms butter in this beautifully smooth and comforting mashed potato.

327 €1.90 150g GF V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
941 kJ 226 kcal	15g	6.5g	1.1g	0.41g
11%	21%	33%	1%	7%

% of an adult's reference intake



Vegetable Medley with Parsley Butter

Enjoy a trio of perfectly prepared vegetables, effortlessly. Carrot, courgette and asparagus, simply seasoned with parsley butter, sea salt and cracked black pepper.

1141 €2.45 110g GF V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
385 kJ 93 kcal	7.9g	5.0g	2.9g	0.09g
5%	11%	25%	3%	1%

% of an adult's reference intake



Cauliflower & Broccoli Cheese

Perfectly cooked florets of cauliflower and broccoli with Cheddar cheese sauce.

664 €3.65 250g GF V

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
1283 kJ 308 kcal	21g	7.4g	9.8g	1.1g
15%	30%	37%	11%	18%

% of an adult's reference intake



Tiramisu

Fluffy mascarpone mousse and soft, coffee-soaked sponge with a boozy kick of Marsala wine – bliss! Topped with cocoa powder for a delicious hint of bitterness.

2177	€3.45	80g	V
Each dessert contains			
Energy 742 kJ 176 kcal 9%	Fat 3.6g 5%	Saturates 2.6g 13%	Sugars 15g 17%
			Salt 0.13g 2%
% of an adult's reference intake			



Black Forest Dessert

A moist chocolate sponge topped with a chocolate almond flavoured crumb, with sour cherries and a French brandy chocolate sauce.

3146	€2.85	130g	V
Each dessert contains			
Energy 1454 kJ 347 kcal 17%	Fat 16g 23%	Saturates 5.0g 25%	Sugars 31g 34%
			Salt 0.25g 4%
% of an adult's reference intake			



Crème Caramel

A dreamy set custard drenched in a dark and decadent caramel sauce with just the right balance of sweetness.

477	€3.50	120g	V
Each dessert contains			
Energy 1162 kJ 277 kcal 14%	Fat 10g 14%	Saturates 6.5g 33%	Sugars 26g 29%
			Salt 0.14g 2%
% of an adult's reference intake			



Luxury Apple Crumble

Indulge in this all-time classic! Bramley apple pieces in a sweet sauce, crowned with a golden all-butter crumble topping.

3710	€3.40	130g	V
Each dessert contains			
Energy 1086 kJ 258 kcal 13%	Fat 7.3g 10%	Saturates 4.4g 22%	Sugars 24g 27%
			Salt 0.21g 3%
% of an adult's reference intake			

Call our friendly team to place your order



Melt in the Middle Chocolate Puddings (pack of 2)

A rich Belgian dark chocolate sponge with a lusciously chocolate molten centre. Velvety and indulgent.

2192 **€5.40** 90g x 2



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1492 kJ 357 kcal	20g	8.8g	30g	0.11g
18%	29%	44%	33%	2%

% of an adult's reference intake



West Country Clotted Cream Rice Pudding

Luxuriously thick with the unmistakable richness of clotted cream, finished with a touch of butter and nutmeg to round out the warming flavours.

842 **€2.75** 160g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1560 kJ 375 kcal	27g	16g	15g	0.22g
19%	39%	80%	17%	4%

% of an adult's reference intake



Plum & Cherry Crumble

Soft and divine dark orchard fruits perfectly paired with a golden oaty crumble topping.

3778 **€2.85** 135g



Each dessert contains

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

% of an adult's reference intake



Luxury Lemon Sponge

A light, all-butter sponge infused with Sicilian lemon. Served with a luscious lemon sauce enriched with tangy lemon curd. A zesty, indulgent treat!

3711 **€3.40** 112g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1356 kJ 324 kcal	17g	9.4g	24g	0.35g
16%	24%	47%	27%	6%

% of an adult's reference intake



The CHEF'S KITCHEN

Treat yourself to
≡ OUR LUXURY MENU ≡

*6 Delicious Mains and
3 Superb Desserts for*

€62.50

Mains

7565 Luxury Fish & Chips
(Oven Cook Only) Page 45

5128 Luxury Roast Chicken
(Oven Cook Only) Page 47

4300 Luxury Macaroni Cheese Page 47

7558 Cod Mornay Page 47

4305 Luxury Sausage & Mash Page 49

4312 Coq au Vin Page 50

Desserts

477 Crème Caramel Page 52

3710 Luxury Apple Crumble Page 52

842 West Country Clotted Cream
Rice Pudding Page 53

Order using code **CK37E** - quote it on the phone
or search for it on our website then add to your basket

ESSENTIALS

Everyday favourites for less

It's great to know you can enjoy a piping hot, brilliant quality meal - not only effortlessly, but for such wonderful value.



8512
Essentials
Sausage Casserole
Page 56

“All the Essentials meals I have tried have been excellent.”

Mrs G

Wiltshire Farm Foods Customer

**MICROWAVE
FROM FROZEN**

**MEALS
FROM €4.05**

**SAME GREAT
QUALITY**

You can depend on our Essentials menu to bring you the Wiltshire Farm Foods quality you know and love, at fantastic everyday value prices. Stock up your freezer with a great mix of budget-friendly favourites, and you'll always have something in for a quick and easy hot meal.

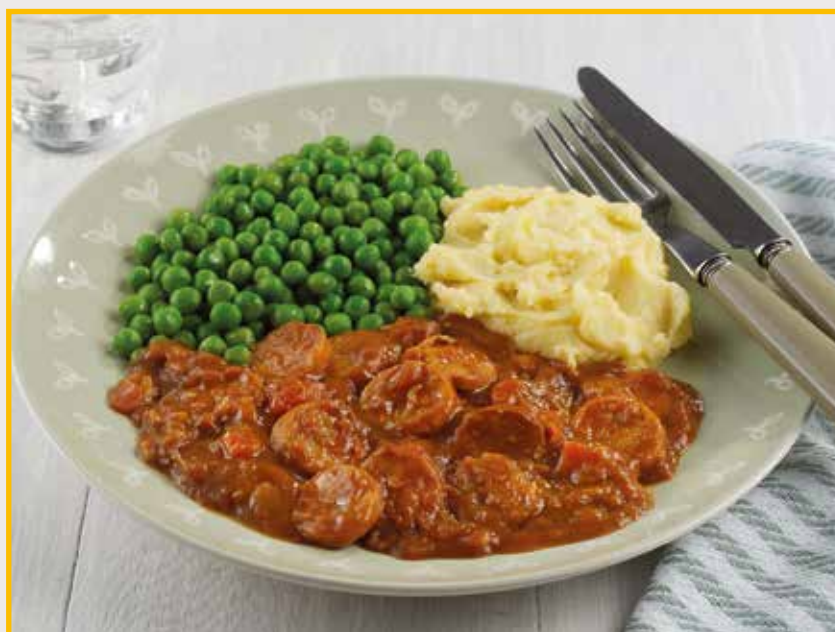


Created by our chefs and dietitians, each dish is designed to deliver on quality as well as flavour. A helping hand in these times of rising prices.

The same great quality you know and trust

- ✓ Prices from €4.05 to €5.25
- ✓ Free delivery[▲]
- ✓ Proper meals, complete with sides so no wastage
- ✓ Microwave from frozen - no need to put the oven on
- ✓ All made with the same high quality ingredients as our standard dishes

[▲] In a small number of areas there may be a minimum spend.



ESSENTIALS Sausage Casserole

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

8512 €4.75 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				



ESSENTIALS Lancashire Hotpot

Lamb casserole topped with sauté potatoes. Served with carrots and peas.

8514 €5.25 395g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1575 kJ 376 kcal 19%	17g 24%	5.6g 28%	8.9g 10%	1.1g 18%
% of an adult's reference intake				



ESSENTIALS Pasta Bolognese

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

8504 €5.25 330g

Each meal contains

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

% of an adult's reference intake



ESSENTIALS Sweet & Sour Chicken

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

8507 €5.00 350g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1732 kJ 410 kcal 21%	7.2g 10%	1.3g 7%	15g 17%	1.3g 22%

% 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 €5.25 350g

GF

Each meal contains

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

% of an adult's reference intake



ESSENTIALS Butter Bean & Cauliflower Curry

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

8500 €4.05 370g

GF



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1734 kJ 413 kcal 21%	15g 21%	1.5g 8%	3.5g 4%	0.98g 16%

% of an adult's reference intake



ESSENTIALS Minced Beef Hotpot

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

8509 €5.25 360g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1226 kJ 292 kcal 15%	12g 17%	3.0g 15%	8.9g 10%	1.2g 20%

% of an adult's reference intake



ESSENTIALS Chicken & Vegetable Stew

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

8503 €4.75 360g (GF)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1343 kJ 321 kcal	13g	2.5g	5.7g	1.3g
16%	19%	13%	6%	22%

% of an adult's reference intake



ESSENTIALS Chicken Curry

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

8502 €4.75 350g (GF)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1456 kJ 345 kcal	6.8g	1.5g	4.4g	0.97g
17%	10%	8%	5%	16%

% of an adult's reference intake



ESSENTIALS Macaroni Cheese

Macaroni in a cheese sauce, served with green beans.

8511 €4.50 370g (V)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1843 kJ 438 kcal	15g	7.3g	7.4g	1.2g
22%	21%	37%	8%	20%

% of an adult's reference intake



ESSENTIALS Cheese & Onion Pie

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

8501 €4.05 410g (GF) (V)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1537 kJ 367 kcal	17g	8.2g	6.1g	1.6g
18%	24%	41%	7%	27%

% of an adult's reference intake



ESSENTIALS Fish Pie

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

8510 €5.25 415g (GF)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1347 kJ 321 kcal	12g	2.6g	11g	1.0g
16%	17%	13%	12%	17%

% of an adult's reference intake



ESSENTIALS Cottage Pie

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

8505 €4.95 390g (GF)

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1260 kJ 300 kcal	11g	2.8g	7.1g	1.4g
15%	16%	14%	8%	23%

% of an adult's reference intake

Soups & Snacks

Nothing warms you up on a chilly day like a bowl of soup! Our snacks and toasties are so handy to have in too, for lunch, supper – or any time!



1133
Chunky Vegetable
Soup
Page 60



Leek & Potato Soup

A delicious combination of leek and potato seasoned with chives.



Lentil & Bacon Soup

A tasty blend of red lentils, onion, carrot and celeriac simmered with dry-cured oak-smoked bacon. Finished with a sprinkle of smoked bacon pieces.

1131

€2.05 200g



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

1186

€2.15 200g



Each soup contains

Energy	Fat	Saturates	Sugars	Salt
874 kJ 209 kcal 10%	11g 16%	1.8g 9%	2.4g 3%	1.2g 20%

% of an adult's reference intake



Cream of Tomato Soup

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

1129 €2.05 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



Butternut Squash & Ginger Soup

A smooth, creamy soup made with butternut squash and onions. Delicately spiced with warming ginger.

1184 €2.15 200g (GF) (V)

Each soup contains

Energy	Fat	Saturates	Sugars	Salt
533 kJ 128 kcal 6%	9.2g 13%	2.4g 12%	6.2g 7%	1.4g 23%

% of an adult's reference intake



Chicken & Vegetable Soup

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

1132 €2.05 200g (GF)

Each soup contains

Energy	Fat	Saturates	Sugars	Salt
642 kJ 154 kcal 8%	8.0g 11%	1.1g 6%	2.6g 3%	0.95g 16%

% of an adult's reference intake

Comforting soups to warm you up



Chunky Vegetable Soup

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

1133 €2.05 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



Smoked Haddock Chowder

Delicate pieces of smoked haddock simmered with tender potatoes, leeks, onions, and sweetcorn in a rich, creamy sauce. Finished with a sprinkling of chives for a burst of flavour.

1180 €3.90 200g (GF)

Each pack contains

Energy	Fat	Saturates	Sugars	Salt
670 kJ 160 kcal 8%	6.8g 10%	3.2g 16%	4.2g 5%	1.3g 22%

% of an adult's reference intake



Beef & Vegetable Soup

Slow-cooked beef brisket with carrots, leeks, swede, celeriac and potatoes.

1185 €2.15 200g (GF)

Each soup contains

Energy	Fat	Saturates	Sugars	Salt
519 kJ 124 kcal 6%	5.7g 8%	0.9g 5%	4.7g 5%	1.3g 22%

% of an adult's reference intake

Easy to cook, no defrosting



Cheese & Onion Quiche (pack of 2)

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

2210 €5.70 100g x 2 V

Each slice contains				
Energy 1028 kJ 246 kcal 12%	Fat 13g 19%	Saturates 6.1g 31%	Sugars 2.9g 3%	Salt 0.62g 10%
% of an adult's reference intake				



Three Cheese Toastie

A blend of red Cheddar & West Country Vintage Cheddar melted into a béchamel sauce between toasted white bloomer bread. Topped with a little more béchamel, mozzarella and red Cheddar.

2215 €5.40 153g V

Each toastie contains				
Energy 1697 kJ 405 kcal 20%	Fat 17g 24%	Saturates 13g 65%	Sugars 3.0g 3%	Salt 1.8g 30%
% of an adult's reference intake				



Pork Pie

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

2209 €2.55 140g

Each pie contains				
Energy 2166 kJ 520 kcal 26%	Fat 35g 50%	Saturates 14g 70%	Sugars 1.8g 2%	Salt 1.8g 30%
% 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 €6.25 445g GF V

Each 100g contains				
Energy 395 kJ 94 kcal 5%	Fat 1.6g 2%	Saturates 0.8g 4%	Sugars 3.1g 4%	Salt 0.37g 6%
% of an adult's reference intake				



Sausage Roll (pack of 2)

Delicately seasoned pork sausage meat baked into delicious puff pastry. Simply thaw and serve.

2206 €3.00 90g x 2

Each sausage roll contains				
Energy 1261 kJ 302 kcal 15%	Fat 19g 27%	Saturates 8.4g 42%	Sugars 1.8g 2%	Salt 0.97g 16%
% of an adult's reference intake				

Taste of Asia

Free of artificial colours and flavours (like the rest of our menu), these delicious rice and noodle dishes are a quality take on your favourites.



4176
Luxury Sweet & Sour
Chicken Page 65

4166
Chicken Tikka Masala
Page 64

“Excellent meals, good variety and great value for money.”

Mrs H
Wiltshire Farm Foods Customer



Chicken Korma

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

7273 €7.20 455g GF

Each meal contains

Energy 2285 kJ 545 kcal 27%	Fat 24g 34%	Saturates 13g 65%	Sugars 11g 12%	Salt 1.8g 30%
--------------------------------------	--------------------------	--------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



Chicken Stir-Fry

Tender chicken pieces with vegetables in a spring onion, garlic and black bean sauce. Served with egg noodles.

4303 €7.80 400g

Each meal contains

Energy 1622 kJ 385 kcal 19%	Fat 9.0g 13%	Saturates 1.3g 7%	Sugars 11g 12%	Salt 2.4g 40%
--------------------------------------	---------------------------	--------------------------------	-----------------------------	----------------------------

% 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 €6.00 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



Beef Curry with Rice

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

4271 €8.60 415g GF

Each meal contains

Energy 2757 kJ 658 kcal 33%	Fat 29g 41%	Saturates 12g 60%	Sugars 11g 12%	Salt 1.6g 27%
--------------------------------------	--------------------------	--------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



Chicken Tikka Masala

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

4166 €7.00 455g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2127 kJ 506 kcal	19g	5.9g	13g	1.4g
25%	27%	30%	14%	23%

% of an adult's reference intake



King Prawn Curry

Succulent king prawns and peppers in a spicy tomato sauce. Served with a cumin & coriander tumbled rice.

4309 €8.25 445g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2100 kJ 500 kcal	17g	1.4g	6.8g	1.0g
25%	24%	7%	8%	17%

% of an adult's reference intake

**WELL
BALANCED**



Chicken Katsu Curry

Golden breadcrumbed chicken breast served on a bed of white rice with edamame beans and peas. Finished with a mild, aromatic curry sauce infused with rice wine, soy sauce, garlic and ginger.

7562 €6.70 400g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2045 kJ 487 kcal	15g	3.8g	12g	1.5g
24%	21%	19%	13%	25%

% 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 €6.00 415g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1790 kJ 424 kcal	6.6g	1.2g	27g	1.3g
21%	9%	6%	30%	22%

% of an adult's reference intake



Sweet & Sour Chicken with Noodles

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

4177 €7.70 435g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2045 kJ 483 kcal	6.5g	1.0g	47g	1.2g
24%	9%	5%	52%	20%

% of an adult's reference intake



THE CHEF'S KITCHEN

Luxury Sweet & Sour Chicken

Tender pieces of chicken breast with bright peppers, juicy pineapple and crunchy water chestnuts in a brilliant balance of sweet and sharp sauce. Served with fluffy egg fried rice with peas and spring onion.

4176 €7.70 465g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2056 kJ 487 kcal	8.4g	1.2g	36g	0.50g
24%	12%	6%	40%	8%

% of an adult's reference intake



Chicken Biryani

Tender pieces of chicken in a warming and creamy biryani masala sauce. Served with a coriander infused basmati rice.

4310 €8.20 390g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2024 kJ 483 kcal	20g	3.1g	9.6g	1.9g
24%	29%	16%	11%	32%

% of an adult's reference intake



WELL
BALANCED

Beef Noodles

Egg noodles and a vibrant mix of green beans, broccoli, edamame beans, peppers, spring onions and coriander. Topped with minced beef infused with Chinese five spice and soy sauce.

4329 €7.90 410g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1626 kJ 387 kcal	12g	3.2g	13g	1.5g
19%	17%	16%	14%	25%

% 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 €6.05 430g

GF

VEGAN

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1705 kJ 407 kcal	17g	5.1g	9.9g	1.4g
20%	24%	26%	11%	23%

% of an adult's reference intake

*Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.

Taste of Asia



Italian & Mediterranean

Even on the greyest day, these vibrant dishes are a real taste of sunshine! Let us transport your tastebuds...



4289 Tuna Pasta Bake
Page 68

4288 Spaghetti Carbonara
Page 70

“ Tuna Pasta Bake tastes like it was home made! ”

Mrs R
Wiltshire Farm Foods Customer



Tomato & Mozzarella Pasta

Macaroni pasta in a chunky tomato sauce with carrots, onions, and leeks. With a splash of red wine and basil. Topped with mozzarella cheese.

4201 €6.00 320g V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1415 kJ 336 kcal 17%	9.4g 13%	4.2g 21%	6.3g 7%	1.5g 25%

% of an adult's reference intake



Chicken Arrabbiata

Penne pasta with tender pieces of chicken in a warming tomato, basil and chilli sauce. Topped with mozzarella.

4318 €6.50 380g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2138 kJ 510 kcal 26%	21g 30%	4.8g 24%	8.5g 9%	1.8g 30%

% of an adult's reference intake



THE CHEF'S KITCHEN

Luxury Macaroni Cheese

Perfectly cooked pasta in our decadent signature three cheese sauce, rich with Wyke Farms Cheddar. Finished with crisp ciabatta breadcrumbs and Regato cheese for a really full flavour.

4300 €7.75 340g V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2982 kJ 714 kcal 36%	40g 57%	24g 120%	9.3g 10%	2.4g 40%

% of an adult's reference intake



Spaghetti Bolognese

Spaghetti with a rich minced beef and Bolognese sauce.

4275 €7.35 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



THE CHEF'S KITCHEN

Salmon in Tomato, Olive & Basil Sauce

Salmon fillet cooked in a light tomato sauce with olives and basil. Served with roasted Mediterranean vegetables and herby lemon potatoes.

7582 €8.55 435g GF

Each portion contains

Energy	Fat	Saturates	Sugars	Salt
1803 kJ 432 kcal 22%	26g 37%	3.1g 16%	9.0g 10%	1.5g 25%
% of an adult's reference intake				



THE CHEF'S KITCHEN

Beef Ragù with Pappardelle Pasta

Minced beef steak and tender shredded beef brisket cooked in a rich red wine and tomato ragù. Served on a bed of pappardelle pasta and finished with a generous sprinkle of Regato cheese.

4324 €8.40 340g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1687 kJ 401 kcal 20%	13g 19%	4.3g 22%	7.1g 8%	1.7g 28%
% 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 €7.35 320g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1791 kJ 426 kcal 21%	16g 23%	5.3g 27%	9.5g 11%	1.2g 20%
% of an adult's reference intake				

Decadent desserts



THE CHEF'S KITCHEN

Bring a smile to your lips with every spoonful

When only the best will do, treat yourself to something sweet from the Chef's Kitchen. Go on, you deserve it.

Find me on pages 52-53



Lasagne

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

4204 €8.05 445g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2123 kJ 507 kcal 25%	25g 36%	9.7g 49%	14g 16%	1.7g 28%

% 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 €7.85 380g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1630 kJ 387 kcal 19%	12g 17%	5.4g 27%	6.9g 8%	0.93g 15%

% of an adult's reference intake



Spanish Style Pork Stew

Tender pork and chorizo simmered in a rich tomato and white wine sauce with butter beans, haricot beans and red peppers. Served with rice tossed with haricot beans and peppers.

4328 €6.55 430g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2128 kJ 506 kcal 25%	16g 23%	4.9g 25%	5.1g 6%	1.5g 25%

% of an adult's reference intake



Moussaka

Layers of aromatically seasoned minced lamb and mutton simmered in a robust tomato, onion and red wine sauce, layered between tender fried aubergine and sliced potato. Topped with a Regato cheese sauce with a smoked paprika finish.

4325 €7.75 372g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2241 kJ 539 kcal 27%	36g 51%	12g 60%	8.8g 10%	1.4g 23%

% of an adult's reference intake

**WELL
BALANCED**

Italian & Mediterranean

*Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.



Macaroni Cheese

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

4222

€5.95 400g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2255 kJ 539 kcal 27%	26g 37%	12g 60%	9.9g 11%	1.7g 28%

% of an adult's reference intake



Spaghetti Carbonara

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

4288

€7.25 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



THE CHEF'S KITCHEN

Luxury Lasagne (Oven Cook Only)

Our best minced beef, oak smoked bacon, tomatoes and red wine, layered between sheets of pasta and topped with our rich cheese sauce made with Wyke Farms Cheddar.

0684

€7.95 405g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2627 kJ 627 kcal 31%	30g 43%	12g 60%	12g 13%	2.2g 37%

% of an adult's reference intake



Mushroom Risotto

A rich and flavoursome risotto cooked with white wine and roasted mushrooms. Finished with parsley butter and Regato cheese.

4331

€7.10 370g

GF



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1766 kJ 422 kcal 21%	21g 30%	13g 65%	5.9g 7%	2.6g 43%

% of an adult's reference intake

* Please refer to page 106

Mini Meals

These smaller portions make mealtimes more manageable. 139-257 calories each yet still with a little bit of everything on the plate.



093
Fish & Chips Mini Meal
Page 76

1163
Chicken Curry with
Rice Mini Meal
Page 75

1168
Hunter's Chicken
Mini Meal
Page 74

“ Good range of options for meals and for us the Mini Meals are just the right size. ”

Mrs W
Wiltshire Farm Foods Customer

NEW



Fish in a Creamy Lemon Sauce **Mini Meal**

Tender white fish smothered in a rich and creamy lemon and chive sauce. Served with diced potatoes, carrots and Romano beans tumbled in parsley.

“

The zing of bright lemon gives the creamy sauce the perfect lift.”



Jethro Lawrence
Head Chef

1198 €5.15 221g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
854 kJ 204 kcal	9.3g	3.3g	4.2g	0.44g
10%	13%	17%	5%	7%

% of an adult's reference intake



Spaghetti Bolognese **Mini Meal**

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

1108 €5.35 220g

Each meal contains

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

% of an adult's reference intake



Fish in Parsley Sauce **Mini Meal**

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

1118 €5.45 220g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
809 kJ 193 kcal	10g	4.8g	2.8g	0.75g
10%	14%	24%	3%	12%

% of an adult's reference intake

Easy to cook, no defrosting

Chicken Chasseur

Mini Meal

Succulent pieces of chicken simmered in a rich tomato, mushroom and white wine sauce. Served with diced potatoes, green beans and peas.

NEW

“

Simple ingredients combine in this French classic to create a truly tasty dish. ”



David Lawrence
Development Chef

1197

€4.90 260g

GF

Each meal contains

Energy
893 kJ
213 kcal
11%

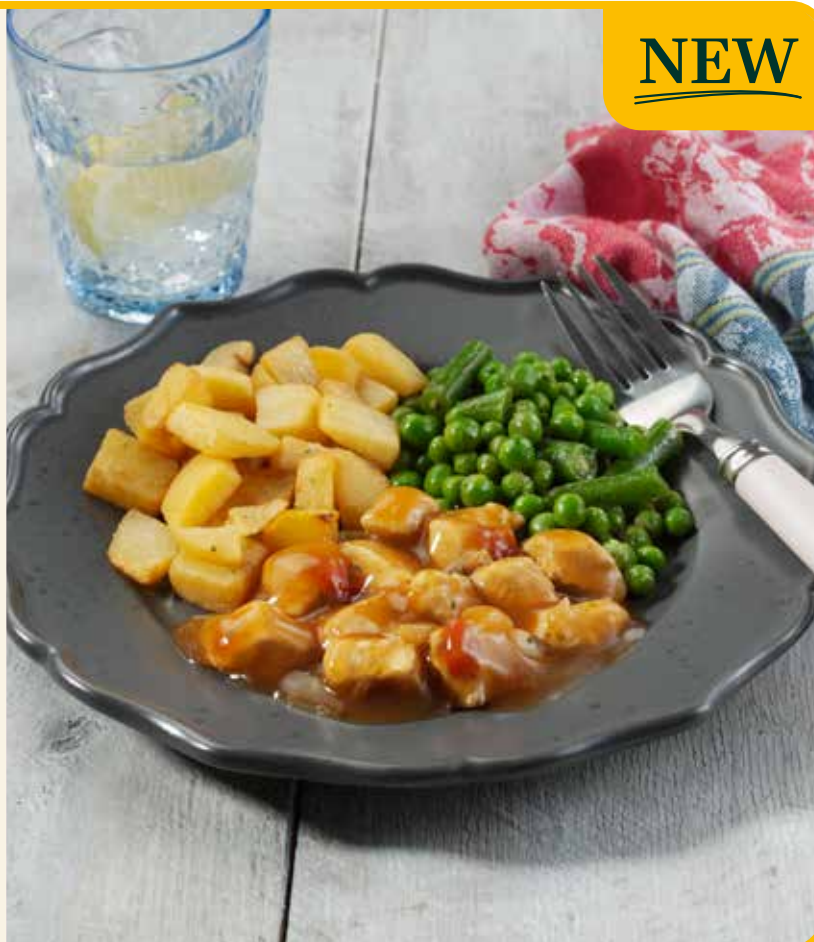
Fat
6.8g
10%

Saturates
0.7g
4%

Sugars
2.5g
3%

Salt
1.1g
18%

% of an adult's reference intake



BIGGER
& better



Steak & Mushroom Casserole

Mini Meal

Tender pieces of beef and minced beef with chestnut mushrooms, onion, carrot and swede in a rich gravy. Served with mashed potato and carrots.

Fisherman's Pie

Mini Meal

Delicately flaky pieces of smoked haddock, white fish and salmon in a creamy sauce, topped with mashed potato.

1189

€5.40 220g

GF

Each pack contains

Energy
956 kJ
228 kcal
11%

Fat
11g
16%

Saturates
2.3g
12%

Sugars
3.1g
3%

Salt
1.0g
17%

% of an adult's reference intake

1110

€5.60 210g

GF

Each meal contains

Energy
857 kJ
205 kcal
10%

Fat
10g
14%

Saturates
3.1g
16%

Sugars
4.9g
5%

Salt
0.77g
13%

% of an adult's reference intake



Hunter's Chicken Mini Meal

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

1168 €5.50 230g GF

Each meal contains

Energy 857 kJ 204 kcal 10%	Fat 7.6g 11%	Saturates 1.8g 9%	Sugars 5.9g 7%	Salt 0.89g 15%
% of an adult's reference intake				



Roast Beef Mini Meal

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

1104 €5.75 220g GF

Each meal contains

Energy 584 kJ 139 kcal 7%	Fat 3.6g 5%	Saturates 0.9g 5%	Sugars 2.9g 3%	Salt 1.1g 18%
% of an adult's reference intake				



Ham Hock in Orange & Cranberry Sauce Mini Meal

Tender ham hock slow-cooked to perfection in a cranberry & orange sauce. Served with roast potatoes and Brussels sprouts.

1181 €5.25 210g GF

Each meal contains

Energy 852 kJ 202 kcal 10%	Fat 5.0g 7%	Saturates 1.0g 5%	Sugars 16g 18%	Salt 1.2g 20%
% 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 €5.25 205g GF

Each meal contains

Energy 881 kJ 209 kcal 10%	Fat 4.1g 6%	Saturates 0.7g 4%	Sugars 16g 18%	Salt 0.78g 13%
% of an adult's reference intake				

* Please refer to page 106



Chicken Curry with Rice

Mini Meal

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

1163

€5.00 220g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1019 kJ 241 kcal 12%	4.7g 7%	1.0g 5%	5.7g 6%	0.73g 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

€5.50 207g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
851 kJ 203 kcal 10%	9.7g 14%	2.4g 12%	2.7g 3%	1.3g 22%

% of an adult's reference intake



Chicken with Stuffing

Mini Meal

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

1101

€5.65 220g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
791 kJ 188 kcal 9%	4.6g 7%	0.8g 4%	2.8g 3%	1.1g 18%

% of an adult's reference intake



Cottage Pie

Mini Meal

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

097

€5.25 220g

GF

Each meal contains

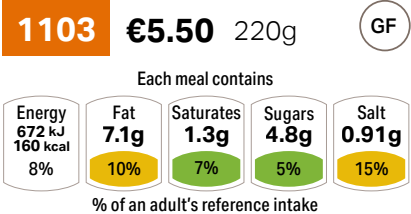
Energy	Fat	Saturates	Sugars	Salt
985 kJ 236 kcal 12%	12g 17%	4.0g 20%	2.2g 2%	1.3g 22%

% of an adult's reference intake



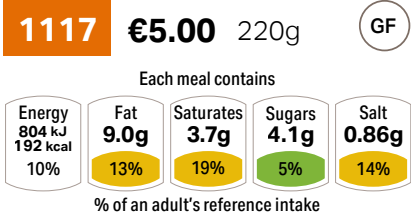
Chicken & Vegetable Casserole Mini Meal

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



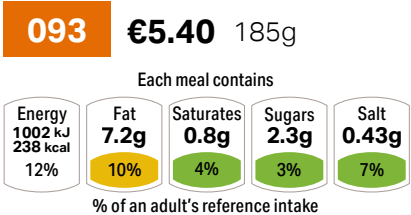
Lancashire Hotpot Mini Meal

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



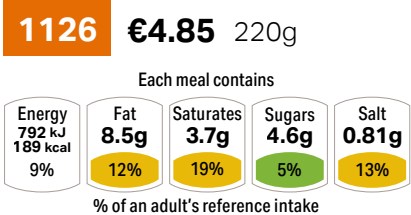
Fish & Chips Mini Meal

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



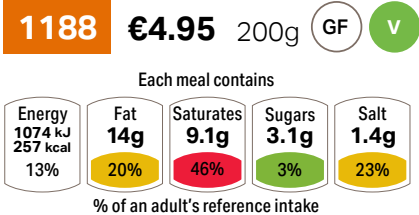
Irish Stew Mini Meal

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



Mushroom Risotto Mini Meal

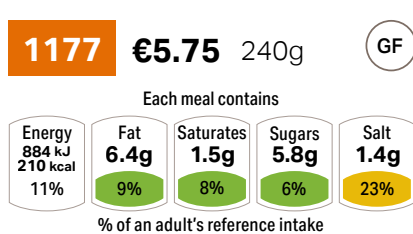
A rich and flavoursome risotto cooked with white wine and roasted mushrooms. Finished with parsley butter and Regato cheese.





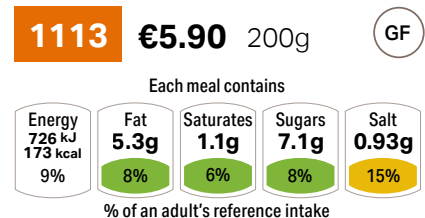
Beef Bourguignon Mini Meal

A slice of Silverside beef in a rich red wine sauce with silverskin onions, mushrooms and bacon lardons. Served with roast potatoes and carrots.



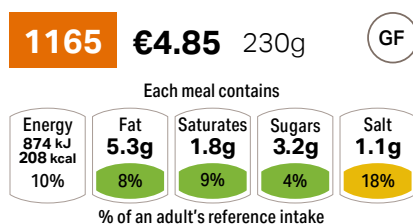
Gammon with Pineapple Mini Meal

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



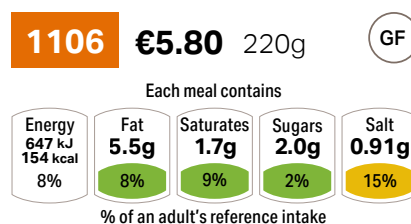
Chilli Con Carne Mini Meal

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



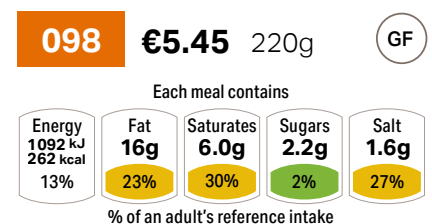
Roast Lamb in Mint Gravy Mini Meal

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



Shepherd's Pie Mini Meal

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



Mini Meals *Extra*

Making every mouthful count

Smaller portioned meals containing a good source of protein to help maintain healthy bones and muscles.

Designed for those with lighter appetites who need a nutritional boost, these tasty meals provide essential nourishment to support your well-being.

1575
Chicken Tikka Masala
Mini Meal Extra
Page 80

1574
Tuscan Style Chicken Pasta
Mini Meal Extra
Page 80

✓ **Smaller Portions** ✓ **Source of Protein** ✓ **Nutritional Boost**

*Dishes in the Mini Meals Extra menu contain at least 500 calories and 20g of protein. Enjoy as part of a varied and balanced diet and a healthy lifestyle.



Ham & Leek Bake

Mini Meal Extra

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

587

€6.15 295g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2124 kJ 507 kcal 25%	25g 36%	5.3g 27%	11g 12%	1.8g 30%

% of an adult's reference intake



BETTER
recipe

Macaroni Cheese

Mini Meal Extra

A delicious macaroni cheese made with tender pasta in a rich, creamy Cheddar sauce, now with improved flavour for classic comfort in every bite.

1601

€6.65 300g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2144 kJ 513 kcal 26%	28g 40%	13g 65%	7.2g 8%	1.9g 32%

% of an adult's reference intake



Chicken Hotpot

Mini Meal Extra

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

1578

€6.00 300g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2110 kJ 502 kcal 25%	17g 24%	1.5g 8%	3.6g 4%	0.93g 15%

% of an adult's reference intake



Cheese & Potato Bake

Mini Meal Extra

Broccoli and onion in a cheesy sauce made with Wyke Farms Cheddar. Topped with fried diced potatoes.

597

€5.70 300g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2101 kJ 504 kcal 25%	33g 47%	14g 70%	9.1g 10%	1.8g 30%

% of an adult's reference intake

* Please refer to page 106



Salmon Bake Mini Meal Extra

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

583 €6.40 300g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2110 kJ 504 kcal	26g	5.8g	12g	1.5g
25%	37%	29%	13%	25%

% 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 €6.60 300g GF

Each meal contains

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

% of an adult's reference intake



Tuscan Style Chicken Pasta Mini Meal Extra

Tender chicken and pasta, brought together in a velvety Tuscan inspired sauce infused with herbs, tomatoes and comforting Mediterranean warmth.

1574 €6.40 300g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2111 kJ 503 kcal	20g	3.2g	6.5g	1.7g
25%	29%	16%	7%	28%

% of an adult's reference intake



Chicken Tikka Masala Mini Meal Extra

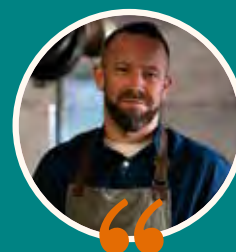
A rich and velvety chicken tikka curry, gently spiced for depth and warmth. Creamy, aromatic and wonderfully comforting.

1575 €6.10 300g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2114 kJ 505 kcal	23g	4.7g	6.5g	1.5g
25%	33%	24%	7%	25%

% of an adult's reference intake



Even if your appetite's not what it was, it's so important to get the calories and protein your body needs. Mini Meals Extra are an easy way to get more nutrition from a smaller portion.

”

Jethro Lawrence
Wiltshire Farm Foods
Head Chef

Hearty Meals

If you can't get enough of a particular dish, or just like a little more on your plate in general, try a bigger helping with our Hearty portions.



7102
Hearty Cumberland
Sausages
Page 84

“Lovely filling meal, very tasty sausages and love the mashed potatoes.”

Mrs S
Wiltshire Farm Foods Customer



Hearty Chicken Tikka Masala

Marinated chicken in a medium spiced creamy tomato sauce. Served with a classic Indian side of Bombay potatoes and yellow basmati rice.

“With a tasty side dish of Bombay Potatoes included, this is a full Indian feast - the easy way!”



Jethro Lawrence
Head Chef

7147 €8.30 540g GF

Each meal contains

Energy 2647 kJ 631 kcal 32%	Fat 26g 37%	Saturates 6.4g 32%	Sugars 17g 19%	Salt 1.7g 28%
% of an adult's reference intake				



Hearty Roast Chicken

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

7101 €9.35 500g

Each meal contains

Energy 1708 kJ 405 kcal 20%	Fat 8.8g 13%	Saturates 1.5g 8%	Sugars 7.3g 8%	Salt 1.9g 32%
% of an adult's reference intake				



Hearty Beef Hotpot

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

7114 €8.85 500g GF

Each meal contains

Energy 1939 kJ 463 kcal 23%	Fat 20g 29%	Saturates 5.8g 29%	Sugars 12g 13%	Salt 2.3g 38%
% of an adult's reference intake				

Hearty Steak & Mushroom Casserole

Tender pieces of beef and minced beef with chestnut mushrooms, onion, carrot and swede in a rich gravy. Served with mashed potato, mashed carrot and broccoli.

NEW

“

The flavours and aromas of a casserole that's been in the oven all day - ready to enjoy in minutes.”



David Lawrence
Development Chef

7197

€8.20 500g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1860 kJ 445 kcal 22%	22g 31%	6.5g 33%	11g 12%	1.5g 25%

% 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

€10.00 500g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1793 kJ 426 kcal 21%	10g 14%	2.4g 12%	6.5g 7%	2.5g 42%

% of an adult's reference intake



Hearty Sweet & Sour Chicken

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

7106

€7.20 500g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2153 kJ 510 kcal 26%	8.8g 13%	1.6g 8%	35g 39%	1.8g 30%

% of an adult's reference intake

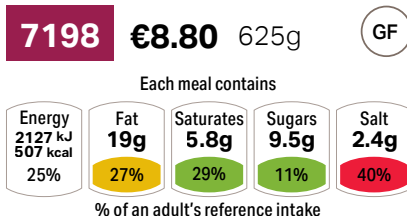
Hearty

★
BIGGER
portion



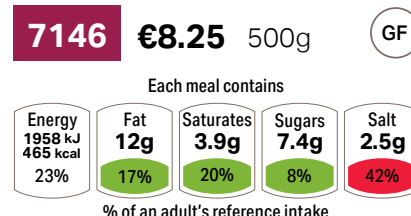
Hearty Cottage Pie

Minced beef and onion in a rich gravy, topped with mashed potato and served with carrots and peas.



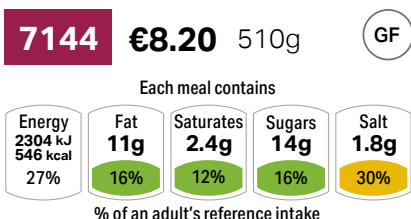
Hearty Chilli Con Carne

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



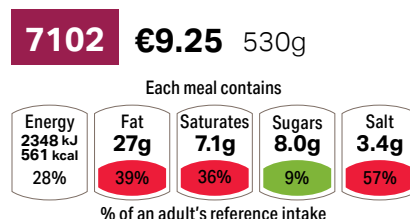
Hearty Chicken Curry with Rice

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



Hearty Cumberland Sausages

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





Hearty Roast Lamb in Mint Gravy

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

195

€10.00 500g

GF

Each meal contains

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

% of an adult's reference intake



Hearty Fisherman's Pie

A comforting, classic fish pie made with pieces of smoked haddock, delicate white fish and salmon in a rich, creamy sauce. Topped with mashed potato and served with peas and green beans.

7189

€9.40 560g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2098 kJ 501 kcal 25%	20g 29%	4.4g 22%	9.2g 10%	1.9g 32%

% of an adult's reference intake

Comforting hot desserts



Piping hot puddings - like a hug in a bowl!

Our proper puddings are the most delicious way to warm up on a cold day. Pies, crumbles and more - with custard, of course.

Find me on pages 93-99



Hearty Bangers & Mash

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

133 €8.20 510g

Each meal contains				
Energy 2124 kJ 507 kcal 25%	Fat 19g 27%	Saturates 4.5g 23%	Sugars 6.9g 8%	Salt 2.7g 45%
% 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 €8.75 500g

Each meal contains				
Energy 1880 kJ 449 kcal 22%	Fat 20g 29%	Saturates 8.5g 43%	Sugars 9.1g 10%	Salt 1.9g 32%
% of an adult's reference intake				



Hearty Chicken & Vegetable Casserole

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

142 €8.10 500g GF

Each meal contains				
Energy 1388 kJ 330 kcal 17%	Fat 11g 16%	Saturates 1.7g 9%	Sugars 8.8g 10%	Salt 1.7g 28%
% of an adult's reference intake				



Hearty Shepherd's Pie

Minced mutton and onion in a rich gravy, topped with mashed potato and served with carrots and peas.

7199 €9.55 560g GF

Each meal contains				
Energy 2075 kJ 497 kcal 25%	Fat 24g 34%	Saturates 8.7g 44%	Sugars 8.1g 9%	Salt 2.7g 45%
% of an adult's reference intake				

Free From

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



8194
Free From
Sweet & Sour Chicken
Page 89

All the meals in this section are free from:

- | | | | |
|-----------|-------------|-----------|--|
| ✓ Soya | ✓ Sesame | ✓ Lupin | ✓ Crustacean |
| ✓ Mustard | ✓ Peanuts | ✓ Fish | ✓ Milk
(and all products produced or derived from milk) |
| ✓ Gluten | ✓ Sulphites | ✓ Egg | |
| ✓ Celery | ✓ Nuts | ✓ Mollusc | |

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



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 €5.80 435g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1306 kJ 311 kcal 16%	8.6g 12%	1.0g 5%	9.9g 11%	1.1g 18%

% 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 €8.30 370g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1433 kJ 342 kcal 17%	14g 20%	3.7g 19%	3.9g 4%	1.5g 25%

% 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 peas.

7372 €8.90 400g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1270 kJ 301 kcal 15%	5.6g 8%	1.3g 7%	5.5g 6%	1.5g 25%

% of an adult's reference intake



Free From Roast Chicken in Gravy

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

8192 €7.90 370g GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1266 kJ 300 kcal 15%	6.4g 9%	0.8g 4%	4.3g 5%	0.96g 16%

% of an adult's reference intake

*Enjoy as part of a varied and balanced diet and a healthy lifestyle - low in saturated fat to help maintain healthy blood cholesterol levels and a good source of protein to support muscle mass maintenance and keep bones strong.



Free From Pork in Gravy

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

7360
€8.00
405g

GF

Each meal contains

Energy 1388 kJ 330 kcal 17%	Fat 10g 14%	Saturates 2.8g 14%	Sugars 5.2g 6%	Salt 1.8g 30%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



Free From Sweet & Sour Chicken

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

8194
€6.00
415g

GF

Each meal contains

Energy 1790 kJ 424 kcal 21%	Fat 6.6g 9%	Saturates 1.2g 6%	Sugars 27g 30%	Salt 1.3g 22%
--------------------------------------	--------------------------	--------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



Free From Chicken, Bacon & Thyme Hotpot

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

8193
€6.55
360g

GF

Each meal contains

Energy 1291 kJ 308 kcal 15%	Fat 11g 16%	Saturates 2.8g 14%	Sugars 6.9g 8%	Salt 1.00g 17%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	-----------------------------

% 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
€6.60
350g

GF

Each meal contains

Energy 1400 kJ 333 kcal 17%	Fat 8.8g 13%	Saturates 3.0g 15%	Sugars 4.7g 5%	Salt 1.6g 27%
--------------------------------------	---------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

* Please refer to page 106

Breakfast

Warm up from the inside out with a piping hot breakfast. There's no better way to start the day!

575
All Day
Breakfast
Page 90



All Day Breakfast

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

575 €8.00 360g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1961 kJ 468 kcal 23%	19g 27%	4.5g 23%	8.7g 10%	2.5g 42%

% of an adult's reference intake



Porridge

A warming portion of creamy porridge.

022 €2.00 200g

Each pot contains

Energy	Fat	Saturates	Sugars	Salt
1103 kJ 264 kcal 13%	14g 20%	4.3g 22%	15g 17%	0.21g 3%

% of an adult's reference intake



Sausage, Beans & Omelette

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

095 €5.65 205g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
935 kJ 223 kcal 11%	6.9g 10%	2.0g 10%	7.0g 8%	1.4g 23%

% of an adult's reference intake

Sweet Treats

From moist sponge cakes to pastry worthy of a baker's window, these tempting treats will perk up any afternoon! Tea or coffee?

015
Country Cake
Page 92

399
Chocolate Éclairs
(pack of 5)
Page 92

012
Lemon Drizzle Cake
Page 92

*“The Lemon Drizzle Cake is really good.
Will certainly be ordering more.”*

Mrs P
Wiltshire Farm Foods Customer



Chocolate Éclairs (pack of 5)

Choux pastry with a sweet cream filling and chocolate topping. Simply thaw & serve.

399	€5.80	32g x 5	V
Each Éclair contains			
Energy 565 kJ 136 kcal 7%	Fat 9.8g 14%	Saturates 5.9g 30%	Sugars 5.5g 6%
			Salt 0.08g 1%
% of an adult's reference intake			



Lemon Drizzle Cake

A moist and zesty cake with a tangy lemon drizzle topping. Simply thaw & serve.

012	€5.00	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			



Country Cake

A moist, golden cake filled with juicy currants and sultanas. Simply thaw & serve.

015	€5.00	195g	V
Each 65g portion contains			
Energy 1221 kJ 292 kcal 15%	Fat 14g 20%	Saturates 1.7g 9%	Sugars 22g 24%
			Salt 0.34g 6%
% of an adult's reference intake			

A Quick Bite



Lunch or supper in minutes - easy peasy!

Keep your freezer stocked with our Soups & Snacks for when you fancy a smaller meal or bit of a nibble. Heat, eat, enjoy!

Find me on pages 59-61

Easy to cook, no defrosting

Hot Desserts

From crumble and custard to hot single-serve sponges with jam or syrup, these are proper puddings. A hug in a bowl!

3127
Rhubarb Crumble & Custard
Page 97

858
Bread and Butter Pudding
& Custard
Page 96

822
Jam Sponge
& Custard
Page 97

*“ I love rhubarb crumble and
this is a tasty treat. ”*

Mrs G
Wiltshire Farm Foods Customer



Apple Crumble & Custard

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

3126 €2.10 150g V

Each dessert contains

Energy 1326 kJ 316 kcal 16%	Fat 14g 20%	Saturates 3.2g 16%	Sugars 22g 24%	Salt 0.24g 4%
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% of an adult's reference intake



Rice Pudding

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

830 €2.00 160g GF V

Each dessert contains

Energy 756 kJ 180 kcal 9%	Fat 4.9g 7%	Saturates 2.0g 10%	Sugars 17g 19%	Salt 0.15g 2%
------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Apricot Crumble & Custard

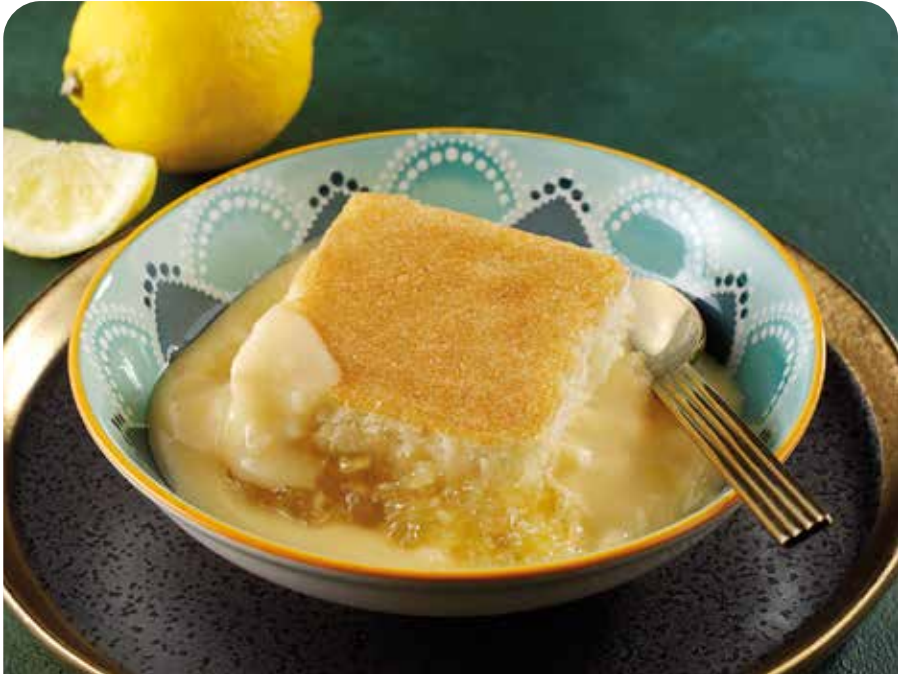
A fruity apricot filling topped with a golden crumble and served with custard.

814 €2.05 165g V

Each dessert contains

Energy 1348 kJ 322 kcal 16%	Fat 14g 20%	Saturates 3.3g 17%	Sugars 24g 27%	Salt 0.22g 4%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Lemon Sponge & Custard

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

824 €2.05 135g V

Each dessert contains

Energy 1145 kJ 274 kcal 14%	Fat 16g 23%	Saturates 1.5g 8%	Sugars 19g 21%	Salt 0.41g 7%
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% of an adult's reference intake



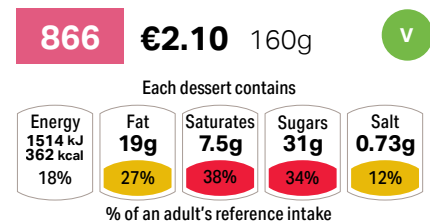
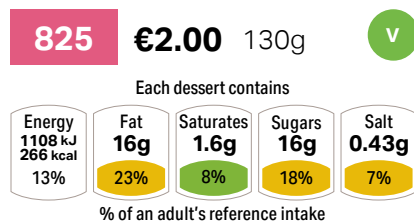
Ginger Sponge & Custard

A lightly ginger spiced sponge with custard.



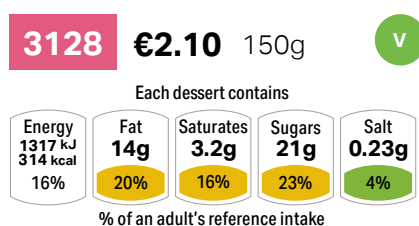
Sticky Toffee Pudding & Custard

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



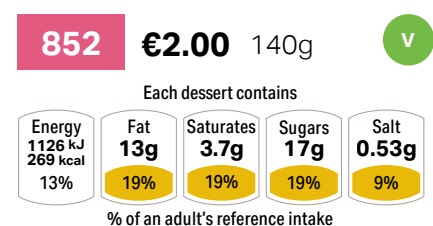
Summer Fruit Crumble & Custard

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



Spotted Dick & Custard

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





Bread and Butter Pudding & Custard

Layers of buttery bread filled with sultanas and juicy currants, gently spiced with nutmeg and cinnamon. Served with custard.

858 **€2.00** 164g V

Each dessert contains

Energy 1134 kJ 270 kcal 14%	Fat 12g 17%	Saturates 3.2g 16%	Sugars 19g 21%	Salt 0.52g 9%
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% of an adult's reference intake



The CHEF'S KITCHEN

Black Forest Dessert

A moist chocolate sponge topped with a chocolate almond flavoured crumb, with sour cherries and a French brandy chocolate sauce.

3146 **€2.85** 130g V

Each dessert contains

Energy 1454 kJ 347 kcal 17%	Fat 16g 23%	Saturates 5.0g 25%	Sugars 31g 34%	Salt 0.25g 4%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



The CHEF'S KITCHEN

Plum & Cherry Crumble

Soft and divine dark orchard fruits perfectly paired with a golden oatly crumble topping.

3778 **€2.85** 135g VEGAN

Each dessert contains

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

% of an adult's reference intake



Apple Pie & Custard

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

800 **€2.05** 156g V

Each dessert contains

Energy 1328 kJ 317 kcal 16%	Fat 15g 21%	Saturates 4.1g 21%	Sugars 16g 18%	Salt 0.34g 6%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



THE CHEF'S KITCHEN

Luxury Lemon Sponge

A light, all-butter sponge infused with Sicilian lemon. Served with a luscious lemon sauce enriched with tangy lemon curd. A zesty, indulgent treat!

3711 €3.40 112g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1356 kJ 324 kcal	17g	9.4g	24g	0.35g
16%	24%	47%	27%	6%

% of an adult's reference intake



Rhubarb Crumble & Custard

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

3127 €2.10 150g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1313 kJ 313 kcal	14g	3.2g	21g	0.23g
16%	20%	16%	23%	4%

% of an adult's reference intake



Ginger and Butterscotch Pudding

Warm ginger sponge with a ginger and golden syrup crumble topping, served with butterscotch sauce.

3149 €2.70 121g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1765 kJ 423 kcal	26g	14g	33g	0.54g
21%	37%	70%	37%	9%

% of an adult's reference intake



THE CHEF'S KITCHEN

Melt in the Middle Chocolate Puddings (pack of 2)

A rich Belgian dark chocolate sponge with a lusciously chocolate molten centre. Velvety and indulgent.

2192 €5.40 90g x 2



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1492 kJ 357 kcal	20g	8.8g	30g	0.11g
18%	29%	44%	33%	2%

% of an adult's reference intake

Hot Desserts



Bakewell Tart & Custard

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

838 **€2.00** 142g V

Each dessert contains

Energy 1627 kJ 389 kcal 19%	Fat 21g 30%	Saturates 3.8g 19%	Sugars 25g 28%	Salt 0.40g 7%
% of an adult's reference intake				



Jam Sponge

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

3701 **€2.40** 120g GF V

Each dessert contains

Energy 1865 kJ 444 kcal 22%	Fat 17g 24%	Saturates 4.6g 23%	Sugars 52g 58%	Salt 0.28g 5%
% of an adult's reference intake				



THE CHEF'S KITCHEN

Luxury Apple Crumble

Indulge in this all-time classic! Bramley apple pieces in a sweet sauce, crowned with a golden all-butter crumble topping.

3710 **€3.40** 130g V

Each dessert contains

Energy 1086 kJ 258 kcal 13%	Fat 7.3g 10%	Saturates 4.4g 22%	Sugars 24g 27%	Salt 0.21g 3%
% of an adult's reference intake				



Syrup Sponge & Custard

A fluffy sponge with golden syrup sauce and custard.

819 **€2.00** 130g V

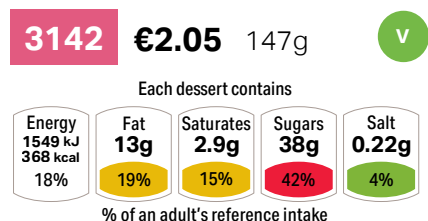
Each dessert contains

Energy 1228 kJ 294 kcal 15%	Fat 15g 21%	Saturates 1.4g 7%	Sugars 27g 30%	Salt 0.39g 6%
% of an adult's reference intake				



Treacle Tart & Custard

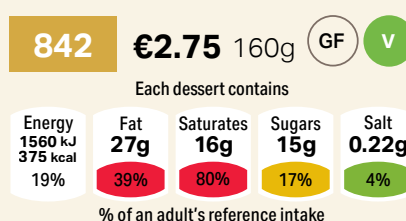
A layer of pastry topped with a golden oaty topping and served with a smooth, velvety custard.



THE CHEF'S KITCHEN

West Country Clotted Cream Rice Pudding

Luxuriously thick with the unmistakeable richness of clotted cream, finished with a touch of butter and nutmeg to round out the warming flavours.



Decadent desserts



THE CHEF'S KITCHEN

Bring a smile to your lips with every spoonful

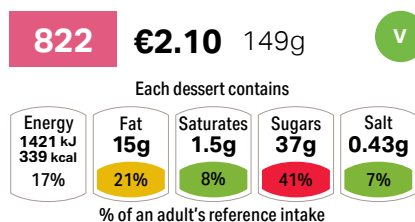
When only the best will do, treat yourself to something sweet from the Chef's Kitchen. Go on, you deserve it.

Find me on pages 52-53



Jam Sponge & Custard

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



Hot Desserts

Reduced Sugar Hot Desserts

Yes, you can still watch your sugar intake and enjoy a delicious dessert! These are made with 30% less sugar than our standard desserts.



925
Reduced Sugar
Lemon Sponge
& Custard
Page 101



Reduced Sugar Apple & Blackberry Crumble & Custard

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

3957 €2.10 155g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1295 kJ 310 kcal	17g	4.2g	8.3g	0.24g
16%	24%	21%	9%	4%

% 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 €2.05 150g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1165 kJ 279 kcal	16g	4.6g	9.1g	0.20g
14%	23%	23%	10%	3%

% of an adult's reference intake



Reduced Sugar Rhubarb Crumble & Custard

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

3959	€2.10	155g	V
Each dessert contains			
Energy 1270 kJ 304 kcal 15%	Fat 17g 24%	Saturates 4.2g 21%	Sugars 6.8g 8%
			Salt 0.18g 3%
% of an adult's reference intake			



Reduced Sugar Bramley Apple Rice Pudding

Delicious and creamy rice pudding topped with stewed Bramley apples.

990	€2.00	155g	GF	V
Each dessert contains				
Energy 587 kJ 139 kcal 7%	Fat 3.1g 4%	Saturates 1.3g 7%	Sugars 12g 13%	Salt 0.11g 2%
% 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

€2.00

130g

V

Each dessert contains

Energy

1020 kJ

245 kcal

12%

Fat

16g

23%

Saturates

1.8g

9%

Sugars

13g

14%

Salt

0.34g

6%

% 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	€2.00	130g	V
Each dessert contains			
Energy 1085 kJ 260 kcal 13%	Fat 16g 23%	Saturates 1.9g 10%	Sugars 17g 19%
			Salt 0.34g 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

€2.00

130g

V

Each dessert contains

Energy

1058 kJ

254 kcal

13%

Fat

17g

24%

Saturates

2.0g

10%

Sugars

11g

12%

Salt

0.37g

6%

% 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

€2.00

150g

V

Each dessert contains

Energy

1222 kJ
293 kcal

15%

Fat

17g

24%

Saturates

4.6g

23%

Sugars

12g

13%

Salt

0.19g

3%

% of an adult's reference intake

Cold Desserts

After a delicious roast dinner or stew why not enjoy a refreshing cool dessert to finish? Sundaes, mousses, cheesecakes... irresistible.

2149
Raspberry Trifle
Page 105

410
Strawberry
Sundae
Page 105

2177
Tiramisu
Page 104

“The tiramisu is melt in the mouth deliciousness!”

Mrs C
Wiltshire Farm Foods Customer



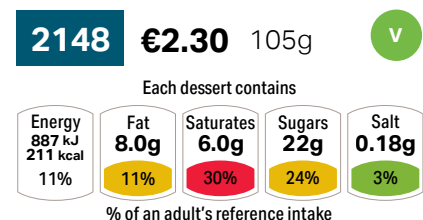
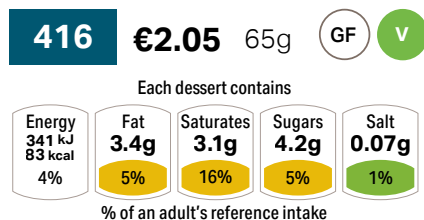
Chocolate Mousse

A fluffy chocolate flavoured mousse. With sugar and sweetener.



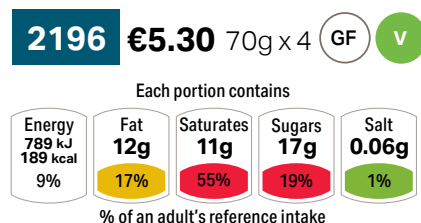
Strawberry Trifle

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



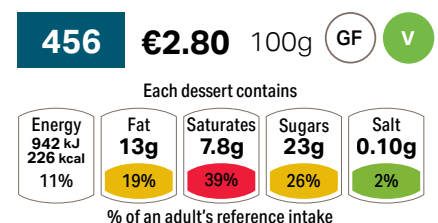
Nordica (Pack of 4)

Smooth vanilla flavoured ice cream, gently rippled with chocolate flavoured layers. A timeless favourite, perfectly balanced to deliver a sweet, indulgent finish to your meal.



Clotted Cream Ice Cream

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





Strawberries in Clotted Cream Ice Cream

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

2143	€2.80	100g	GF	V
Each dessert contains				
Energy 1079 kJ 258 kcal 13%	Fat 14g 20%	Saturates 8.9g 45%	Sugars 26g 29%	Salt 0.12g 2%
% of an adult's reference intake				



Strawberry Mousse

A refreshing strawberry flavoured mousse. With sugar and sweetener.

418	€2.05	65g	GF	V
Each dessert contains				
Energy 351 kJ 85 kcal 4%	Fat 3.6g 5%	Saturates 3.3g 17%	Sugars 4.9g 5%	Salt 0.13g 2%
% of an adult's reference intake				



The CHEF'S KITCHEN

Crème Caramel

A dreamy set custard drenched in a dark and decadent caramel sauce with just the right balance of sweetness.

477	€3.50	120g		V
Each dessert contains				
Energy 1162 kJ 277 kcal 14%	Fat 10g 14%	Saturates 6.5g 33%	Sugars 26g 29%	Salt 0.14g 2%
% of an adult's reference intake				



Chocolate Ice Cream Sticks (pack of 6)

Creamy vanilla flavour ice cream wrapped in a layer of rich milk chocolate. Cool, chocolatey and satisfying.

2184	€5.85	42g x6	GF	V
Each ice cream contains				
Energy 560 kJ 134 kcal 7%	Fat 8.0g 11%	Saturates 5.9g 30%	Sugars 13g 14%	Salt 0.04g 1%
% of an adult's reference intake				



The CHEF'S KITCHEN

Tiramisu

Fluffy mascarpone mousse and soft, coffee-soaked sponge with a boozy kick of Marsala wine – bliss! Topped with cocoa powder for a delicious hint of bitterness.

2177	€3.45	80g		V
Each dessert contains				
Energy 742 kJ 176 kcal 9%	Fat 3.6g 5%	Saturates 2.6g 13%	Sugars 15g 17%	Salt 0.13g 2%
% of an adult's reference intake				

Grab a spoon and dive in!



Caramel Sundae

Vanilla flavoured ice cream swirled with caramel sauce.

411 €2.50 106g GF V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
906 kJ 216 kcal 11%	5.8g 8%	4.9g 25%	22g 24%	0.23g 4%

% of an adult's reference intake



Strawberry Sundae

Vanilla flavoured ice cream swirled with sweet strawberry sauce.

410 €2.50 106g GF V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
853 kJ 203 kcal 10%	5.2g 7%	4.3g 22%	21g 23%	0.19g 3%

% of an adult's reference intake



Blackcurrant Cheesecake

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



Raspberry Trifle

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

412 €2.20 94g V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
874 kJ 208 kcal 10%	6.4g 9%	4.5g 23%	25g 28%	0.28g 5%

% of an adult's reference intake

2149 €2.30 105g V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
887 kJ 211 kcal 11%	8.0g 11%	6.0g 30%	22g 24%	0.18g 3%

% of an adult's reference intake

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

Please read the key points from our Privacy and Cookie Policy which can be found on our website wiltshirefarmfoods.com/privacy 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 personal data 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 personal data in compliance with the law, and will delete it when required to do so
- 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
- We will never sell your data to a third party
- We may contact you by post, telephone or email to make sure you are happy with our service and also with offers. You can change your contact preferences anytime or update your details either by speaking to your local outlet.
- 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 Commission. 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 personal data.

You also have the right to make a complaint to the Information Commission if you are unhappy with how we have handled your concerns regarding your personal data.

100%
SATISFACTION
GUARANTEED

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 award-winning texture modified menu.



Discover our
BIGGEST & BEST EVER MENU

Enjoy every *mouthful* and perfect peace of mind

Our biggest ever menu with lots of new dishes!

With our delicious dishes, you'll soon discover that none of your favourite meals need be off the menu whilst following a softer foods diet. Each dish is made in accordance with NHS* texture guidelines, so all the worry is taken away – as well as all that effort in the kitchen. It's just the food you love, made easy!

We've added even more meals and desserts to our menu this autumn, giving you more choice than ever before! We hope you find some new favourites.

Keep a few dishes handy in your freezer and you're only ever minutes away from a wonderfully warming meal on a cold day. Pop one straight into the microwave or oven, serve - and smile.



Jethro Lawrence
Head Chef



Softer foods you can trust



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.



Unsure which texture is right for you?

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

*iddsi.org

Created with the input of our experts



Tracy Broadley Jackson
Consultant Speech and Language Therapist

“By ensuring the Softer Foods range meets the recognised texture standards, we help make mealtimes safer, easier, and more enjoyable for people living with eating and swallowing difficulties.”



Rachel Sipaul
Senior Dietitian, Wiltshire Farm Foods

“Our Level 4 Puréed meals offer a reassuring balance of energy and nutrients. With over 500 calories and 20g of protein, they ensure you have a nourishing meal to meet your nutritional requirements.”

Three carefully created textures

So many tasty meals to choose from!

Puréed Meals

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

Pages **110-119**

7359 Puréed Sausage & Mash
Find me on page 111



Level

4

Minced Meals

Effortless to prepare minced dishes that require minimal chewing.

Pages **120-126**

7224 Minced Pastry Topped Beef Pie
Find me on page 120



Level

5

Soft & Bite-Sized Meals

Enjoy softer textures and small, manageable pieces.

Pages **127-134**

7408 Soft & Bite-Sized Barbecue Chicken
Find me on page 131



Level

6



New-look sausages, same great taste!

If you order our Puréed meals, you might notice our sausage dishes feature two larger ones now rather than three smaller ones. Rest assured, the only thing we've updated is the look – the recipe, texture and amount of food are all absolutely unchanged.

Puréed Meals

Discover all the flavours you love in a smooth Level 4 texture. Breakfast, lunch, dinner and dessert all taken care of – and delicious!

7036 Puréed
Hot Bacon Toastie
Page 116

7850 Puréed
Lemon Cheesecake
Page 119

7013 Puréed
Sausage, Chips & Beans
Page 115



IMPORTANT:

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



Puréeed Chicken & Vegetable Casserole

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

7358

€9.05

340g

GF

Each meal contains

Energy 2201 kJ 529 kcal 26%	Fat 36g 51%	Saturates 4.6g 23%	Sugars 8.9g 10%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	-----------------------	---------------------

% of an adult's reference intake



Puréeed Beef Chilli

A warming puréeed beef chilli in a smoky tomato sauce with kidney beans. Served with rice and sweetcorn.

7316

€8.90

340g

GF

Each meal contains

Energy 2248 kJ 540 kcal 27%	Fat 36g 51%	Saturates 4.7g 24%	Sugars 9.3g 10%	Salt 1.7g 28%
--------------------------------------	-------------------	--------------------------	-----------------------	---------------------

% of an adult's reference intake



Puréeed Salmon in Butter Sauce

Puréeed salmon in a delicious butter sauce served with broccoli and sauté potatoes.

7302

€8.65

340g

GF

Each meal contains

Energy 2174 kJ 522 kcal 26%	Fat 35g 50%	Saturates 6.0g 30%	Sugars 8.6g 10%	Salt 1.6g 27%
--------------------------------------	-------------------	--------------------------	-----------------------	---------------------

% of an adult's reference intake



Puréeed Lamb Chop

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

7048

€8.75

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



Puréeed Sausage & Mash

Puréeed pork sausages with mashed potato and peas in a rich onion gravy.

7359

€8.35

340g

GF

Each meal contains

Energy 2310 kJ 556 kcal 28%	Fat 40g 57%	Saturates 5.0g 25%	Sugars 6.5g 7%	Salt 1.9g 32%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Puréeed Chicken in Gravy

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

7327

€8.90

340g

GF

Each meal contains

Energy 2112 kJ 508 kcal 25%	Fat 37g 53%	Saturates 5.4g 27%	Sugars 3.2g 4%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Puréed Cheese Omelette, Chips & Beans

A tasty puréed cheese omelette served with chips and baked beans.

7368

€8.85

285g

V

Each meal contains

Energy

2173 kJ
523 kcal

26%

Fat

36g

51%

Saturates

10g

50%

Sugars

6.0g

7%

Salt

1.7g

28%

% of an adult's reference intake



Puréed Lamb in Mint Gravy

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

7363

€9.30

340g

GF

Each meal contains

Energy

2329 kJ
560 kcal

28%

Fat

40g

57%

Saturates

8.1g

41%

Sugars

8.7g

10%

Salt

1.9g

32%

% of an adult's reference intake



Puréed Battered Fish & Chips (Oven Cook Only)

A British Classic! Puréed white fish topped with a delicious golden batter. Served with seasoned chips and peas.

7364

€9.10

285g

Each meal contains

Energy

2106 kJ
507 kcal

25%

Fat

37g

53%

Saturates

3.4g

17%

Sugars

4.0g

4%

Salt

1.9g

32%

% of an adult's reference intake



Puréed Chicken Chasseur

A French classic! Puréed chicken with white wine, onions and tarragon served with carrots and duchess potatoes.

7361

€8.90

275g

GF

Each meal contains

Energy

2108 kJ
507 kcal

25%

Fat

35g

50%

Saturates

3.2g

16%

Sugars

6.9g

8%

Salt

1.6g

27%

% of an adult's reference intake



Puréed Beef in Gravy

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

7309

€8.65

340g

GF

Each meal contains

Energy

2216 kJ
533 kcal

27%

Fat

38g

54%

Saturates

5.6g

28%

Sugars

4.1g

5%

Salt

1.8g

30%

% of an adult's reference intake



Puréed Steak & Chips (Oven Cook Only)

A delicious puréed beef grillsteak served with chips and peas.

7093

€8.95

275g

Each meal contains

Energy

2119 kJ
510 kcal

26%

Fat

36g

51%

Saturates

5.1g

26%

Sugars

6.7g

7%

Salt

1.7g

28%

% of an adult's reference intake



Puréeed Chicken Korma

Puréeed chicken korma served with rice and broccoli.

7315

€8.55

340g

GF

Each meal contains

Energy 2247 kJ 541 kcal 27%	Fat 39g 56%	Saturates 7.3g 37%	Sugars 5.6g 6%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Puréeed Steak & Mushroom Casserole

Puréeed steak in a mushroom sauce served with sage & onion potatoes and swede & carrots.

7308

€8.80

340g

GF

Each meal contains

Energy 2379 kJ 572 kcal 29%	Fat 40g 57%	Saturates 5.3g 27%	Sugars 8.9g 10%	Salt 1.7g 28%
--------------------------------------	-------------------	--------------------------	-----------------------	---------------------

% of an adult's reference intake



Puréeed Cottage Pie

A puréeed rich beef filling topped with smooth mashed potato and served with peas.

7304

€8.45

300g

GF

Each meal contains

Energy 2151 kJ 518 kcal 26%	Fat 36g 51%	Saturates 4.7g 24%	Sugars 5.3g 6%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Puréeed Tomato & Basil Pasta

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

7080

€8.30

275g

VEGAN

Each meal contains

Energy 2109 kJ 508 kcal 25%	Fat 36g 51%	Saturates 4.2g 21%	Sugars 9.6g 11%	Salt 1.7g 28%
--------------------------------------	-------------------	--------------------------	-----------------------	---------------------

% of an adult's reference intake



Puréeed Chinese Style Chicken Noodles

Puréeed chicken and noodles in a gently seasoned Chinese-style sauce. Unique flavours in a balanced and satisfying meal.

7330

€8.50

300g

Each portion contains

Energy 2185 kJ 525 kcal 26%	Fat 33g 47%	Saturates 3.6g 18%	Sugars 11g 12%	Salt 2.0g 33%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Puréeed Turkey in Gravy

Puréeed turkey in gravy served with sage and onion sauté potatoes and green beans.

7331

€8.40

340g

GF

Each meal contains

Energy 2196 kJ 529 kcal 26%	Fat 38g 54%	Saturates 5.6g 28%	Sugars 3.6g 4%	Salt 1.6g 27%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Puréed Sweet & Sour Chicken

Puréed chicken breast, pineapple and red peppers in a sweet and sour sauce. Served with rice and sweetcorn.



Puréed Shepherd's Pie

Puréed lamb with rosemary and thyme topped with mashed potato and served with a puréed carrot & swede mash.



Puréed Cheese & Onion Bake (Oven Cook Only)

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

7305

€8.85

275g

GF

Each meal contains

Energy

2221 kJ

534 kcal

27%

Fat

36g

51%

Saturates

3.4g

17%

Sugars

11g

12%

Salt

1.2g

20%

% of an adult's reference intake

7314

€8.75

300g

GF

Each meal contains

Energy

2328 kJ

560 kcal

28%

Fat

41g

59%

Saturates

8.2g

41%

Sugars

8.4g

9%

Salt

1.7g

28%

% of an adult's reference intake

7012

€8.50

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



Puréed Bean Chilli

A warming puréed bean chilli in a smoky tomato sauce. Served with rice and peas.



Puréed Spaghetti Bolognese

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



Puréed Pastry Topped Steak Pie

Puréed steak in a rich gravy, beneath a buttery pastry top. Served with mashed potatoes and peas. The ultimate comfort dish.

7311

€8.45

340g

GF

VEGAN

Each meal contains

Energy

2313 kJ

557 kcal

28%

Fat

39g

56%

Saturates

3.5g

18%

Sugars

9.1g

10%

Salt

1.8g

30%

% of an adult's reference intake

7397

€9.00

300g

Each meal contains

Energy

2145 kJ

515 kcal

26%

Fat

32g

46%

Saturates

9.0g

45%

Sugars

10g

11%

Salt

1.9g

32%

% of an adult's reference intake

7369

€9.15

340g

Each meal contains

Energy

2281 kJ

549 kcal

27%

Fat

39g

56%

Saturates

7.1g

36%

Sugars

6.1g

7%

Salt

1.9g

32%

% of an adult's reference intake



Puréeed Vegetable
& Bean Casserole

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



Puréeed Sausage,
Chips & Beans

Puréeed pork sausages served with chips and baked beans.



Puréeed Fish Pie

Puréeed white fish and smoked salmon in a creamy sauce topped with mashed potato and served with peas.

7049

€8.20

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

7013

€8.90

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

7303

€9.10

300g

GF

Each meal contains

Energy 2246 kJ 540 kcal 27%	Fat 39g 56%	Saturates 4.1g 21%	Sugars 6.5g 7%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Puréeed Vegetarian
Sausage & Mash

Puréeed vegetarian sausages served with mashed potato and peas in a rich onion gravy.



Puréeed Macaroni
Cheese

Delicious puréeed pasta in a comforting cheese sauce, served with broccoli.



Puréeed Pork in
Apple Gravy

Puréeed pork shoulder in an apple gravy served with red cabbage and sauté potatoes.

7362

€8.25

340g

VEGAN

Each meal contains

Energy 2317 kJ 557 kcal 28%	Fat 38g 54%	Saturates 3.6g 18%	Sugars 7.0g 8%	Salt 1.9g 32%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

7367

€8.40

340g

V

Each meal contains

Energy 2250 kJ 541 kcal 27%	Fat 39g 56%	Saturates 13g 65%	Sugars 3.8g 4%	Salt 1.8g 30%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake

7301

€8.45

340g

GF

Each meal contains

Energy 2391 kJ 575 kcal 29%	Fat 41g 59%	Saturates 5.1g 26%	Sugars 9.9g 11%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	-----------------------	---------------------

% of an adult's reference intake



Puréed Sausage Roll

Puréed seasoned pork wrapped in golden pastry. Ideal for any time of day.



Puréed Beans on Toast

A classic dish of puréed baked beans on toast. Simple and satisfyingly nostalgic.



Puréed Cheese & Onion Quiche (Oven Cook Only)

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

7366

€5.05

110g

Each pack contains

Energy 833 kJ 200 kcal 10%	Fat 14g 20%	Saturates 4.3g 22%	Sugars 1.9g 2%	Salt 1.1g 18%
-------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

7020

€6.80

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

7039

€4.85

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

Toastie time!

Our beautifully browned puréed toasted sandwiches are so handy to have in. Puréed white bread filled with your choice of bacon, Cheddar cheese or tuna.



Puréed Hot Cheese Toastie

7038

€5.15

200g

v

Each pack contains

Energy 1500 kJ 360 kcal 18%	Fat 24g 34%	Saturates 6.3g 32%	Sugars 7.0g 8%	Salt 1.3g 22%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Puréed Hot Bacon Toastie

7036

€5.15

200g

v

Each pack contains

Energy 1236 kJ 297 kcal 15%	Fat 19g 27%	Saturates 4.0g 20%	Sugars 1.7g 2%	Salt 1.1g 18%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Puréed Hot Tuna & Cheddar Cheese Toastie

7037

€5.15

200g

v

Each pack contains

Energy 1461 kJ 351 kcal 18%	Fat 25g 36%	Saturates 5.3g 27%	Sugars 4.6g 5%	Salt 1.0g 17%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Puréed Porridge

Start the day off with a bowl of our smooth and creamy puréed porridge.



7365

€2.85

200g

GF

V

Each pack contains

Energy 1113 kJ 266 kcal 13%	Fat 13g 19%	Saturates 3.5g 18%	Sugars 15g 17%	Salt 0.23g 4%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

Puréed All Day Breakfast

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

7094

€8.50

275g

GF

Each meal contains

Energy 2121 kJ 510 kcal 26%	Fat 37g 53%	Saturates 5.8g 29%	Sugars 5.3g 6%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Puréed Vegetarian All Day Breakfast

Puréed vegetarian sausages, baked beans and scrambled egg.



Puréed Apple & Cinnamon Porridge

A puréed creamy porridge with juicy apple and a fragrant cinnamon sauce.



Puréed Scrambled Eggs on Toast

A breakfast favourite of puréed scrambled eggs on toast.

7096

€8.10

275g

V

Each meal contains

Energy 2190 kJ 527 kcal 26%	Fat 37g 53%	Saturates 4.8g 24%	Sugars 5.9g 7%	Salt 1.6g 27%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

7370

€2.80

200g

GF

V

Each pack contains

Energy 1076 kJ 257 kcal 13%	Fat 12g 17%	Saturates 3.1g 16%	Sugars 17g 19%	Salt 0.21g 3%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

7021

€6.90

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

Level 4 - Puréed Snacks, Sandwiches & Breakfasts



Puréed Sticky Toffee Pudding & Custard

A sweet and creamy puréed toffee pudding served with custard.



Puréed Summer Fruit Sponge & Custard

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



Puréed Hot Chocolate Cake (Oven Cook Only)

A deliciously rich puréed chocolate cake.

7165

€2.15

170g

GF

V

Each dessert contains

Energy

1364 kJ

327 kcal

16%

Fat

19g

27%

Saturates

6.1g

31%

Sugars

22g

24%

Salt

0.52g

9%

% of an adult's reference intake

7167

€2.40

155g

GF

V

Each dessert contains

Energy

1002 kJ

240 kcal

12%

Fat

12g

17%

Saturates

2.5g

13%

Sugars

18g

20%

Salt

0.36g

6%

% of an adult's reference intake

7851

€3.75

120g

V

Each dessert contains

Energy

1025 kJ

246 kcal

12%

Fat

14g

20%

Saturates

3.3g

17%

Sugars

18g

20%

Salt

0.23g

4%

% of an adult's reference intake

Will it be a classic hot pud?



Puréed Bakewell Sponge & Custard

Puréed mixed fruit and almond flavour sponge with custard.



Puréed Lemon Sponge

Puréed lemon flavoured sponge in a lemon sauce.



Puréed Apple Pie & Custard

Puréed sweet apple and pastry with custard.

134

€2.15

155g

V

Each dessert contains

Energy

1020 kJ

243 kcal

12%

Fat

10g

14%

Saturates

2.7g

14%

Sugars

22g

24%

Salt

0.45g

7%

% of an adult's reference intake

7161

€2.15

170g

V

Each dessert contains

Energy

1370 kJ

327 kcal

16%

Fat

15g

21%

Saturates

2.8g

14%

Sugars

29g

32%

Salt

0.37g

6%

% of an adult's reference intake

171

€2.15

155g

V

Each dessert contains

Energy

938 kJ

224 kcal

11%

Fat

10g

14%

Saturates

2.6g

13%

Sugars

16g

18%

Salt

0.29g

5%

% of an adult's reference intake

Puréed Lemon Cheesecake

A bright puréed lemon cheesecake. Refreshing, gently sweet and easy to enjoy. Simply thaw and serve.

“

Delicious biscuit flavours with creamy, zingy lemon - always a classic, always refreshing.”



David Lawrence
Development Chef

7850

€3.75 120g

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1138 kJ 273 kcal	17g	7.6g	19g	0.48g
14%	24%	38%	21%	8%

% of an adult's reference intake



Or a delightful cold dessert?



Puréed Strawberry Mousse

A refreshing strawberry flavoured mousse. With sugar and sweetener.

418

€2.05 65g

GF

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
351 kJ 85 kcal	3.6g	3.3g	4.9g	0.13g
4%	5%	17%	5%	2%

% of an adult's reference intake



Puréed Chocolate Mousse

A fluffy chocolate flavoured mousse. With sugar and sweetener.

416

€2.05 65g

GF

V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
341 kJ 83 kcal	3.4g	3.1g	4.2g	0.07g
4%	5%	16%	5%	1%

% of an adult's reference intake

Minced Meals

We've lots of exciting new Level 5 dishes for you to try this season, from warming stews to satisfying pies - always prepared to perfection.

6
TASTY
NEW DISHES
- our biggest & best ever menu!

NEW

Minced Pastry Topped Beef Pie

Tender minced beef in a rich gravy, topped with a pastry top, served with minced carrots and Cheddar mash. A comforting meal that delivers warmth and full flavour.

7224 €7.40 445g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2104 kJ 505 kcal	32g	12g	8.7g	2.3g
25%	46%	60%	10%	38%

% of an adult's reference intake

Minced Rice Pudding with Summer Fruits

Delicious rice pudding topped with a fruity mix of puréed blackberries, strawberries, blackcurrants and cherries.

7810 €2.70 160g GF V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
813 kJ 193 kcal	4.4g	1.9g	20g	0.12g
10%	6%	10%	22%	2%

% of an adult's reference intake

Minced Cheese, Onion & Chive Potato Topped Pie

A comforting pie made with Cheddar, soft onion and chives, full of rich, savoury flavour. Served with minced root vegetables.

“Mashed potato with a cheesy filling makes an irresistible combination.”



Jethro Lawrence
Head Chef

7226

€6.70

430g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2212 kJ 531 kcal 27%	32g 46%	12g 60%	8.5g 9%	1.8g 30%

% of an adult's reference intake



NEW

NEW



Minced Mushroom Risotto

A finely prepared mushroom risotto in a rich, creamy style sauce, complemented by lemon spinach and sweet pea purée.

7216

€6.70

430g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1563 kJ 373 kcal 19%	15g 21%	1.3g 7%	3.6g 4%	1.5g 25%

% of an adult's reference intake



Minced Fish Pie

Minced smoked haddock, salmon and white fish in a creamy sauce topped with mashed potato. Served with mashed broccoli and carrots.

7206

€6.85

440g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2093 kJ 501 kcal 25%	28g 40%	6.1g 31%	7.2g 8%	1.8g 30%

% of an adult's reference intake

NEW



Minced Salmon Supreme

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

104 €7.45 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 Pork, Bacon & Apple Casserole

Tender minced pork and smoky bacon in an apple gravy. Served with minced broccoli, carrots and mashed potato. A warm, satisfying plate full of flavour.

7223 €7.35 410g GF

Each meal contains

Energy 1463 kJ 350 kcal 18%	Fat 16g 23%	Saturates 3.9g 20%	Sugars 8.5g 9%	Salt 1.3g 22%
% of an adult's reference intake				



Minced Fish in Parsley Sauce

Minced fish served in a silky parsley sauce. Served with creamy mashed potato and a vibrant lemon-infused spinach for a beautifully balanced plate.

7214 €7.30 390g GF

Each meal contains

Energy 1439 kJ 344 kcal 17%	Fat 16g 23%	Saturates 3.1g 16%	Sugars 3.6g 4%	Salt 1.4g 23%
% of an adult's reference intake				



Minced Sausages in Onion Gravy

A delicious dish made with comforting flavours of sausage in a rich gravy, served with velvety mashed potatoes and peas.

7207 €7.25 450g GF

Each meal contains

Energy 2288 kJ 549 kcal 27%	Fat 33g 47%	Saturates 7.4g 37%	Sugars 8.8g 10%	Salt 1.7g 28%
% of an adult's reference intake				



Minced Pasta Bolognaise with Garlic Bread

Our improved pasta Bolognaise, made with tender orzo pasta is bursting with rich, savoury flavours. Served with creamed spinach and garlic bread.

7219 €7.25 450g

Each meal contains				
Energy 2154 kJ 515 kcal 26%	Fat 23g 33%	Saturates 6.8g 34%	Sugars 9.8g 11%	Salt 1.9g 32%
% of an adult's reference intake				



NEW

Minced Irish Stew

A classic Irish stew made with finely minced mutton and vegetables in a hearty gravy, accompanied by parsnip mash and minced root vegetables.

7225 €7.40 450g

Each meal contains				
Energy 2228 kJ 535 kcal 27%	Fat 32g 46%	Saturates 10g 50%	Sugars 11g 12%	Salt 1.4g 23%
% of an adult's reference intake				



BETTER
recipe

Minced Chicken Curry

A mild, aromatic chicken curry made with finely minced chicken and paired with smooth spinach dahl and rice.

7222 €7.30 420g

GF

Each meal contains				
Energy 2109 kJ 505 kcal 25%	Fat 24g 34%	Saturates 10g 50%	Sugars 7.5g 8%	Salt 1.7g 28%
% of an adult's reference intake				



Minced Hunter's Chicken

Minced chicken smothered in a rich tomato and cheese sauce. Served with extra buttery mashed potato and broccoli.

7221 €7.55 430g

GF

Each meal contains				
Energy 2103 kJ 504 kcal 25%	Fat 26g 37%	Saturates 8.5g 43%	Sugars 13g 14%	Salt 1.6g 27%
% of an adult's reference intake				

Level 5 - Minced Meals



Minced Chicken in Rich Gravy

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

7128

€7.60

410g

GF

Each meal contains

Energy 1386 kJ 330 kcal 17%	Fat 11g 16%	Saturates 1.0g 5%	Sugars 7.1g 8%	Salt 1.4g 23%
% of an adult's reference intake				



Minced Beef Chilli

A mild minced beef chilli served with smoked tomato rice and cheesy spinach made with Wyke Farms Cheddar.

7201

€7.40

440g

GF

Each meal contains

Energy 2091 kJ 502 kcal 25%	Fat 29g 41%	Saturates 11g 55%	Sugars 11g 12%	Salt 1.7g 28%
% of an adult's reference intake				



Minced Cottage Pie

A British classic made with minced beef and topped with mashed potato. Served with minced parsley carrots.

119

€7.30

450g

GF

Each meal contains

Energy 2117 kJ 508 kcal 25%	Fat 29g 41%	Saturates 5.3g 27%	Sugars 8.0g 9%	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

€7.10

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 Sweet & Sour Chicken

Minced chicken served in a delicious sweet and sour sauce, served with white rice.

7218

€7.55

410g

GF

Each meal contains

Energy 1563 kJ 371 kcal 19%	Fat 8.5g 12%	Saturates 1.0g 5%	Sugars 14g 16%	Salt 1.5g 25%
% of an adult's reference intake				



Minced Macaroni Cheese

Our minced macaroni cheese is now even more indulgent, with added cheese for a deeper, richer flavour. Served alongside a broccoli and spinach purée.

7217

€6.70

380g

V

Each meal contains

Energy 2300 kJ 552 kcal 28%	Fat 34g 49%	Saturates 15g 75%	Sugars 7.7g 9%	Salt 1.8g 30%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake



NEW

Minced Tomato & Basil Pasta

Orzo pasta in a tomato, garlic and basil sauce served with a pea purée.

7220

€6.70

400g

VEGAN

Each meal contains

Energy 1668 kJ 398 kcal 20%	Fat 13g 19%	Saturates 1.1g 6%	Sugars 12g 13%	Salt 1.4g 23%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake



Minced Shepherd's Pie

Warming minced mutton in a flavoursome gravy, topped with mashed potato and a side of mixed carrots & swede.

7205

€7.65

475g

GF

Each meal contains

Energy 2091 kJ 502 kcal 25%	Fat 31g 44%	Saturates 9.0g 45%	Sugars 8.9g 10%	Salt 1.9g 32%
--------------------------------------	-------------------	--------------------------	-----------------------	---------------------

% of an adult's reference intake



Minced Steak and Mushroom Casserole

Minced steak and mushrooms in a rich comforting sauce. Served with celeriac and mashed potato.

7208

€7.35

440g

GF

Each meal contains

Energy 2100 kJ 504 kcal 25%	Fat 28g 40%	Saturates 4.7g 24%	Sugars 7.5g 8%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Minced Cauliflower & Lentil Curry

Minced lentils, cauliflower, onion, and spinach in a fragrant coconut and tomato sauce, infused with a blend of spices. Served with turmeric-seasoned white rice.

7215

€6.85

430g

GF

VEGAN

Each meal contains

Energy 2336 kJ 560 kcal 28%	Fat 31g 44%	Saturates 15g 75%	Sugars 6.4g 7%	Salt 2.0g 33%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% of an adult's reference intake

Finish your meal in style - 3 delicious hot desserts

Minced Rice Pudding with Summer Fruits

Delicious rice pudding topped with a fruity mix of puréed blackberries, strawberries, blackcurrants and cherries.

7810 **€2.70** 160g GF V

Each dessert contains				
Energy 813 kJ 193 kcal 10%	Fat 4.4g 6%	Saturates 1.9g 10%	Sugars 20g 22%	Salt 0.12g 2%
% of an adult's reference intake				



Minced Sticky Toffee Pudding

Delicious sponge served with a tasty toffee sauce.

7811 **€2.70** 160g GF V

Each dessert contains				
Energy 1829 kJ 437 kcal 22%	Fat 23g 33%	Saturates 11g 55%	Sugars 39g 43%	Salt 0.45g 7%
% of an adult's reference intake				

Minced Apple Sponge

Minced sponge topped with sweet apple purée.

7812 **€2.75** 140g GF V

Each dessert contains				
Energy 1207 kJ 288 kcal 14%	Fat 13g 19%	Saturates 4.1g 21%	Sugars 26g 29%	Salt 0.27g 4%
% of an adult's reference intake				



Soft & Bite-Sized

From fish and chicken to three wonderful new pasta dishes, don't miss our brand-new Level 6 dishes. We've puds to finish as well!

7
TASTY
NEW DISHES
- our biggest &
best ever menu!

NEW

Soft & Bite-Sized Tuscan Style Salmon Pasta

A Tuscan inspired pasta with tender salmon in a luxurious tomato sauce. Served with a refreshing side of creamed broccoli and spinach.

7410

€7.65

420g

Each meal contains

Energy 2129 kJ 509 kcal 25%	Fat 25g 36%	Saturates 5.8g 29%	Sugars 8.4g 9%	Salt 1.3g 22%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

Soft & Bite-Sized Sticky Toffee Pudding

A delicious toffee sauce with custard, topped with treacle sponge pieces.

7821

€2.70

150g

V

Each dessert contains

Energy 1340 kJ 320 kcal 16%	Fat 17g 24%	Saturates 5.4g 27%	Sugars 24g 27%	Salt 0.49g 8%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

NEW



Soft & Bite-Sized
Fish in Lemon & Dill Sauce

Delicate fish in a bright lemon & dill sauce served with parsley potatoes and a smooth broccoli & spinach purée.

“Our sustainably sourced fish is prepared to perfection in this timeless flavour pairing.”



Jethro Lawrence
Head Chef

7405 €7.50 370g GF

Each meal contains

Energy 1289 kJ 308 kcal 15%	Fat 14g 20%	Saturates 3.2g 16%	Sugars 4.5g 5%	Salt 1.4g 23%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake



Soft & Bite-Sized
Sausages in Onion Gravy

Diced pork sausage in onion gravy. Served with a cheesy mashed potato made with Wyke Farms Cheddar and carrots tumbled in honey.

7346 €7.80 420g

Each meal contains

Energy 1985 kJ 476 kcal 24%	Fat 29g 41%	Saturates 14g 70%	Sugars 10g 11%	Salt 2.5g 42%
--------------------------------------	-------------------	-------------------------	----------------------	---------------------

% 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 €7.55 415g GF

Each meal contains

Energy 1627 kJ 388 kcal 19%	Fat 16g 23%	Saturates 4.6g 23%	Sugars 10g 11%	Salt 1.8g 30%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% 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 €7.60 365g GF

Each meal contains

Energy 1471 kJ 352 kcal 18%	Fat 19g 27%	Saturates 3.6g 18%	Sugars 5.6g 6%	Salt 2.1g 35%
--------------------------------------	-------------------	--------------------------	----------------------	---------------------

% of an adult's reference intake

* Please refer to page 106

Soft & Bite-Sized Spinach & Lentil Pasta

Flavourful lentils and spinach paired with ditalini pasta and served with a colourful root vegetable ratatouille.

“

A wholesome and warming dish with filling lentils and tasty root veg.”



David Lawrence
Development Chef

7411

€7.00 435g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2131 kJ 508 kcal	19g	1.7g	10g	1.8g
25%	27%	9%	11%	30%

% of an adult's reference intake



NEW



Soft & Bite-Sized Cheese and Onion Pie

Tasty cheese and onion topped with mashed potato. Served with mashed broccoli, carrots & swede.

7317

€7.15 450g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2172 kJ 522 kcal	35g	9.1g	10g	1.6g
26%	50%	46%	11%	27%

% of an adult's reference intake



Soft & Bite-Sized Chicken Pasta Bake

Tender pieces of chicken and ditalini pasta in a tomato & basil sauce with a velvety cheese sauce made with Wyke Farms Cheddar.

7402

€7.70 370g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2180 kJ 521 kcal	25g	7.2g	11g	1.8g
26%	36%	36%	12%	30%

% of an adult's reference intake

NEW



Soft & Bite-Sized
Pasta Bolognese

A classic comforting meal of Pasta Bolognese with pasta and minced beef in a rich tomato and herb sauce served with diced carrots and a broccoli & spinach purée.

“Not only a delicious classic bursting with flavour, but two tasty sides as well.”



David Lawrence
Development Chef

7407 €7.45 390g

Each meal contains

Energy 1425 kJ 340 kcal 17%	Fat 13g 19%	Saturates 3.7g 19%	Sugars 11g 12%	Salt 1.3g 22%
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% 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 €7.25 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
Ham in Parsley Sauce

Smokey flavoured ham* in a parsley sauce. Served with extra buttery mashed potato and diced swede & carrots.

7343 €7.80 395g GF

Each meal contains

Energy 1546 kJ 370 kcal 19%	Fat 20g 29%	Saturates 9.3g 47%	Sugars 9.3g 10%	Salt 1.7g 28%
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% of an adult's reference intake

* Please refer to page 106

Soft & Bite-Sized
Vegetable Bake

Lentils, pearl barley, carrot, celeriac, onion, parsnip and swede in a lightly spiced tomato sauce topped with fried potato tumbled in garlic, parsley and thyme. Served with cauliflower in a cheese alternative sauce.

“

We’ve really brought these wonderful vegetables to life.”



Jethro Lawrence
Head Chef

7345 €7.00 465g

Each meal contains				
Energy 2112 kJ 505 kcal 25%	Fat 22g 31%	Saturates 4.2g 21%	Sugars 8.1g 9%	Salt 1.8g 30%
% of an adult's reference intake				



NEW



Soft & Bite-Sized
Fish Pie

A tempting fish pie with smoked haddock and white fish, topped with mashed potato. Served with carrots.

7312 €7.75 460g

Each meal contains				
Energy 2134 kJ 511 kcal 26%	Fat 27g 39%	Saturates 2.3g 12%	Sugars 8.7g 10%	Salt 1.4g 23%
% of an adult's reference intake				



Soft & Bite-Sized
Barbecue Chicken

Juicy, tender chicken coated in a cheese and barbecue sauce. Served with extra-buttery mashed potato, carrots and parsnips.

7408 €7.70 440g

Each meal contains				
Energy 2183 kJ 523 kcal 26%	Fat 30g 43%	Saturates 8.0g 40%	Sugars 16g 18%	Salt 1.7g 28%
% of an adult's reference intake				

NEW



Soft & Bite-Sized
Vegetable Curry

Vegetable curry served with curried spinach and Bombay potatoes.

“Every element of this dish is full of flavour, each complementing the others.”



Jethro Lawrence
Head Chef

7329

€7.00

450g

GF

VEGAN

Each meal contains

Energy 2433 kJ 583 kcal 29%	Fat 30g 43%	Saturates 9.2g 46%	Sugars 11g 12%	Salt 1.9g 32%
% of an adult's reference intake				



Soft & Bite-Sized
Chicken Tikka Masala

Chicken in a medium spiced creamy tomato sauce. Served with turmeric seasoned white rice.

7401

€7.85

440g

GF

Each meal contains

Energy 2299 kJ 550 kcal 28%	Fat 29g 41%	Saturates 5.0g 25%	Sugars 8.4g 9%	Salt 1.4g 23%
% 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 made with Wyke Farms Cheddar.

7344

€7.80

410g

GF

Each meal contains

Energy 2192 kJ 525 kcal 26%	Fat 31g 44%	Saturates 10g 50%	Sugars 8.5g 9%	Salt 1.9g 32%
% of an adult's reference intake				



Soft & Bite-Sized
Irish Stew

Comforting mutton stew with pearl barley and vegetables. Served with a Wyke Farms Cheddar cheese mashed potato and mixed herby root vegetables.

7403

€7.80

440g

GF

Each meal contains

Energy 2237 kJ 537 kcal 27%	Fat 31g 44%	Saturates 13g 65%	Sugars 8.8g 10%	Salt 2.0g 33%
% of an adult's reference intake				

NEW

Soft & Bite-Sized
Sweet & Sour Chicken

Tender chicken pieces coated in a vibrant, sweet and tangy sauce. Served with a lightly seasoned white rice.

“The unmistakable taste of a takeaway favourite in an easier to eat texture.”



David Lawrence
Development Chef

7406 €7.45 440g GF

Each meal contains				
Energy 1621 kJ 384 kcal 19%	Fat 8.8g 13%	Saturates 1.3g 7%	Sugars 15g 17%	Salt 1.5g 25%
% of an adult's reference intake				



Soft & Bite-Sized
Macaroni Cheese

Pasta in a cheese sauce. Served with a vibrant root vegetable ratatouille.

7341 €7.15 355g V

Each meal contains				
Energy 2280 kJ 547 kcal 27%	Fat 34g 49%	Saturates 15g 75%	Sugars 14g 16%	Salt 1.8g 30%
% of an adult's reference intake				



Soft & Bite-Sized
Beef Chilli

Minced beef simmered in a rich tomato, smoked paprika & chilli sauce. Served with coriander rice.

7404 €7.65 440g GF

Each meal contains				
Energy 2128 kJ 509 kcal 25%	Fat 27g 39%	Saturates 5.2g 26%	Sugars 5.3g 6%	Salt 1.6g 27%
% of an adult's reference intake				



Soft & Bite-Sized
Shepherd's Pie

Warming minced mutton simmered in a rich, flavourful gravy. Topped with a layer of fluffy mashed potato and served with a mix of herby root vegetables.

7409 €7.65 455g GF

Each meal contains				
Energy 2164 kJ 520 kcal 26%	Fat 32g 46%	Saturates 8.8g 44%	Sugars 8.4g 9%	Salt 1.5g 25%
% of an adult's reference intake				

Level 6 - Soft & Bite-Sized Meals

Can we tempt you?

Scrumptious hot puddings

Soft & Bite-Sized Lemon Sponge

A zesty lemon sauce topped with light sponge pieces.

7820

€2.70

150g

V

Each dessert contains

Energy 1118 kJ 265 kcal 13%	Fat 7.1g 10%	Saturates 3.1g 16%	Sugars 32g 36%	Salt 0.26g 4%
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% of an adult's reference intake



Soft & Bite-Sized Sticky Toffee Pudding

A delicious toffee sauce with custard, topped with treacle sponge pieces.

7821

€2.70

150g

V

Each dessert contains

Energy 1340 kJ 320 kcal 16%	Fat 17g 24%	Saturates 5.4g 27%	Sugars 24g 27%	Salt 0.49g 8%
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% of an adult's reference intake

Soft & Bite-Sized Bakewell Sponge

Puréed almond flavour sponge and summer fruit purée topped with sponge pieces.

7824

€2.75

150g

V

Each dessert contains

Energy 1532 kJ 364 kcal 18%	Fat 13g 19%	Saturates 6.3g 32%	Sugars 37g 41%	Salt 0.53g 9%
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% of an adult's reference intake



Spoilt for *choice?*

Start with an easy-order menu pack

Try a tasty selection of best-selling dishes in your ideal texture. Order your chosen menu pack using the appropriate code below - quote it on the phone, or search for it on our website then add to your basket.

7301
Puréed
Pork in
Apple Gravy
page 115



Level **4** Puréed Menu Pack

Only **€75.40**

- 7327 Puréed** Chicken in Gravy
- 7367 Puréed** Macaroni Cheese
- 7314 Puréed** Shepherd's Pie
- 7316 Puréed** Beef Chilli
- 7359 Puréed** Sausage & Mash
- 7301 Puréed** Pork in Apple Gravy
- 7315 Puréed** Chicken Korma
- 171 Puréed** Apple Pie & Custard
- 7161 Puréed** Lemon Sponge
- 134 Puréed** Bakewell Sponge & Custard
- 7165 Puréed** GF Sticky Toffee Pudding & Custard
- 7167 Puréed** Summer Fruit Sponge with Custard
- 418 Puréed** Strawberry Mousse
- 416 Puréed** Chocolate Mousse

Quote Code PS37



Level **5** Minced Menu Pack

Only **€51.80**

- 7222 Minced** Chicken Curry
- 119 Minced** Cottage Pie
- 7214 Minced** Fish in Parsley Sauce
- 7128 Minced** Chicken in Rich Gravy
- 7207 Minced** Sausages in Onion Gravy
- 7225 Minced** Irish Stew
- 7201 Minced** Beef Chilli
- 7810 Minced** Rice Pudding with Summer Fruits
- 7811 Minced** Sticky Toffee Pudding
- 7812 Minced** Apple Sponge

Quote Code MD37



Level **6** Soft & Bite-Sized Menu Pack

Only **€53.65**

- 7342 Soft & Bite-Sized** Chicken in Gravy
- 7310 Soft & Bite-Sized** Cottage Pie
- 7346 Soft & Bite-Sized** Sausages in Onion Gravy
- 7409 Soft & Bite-Sized** Shepherds Pie
- 7344 Soft & Bite-Sized** Beef Hotpot
- 7312 Soft & Bite-Sized** Fish Pie
- 7317 Soft & Bite-Sized** Cheese and Onion Pie
- 7820 Soft & Bite-Sized** Lemon Sponge
- 7821 Soft & Bite-Sized** Sticky Toffee Pudding & Custard
- 7408 Soft & Bite-Sized** Bakewell Sponge

Quote Code SB37

Great Tastes Menu Pack

6 Mains & 3 Desserts only **€44.10**



7260 Chicken & Mushroom
Puff Pastry Pie **page 13**



8138 Chicken & Vegetable
Casserole **page 14**



4286 Hunter's Chicken
page 16



235 Bangers & Mash
page 21



314 Fish in Parsley Sauce
page 34



304 Breaded Fish & Chips
page 35



3126 Apple Crumble
& Custard **page 94**



866 Sticky Toffee Pudding
& Custard **page 95**



858 Bread and Butter Pudding
& Custard **page 96**

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