

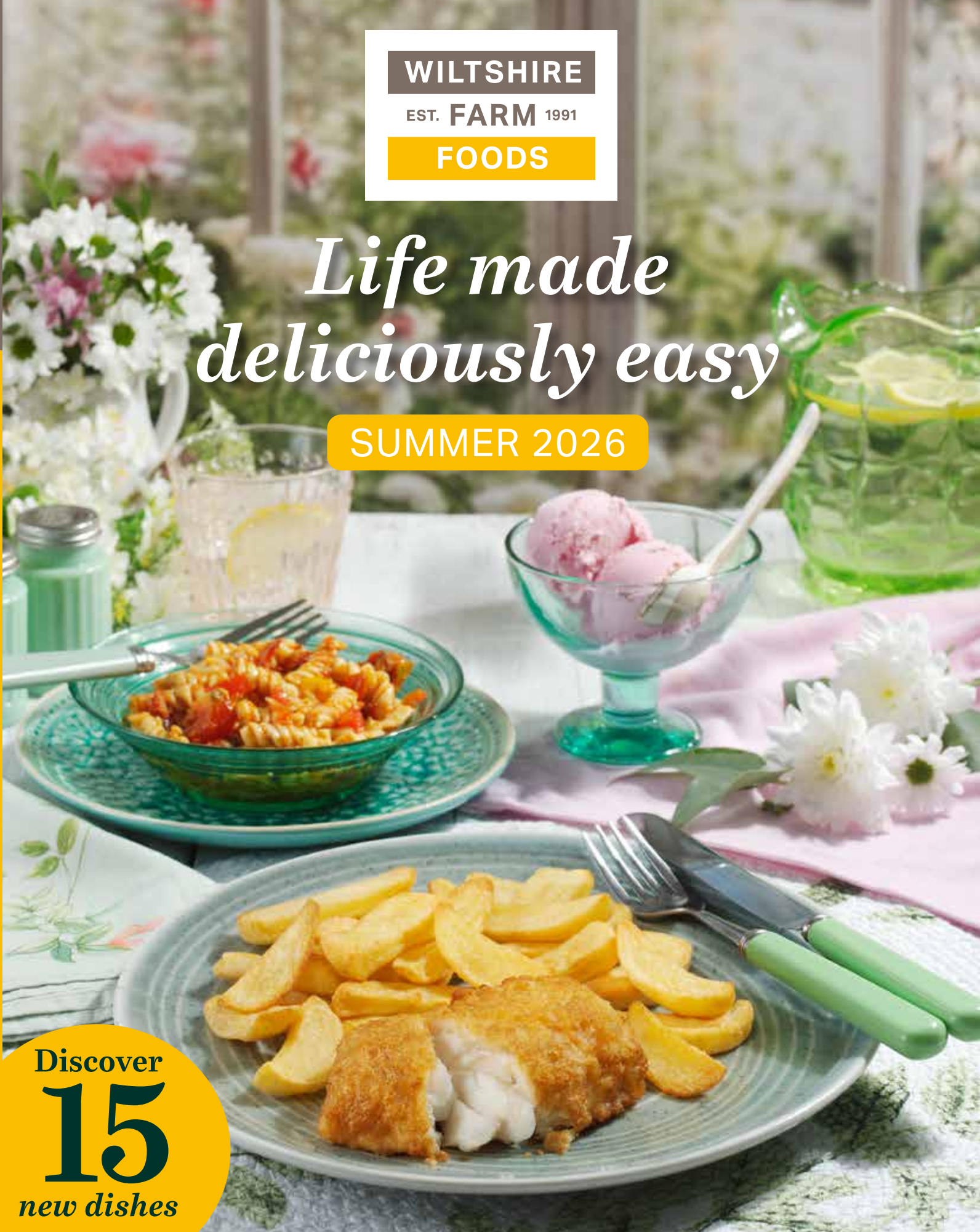
WILTSHIRE

EST. FARM 1991

FOODS

Life made deliciously easy

SUMMER 2026



Discover
15
new dishes

Bringing you sunshine

Deliciously easy new dishes
bursting with summer flavours

Summer's here – and we're making mealtimes easier! Sunny days are no time for kitchen toil, so just reach into the freezer, choose something tasty from Wiltshire Farm Foods, and **after just a few minutes in the microwave...** a wonderful quality meal awaits!

From satisfying salads to tasty new fish dishes and tempting ice cream treats, we're excited to introduce lots of tasty new creations this season. They're like summer on a plate!

Everything you order from Wiltshire Farm Foods has been created with care from ingredients we trust; every recipe refined until it's as delicious as it can be – and you can taste it. We hope our friendly service, free delivery[^] and warm smiles brighten your day just as much as our food.

Warm summer wishes,



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).

100%
SATISFACTION
GUARANTEED



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



15 NEW
summer
dishes

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

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Ordering couldn't be easier!

1. Choose how you want to order



Order the way that suits you:



Call your friendly local team



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



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.



...more time doing what you love!

Service

you can rely on!

For us, customer service is about making your day that little bit easier. If you need to get in touch, just pick up the phone to your local team and we'll do all we can to help. There's always someone you can speak to, 24/7. Whether you call or use our online chat, you're never on your own.

You'll get to know your friendly driver – and they'll get to know you! We could get our delivery rounds done faster, but that extra time to put the meals away or have a little natter? When we see those smiles, it's well worth it.



Quality

you can count on!

Our dishes aren't just delicious - we care about nutrition too, which is why our talented chefs work hand in hand with our expert in-house dietitian on every meal.

Because we begin with quality ingredients from carefully selected suppliers, use no artificial flavours or colours, and include perfectly prepared vegetables, you could be forgiven for thinking they were home cooked!

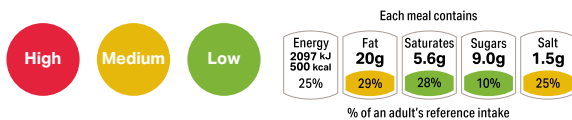
Understanding what's inside all our meals

At Wiltshire Farm Foods you can dine with complete confidence.

For us, making sure we exclude particular ingredients is just as important as selecting the quality ones that go in. And thanks to our helpful nutritional information – both on the meal label and right here in this brochure - you can 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)

Ingredients you can trust

We source our ingredients and select our suppliers with care.



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.*

PERFECT portions for every appetite

Choose from:

Mini

A light meal or for a smaller appetite

from page 73

Main

Perfect for every day

from page 09

Hearty

For a larger appetite

from page 84

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 88. 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.

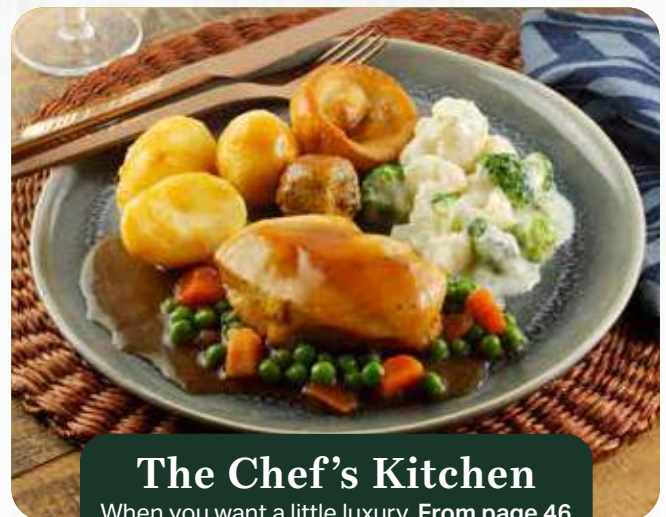
And something for every budget

MEALS FROM ONLY €4.00



Essentials

Great value freezer-fillers. From page 56



The Chef's Kitchen

When you want a little luxury. From page 46

Hearty

Mini

Main

Introducing our bright and beautiful new labels!

As you know, we're committed to keeping our packaging as minimal as possible in order to protect the planet. But we thought our labels ought to reflect the sunshine that's inside... so look out for our colourful new designs in your future deliveries, all as clear and easy to understand as before. We hope you like them as much as we do!

You might receive a mixture of old and new-look labels in your coming orders while we use up our existing stocks. We love our new labels - but it just wouldn't be right to waste the old ones!



HAVE YOU TRIED OUR WELL BALANCED MEALS?

We all know the importance of looking after ourselves, and we're here to give you 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.

As you'd expect from Wiltshire Farm Foods, each dish is delicious - and 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.

ALL OF OUR WELL BALANCED MEALS ARE:

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.

Summer is served!

Bringing together a selection of lighter summer bites and bright flavours for sunnier days, our new seasonal specials are a real taste of sunshine!



2210
Cheese & Onion
Quiche
(pack of 2)
Page 14

2187
Cherry Ice Cream
Page 15

4318
Chicken Arrabbiata
Page 10

NEW



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 €7.85 385g

Each meal contains

Energy 2244 kJ 535 kcal 27%	Fat 21g 30%	Saturates 2.2g 11%	Sugars 3.4g 4%	Salt 0.85g 14%
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% of an adult's reference intake



Chicken & Asparagus in a Creamy White Wine Sauce

Chicken and asparagus in a silky leek & chive cream sauce, finished with a splash of white wine. Served with a mix of white rice, peas and parsley.

4270 €6.65 370g

Each meal contains

Energy 1881 kJ 447 kcal 22%	Fat 15g 21%	Saturates 5.3g 27%	Sugars 5.0g 6%	Salt 1.5g 25%
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% 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 €6.40 380g

Each meal contains

Energy 2138 kJ 510 kcal 26%	Fat 21g 30%	Saturates 4.8g 24%	Sugars 8.5g 9%	Salt 1.8g 30%
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% 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 €8.30 290g

Each meal contains

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

The CHEF'S KITCHEN

* Please refer to page 106

Easy to cook, no defrosting

Mushroom Risotto

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

Also available in Mini size see page 75

NEW

“Notoriously time consuming to cook from scratch, this tender risotto is a mushroom lover’s dream.”



Jethro Lawrence
Head Chef

4331 €7.00 370g GF V

Each meal contains

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

% 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 €7.55 372g

Each meal contains

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

% of an adult's reference intake

NEW



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 €8.45 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

Summer

NEW

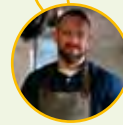
**WELL
BALANCED**



Warm Chicken & Sweet Potato Salad

Chicken with sweet potato, chickpeas and Mediterranean style vegetables, bound in a delicate tomato & mango chutney dressing.

“A plateful of sunshine bursting with summery flavours and the sweetness of mango.”



Jethro Lawrence
Head Chef

4334 €6.55 320g **GF**

Each meal contains

Energy 1366 kJ 326 kcal 16%	Fat 13g 19%	Saturates 1.6g 8%	Sugars 12g 13%	Salt 1.1g 18%
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% of an adult's reference intake

Summer



The CHEF'S KITCHEN

Luxury Vegetable Lasagne (Oven Cook Only)

Deliciously intense Mediterranean style vegetables, sweet basil and vibrant tomato layered with pasta and the rich savouriness of our cheese sauce made with Wyke Farms Cheddar. Finished with parsley & Regato cheese.

4314 €6.65 405g **V**

Each meal contains

Energy 2229 kJ 532 kcal 27%	Fat 24g 34%	Saturates 8.1g 41%	Sugars 17g 19%	Salt 1.8g 30%
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% of an adult's reference intake



NEW

Aubergine Parmigiana

Tender aubergine cooked in a fragrant tomato and basil sauce and topped with Cheddar and mozzarella. Served with golden herby diced potatoes.

7574 €6.45 390g **GF** **V**

Each meal contains

Energy 2222 kJ 534 kcal 27%	Fat 38g 54%	Saturates 5.9g 30%	Sugars 9.6g 11%	Salt 1.1g 18%
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% 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.

Lemon & Herb Chicken

Tender chicken in a creamy white wine and Sicilian lemon flavour sauce. Served with diced potatoes and Mediterranean inspired vegetables tossed with oregano.

NEW

Also available in Mini size see page 74



“The brightness of lemon is the perfect complement to our silky cream sauce.”



Jethro Lawrence
Head Chef

4333 €7.05 365g GF

Each meal contains

Energy 1462 kJ 350 kcal 18%	Fat 16g 23%	Saturates 3.0g 15%	Sugars 5.6g 6%	Salt 1.4g 23%
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% 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 €7.80 380g

Each meal contains

Energy 1630 kJ 387 kcal 19%	Fat 12g 17%	Saturates 5.4g 27%	Sugars 6.9g 8%	Salt 0.93g 15%
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% of an adult's reference intake

NEW



THE CHEF'S KITCHEN

Luxury Fishcake

A blend of salmon and pollock with potato and dill, coated in breadcrumbs. Served with skin-on potatoes and a medley of green beans, asparagus and peas, finished with black pepper, parsley and lemon flavour.

7758 €8.20 340g

Each meal contains

Energy 1954 kJ 467 kcal 23%	Fat 22g 32%	Saturates 3.2g 16%	Sugars 4.6g 5%	Salt 1.3g 21%
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% of an adult's reference intake

NEW

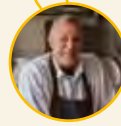
Thaw & Serve



Mediterranean Style Vegetable Pasta Salad

Tender fusilli pasta tossed with slow-roasted tomatoes, peppers and red onion, in a rich, herby tomato sauce. Simply thaw and serve.

“With vibrant tomato and pepper, this is the perfect lighter summer bite.”



Phil Rimmer
Executive Chef

2216 €4.40 200g

Each portion contains

Energy 943 kJ 223 kcal 11%	Fat 3.4g 5%	Saturates 0.3g 2%	Sugars 8.4g 9%	Salt 1.1g 18%
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% 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 €2.95 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%
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% of an adult's reference intake



Cheese & Onion Quiche (pack of 2)

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

2210 €5.65 100g x 2

Each slice contains

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

Summer

Cherry Ice Cream

Creamy dairy ice cream with sweet cherry flavouring.

NEW



2187 €2.80 100g GF V

Each dessert contains

Energy 1055 kJ 253 kcal 13%	Fat 15g 21%	Saturates 9.3g 47%	Sugars 24g 27%	Salt 0.11g 2%
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% of an adult's reference intake

NEW



Caramelised Biscuit Ice Cream

Caramelised biscuit flavoured dairy ice cream with a caramelised biscuit crumb.

2186 €2.80 100g V

Each dessert contains

Energy 1238 kJ 297 kcal 15%	Fat 19g 27%	Saturates 10g 50%	Sugars 24g 27%	Salt 0.19g 3%
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% of an adult's reference intake

Raspberry Sorbet

A smooth, refreshing raspberry flavoured sorbet made with a raspberry fruit sauce.

NEW



2188 €2.80 100g GF VEGAN

Each dessert contains

Energy 569 kJ 134 kcal 7%	Fat <0.5g 1%	Saturates 0.2g 1%	Sugars 25g 28%	Salt 0.05g 1%
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% of an adult's reference intake

Summer

Chicken & Turkey

All your favourite curries, pies and roasts plus summery special editions to discover – don't miss our new Lemon & Herb Chicken.

7260
Chicken & Mushroom
Puff Pastry Pie
Page 18



“ It was very nice. I was surprised that the pastry was crisp after microwave heating. ”

Mrs G

Wiltshire Farm Foods Customer



Chicken Curry with Rice

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

8156 €5.80 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%
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% of an adult's reference intake

Also available in Mini size see page 74

NEW



Lemon & Herb Chicken

Tender chicken in a creamy white wine and Sicilian lemon flavour sauce. Served with diced potatoes and Mediterranean inspired vegetables tossed with oregano.

4333 €7.05 365g GF

Each meal contains

Energy 1462 kJ 350 kcal 18%	Fat 16g 23%	Saturates 3.0g 15%	Sugars 5.6g 6%	Salt 1.4g 23%
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% of an adult's reference intake

BEST-EVER RECIPE



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 €7.65 400g

Each meal contains

Energy 1422 kJ 338 kcal 17%	Fat 7.9g 11%	Saturates 1.2g 6%	Sugars 2.9g 3%	Salt 1.8g 30%
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% of an adult's reference intake

**WELL
BALANCED**



Chicken Hotpot

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

4207 €6.75 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%
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% 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.

NEW



Warm Chicken & Sweet Potato Salad

Chicken with sweet potato, chickpeas and Mediterranean style vegetables, bound in a delicate tomato & mango chutney dressing.

4334 €6.55 320g GF

Each meal contains

Energy 1366 kJ 326 kcal 16%	Fat 13g 19%	Saturates 1.6g 8%	Sugars 12g 13%	Salt 1.1g 18%
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% of an adult's reference intake



Sweet & Sour Chicken

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

8194 €5.95 415g GF

Each meal contains

Energy 1792 kJ 424 kcal 21%	Fat 6.6g 9%	Saturates 1.2g 6%	Sugars 27g 30%	Salt 1.3g 22%
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% of an adult's reference intake

Chicken & Turkey



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 €8.25 440g GF

Each meal contains

Energy 1832 kJ 437 kcal 22%	Fat 18g 26%	Saturates 4.7g 24%	Sugars 6.5g 7%	Salt 2.2g 37%
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% of an adult's reference intake



Chicken & Mushroom Puff Pastry Pie

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

7260 €6.25 435g

Each meal contains

Energy 2146 kJ 513 kcal 26%	Fat 25g 36%	Saturates 8.5g 43%	Sugars 7.3g 8%	Salt 1.7g 28%
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% 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.



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 €7.80 370g (GF)

Each meal contains

Energy 1433 kJ 341 kcal 17%	Fat 13g 19%	Saturates 3.3g 17%	Sugars 9.7g 11%	Salt 1.5g 25%
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% of an adult's reference intake



Extra Tender Chicken in Gravy

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

4712 €6.85 400g (GF)

Each meal contains

Energy 1391 kJ 331 kcal 17%	Fat 12g 17%	Saturates 1.2g 6%	Sugars 7.7g 9%	Salt 1.3g 22%
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% of an adult's reference intake



Chicken & Asparagus in a Creamy White Wine Sauce

Chicken and asparagus in a silky leek & chive cream sauce, finished with a splash of white wine. Served with a mix of white rice, peas and parsley.

4270 €6.65 370g

Each meal contains

Energy 1881 kJ 447 kcal 22%	Fat 15g 21%	Saturates 5.3g 27%	Sugars 5.0g 6%	Salt 1.5g 25%
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% 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 €8.00 410g

Each meal contains

Energy 1538 kJ 366 kcal 18%	Fat 10g 14%	Saturates 1.3g 7%	Sugars 5.5g 6%	Salt 2.1g 35%
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% 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 €6.40 380g

Each meal contains

Energy 2138 kJ 510 kcal 26%	Fat 21g 30%	Saturates 4.8g 24%	Sugars 8.5g 9%	Salt 1.8g 30%
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% of an adult's reference intake

* Please refer to page 106



Chicken & Vegetable Casserole

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

8138 €5.40 410g GF

Each meal contains

Energy 1250 kJ 299 kcal 15%	Fat 13g 19%	Saturates 2.5g 13%	Sugars 8.4g 9%	Salt 1.4g 23%
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% of an adult's reference intake



Chicken & Vegetable Pie

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

252 €5.65 440g

Each meal contains

Energy 1898 kJ 453 kcal 23%	Fat 19g 27%	Saturates 6.2g 31%	Sugars 6.6g 7%	Salt 1.7g 28%
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% of an adult's reference intake



Chicken Katsu Curry

Golden breadcrumb 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 €6.60 400g

Each meal contains

Energy 2045 kJ 487 kcal 24%	Fat 15g 21%	Saturates 3.8g 19%	Sugars 12g 13%	Salt 1.5g 25%
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% 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 €6.40 400g GF

Each meal contains

Energy 1363 kJ 325 kcal 16%	Fat 11g 16%	Saturates 1.5g 8%	Sugars 5.2g 6%	Salt 1.5g 25%
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% of an adult's reference intake



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 €7.65 465g

Each meal contains

Energy 2056 kJ 487 kcal 24%	Fat 8.4g 12%	Saturates 1.2g 6%	Sugars 36g 40%	Salt 0.46g 8%
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% 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 €7.75 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%
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% 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.



The CHEF'S KITCHEN

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.

5128 €9.40 535g

Each meal contains

Energy 2339 kJ 557 kcal 28%	Fat 20g 29%	Saturates 5.9g 30%	Sugars 6.9g 8%	Salt 2.8g 47%
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% 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 €6.45 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%
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% 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 €6.05 365g

GF

Each meal contains

Energy 1294 kJ 309 kcal 15%	Fat 13g 19%	Saturates 2.3g 12%	Sugars 3.6g 4%	Salt 1.6g 27%
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% of an adult's reference intake

The CHEF'S KITCHEN

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 €2.40 110g

GF V

Each pack contains

Energy 385 kJ 93 kcal 5%	Fat 7.9g 11%	Saturates 5.0g 25%	Sugars 2.9g 3%	Salt 0.09g 1%
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% of an adult's reference intake

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 €8.65 440g

GF

Each meal contains

Energy 1794 kJ 429 kcal 21%	Fat 22g 31%	Saturates 7.4g 37%	Sugars 5.5g 6%	Salt 1.8g 30%
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% of an adult's reference intake

Chicken & Turkey

Pork

Will it be sausages just how you like them or perhaps Slow-Cooked Pork Belly? Every dish is finished to perfection with flavoursome gravy, sauces and sides.

4328
Spanish Style
Pork Stew
Page 24



“ A lovely stew and nice to have rice with it for a change. ”

Mrs R

Wiltshire Farm Foods Customer

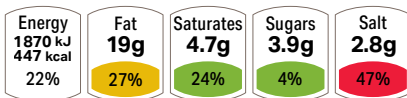


Faggots in Gravy with Mash & Peas

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

7335 €6.80 445g

Each meal contains



% of an adult's reference intake

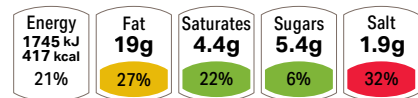


Bangers & Mash

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

235 €6.30 380g

Each meal contains



% of an adult's reference intake

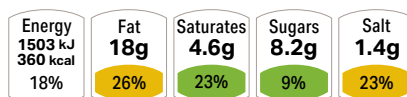


Pork, Apple & White Wine Casserole

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

8163 €6.20 380g GF

Each meal contains



% of an adult's reference intake



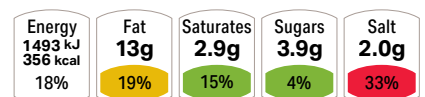
BEST-EVER RECIPE

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 €8.70 390g GF

Each meal contains



% of an adult's reference intake



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 €8.50 400g GF

Each meal contains

Energy 2199 kJ 528 kcal 26%	Fat 32g 46%	Saturates 11g 55%	Sugars 10g 11%	Salt 2.9g 48%
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% 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 2128 kJ 506 kcal 25%	Fat 16g 23%	Saturates 4.9g 25%	Sugars 5.1g 6%	Salt 1.5g 25%
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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 €6.7 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



Sausage, Chips & Beans

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

8150 €6.60 335g

Each meal contains

Energy 1645 kJ 392 kcal 20%	Fat 13g 19%	Saturates 3.0g 15%	Sugars 9.5g 11%	Salt 2.0g 33%
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% of an adult's reference intake



Mixed Grill

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

7555 €9.40 369g

Each meal contains

Energy 1852 kJ 441 kcal 22%	Fat 14g 20%	Saturates 3.4g 17%	Sugars 3.9g 4%	Salt 2.0g 33%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% 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 €6.45 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



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 €8.65 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



Gammon with Pineapple

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

520 €9.05 380g GF

Each meal contains

Energy 1472 kJ 350 kcal 18%	Fat 11g 16%	Saturates 2.3g 12%	Sugars 10g 11%	Salt 1.7g 28%
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% of an adult's reference intake

The
CHEF'S KITCHEN

Why not add a side dish?

Cauliflower & Broccoli Cheese
Perfectly cooked florets of cauliflower and broccoli with Cheddar cheese sauce.

664 €3.60 250g GF V

Each pack contains

Energy 1289 kJ 310 kcal 16%	Fat 21g 30%	Saturates 7.2g 36%	Sugars 9.6g 11%	Salt 1.1g 18%
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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 €9.05 380g GF

Each meal contains

Energy 2132 kJ 512 kcal 26%	Fat 32g 46%	Saturates 12g 60%	Sugars 19g 21%	Salt 1.5g 25%
--------------------------------------	--------------------------	--------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

Pork

* 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.

Beef

Our quality British and Irish beef is the hero here, whether it's our much-loved Roast Beef & Yorkshire Pudding or a comforting mash-topped pie.

207 Beef Hotpot
Page 28



“ Tasty and good value for money. ”

Mrs S

Wiltshire Farm Foods Customer



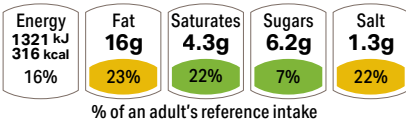
Savoury Minced Beef

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

209 €5.75 350g



Each meal contains

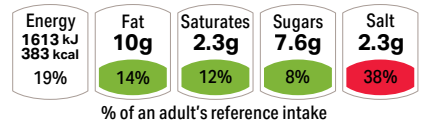


Roast Beef & Yorkshire Pudding

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 €8.25 430g

Each meal contains



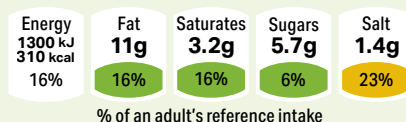
Cottage Pie

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

208 €5.85 380g



Each meal contains

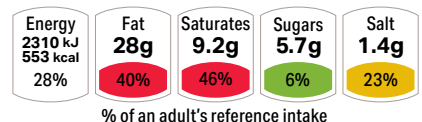


Steak & Kidney Pie

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

211 €6.35 370g

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 Hotpot

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

207 €6.35 350g GF

Each meal contains

Energy 1333 kJ 318 kcal 16%	Fat 13g 19%	Saturates 3.4g 17%	Sugars 7.9g 9%	Salt 1.3g 22%
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% of an adult's reference intake



Beef & Stilton Pie

Slow-cooked beef, root vegetables and tasty blue Stilton beneath a flaky puff pastry lid. The fruity tang of braised red cabbage with apple & port complements the richness of the mash and gravy.

7515 €9.00 457g

Each meal contains

Energy 2860 kJ 684 kcal 34%	Fat 36g 51%	Saturates 16g 80%	Sugars 22g 24%	Salt 2.2g 37%
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% 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 €6.40 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%
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% of an adult's reference intake



Beef & Dumpling Red Wine Stew

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

7537 €7.55 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%
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% of an adult's reference intake



Cumberland Pie

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

507 €7.10 400g

Each meal contains

Energy 1685 kJ 402 kcal 20%	Fat 16g 23%	Saturates 4.7g 24%	Sugars 3.9g 4%	Salt 2.0g 33%
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% 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 €7.80 410g

Each meal contains

Energy 1626 kJ 387 kcal 19%	Fat 12g 17%	Saturates 3.2g 16%	Sugars 13g 14%	Salt 1.5g 25%
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% of an adult's reference intake



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 €6.85 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%
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% 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 €7.00 370g

Each meal contains

Energy 1377 kJ 328 kcal 16%	Fat 12g 17%	Saturates 2.5g 13%	Sugars 4.3g 5%	Salt 1.8g 30%
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% 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 €9.10 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%
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% 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.



The CHEF'S KITCHEN

Luxury Cottage Pie

Best minced beef and tender chunks of slow-cooked brisket in a red wine gravy topped with smooth, buttery mash. Wyke Farms Cheddar and ciabatta breadcrumbs create a delicious finish.

4281 €8.00 400g

Each meal contains

Energy 1832 kJ 438 kcal 22%	Fat 21g 30%	Saturates 6.5g 33%	Sugars 6.6g 7%	Salt 2.5g 42%
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% 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 €8.55 415g

GF

Each meal contains

Energy 2757 kJ 658 kcal 33%	Fat 29g 41%	Saturates 12g 60%	Sugars 11g 12%	Salt 1.6g 27%
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% of an adult's reference intake



Spaghetti Bolognese

Spaghetti with a rich minced beef and Bolognese sauce.

4275 €7.25 340g

Each meal contains

Energy 1511 kJ 359 kcal 18%	Fat 11g 16%	Saturates 3.4g 17%	Sugars 7.1g 8%	Salt 1.6g 27%
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% 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 €9.15 400g

GF

Each meal contains

Energy 1841 kJ 439 kcal 22%	Fat 18g 26%	Saturates 6.8g 34%	Sugars 8.9g 10%	Salt 2.4g 40%
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% of an adult's reference intake



The CHEF'S KITCHEN

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 €8.80 410g

GF

Each meal contains

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



The CHEF'S KITCHEN

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 €7.90 405g

Each meal contains

Energy 2627 kJ 627 kcal 31%	Fat 30g 43%	Saturates 12g 60%	Sugars 12g 13%	Salt 2.2g 37%
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% 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 €6.55 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%
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% 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 €8.30 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%
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% of an adult's reference intake



Extra Tender Beef Hotpot

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

4709 €6.80 410g GF

Each meal contains

Energy 1528 kJ 365 kcal 18%	Fat 17g 24%	Saturates 4.3g 22%	Sugars 7.0g 8%	Salt 1.8g 30%
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% of an adult's reference intake

The CHEF'S KITCHEN

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 €1.80 150g GF V

Each pack contains

Energy 941 kJ 226 kcal 11%	Fat 15g 21%	Saturates 6.5g 33%	Sugars 1.1g 1%	Salt 0.41g 7%
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% 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 2420 kJ 576 kcal 29%	Fat 21g 30%	Saturates 7.6g 38%	Sugars 7.4g 8%	Salt 2.7g 45%
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% of an adult's reference intake

Beef

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.

7565
Luxury Fish & Chips
(Oven Cook Only)
Page 35



“ A more luxurious variation of a Wiltshire Farm Foods staple. Appetising and enjoyable. ”

Mrs C

Wiltshire Farm Foods Customer

**WELL
BALANCED**



Fisherman's Pie

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

4223 €6.50 445g

GF

Each meal contains

Energy 1620 kJ 386 kcal 19%	Fat 14g 20%	Saturates 3.5g 18%	Sugars 9.4g 10%	Salt 1.4g 23%
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% of an adult's reference intake

NEW



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 €8.45 435g

GF

Each portion contains

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

NEW



The CHEF'S KITCHEN

Luxury Fishcake

A blend of salmon and pollock with potato and dill, coated in breadcrumbs. Served with skin-on potatoes and a medley of green beans, asparagus and peas, finished with black pepper, parsley and lemon flavour.

7758 €8.20 340g

Each meal contains

Energy 1954 kJ 467 kcal 23%	Fat 22g 32%	Saturates 3.2g 16%	Sugars 4.6g 5%	Salt 1.3g 21%
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% of an adult's reference intake



Fish in Parsley Sauce

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

314 €6.00 380g

GF

Each meal contains

Energy 1270 kJ 304 kcal 15%	Fat 15g 21%	Saturates 7.2g 36%	Sugars 5.6g 6%	Salt 1.3g 22%
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% of an adult's reference intake

Fish

*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.



Salmon & Broccoli Supreme

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

318 €5.90 370g GF

Each meal contains

Energy 1425 kJ 341 kcal 17%	Fat 16g 23%	Saturates 3.9g 20%	Sugars 7.1g 8%	Salt 0.96g 16%
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% of an adult's reference intake



Salmon Crumble

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

552 €6.90 360g

Each meal contains

Energy 2106 kJ 504 kcal 25%	Fat 28g 40%	Saturates 8.1g 41%	Sugars 5.3g 6%	Salt 1.4g 23%
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% 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 €7.25 320g

Each meal contains

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



Fishcake with Mushy Peas

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

7530 €6.75 305g

Each meal contains

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

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.

NEW



“The perfect summer fish dish – fragrant and bright with the chive and parsley dressing.”



Jethro Lawrence
Head Chef

4330 €7.85 385g

Each meal contains

Energy 2244 kJ 535 kcal 27%	Fat 21g 30%	Saturates 2.2g 11%	Sugars 3.4g 4%	Salt 0.85g 14%
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% of an adult's reference intake



THE CHEF'S KITCHEN

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 €8.30 290g

Each meal contains

Energy 2062 kJ 492 kcal 25%	Fat 20g 29%	Saturates 1.7g 9%	Sugars 0.6g 1%	Salt 1.0g 17%
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% 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 €6.40 405g

Each meal contains

Energy 1344 kJ 320 kcal 16%	Fat 12g 17%	Saturates 4.3g 22%	Sugars 7.7g 9%	Salt 0.90g 15%
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% of an adult's reference intake

* Please refer to page 106



The CHEF'S KITCHEN

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 €9.65 390g GF

Each meal contains

Energy 1439 kJ 344 kcal 17%	Fat 14g 20%	Saturates 5.9g 30%	Sugars 6.0g 7%	Salt 1.1g 18%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



Breaded Fish & Chips

Breaded white fish served with golden chips and peas.

304 €5.65 305g

Each meal contains

Energy 1732 kJ 412 kcal 21%	Fat 13g 19%	Saturates 1.4g 7%	Sugars 3.0g 3%	Salt 0.62g 10%
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% of an adult's reference intake

Fish



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 €7.80 380g

Each meal contains

Energy 1630 kJ 387 kcal 19%	Fat 12g 17%	Saturates 5.4g 27%	Sugars 6.9g 8%	Salt 0.93g 15%
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% of an adult's reference intake

The CHEF'S KITCHEN

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 €2.40 110g GF V

Each pack contains

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

From Lancashire Hotpot to Irish Stew, these all-time favourites are ever so tasty thanks to our British, Irish and New Zealand lamb.

**240 Lancashire
Hotpot**
Page 39



**“ As a born and bred Lancastrian -
could not be any better! ”**

Mrs C

Wiltshire Farm Foods Customer

BEST-EVER RECIPE

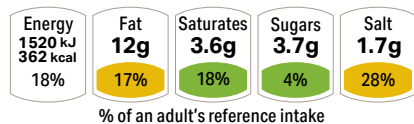


Roast Lamb in Minted Gravy

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

7581 €8.80 375g

Each meal contains



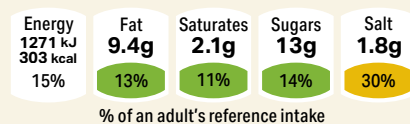
The CHEF'S KITCHEN

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 €8.70 385g

Each meal contains



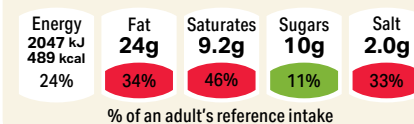
The CHEF'S KITCHEN

Luxury Shepherd's Pie

Slow-cooked quality lamb and red wine bring a rich, rounded flavour that balances beautifully with the subtle sweetness of the smooth sweet potato & carrot mash. Topped with Wyke Farms Cheddar, parsley and a ciabatta crumb.

4235 €8.70 400g

Each meal contains



Lamb



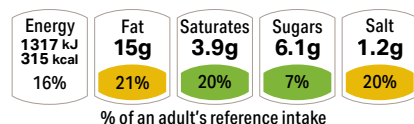
Liver & Bacon Casserole

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

324 €5.65 365g

GF

Each meal contains



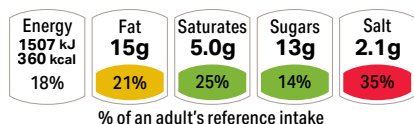
Lamb's Liver & Bacon in Onion Gravy

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

4260 €7.85 405g

GF

Each meal contains

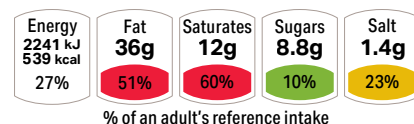


Moussaka

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 €7.55 372g

Each meal contains





Lamb in Gravy

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

237 €7.45 350g

GF

Each meal contains

Energy 1314 kJ 313 kcal 16%	Fat 10g 14%	Saturates 3.4g 17%	Sugars 4.5g 5%	Salt 1.1g 18%
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% 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 €6.75 410g

GF

Each meal contains

Energy 1581 kJ 378 kcal 19%	Fat 18g 26%	Saturates 7.4g 37%	Sugars 7.6g 8%	Salt 1.7g 28%
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% 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 €6.10 350g

GF

Each meal contains

Energy 1381 kJ 330 kcal 17%	Fat 15g 21%	Saturates 6.5g 33%	Sugars 6.3g 7%	Salt 1.2g 20%
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% 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 €6.70 360g

Each meal contains

Energy 1317 kJ 315 kcal 16%	Fat 14g 20%	Saturates 5.9g 30%	Sugars 7.0g 8%	Salt 1.3g 22%
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% of an adult's reference intake



Shepherd's Pie

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

245 €5.65 380g

GF

Each meal contains

Energy 1410 kJ 337 kcal 17%	Fat 15g 21%	Saturates 5.5g 28%	Sugars 5.9g 7%	Salt 1.7g 28%
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% 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.

Vegetarian

A wide variety of dishes, from pasta to curry and great British classics, all made without meat - and full of flavour.

7573
Spiced Chickpea Stew
Page 42



“ This is very Moroccan in taste and with the rice and the broccoli, really is restaurant quality. ”

Mrs L

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 €5.95 320g V

Each meal contains

Energy 1415 kJ 336 kcal 17%	Fat 9.4g 13%	Saturates 4.2g 21%	Sugars 6.3g 7%	Salt 1.5g 25%
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% of an adult's reference intake

Also available in Mini size see page 75

NEW



Mushroom Risotto

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

4331 €7.00 370g GF V

Each meal contains

Energy 1766 kJ 422 kcal 21%	Fat 21g 30%	Saturates 13g 65%	Sugars 5.9g 7%	Salt 2.6g 43%
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% 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 €7.20 420g GF V

Each meal contains

Energy 1856 kJ 444 kcal 22%	Fat 23g 33%	Saturates 11g 55%	Sugars 7.4g 8%	Salt 1.4g 23%
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% 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 €6.00 430g GF VEGAN

Each meal contains

Energy 1705 kJ 407 kcal 20%	Fat 17g 24%	Saturates 5.1g 26%	Sugars 9.9g 11%	Salt 1.4g 23%
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% of an adult's reference intake

Vegetarian



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 €7.80 375g V

Each meal contains

Energy 1581 kJ 377 kcal 19%	Fat 12g 17%	Saturates 1.2g 6%	Sugars 13g 14%	Salt 1.7g 28%
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% of an adult's reference intake



Omelette, Chips & Beans

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

343 €5.75 370g GF V

Each meal contains

Energy 2060 kJ 493 kcal 25%	Fat 23g 33%	Saturates 3.9g 20%	Sugars 8.3g 9%	Salt 1.4g 23%
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% 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 €6.60 400g GF VEGAN

Each meal contains

Energy 1639 kJ 389 kcal 19%	Fat 8.8g 13%	Saturates 1.1g 6%	Sugars 11g 12%	Salt 1.4g 23%
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% 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 €6.60 330g VEGAN

Each meal contains

Energy 1370 kJ 324 kcal 16%	Fat 5.7g 8%	Saturates 0.8g 4%	Sugars 6.6g 7%	Salt 0.96g 16%
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% of an adult's reference intake

Easy to cook, no defrosting



THE CHEF'S KITCHEN

Luxury Vegetable Lasagne (Oven Cook Only)

Deliciously intense Mediterranean style vegetables, sweet basil and vibrant tomato layered with pasta and the rich savouriness of our cheese sauce made with Wyke Farms Cheddar. Finished with parsley & Regato cheese.

4314 €6.65 405g GF V

Each meal contains

Energy 2229 kJ 532 kcal 27%	Fat 24g 34%	Saturates 8.1g 41%	Sugars 17g 19%	Salt 1.8g 30%
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% of an adult's reference intake



NEW

Aubergine Parmigiana

Tender aubergine cooked in a fragrant tomato and basil sauce and topped with Cheddar and mozzarella. Served with golden herby diced potatoes.

7574 €6.45 390g GF V

Each meal contains

Energy 2222 kJ 534 kcal 27%	Fat 38g 54%	Saturates 5.9g 30%	Sugars 9.6g 11%	Salt 1.1g 18%
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% of an adult's reference intake



Cheese, Onion, Leek & Potato Bake

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

554 €5.80 400g GF V

Each meal contains

Energy 1598 kJ 382 kcal 19%	Fat 20g 29%	Saturates 8.1g 41%	Sugars 11g 12%	Salt 1.1g 18%
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% of an adult's reference intake



WELL BALANCED

Mushroom Stroganoff

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

7567 €7.10 420g GF V

Each meal contains

Energy 1765 kJ 421 kcal 21%	Fat 15g 21%	Saturates 3.2g 16%	Sugars 4.8g 5%	Salt 1.4g 23%
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% of an adult's reference intake

Vegetarian

*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.

NEW**Thaw & Serve**

Mediterranean Style Vegetable Pasta Salad

Tender fusilli pasta tossed with slow-roasted tomatoes, peppers and red onion, in a rich, herby tomato sauce. Simply thaw and serve.

2216 €4.40 200g


Each portion contains

Energy 943 kJ 223 kcal 11%	Fat 3.4g 5%	Saturates 0.3g 2%	Sugars 8.4g 9%	Salt 1.1g 18%
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% 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 €7.55 340g


Each meal contains

Energy 2982 kJ 714 kcal 36%	Fat 40g 57%	Saturates 24g 120%	Sugars 9.3g 10%	Salt 2.4g 40%
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% 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 €7.20 350g


Each meal contains

Energy 1862 kJ 445 kcal 22%	Fat 21g 30%	Saturates 5.2g 26%	Sugars 5.7g 6%	Salt 0.82g 14%
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% 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 €7.55 440g


Each meal contains

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



Provençale Vegetable Bake

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

8196 €5.70 435g


Each meal contains

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



Vegetable Lasagne

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

609 €6.60 465g V

Each meal contains

Energy 2014 kJ 480 kcal 24%	Fat 20g 29%	Saturates 6.2g 31%	Sugars 17g 19%	Salt 1.7g 28%
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% 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 €5.90 400g V

Each meal contains

Energy 2255 kJ 539 kcal 27%	Fat 26g 37%	Saturates 12g 60%	Sugars 9.9g 11%	Salt 1.7g 28%
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% of an adult's reference intake



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.

8164 €6.85 420g VEGAN

Each meal contains

Energy 1908 kJ 456 kcal 23%	Fat 23g 33%	Saturates 2.0g 10%	Sugars 10g 11%	Salt 1.8g 30%
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% 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 €7.70 400g V

Each meal contains

Energy 1723 kJ 411 kcal 21%	Fat 14g 20%	Saturates 3.0g 15%	Sugars 10g 11%	Salt 1.8g 30%
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% of an adult's reference intake

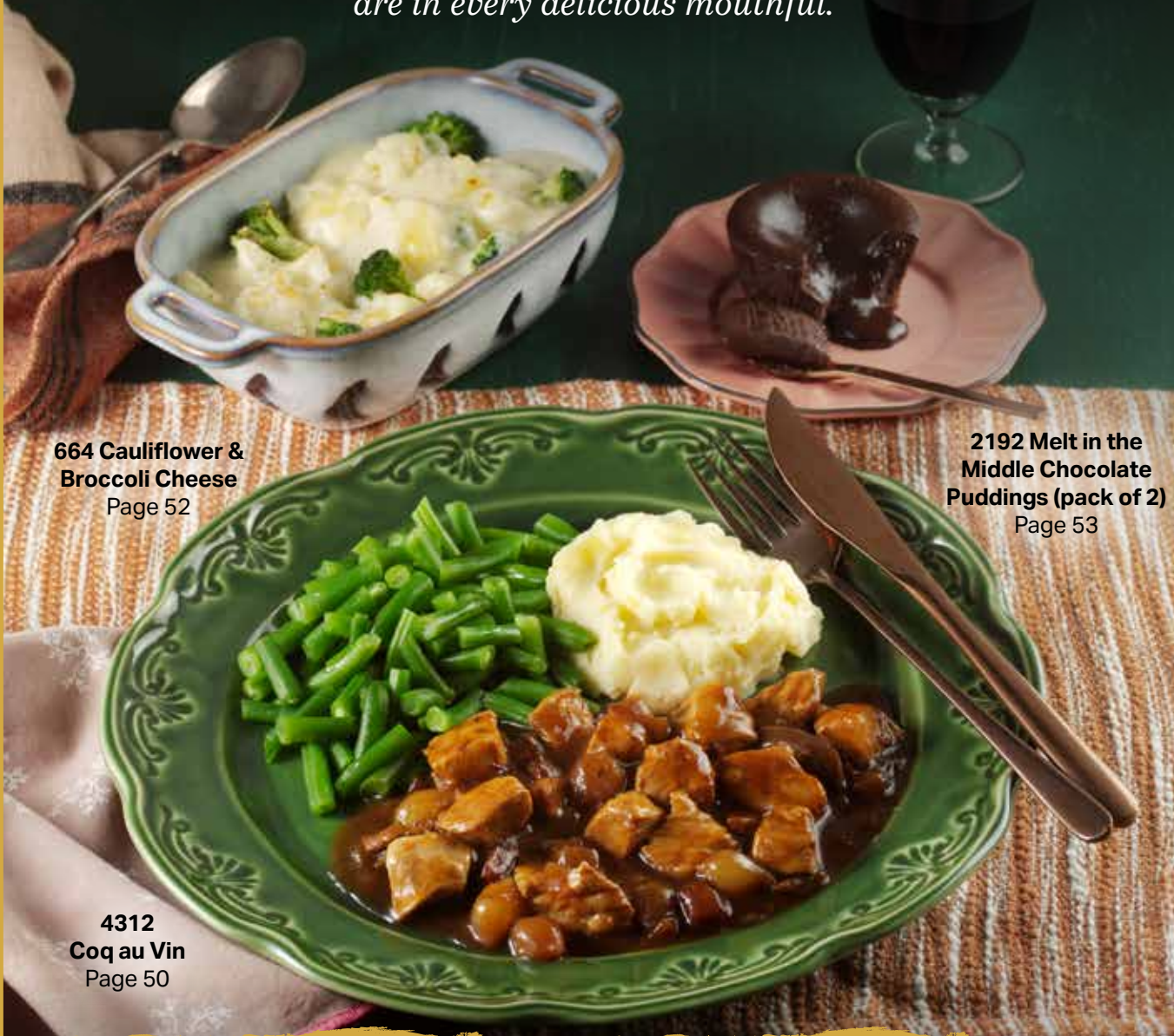
THE CHEF'S KITCHEN

Vegetarian

The CHEF'S KITCHEN

Treat yourself to
≡ OUR LUXURY MENU ≡

Sometimes only the best will do! Made with our finest ingredients, you can taste how special these dishes are in every delicious mouthful.



664 Cauliflower &
Broccoli Cheese
Page 52

2192 Melt in the
Middle Chocolate
Puddings (pack of 2)
Page 53

4312
Coq au Vin
Page 50

“ Another of my favourites from the Chef's Kitchen menu. The chicken is beautifully slow-cooked in red wine. I regularly add it to my weekly orders. Delicious! **”**

Mrs C

Wiltshire Farm Foods Customer



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 €8.70 385g

Each meal contains

Energy 1271 kJ 303 kcal 15%	Fat 9.4g 13%	Saturates 2.1g 11%	Sugars 13g 14%	Salt 1.8g 30%
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% of an adult's reference intake



NEW

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 €8.45 435g

GF

Each portion contains

Energy 1893 kJ 432 kcal 22%	Fat 26g 37%	Saturates 3.1g 16%	Sugars 9.0g 10%	Salt 1.5g 25%
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% of an adult's reference intake



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.

4176 €7.65 465g

Each meal contains

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



Luxury Shepherd's Pie

Slow-cooked quality lamb and red wine bring a rich, rounded flavour that balances beautifully with the subtle sweetness of the smooth sweet potato & carrot mash. Topped with Wyke Farms Cheddar, parsley and a ciabatta crumb.

4235 €8.70 400g

Each meal contains

Energy 2047 kJ 489 kcal 24%	Fat 24g 34%	Saturates 9.2g 46%	Sugars 10g 11%	Salt 2.0g 33%
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% of an adult's reference intake

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 €8.50 400g GF

Each meal contains

Energy 2199 kJ 528 kcal 26%	Fat 32g 46%	Saturates 11g 55%	Sugars 10g 11%	Salt 2.9g 48%
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% 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 €8.80 410g GF

Each meal contains

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



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 €9.40 535g

Each meal contains

Energy 2339 kJ 557 kcal 28%	Fat 20g 29%	Saturates 5.9g 30%	Sugars 6.9g 8%	Salt 2.8g 47%
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% 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 €9.15 400g GF

Each meal contains

Energy 1841 kJ 439 kcal 22%	Fat 18g 26%	Saturates 6.8g 34%	Sugars 8.9g 10%	Salt 2.4g 40%
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% of an adult's reference intake



Luxury Cottage Pie

Best minced beef and tender chunks of slow-cooked brisket in a red wine gravy topped with smooth, buttery mash. Wyke Farms Cheddar and ciabatta breadcrumbs create a delicious finish.

4281 €8.00 400g

Each meal contains

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

% of an adult's reference intake



NEW

Luxury Fishcake

A blend of salmon and pollock with potato and dill, coated in breadcrumbs. Served with skin-on potatoes and a medley of green beans, asparagus and peas, finished with black pepper, parsley and lemon flavour.

7758 €8.20 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



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 €8.30 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



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 €7.55 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

* Please refer to page 106



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 €9.65 390g GF

Each meal contains

Energy 1439 kJ 344 kcal 17%	Fat 14g 20%	Saturates 5.9g 30%	Sugars 6.0g 7%	Salt 1.1g 18%
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% 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 €7.70 400g V

Each meal contains

Energy 1723 kJ 411 kcal 21%	Fat 14g 20%	Saturates 3.0g 15%	Sugars 10g 11%	Salt 1.8g 30%
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% 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.

4312 €8.65 440g GF

Each meal contains

Energy 1794 kJ 429 kcal 21%	Fat 22g 31%	Saturates 7.4g 37%	Sugars 5.5g 6%	Salt 1.8g 30%
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% of an adult's reference intake



Beef & Stilton Pie

Slow-cooked beef, root vegetables and tasty blue Stilton beneath a flaky puff pastry lid. The fruity tang of braised red cabbage with apple & port complements the richness of the mash and gravy.

7515 €9.00 457g

Each meal contains

Energy 2860 kJ 684 kcal 34%	Fat 36g 51%	Saturates 16g 80%	Sugars 22g 24%	Salt 2.2g 37%
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% 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 2420 kJ 576 kcal 29%	Fat 21g 30%	Saturates 7.6g 38%	Sugars 7.4g 8%	Salt 2.7g 45%
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% of an adult's reference intake



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 €7.90 405g

Each meal contains

Energy 2627 kJ 627 kcal 31%	Fat 30g 43%	Saturates 12g 60%	Sugars 12g 13%	Salt 2.2g 37%
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% of an adult's reference intake



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 €9.05 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



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 €7.55 440g

V

Each meal contains

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



Luxury Vegetable Lasagne (Oven Cook Only)

Deliciously intense Mediterranean style vegetables, sweet basil and vibrant tomato layered with pasta and the rich savouriness of our cheese sauce made with Wyke Farms Cheddar. Finished with parsley & Regato cheese.

4314 €6.65 405g

V

Each meal contains

Energy 2229 kJ 532 kcal 27%	Fat 24g 34%	Saturates 8.1g 41%	Sugars 17g 19%	Salt 1.8g 30%
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% 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 €8.30 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%
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% 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 €1.80 150g **GF** **V**

Each pack contains

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

% 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 €3.25 220g **GF** **V**

Each pack contains

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

% of an adult's reference intake



Cauliflower & Broccoli Cheese

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

664 €3.60 250g **GF** **V**

Each pack contains

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

% of an adult's reference intake



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 €2.40 110g **GF** **V**

Each pack contains

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

% 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 €3.40 80g



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



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 €5.35 90g x 2



Each dessert contains

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

% 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 €3.45 120g



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 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 €3.35 112g



Each dessert contains

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

% 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 GF V

Each dessert contains

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

% of an adult's reference intake



Plum & Cherry Crumble

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

3778 €2.80 135g VEGAN

Each dessert contains

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

% of an adult's reference intake



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 €3.35 130g V

Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1086 kJ 258 kcal 13%	7.3g 10%	4.4g 22%	24g 27%	0.21g 3%

% 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 €2.80 130g V

Each dessert contains

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

% of an adult's reference intake

The CHEF'S KITCHEN

Treat yourself to
OUR LUXURY MENU

for only

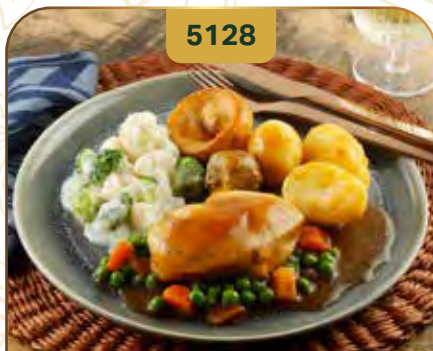
€61.60

Spoilt for choice? Get six of our most delicious main dishes plus three divine desserts in this easy-order bundle.

Order using code

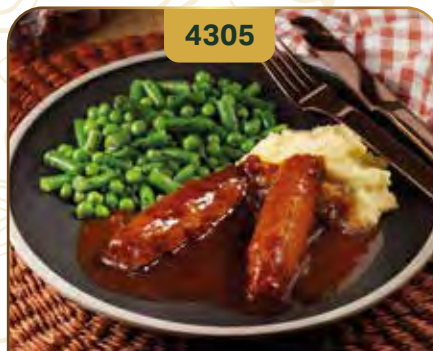
CK36E

quote it on the phone or search for it on our website then add to your basket.



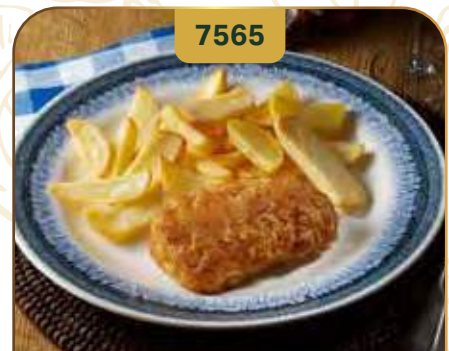
5128

Luxury Roast Chicken
(Oven Cook Only) Page 48



4305

Luxury Sausage & Mash
Page 48



7565

Luxury Fish & Chips
(Oven Cook Only) Page 49



4300

Luxury Macaroni Cheese
Page 49



4312

Coq au Vin
Page 50



7558

Cod Mornay
Page 50



477

Crème Caramel
Page 53



842

West Country Clotted Cream
Rice Pudding Page 54



3710

Luxury Apple Crumble
Page 54

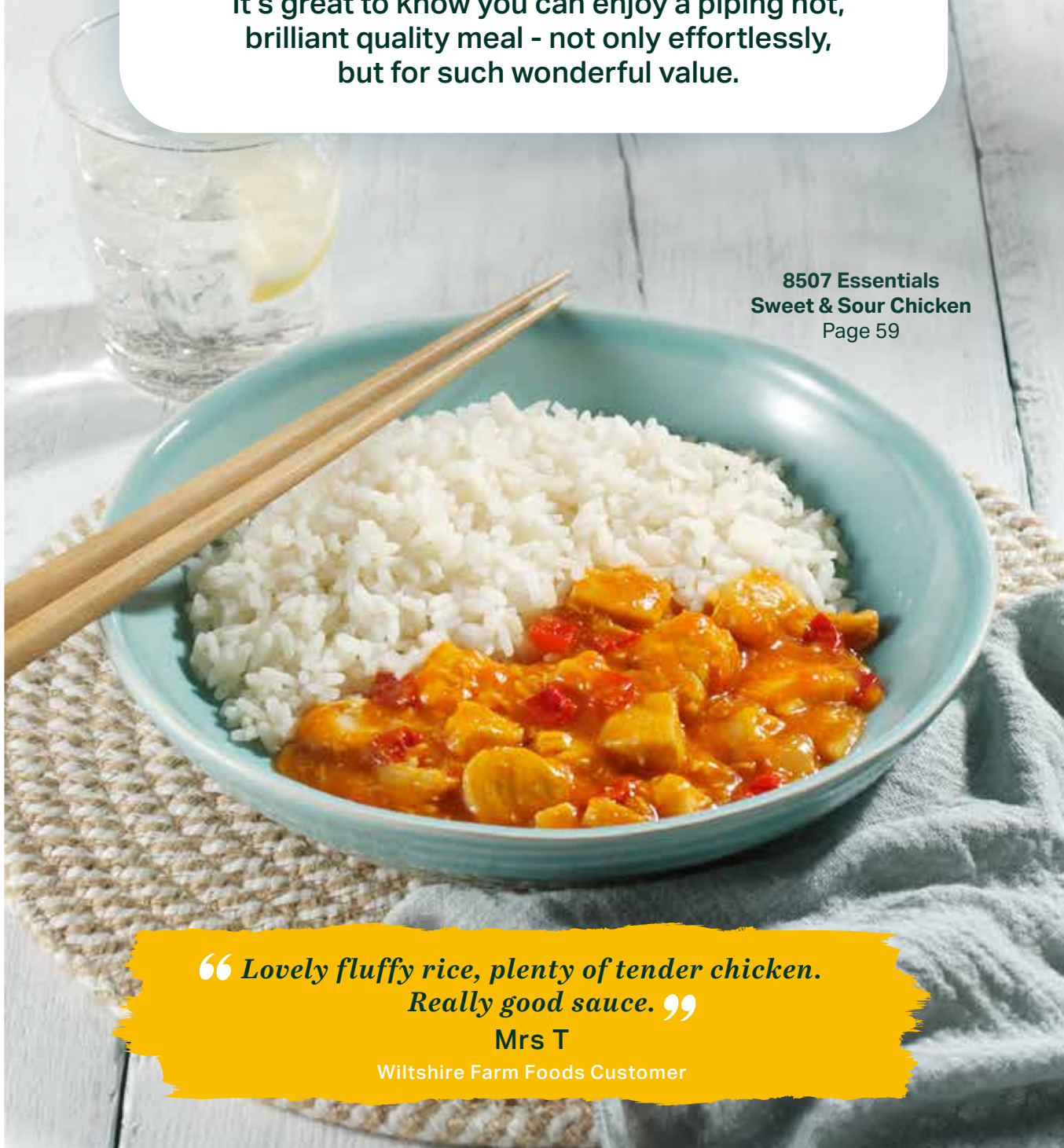
Go on, treat yourself

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.

8507 Essentials
Sweet & Sour Chicken
Page 59



*“Lovely fluffy rice, plenty of tender chicken.
Really good sauce.”*

Mrs T

Wiltshire Farm Foods Customer

**MICROWAVE
FROM FROZEN**

**MEALS
FROM €4.00**

**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.

MEALS FROM ONLY €4.00

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 €4.00 to €5.20
- ✓ 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 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 Cheese & Onion Pie

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

8501 €4.00 410g GF V

Each meal contains

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

% 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.



ESSENTIALS Butter Bean & Cauliflower Curry

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

8500 €4.00 370g GF VEGAN

Each meal contains

Energy 1734 kJ 413 kcal 21%	Fat 15g 21%	Saturates 1.5g 8%	Sugars 3.5g 4%	Salt 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 €5.20 360g GF

Each meal contains

Energy 1226 kJ 292 kcal 15%	Fat 12g 17%	Saturates 3.0g 15%	Sugars 8.9g 10%	Salt 1.2g 20%
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% of an adult's reference intake



ESSENTIALS Lancashire Hotpot

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

8514 €5.20 395g GF

Each meal contains

Energy 1575 kJ 376 kcal 19%	Fat 17g 24%	Saturates 5.6g 28%	Sugars 8.9g 10%	Salt 1.1g 18%
--------------------------------------	--------------------------	---------------------------------	------------------------------	----------------------------

% of an adult's reference intake



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 1552 kJ 371 kcal 19%	Fat 16g 23%	Saturates 4.2g 21%	Sugars 6.5g 7%	Salt 1.8g 30%
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% of an adult's reference intake



ESSENTIALS Chicken Curry

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

8502 €4.70 350g GF

Each meal contains

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

% of an adult's reference intake



ESSENTIALS Macaroni Cheese

Macaroni in a cheese sauce, served with green beans.

8511 €4.45 370g V

Each meal contains

Energy 1843 kJ 439 kcal 22%	Fat 14g 20%	Saturates 7.2g 36%	Sugars 7.4g 8%	Salt 1.2g 20%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% 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 €5.20 350g

GF

Each meal contains

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

% of an adult's reference intake



ESSENTIALS Fish Pie

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

8510 €5.20 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



**WELL
BALANCED**

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



ESSENTIALS Pasta Bolognese

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

8504 €5.20 330g

Each meal contains

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

% of an adult's reference intake



ESSENTIALS 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	7.2g	1.3g	15g	1.3g
21%	10%	7%	17%	22%

% 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.

Soups & Snacks

Tasty soups, toasties and picnic favourites; enjoy as an easy lunch, a spot of supper - or an anytime nibble!



2215
Three Cheese Toastie
Page 61



Cream of Tomato Soup

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



Chicken & Vegetable Soup

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



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.

1129 €2.00 200g GF V

Each soup contains

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

% of an adult's reference intake

1132 €2.00 200g GF

Each soup contains

Energy 642 kJ 154 kcal 8%	Fat 8.0g 11%	Saturates 1.1g 6%	Sugars 2.6g 3%	Salt 0.95g 16%
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% of an adult's reference intake

2210 €5.65 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



Sausage Roll (pack of 2)

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

2206 €2.95 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%
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% 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 €6.20 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%
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% of an adult's reference intake



Chunky Vegetable Soup

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

1133 €2.00 200g GF VEGAN

Each soup contains

Energy 437 kJ 105 kcal 5%	Fat 6.1g 9%	Saturates 0.5g 3%	Sugars 4.5g 5%	Salt 1.1g 18%
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% 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 €5.35 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%
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% of an adult's reference intake



Pork Pie

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

2209 €2.50 140g

Each pie contains

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



Leek & Potato Soup

A delicious combination of leek and potato seasoned with chives.

1131 €2.00 200g GF V

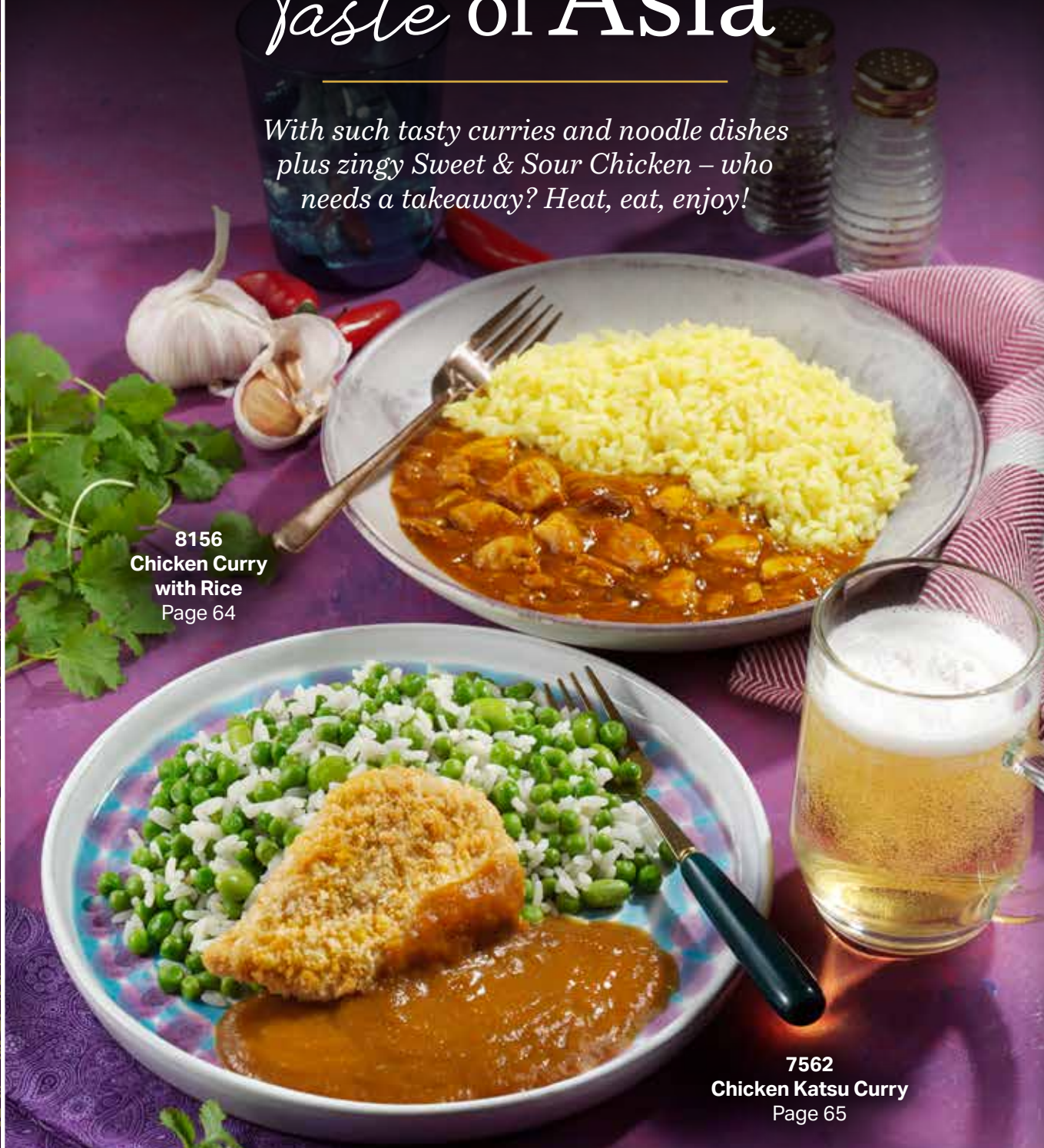
Each soup contains

Energy 462 kJ 110 kcal 6%	Fat 5.8g 8%	Saturates 0.9g 5%	Sugars 4.8g 5%	Salt 1.0g 17%
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% of an adult's reference intake

Taste of Asia

With such tasty curries and noodle dishes plus zingy Sweet & Sour Chicken – who needs a takeaway? Heat, eat, enjoy!



8156
Chicken Curry
with Rice
Page 64

7562
Chicken Katsu Curry
Page 65

“ Very nice Katsu Curry, will buy again. ”

Mrs F

Wiltshire Farm Foods Customer



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 €7.80 410g

Each meal contains

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

% 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 €7.65 465g

Each meal contains

Energy 2056 kJ 487 kcal 24%	Fat 8.4g 12%	Saturates 1.2g 6%	Sugars 36g 40%	Salt 0.46g 8%
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% 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 €7.75 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%
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% of an adult's reference intake



Chicken Korma

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

7273 €7.15 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

Taste of Asia

* 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.

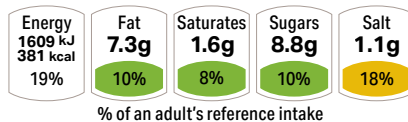


Chicken Curry with Rice

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

8156 €5.80 360g (GF)

Each meal contains

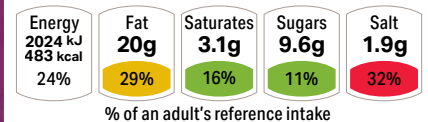


Chicken Biryani

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

4310 €8.15 390g (GF)

Each meal contains

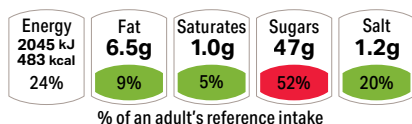


Sweet & Sour Chicken with Noodles

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

4177 €7.60 435g

Each meal contains

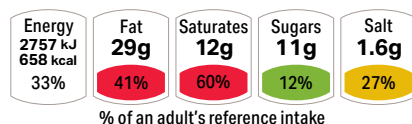


Beef Curry with Rice

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

4271 €8.55 415g (GF)

Each meal contains

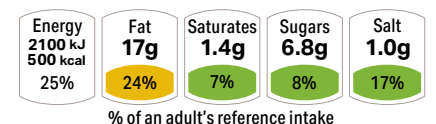


King Prawn Curry

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

4309 €8.15 445g (GF)

Each meal contains





Vegetable Curry

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

7272 €6.00 430g GF VEGAN

Each meal contains

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

% of an adult's reference intake



Sweet & Sour Chicken

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

8194 €5.95 415g GF

Each meal contains

Energy 1792 kJ 424 kcal 21%	Fat 6.6g 9%	Saturates 1.2g 6%	Sugars 27g 30%	Salt 1.3g 22%
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% of an adult's reference intake



Chicken Tikka Masala

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

4166 €6.95 455g GF

Each meal contains

Energy 2127 kJ 506 kcal 25%	Fat 19g 27%	Saturates 5.9g 30%	Sugars 13g 14%	Salt 1.4g 23%
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% 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 €6.60 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

Taste of Asia

*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.

Italian & Mediterranean

We've five new dishes to discover, all bursting with the flavours of the Med, each perfect for an easy meal on a summer's day.

4318 Chicken Arrabbiata
Page 69



“Nice and tasty with just enough spice.”

Mrs H

Wiltshire Farm Foods Customer

Mushroom Risotto

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

Also available in Mini size see page 75

NEW

“Notoriously time consuming to cook from scratch, this tender risotto is a mushroom lover’s dream.”



Jethro Lawrence
Head Chef

4331 €7.00 370g **GF** **V**

Each meal contains

Energy 1766 kJ 422 kcal 21%	Fat 21g 30%	Saturates 13g 65%	Sugars 5.9g 7%	Salt 2.6g 43%
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% 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 €5.90 400g **V**

Each meal contains

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

% of an adult's reference intake



Spaghetti Bolognese

Spaghetti with a rich minced beef and Bolognese sauce.

4275 €7.25 340g

Each meal contains

Energy 1511 kJ 359 kcal 18%	Fat 11g 16%	Saturates 3.4g 17%	Sugars 7.1g 8%	Salt 1.6g 27%
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% of an adult's reference intake

Italian & Mediterranean

NEW



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.

“Sustainably sourced salmon complemented with simple, fragrant flavours – beautiful.”



Jethro Lawrence
Head Chef

7582 €8.45 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



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 €5.95 320g

Each meal contains

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

% of an adult's reference intake

...and how about an Italian classic to finish?

This grown-up dessert is the perfect end to any Italian inspired meal. Treat yourself!

The CHEF'S KITCHEN



Find me on Page 102

Mediterranean Style Vegetable Pasta Salad

Tender fusilli pasta tossed with slow-roasted tomatoes, peppers and red onion, in a rich, herby tomato sauce. Simply thaw and serve.

Thaw & Serve

NEW

“With vibrant tomato and pepper, this is the perfect lighter summer bite.”



Phil Dummer
Executive Chef

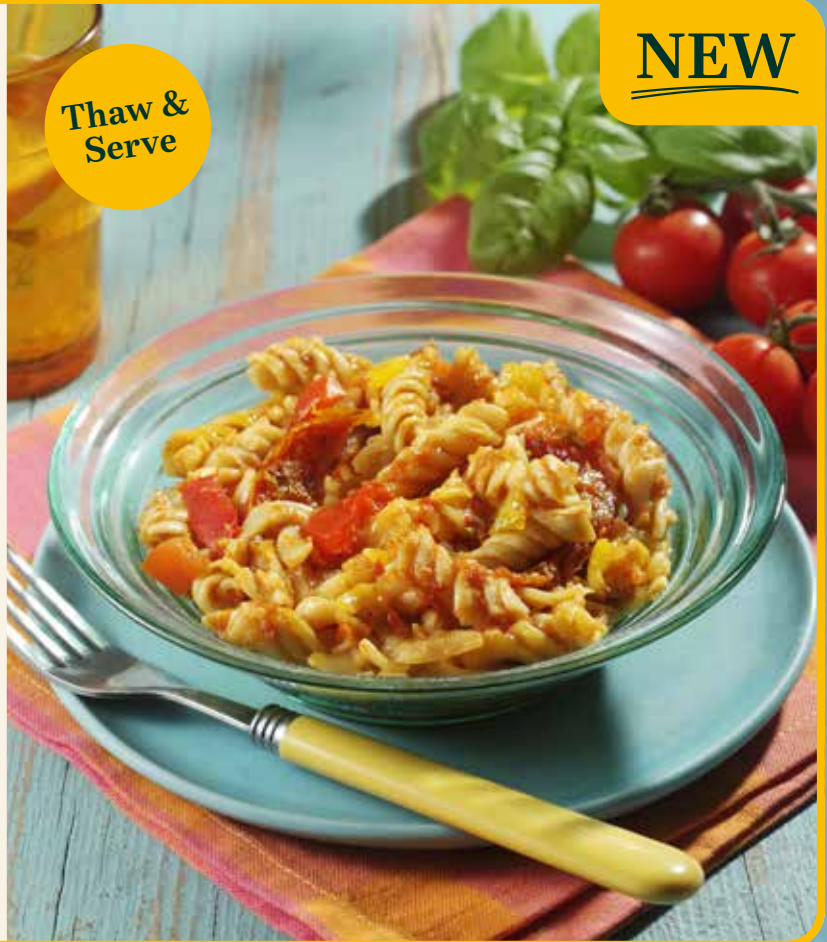
2216 €4.40 200g



Each portion contains

Energy 943 kJ 223 kcal 11%	Fat 3.4g 5%	Saturates 0.3g 2%	Sugars 8.4g 9%	Salt 1.1g 18%
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% 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 €6.40 380g

Each meal contains

Energy 2138 kJ 510 kcal 26%	Fat 21g 30%	Saturates 4.8g 24%	Sugars 8.5g 9%	Salt 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 €7.90 405g

Each meal contains

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

% of an adult's reference intake

Italian & Mediterranean

NEW

Also available in Mini size see page 74



Lemon & Herb Chicken

Tender chicken in a creamy white wine and Sicilian lemon flavour sauce. Served with golden diced potatoes and Mediterranean inspired vegetables tossed with oregano.

4333 €7.05 365g GF

Each meal contains

Energy 1462 kJ 350 kcal 18%	Fat 16g 23%	Saturates 3.0g 15%	Sugars 5.6g 6%	Salt 1.4g 23%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



Spaghetti Carbonara

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

4288 €7.20 295g

Each meal contains

Energy 1827 kJ 436 kcal 22%	Fat 20g 29%	Saturates 9.1g 46%	Sugars 8.9g 10%	Salt 1.8g 30%
--------------------------------------	--------------------------	---------------------------------	------------------------------	----------------------------

% 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 €8.30 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



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 €7.25 320g

Each meal contains

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

% of an adult's reference intake

* Please refer to page 106

Aubergine Parmigiana

Tender aubergine cooked in a fragrant tomato and basil sauce and topped with Cheddar and mozzarella. Served with golden herby diced potatoes.

NEW

“ Ever so tasty with cheese, herbs and just a touch of smoked paprika. ”



Jethro Lawrence
Head Chef

7574 €6.45 390g GF V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2222 kJ 534 kcal	38g	5.9g	9.6g	1.1g
27%	54%	30%	11%	18%

% of an adult's reference intake



**WELL
BALANCED***



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	16g	4.9g	5.1g	1.5g
25%	23%	25%	6%	25%

% 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 €7.55 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

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.

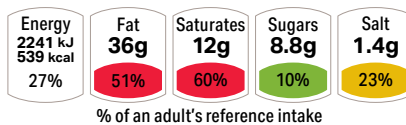


Moussaka

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 €7.55 372g

Each meal contains

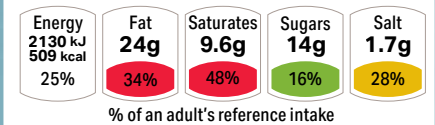


Lasagne

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

4204 €8.00 445g

Each meal contains



THE CHEF'S KITCHEN

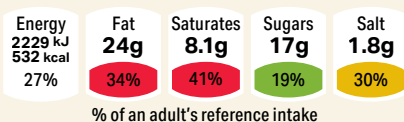
Luxury Vegetable Lasagne (Oven Cook Only)

Delicious Mediterranean style vegetables, basil and tomato layered with pasta and our rich cheese sauce made with Wyke Farms Cheddar. Finished with parsley & Regato cheese.

4314 €6.65 405g



Each meal contains

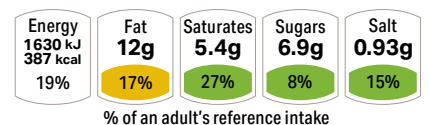


Spaghetti with King Prawns in a Creamy Lemon Sauce

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

4290 €7.80 380g

Each meal contains



Mini Meals

Perfectly portioned for smaller appetites, these more manageable complete meals mean nothing goes to waste. 139-288 calories each.

1102
Cumberland Sausage
Mini Meal
Page 74

1113
Gammon with Pineapple
Mini Meal
Page 76

044
Sweet & Sour Chicken
Mini Meal
Page 75

“ Love these meals, just the right size for me. ”

Mrs M

Wiltshire Farm Foods Customer

NEW



Lemon & Herb Chicken Mini Meal

Tender chicken cooked in a creamy sauce infused with Sicilian lemon and Dijon mustard. Served with diced potatoes and Mediterranean vegetables tossed with oregano.

1187 €5.25 200g GF

Each meal contains

Energy 798 kJ 191 kcal 10%	Fat 8.7g 12%	Saturates 1.6g 8%	Sugars 3.1g 3%	Salt 0.74g 12%
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% 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 €5.20 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%
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% of an adult's reference intake



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.

1110 €5.55 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%
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% of an adult's reference intake



Cumberland Sausage Mini Meal

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

1102 €5.45 207g

Each meal contains

Energy 872 kJ 208 kcal 10%	Fat 9.9g 14%	Saturates 2.4g 12%	Sugars 2.8g 3%	Salt 1.3g 22%
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% of an adult's reference intake

Mini Meals



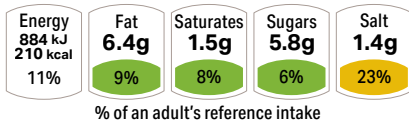
Beef Bourguignon Mini Meal

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

1177 €5.70 240g



Each meal contains



NEW

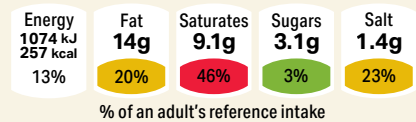
Mushroom Risotto Mini Meal

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

1188 €4.90 200g



Each meal contains



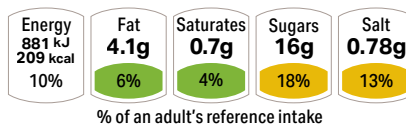
Sweet & Sour Chicken Mini Meal

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

044 €5.20 205g



Each meal contains

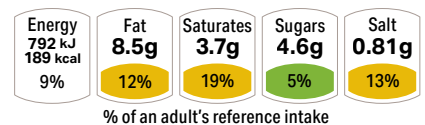


Irish Stew Mini Meal

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

1126 €4.80 220g

Each meal contains



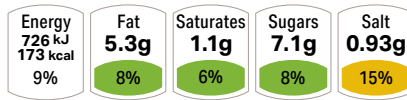


**Gammon with Pineapple
Mini Meal**

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

1113 €5.85 200g GF

Each meal contains



% of an adult's reference intake

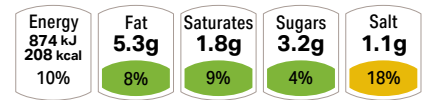


**Chilli Con Carne
Mini Meal**

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

1165 €4.80 230g GF

Each meal contains



% of an adult's reference intake

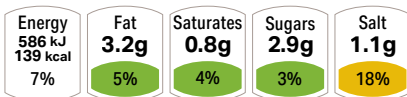


Roast Beef Mini Meal

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

1104 €5.70 220g GF

Each meal contains



% of an adult's reference intake

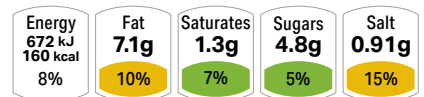


**Chicken & Vegetable
Casserole Mini Meal**

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

1103 €5.40 220g GF

Each meal contains



% of an adult's reference intake



Roast Lamb in Mint Gravy Mini Meal

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

1106 €5.75 220g GF

Each meal contains

Energy 647 kJ 154 kcal 8%	Fat 5.5g 8%	Saturates 1.7g 9%	Sugars 2.0g 2%	Salt 0.91g 15%
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% 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 €5.45 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%
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% 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 €5.60 220g

Each meal contains

Energy 791 kJ 188 kcal 9%	Fat 4.6g 7%	Saturates 0.8g 4%	Sugars 2.8g 3%	Salt 1.1g 18%
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% of an adult's reference intake



Shepherd's Pie Mini Meal

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

098 €5.40 220g GF

Each meal contains

Energy 1092 kJ 262 kcal 13%	Fat 16g 23%	Saturates 6.0g 30%	Sugars 2.2g 2%	Salt 1.6g 27%
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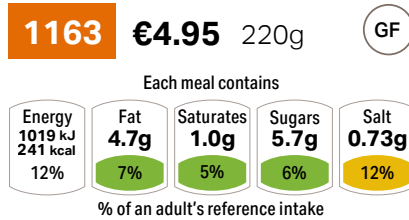
% of an adult's reference intake

* Please refer to page 106



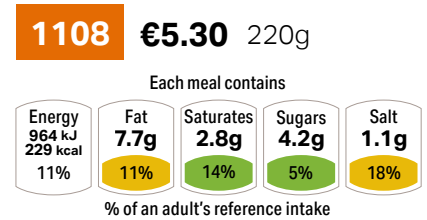
Chicken Curry with Rice Mini Meal

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



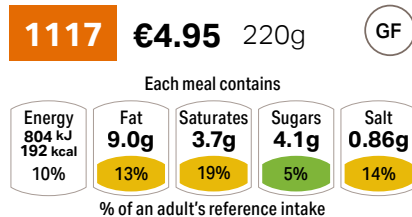
Spaghetti Bolognese Mini Meal

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



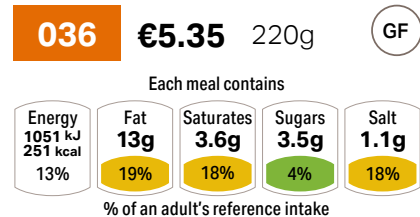
Lancashire Hotpot Mini Meal

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



Fisherman's Pie Mini Meal

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





Macaroni Cheese Mini Meal

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

1128 €4.95 220g



Each meal contains

Energy 1203 kJ 288 kcal 14%	Fat 15g 21%	Saturates 6.8g 34%	Sugars 5.4g 6%	Salt 1.0g 17%
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% of an adult's reference intake



Fish & Chips Mini Meal

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

093 €5.30 185g

Each meal contains

Energy 1002 kJ 238 kcal 12%	Fat 7.2g 10%	Saturates 0.8g 4%	Sugars 2.3g 3%	Salt 0.43g 7%
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% 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 €5.35 220g



Each meal contains

Energy 809 kJ 193 kcal 10%	Fat 10g 14%	Saturates 4.8g 24%	Sugars 2.8g 3%	Salt 0.75g 12%
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% of an adult's reference intake



Cottage Pie Mini Meal

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

097 €5.20 220g



Each meal contains

Energy 985 kJ 236 kcal 12%	Fat 12g 17%	Saturates 4.0g 20%	Sugars 2.2g 2%	Salt 1.3g 22%
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% of an adult's reference intake

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.



1578
Chicken Hotpot
Mini Meal Extra
Page 82

587
Ham & Leek Bake
Mini Meal Extra
Page 83



✓ 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.

Chicken Tikka Masala Mini Meal Extra

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

“Full of flavour with a bit of heat, it’s easy to see why this is such a much-loved dish.”



Jethro Lawrence
Head Chef

1575 €6.05 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



NEW



Salmon Bake Mini Meal Extra

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

583 €6.35 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

Macaroni Cheese Mini Meal Extra

Macaroni pasta in a deliciously creamy sauce made with Wyke Farms Cheddar and Regato cheese.

1577 €5.50 290g V

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2233 kJ 534 kcal	30g	14g	9.7g	1.8g
27%	43%	70%	11%	30%

% of an adult's reference intake

Mini Meals Extra



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



Chicken Hotpot Mini Meal Extra

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

1578 €5.80 300g



Each meal contains

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

“Rich, flavoursome and comforting with our Wyke Farms Cheddar.”



Jethro Lawrence
Head Chef

597 €5.65 300g



Each meal contains

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

NEW



“This tasty new pasta will transport you to Italy – the perfect summer meal.”



Jethro Lawrence
Head Chef

1574 €6.30 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



Beef Stroganoff Mini Meal Extra

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

Ham & Leek Bake Mini Meal Extra

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

587 €6.10 295g

GF

Each meal contains

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

% of an adult's reference intake

592 €6.55 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

* Please refer to page 106

Hearty Meals

Enjoy a more generous portion, perfect for a larger appetite or just when you love a dish so much you want more!

7101
Hearty Roast
Chicken
Page 86



*“ All very tasty, great sized portions,
good value for money! ”*

Mrs L

Wiltshire Farm Foods Customer



Hearty Shepherd's Pie

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



Hearty Sweet & Sour Chicken

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

160 €9.50 500g GF

Each meal contains

Energy 1851 kJ 443 kcal 22%	Fat 21g 30%	Saturates 7.6g 38%	Sugars 8.2g 9%	Salt 2.3g 38%
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% of an adult's reference intake

7106 €7.10 500g GF

Each meal contains

Energy 2153 kJ 510 kcal 26%	Fat 8.8g 13%	Saturates 1.6g 8%	Sugars 35g 39%	Salt 1.8g 30%
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% of an adult's reference intake



Hearty Chicken Curry with Rice

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

7144 €8.10 510g GF

Each meal contains

Energy 2304 kJ 546 kcal 27%	Fat 11g 16%	Saturates 2.4g 12%	Sugars 14g 16%	Salt 1.8g 30%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% 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 €8.70 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%
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% of an adult's reference intake

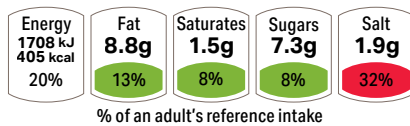


Hearty Roast Chicken

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

7101 €9.25 500g

Each meal contains

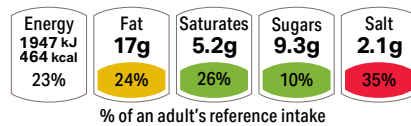


Hearty Cottage Pie

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

7100 €8.75 565g GF

Each meal contains

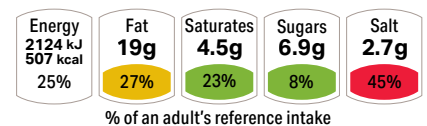


Hearty Bangers & Mash

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

133 €8.15 510g

Each meal contains

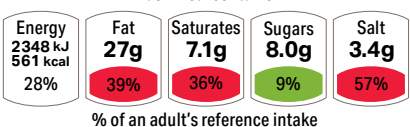


Hearty Cumberland Sausages

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

7102 €9.20 530g

Each meal contains

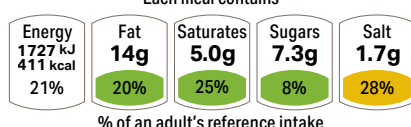


Hearty Roast Lamb in Mint Gravy

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

195 €10.00 500g GF

Each meal contains

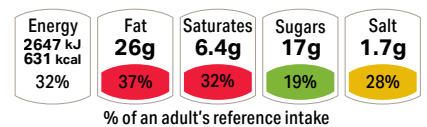


Hearty Chicken Tikka Masala

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

7147 €8.10 540g GF

Each meal contains



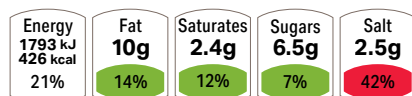


Hearty Roast Beef & Yorkshire Pudding

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

7105 €10.00 500g

Each meal contains



% of an adult's reference intake

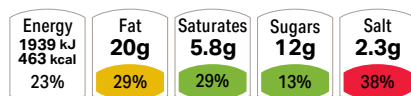


Hearty Beef Hotpot

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

7114 €8.75 500g GF

Each meal contains



% of an adult's reference intake

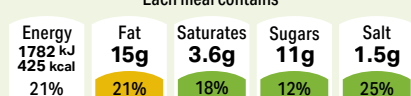


Hearty Fisherman's Pie

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

140 €9.35 500g GF

Each meal contains



% of an adult's reference intake

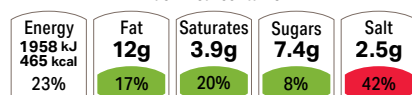


Hearty Chilli Con Carne

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

7146 €8.15 500g GF

Each meal contains



% of an adult's reference intake

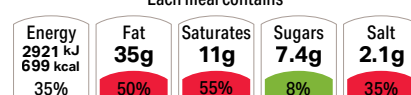


Hearty Steak & Kidney Pie

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

7126 €8.15 520g

Each meal contains



% of an adult's reference intake

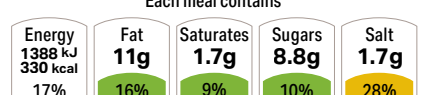


Hearty Chicken & Vegetable Casserole

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

142 €7.90 500g GF

Each meal contains



% 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

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

8196
Free From Provençale
Vegetable Bake
Page 90



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
Pork in Gravy

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

7360 €7.90 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 €5.95 415g GF

Each meal contains

Energy 1792 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
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 1266 kJ 300 kcal 15%	Fat 6.4g 9%	Saturates 0.8g 4%	Sugars 4.3g 5%	Salt 0.96g 16%
--------------------------------------	--------------------------	--------------------------------	-----------------------------	-----------------------------

% 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 €6.45 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

* 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.

Free From



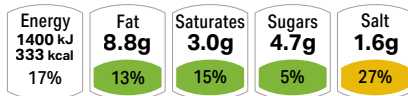
Free From Chilli Con Carne

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

8191 €6.55 350g



Each meal contains



% of an adult's reference intake



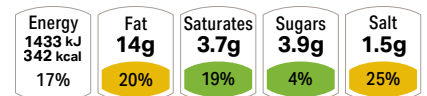
Free From Roast Lamb in Gravy

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

8199 €8.20 370g



Each meal contains



% of an adult's reference intake



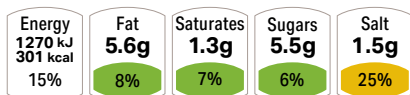
Free From Roast Beef in Gravy

Slices of steam roasted Silverside beef in gravy. Served with roast potatoes, carrots and peas.

7372 €8.80 400g



Each meal contains



% of an adult's reference intake



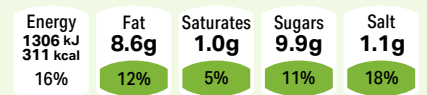
Free From Provençale Vegetable Bake

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

8196 €5.70 435g



Each meal contains



% 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.

Breakfast

Set yourself up for the day with a hot and satisfying breakfast. With a few waiting in the freezer, you can enjoy one whenever you fancy!



575
All Day
Breakfast
Page 91



Sausage, Beans & Omelette

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



Porridge

A warming portion of creamy porridge.



All Day Breakfast

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

095 €5.60 205g

Each meal contains

Energy 935 kJ 223 kcal 11%	Fat 6.9g 10%	Saturates 2.0g 10%	Sugars 7.0g 8%	Salt 1.4g 23%
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% of an adult's reference intake

022 €1.95 200g



Each pot contains

Energy 1115 kJ 267 kcal 13%	Fat 14g 20%	Saturates 4.3g 22%	Sugars 15g 17%	Salt 0.21g 3%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

575 €7.95 360g

Each meal contains

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

% of an adult's reference intake

Sweet Treats

*We all deserve a little treat – so put the kettle on and enjoy!
Which of these baked delights will tempt you?*

399
Chocolate Éclairs
(pack of 5)
Page 93



*“ Just like my mum used to make, very tasty,
can't stop at just one! ”*

Mrs G

Wiltshire Farm Foods Customer



Lemon Drizzle Cake

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



Chocolate Éclairs (pack of 5)

Choux pastry with a sweet cream filling and chocolate 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

399 €5.75 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

Perfect for peckish moments

If you fancy a spot of supper or want a bite between meals, our Soups & Snacks menu has lots of tasty options.



Find me on Page 61



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

Hot Desserts

*Rediscover childhood favourites from
sponge puddings and crumbles to pies and tarts.
No nicer way to end a meal.*

**866 Sticky Toffee Pudding
& Custard**
Page 97



**3126 Apple Crumble
& Custard**
Page 97



**824
Lemon Sponge
& Custard**
Page 98



*“ The Sticky Toffee Pudding is my favourite
I love it, absolutely delicious... ”*

Mrs B

Wiltshire Farm Foods Customer



Ginger Sponge & Custard

A lightly ginger spiced sponge with custard.

825 €2.00 130g V

Each dessert contains

Energy 1108 kJ 266 kcal 13%	Fat 16g 23%	Saturates 1.6g 8%	Sugars 16g 18%	Salt 0.43g 7%
--------------------------------------	--------------------------	--------------------------------	-----------------------------	----------------------------

% 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 €5.35 90g x 2 V

Each dessert contains

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

% of an adult's reference intake



Spotted Dick & Custard

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

852 €2.00 140g V

Each dessert contains

Energy 1143 kJ 273 kcal 14%	Fat 13g 19%	Saturates 3.8g 19%	Sugars 17g 19%	Salt 0.54g 9%
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% of an adult's reference intake



Summer Fruit Crumble & Custard

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

3128 €2.10 150g V

Each dessert contains

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

3142 €2.05 147g V

Each dessert contains

Energy 1549 kJ 368 kcal 18%	Fat 13g 19%	Saturates 2.9g 15%	Sugars 38g 42%	Salt 0.22g 4%
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% of an adult's reference intake

Hot Desserts



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



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



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



Rhubarb Crumble & Custard

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

3127 €2.10 150g V

Each dessert contains

Energy 1358 kJ 324 kcal 16%	Fat 15g 21%	Saturates 3.4g 17%	Sugars 21g 23%	Salt 0.24g 4%
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% 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%
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% of an adult's reference intake



Jam Sponge & Custard

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

822 €2.10 149g V

Each dessert contains

Energy 1421 kJ 339 kcal 17%	Fat 15g 21%	Saturates 1.5g 8%	Sugars 37g 41%	Salt 0.43g 7%
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% 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 €2.80 135g



Each dessert contains

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



Each dessert contains

Energy 1328 kJ 317 kcal 16%	Fat 15g 21%	Saturates 4.1g 21%	Sugars 16g 18%	Salt 0.34g 6%
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% of an adult's reference intake



Apple Crumble & Custard

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

3126 €2.10 150g



Each dessert contains

Energy 1376 kJ 328 kcal 16%	Fat 14g 20%	Saturates 3.4g 17%	Sugars 22g 24%	Salt 0.30g 5%
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% 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 €3.35 112g



Each dessert contains

Energy 1356 kJ 324 kcal 16%	Fat 17g 24%	Saturates 9.4g 47%	Sugars 24g 27%	Salt 0.35g 6%
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% of an adult's reference intake



The CHEF'S KITCHEN

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 1560 kJ 375 kcal 19%	Fat 27g 39%	Saturates 16g 80%	Sugars 15g 17%	Salt 0.22g 4%
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% of an adult's reference intake



Sticky Toffee Pudding & Custard

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

866 €2.10 160g



Each dessert contains

Energy 1515 kJ 362 kcal 18%	Fat 19g 27%	Saturates 7.5g 38%	Sugars 31g 34%	Salt 0.73g 12%
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% of an adult's reference intake



Bread and Butter Pudding & Custard

Layers of bread and butter, filled with juicy sultanas and currants, 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



Black Forest Dessert

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

3146 €2.80 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%
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% 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%
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% 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



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 €3.35 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



Ginger and Butterscotch Pudding

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

3149 €2.70 121g V

Each dessert contains

Energy 1765 kJ 423 kcal 21%	Fat 26g 37%	Saturates 14g 70%	Sugars 33g 37%	Salt 0.54g 9%
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% of an adult's reference intake

Reduced Sugar Hot Desserts

Watching your sugar intake needn't mean no treats! These puddings are made with at least 30% less sugar than our standard desserts, and just as delicious.



3957

Reduced Sugar Apple & Blackberry Crumble & Custard
Page 100



Reduced Sugar Blackcurrant Pie & Custard

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



Reduced Sugar Lemon Sponge & Custard

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

906

€2.00 150g



Each dessert contains

Energy 1222 kJ 293 kcal	Fat 17g	Saturates 4.6g	Sugars 12g	Salt 0.19g
15%	24%	23%	13%	3%

% of an adult's reference intake

925

€2.00 130g



Each dessert contains

Energy 1020 kJ 245 kcal	Fat 16g	Saturates 1.8g	Sugars 13g	Salt 0.34g
12%	23%	9%	14%	6%

% of an adult's reference intake

Reduced Sugar Hot Desserts



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 V

Each dessert contains

Energy 1295 kJ 310 kcal 16%	Fat 17g 24%	Saturates 4.2g 21%	Sugars 8.3g 9%	Salt 0.24g 4%
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% of an adult's reference intake



Reduced Sugar Rhubarb Crumble & Custard

Tender pieces of rhubarb topped with a golden oaty 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%
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% 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 Apple Pie & Custard

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

900 €2.05 150g V

Each dessert contains

Energy 1220 kJ 292 kcal 15%	Fat 16g 23%	Saturates 4.6g 23%	Sugars 9.3g 10%	Salt 0.27g 4%
--------------------------------------	--------------------------	---------------------------------	------------------------------	----------------------------

% 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 653 kJ 155 kcal 8%	Fat 3.1g 4%	Saturates 1.3g 7%	Sugars 12g 13%	Salt 0.20g 3%
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% of an adult's reference intake

Cold Desserts

On a warm day there's nothing quite like a cool and refreshing dessert. Don't miss our two new ice cream flavours!

2184
Chocolate Ice Cream
Sticks (pack of 6)
Page 105

411
Caramel Sundae
Page 103

412
Blackcurrant Cheesecake
Page 103

“ The ice cream is lovely and smooth and with the addition of caramel, absolutely fantastic! ”

Mr P

Wiltshire Farm Foods Customer

NEW



Cherry Ice Cream

Creamy dairy ice cream with sweet cherry flavouring.

2187 €2.80 100g GF V

Each dessert contains

Energy 1055 kJ 253 kcal 13%	Fat 15g 21%	Saturates 9.3g 47%	Sugars 24g 27%	Salt 0.11g 2%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% 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 €3.40 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

Cold Desserts



Chocolate Mousse

A fluffy chocolate flavoured mousse. With sugar and sweetener.

416 €2.00 65g GF V

Each dessert contains

Energy 341 kJ 83 kcal 4%	Fat 3.4g 5%	Saturates 3.1g 16%	Sugars 4.2g 5%	Salt 0.07g 1%
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% of an adult's reference intake

NEW



Raspberry Sorbet

A smooth, refreshing raspberry flavoured sorbet made with a raspberry fruit sauce.

2188 €2.80 100g GF VEGAN

Each pack contains

Energy 569 kJ 134 kcal 7%	Fat <0.5g 1%	Saturates 0.2g 1%	Sugars 25g 28%	Salt 0.05g 1%
------------------------------------	------------------------------	--------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



Blackcurrant Cheesecake

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

412 €2.15 94g V

Each dessert contains

Energy 874 kJ 208 kcal 10%	Fat 6.4g 9%	Saturates 4.5g 23%	Sugars 25g 28%	Salt 0.28g 5%
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% of an adult's reference intake



NEW

Caramelised Biscuit Ice Cream

Caramelised biscuit flavoured dairy ice cream with a caramelised biscuit crumb.

2186 €2.80 100g V

Each dessert contains

Energy 1238 kJ 297 kcal 15%	Fat 19g 27%	Saturates 10g 50%	Sugars 24g 27%	Salt 0.19g 3%
--------------------------------------	--------------------------	--------------------------------	-----------------------------	----------------------------

% of an adult's reference intake

Scrumptious Sundaes



Caramel Sundae

Vanilla flavoured ice cream swirled with caramel sauce.

411 €2.45 106g GF V

Each dessert contains

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

% of an adult's reference intake



Strawberry Sundae

Vanilla flavoured ice cream swirled with sweet strawberry sauce.

410 €2.45 106g GF V

Each dessert contains

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

% 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 €3.45 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



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



Raspberry Ripple in Clotted Cream Ice Cream

Raspberry flavour ripple swirled through dairy clotted cream ice cream.

2152 €2.80 100g GF V

Each dessert contains

Energy 1121 kJ 269 kcal 13%	Fat 17g 24%	Saturates 10g 50%	Sugars 24g 27%	Salt 0.13g 2%
--------------------------------------	--------------------------	--------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



Raspberry Trifle

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

2149 €2.25 105g V

Each dessert contains

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

% of an adult's reference intake

Cold Desserts



Strawberry Mousse

A refreshing strawberry flavoured mousse. With sugar and sweetener.



Clotted Cream Ice Cream

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

418 €2.00 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%
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% of an adult's reference intake

456 €2.80 100g GF V

Each dessert contains

Energy 942 kJ 226 kcal 11%	Fat 13g 19%	Saturates 7.8g 39%	Sugars 23g 26%	Salt 0.10g 2%
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% 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, chocolaty and satisfying.

2184 €5.80 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



Strawberry Trifle

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

2148 €2.25 105g V

Each dessert contains

Energy 887 kJ 211 kcal 11%	Fat 8.0g 11%	Saturates 6.0g 30%	Sugars 22g 24%	Salt 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 Notice below which can be found on our website or by contacting your local outlet.

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



The food you love, the texture you need

When you're recommended a softer foods diet, at first it might seem like your eating options have dwindled. Until you discover our award-winning menu of delicious dishes, that is!

Our meals are made from quality ingredients, perfectly prepared according to NHS* texture guidelines, but most importantly, they taste wonderful. From pastry-topped pies to aromatic curries, this is a world of flavour, choice and convenience.

No need for chopping, cooking, blending – or worrying about whether the texture's right. Simply pop a meal in the microwave or oven from frozen and enjoy your favourite flavours, effortlessly.

The care with which we refine every recipe – you really can taste it.

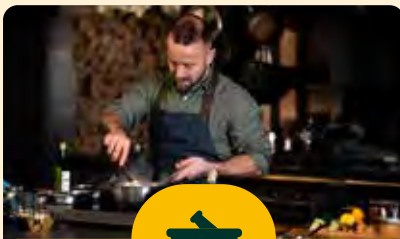


8
NEW
summer
dishes



7223 Minced
Pork, Bacon
& Apple
Casserole
page 123

We've done the hard work for you



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.

Three carefully created *textures*

So many tasty meals to choose from!

Purée Meals

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

Pages 110-121

7330 Purée Chinese Style Chicken Noodles.
Find me on Page 113



Level 4

Minced Meals

Effortless to prepare minced dishes that require minimal chewing.

Pages 122-126

7208 Minced Steak & Mushroom Casserole.
Find me on page 123



Level 5

Soft & Bite-Sized Meals

Enjoy softer textures and small, manageable pieces

Pages 127-130

7408 Soft & Bite-Sized Barbecue Chicken.
Find me on page 127



Level 6

LET'S HEAR IT FROM OUR CUSTOMERS

“ The level four puréed meals we buy for my mum are simply superb: they are appetising, nutritious and made to a very high safety standard.

Mr H, Wiltshire Farm Foods Customer

“ Very easy to order, delivered when they said & mum really enjoyed them, plus it felt like a night off from blending for me. Very useful at a stressful time to take the pressure off a bit.

Mrs H, Wiltshire Farm Foods Customer

“ As someone who cannot eat solid foods, this service has been a genuine lifesaver. I am often quite limited by what I can find in supermarkets, restaurants or at work, so having these meals delivered is invaluable.

Mr R, Wiltshire Farm Foods Customer

Purée Meals

Taste every separate flavour of these Level 4 dishes with easy options for every meal of the day. Perfectly puréed but with plenty of plate appeal!

7366 Purée
Sausage Roll
Page 118

NEW

7850 Puréed
Lemon Cheesecake
Page 121

NEW

7330 Purée
Chinese Style
Chicken Noodles
Page 113

“ The Sausage Roll is lovely,
so filling and tasty. ”

Mr S

Wiltshire Farm Foods Customer



IMPORTANT:

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



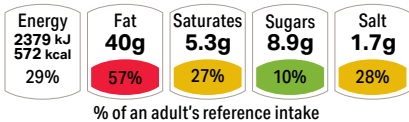
Purée Steak & Mushroom Casserole

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

7308 €8.70 340g



Each meal contains



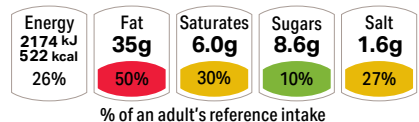
Purée Salmon in Butter Sauce

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

7302 €8.55 340g



Each meal contains



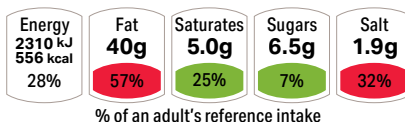
Purée Sausage & Mash

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

7359 €8.30 340g



Each meal contains



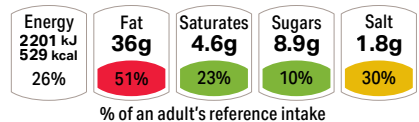
Purée Chicken & Vegetable Casserole

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

7358 €9.00 340g



Each meal contains



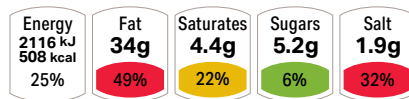


Purée Sausage, Chips & Beans

Puréed pork sausages served with chips and baked beans.

7013 €8.70 275g

Each meal contains



% of an adult's reference intake



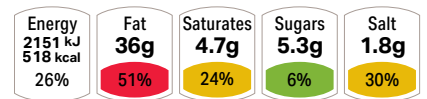
Purée Cottage Pie

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

7304 €8.40 300g

GF

Each meal contains



% of an adult's reference intake



Purée Macaroni Cheese

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



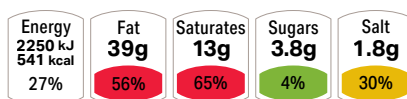
7367 €8.35 340g

v

Purée Turkey in Gravy

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

Each meal contains

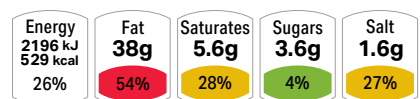


% of an adult's reference intake

7331 €8.30 340g

GF

Each meal contains



% of an adult's reference intake

Purée Chinese Style Chicken Noodles

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

NEW

“Bursting with aromatic Eastern flavours - ring the changes with something different!”



Jethro Lawrence
Head Chef

7330 €8.40 300g

Each portion contains

Energy 2185 kJ 525 kcal 26%	Fat 33g 47%	Saturates 3.6g 18%	Sugars 11g 12%	Salt 2.0g 33%
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% of an adult's reference intake



Purée Chicken in Gravy

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

7327 €8.80 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



Purée Chicken Chasseur

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

7361 €8.80 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



Purée Fish Pie

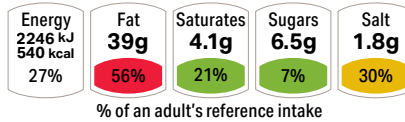
Puréed white fish and smoked salmon in a creamy sauce topped with mashed potato and served with peas.

7303

€9.00 300g

GF

Each meal contains



Purée Chicken Korma

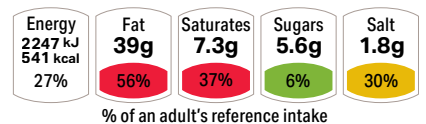
Puréed chicken korma served with rice and broccoli.

7315

€8.45 340g

GF

Each meal contains



Purée Tomato & Basil Pasta

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

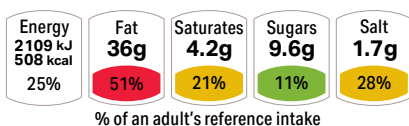


7080

€8.25 275g



Each meal contains



Purée Pork in Apple Gravy

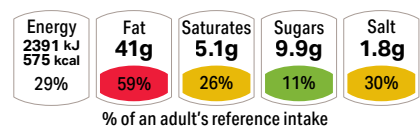
Puréed pork shoulder in an apple gravy served with red cabbage and sauté potatoes.

7301

€8.35 340g



Each meal contains





Purée Lamb in Mint Gravy

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



7363 €9.25 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%
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% of an adult's reference intake

Purée 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 €9.00 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%
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% of an adult's reference intake



Purée Sweet & Sour Chicken

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

7305 €8.75 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



Purée Beef in Gravy

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

7309 €8.55 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%
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% of an adult's reference intake



Purée Cheese Omelette, Chips & Beans

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

7368 €8.65 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%
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% of an adult's reference intake



Purée Steak & Chips (Oven Cook Only)

A delicious puréed beef grillsteak served with chips and peas.

7093 €8.90 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%
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% of an adult's reference intake



Purée Cheese & Onion Bake (Oven Cook Only)

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

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%
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% of an adult's reference intake



Purée Bean Chilli

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

7311 €8.40 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%
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% of an adult's reference intake



Purée 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.

7369 €9.05 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%
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% of an adult's reference intake



Purée Lamb Chop

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

7048 €8.70 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%
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% of an adult's reference intake



Purée Beef Chilli

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



Purée Vegetable & Bean Casserole

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

7316 €8.80 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%
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% of an adult's reference intake

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



Purée Vegetarian Sausage & Mash

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



Purée Spaghetti Bolognese

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



Purée Shepherd's Pie

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

7362 €8.20 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%
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% of an adult's reference intake

7397 €8.95 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

7314 €8.65 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

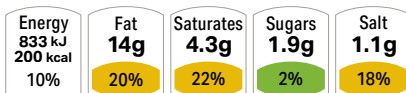


Purée Sausage Roll

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

7366 €5.00 110g

Each pack contains



% of an adult's reference intake



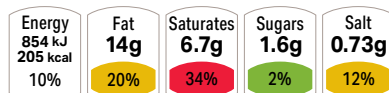
Purée Cheese & Onion Quiche (Oven Cook Only)

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

7039 €4.80 120g

v

Each pack contains



% of an adult's reference intake

A trio of tasty toasties

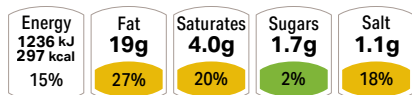
A puréed toasted sandwich makes the perfect quick and easy lunch. Ours are beautifully browned and made with bacon, Cheddar cheese or tuna on puréed white bread.



Purée Hot Bacon Toastie

7036 €5.15 200g

Each pack contains



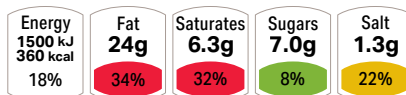
% of an adult's reference intake



Purée Hot Cheese Toastie

7038 €5.15 200g

Each pack contains



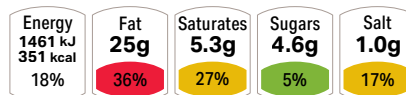
% of an adult's reference intake



Purée Hot Tuna & Cheddar Cheese Toastie

7037 €5.15 200g

Each pack contains



% of an adult's reference intake



Puréeed Beans on Toast

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



Purée All Day Breakfast

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



Now
Gluten
Free

Puréeed Apple & Cinnamon Porridge

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

7020 €6.75 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%
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% of an adult's reference intake

7094 €8.30 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%
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% 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



Puréeed Vegetarian All Day Breakfast

Puréeed vegetarian sausages, baked beans and scrambled egg.



Puréeed Scrambled Eggs on Toast

A breakfast favourite of puréeed scrambled eggs on toast.



Puréeed Porridge

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

7096 €8.05 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

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

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

Level 4 - Purée Snacks, Sandwiches & Breakfasts



Puréed Sticky Toffee Pudding & Custard

A sweet and creamy puréed toffee pudding served with custard.

7165 €2.15 170g (GF) (V)

Each dessert contains

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

% of an adult's reference intake



Puréed Summer Fruit Sponge & Custard

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

7167 €2.40 155g (GF) (V)

Each dessert contains

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

% of an adult's reference intake



Puréed Lemon Sponge

Puréed lemon flavoured sponge in a lemon sauce.

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%
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% of an adult's reference intake

Finish with a delicious hot pudding



Puréed Hot Chocolate Cake (Oven Cook Only)

A deliciously rich puréed chocolate cake.

7044 €3.75 120g (V)

Each pack contains

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

% of an adult's reference intake



Puréed Bakewell Sponge & Custard

Puréed mixed fruit and almond flavour sponge with custard.

134 €2.15 155g (V)

Each dessert contains

Energy 1045 kJ 249 kcal 12%	Fat 11g 16%	Saturates 3.3g 17%	Sugars 22g 24%	Salt 0.49g 8%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



Puréed Apple Pie & Custard

Puréed sweet apple and pastry with custard.

171 €2.15 155g (V)

Each dessert contains

Energy 967 kJ 231 kcal 12%	Fat 12g 17%	Saturates 3.3g 17%	Sugars 16g 18%	Salt 0.33g 5%
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% 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.

“This is the dessert version of a perfect summer afternoon - bright and refreshing.”



Jethro Lawrence
Head Chef

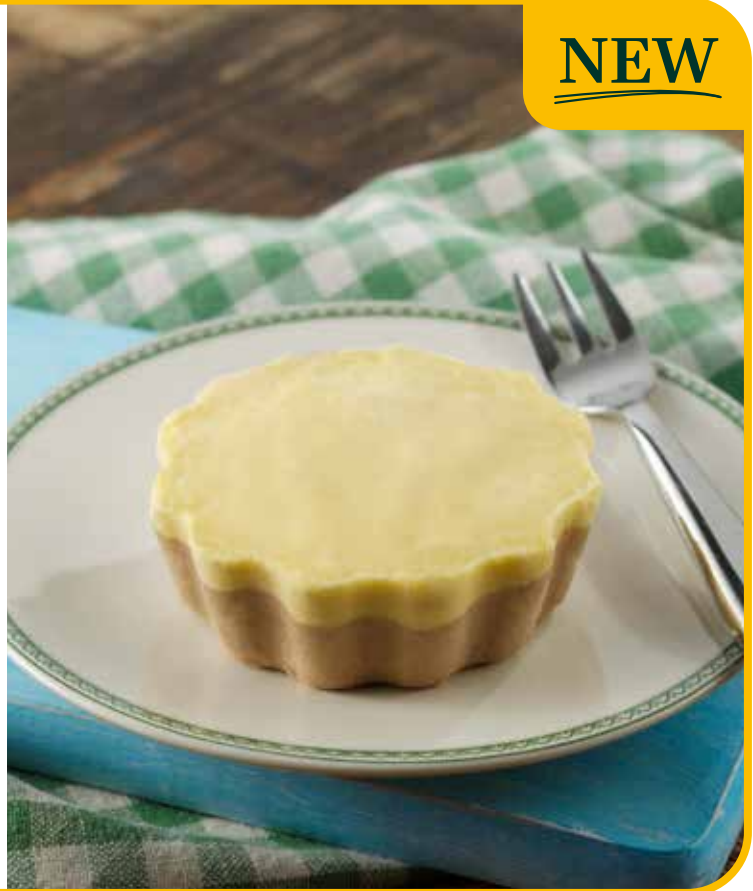
7850 €3.75 120g



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



NEW

...or something cool and refreshing



Puréed Strawberry Mousse

A refreshing strawberry flavoured mousse. With sugar and sweetener.

418 €2.00 65g



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 €2.00 65g



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

Find all your Level 5 favourites plus discover five fantastic new dishes. There's so much choice, from classic casseroles to flavoursome curries and more!



NEW

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

€7.05 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%
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% of an adult's reference intake

NEW

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

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.

“Tasty smoky bacon flavours with the sweetness of apple – superb.”



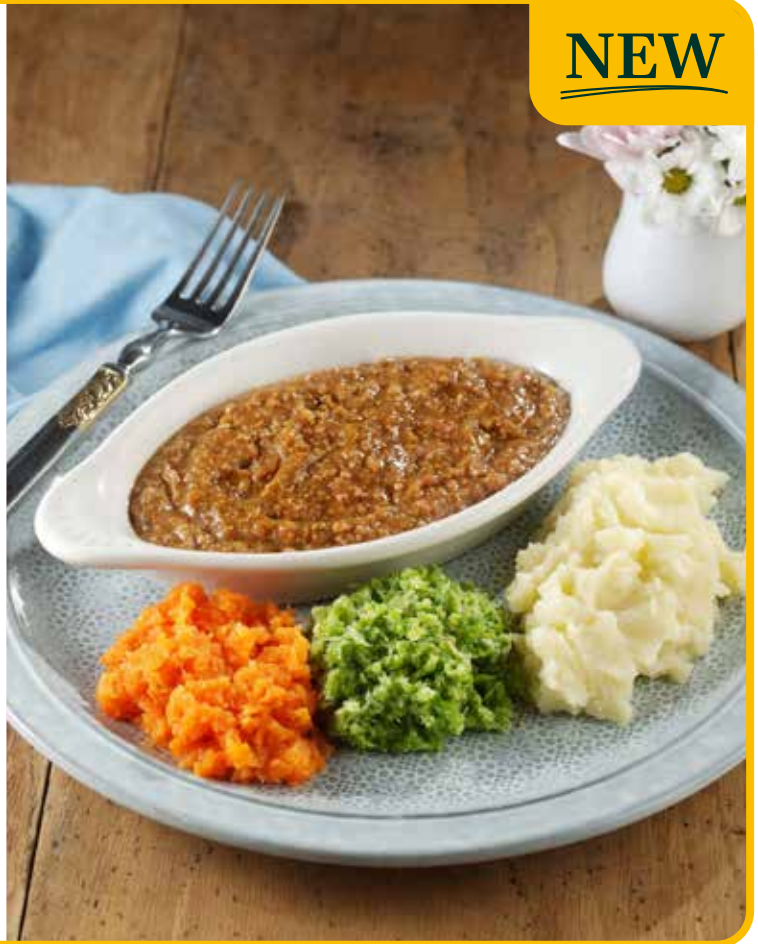
Jethro Lawrence
Head Chef

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%
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% of an adult's reference intake



NEW



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%
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% 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%
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% 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%
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% of an adult's reference intake



Minced Sausages in Onion Gravy

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

109 €7.30 400g GF

Each meal contains

Energy 2127 kJ 511 kcal 26%	Fat 30g 43%	Saturates 8.8g 44%	Sugars 6.0g 7%	Salt 1.1g 18%
--------------------------------------	--------------------------	---------------------------------	-----------------------------	----------------------------

% of an adult's reference intake



Minced 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 Cheesy Potato Bake

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

117 €7.15 400g V

Each meal contains

Energy 1509 kJ 360 kcal 18%	Fat 12g 17%	Saturates 4.8g 24%	Sugars 17g 19%	Salt 1.3g 22%
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% of an adult's reference intake



Minced Lamb Stew

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

111 €7.30 400g GF

Each meal contains

Energy 1429 kJ 341 kcal 17%	Fat 14g 20%	Saturates 4.9g 25%	Sugars 7.8g 9%	Salt 1.4g 23%
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% 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%
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% of an adult's reference intake

Minced Pasta Bolognese with Garlic Bread

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

NEW

“A plateful of Mediterranean flavour, including delicious garlic bread!”



Jethro Lawrence
Head Chef

7219 €7.05 450g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2154 kJ 515 kcal	23g	6.8g	9.8g	1.9g
26%	33%	34%	11%	32%

% 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.

Minced Turkey in Gravy

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

7129 €7.50 400g

GF

Energy	Fat	Saturates	Sugars	Salt
1404 kJ 335 kcal	13g	1.6g	5.0g	2.0g
17%	19%	8%	6%	33%

% of an adult's reference intake

119 €7.10 450g

GF

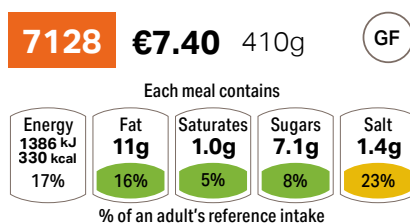
Energy	Fat	Saturates	Sugars	Salt
2117 kJ 508 kcal	29g	5.3g	8.0g	1.5g
25%	41%	27%	9%	25%

% of an adult's reference intake



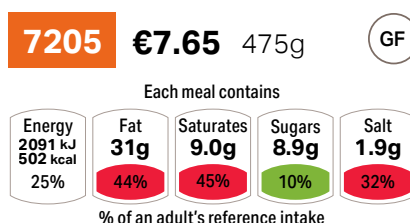
Minced Chicken in Rich Gravy

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



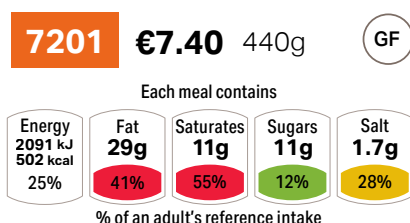
Minced Shepherd's Pie

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



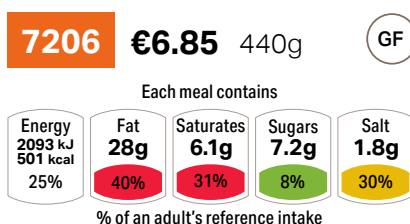
Minced Beef Chilli

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



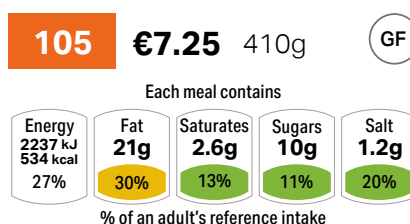
Minced Fish Pie

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



Minced Chicken Curry

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



Don't miss our delicious hot dessert

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%
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% of an adult's reference intake

Soft & Bite-Sized

Our expertly created Level 6 dishes bring together a great variety of textures and flavours to make dinnertime delicious – dessert too.



NEW

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

€7.60

440g

GF

Each meal contains

Energy 2183 kJ 523 kcal 26%	Fat 30g 43%	Saturates 8.0g 40%	Sugars 16g 18%	Salt 1.7g 28%
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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

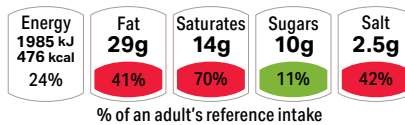


Soft & Bite-Sized Sausages in Onion Gravy

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

7346 €7.75 420g

Each meal contains



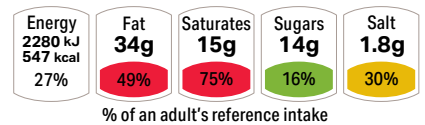
Soft & Bite-Sized Macaroni Cheese

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

7341 €7.10 355g



Each meal contains



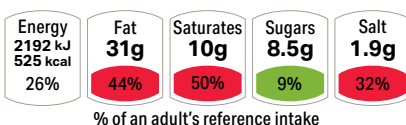
Soft & Bite-Sized Beef Hotpot

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 €7.70 410g



Each meal contains



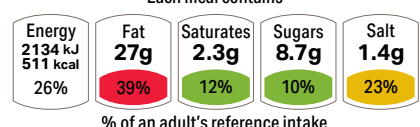
Soft & Bite-Sized Fish Pie

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

7312 €7.65 460g



Each meal contains



NEW TASTIER RECIPE



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.



Soft & Bite-Sized Ham in Parsley Sauce

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

7409 €7.60 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%
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% of an adult's reference intake

7343 €7.75 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



Soft & Bite-Sized Chicken Tikka Masala

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

7401 €7.80 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 Cottage Pie

Classic cottage pie with minced beef, topped with mashed potato. Served with carrots and mashed swede.

7310 €7.15 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%
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% of an adult's reference intake

* Please refer to page 106



**Soft & Bite-Sized
Cheese and Onion Pie**

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

7317 €7.10 450g v

Each meal contains

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

% of an adult's reference intake



**Soft & Bite-Sized
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 €7.75 440g

Each meal contains

Energy 2237 kJ 537 kcal 27%	Fat 31g 44%	Saturates 13g 65%	Sugars 8.8g 10%	Salt 2.0g 33%
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% 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 €7.55 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%
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% 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 €7.60 370g

Each meal contains

Energy 2180 kJ 521 kcal 26%	Fat 25g 36%	Saturates 7.2g 36%	Sugars 11g 12%	Salt 1.8g 30%
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% 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 €7.55 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

* Please refer to page 106

The dishes our customers *keep coming back for*

“

“Bacon is my most favourite food in the whole world. I thought my dysphagia had stripped that from me. Now I can have a bacon sarnie!”

Mrs U, Wiltshire Farm Foods Customer



7036 Puréed Hot Bacon Toastie

Find me on Page 118

7302 Purée Salmon in Butter Sauce

Find me on Page 111



“

“A grand meal for a person who loves salmon and needs a puréed meal.”

Mrs P, Wiltshire Farm Foods Customer

“

“One of my favourites as you can taste the individual flavours.”

Mrs D, Wiltshire Farm Foods Customer



7206 Minced Fish Pie

Find me on Page 126

7342 Soft & Bite-Sized Chicken in Gravy

Find me on Page 130



“

“I eat soft foods and this meal is cooked perfectly.”

Mrs S, Wiltshire Farm Foods Customer

Great Tastes Menu Pack

6 Mains & 3 Desserts for only

€43.60

Order using code **GT36**
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search for it on our website
then add to your basket.



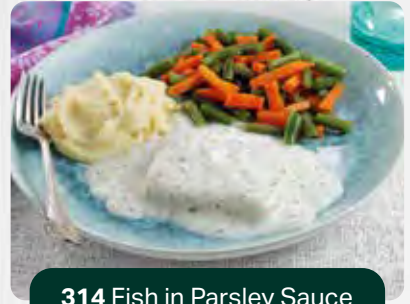
4286 Hunter's Chicken
page 19



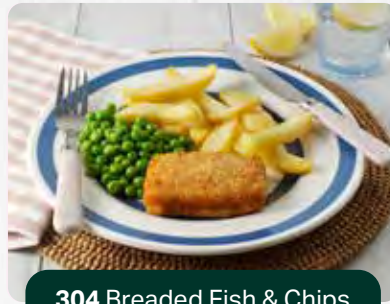
8138 Chicken & Vegetable Casserole
page 20



235 Bangers & Mash
page 23



314 Fish in Parsley Sauce
page 33



304 Breaded Fish & Chips
page 36



3126 Apple Crumble & Custard
page 97



866 Sticky Toffee Pudding & Custard
page 97



858 Bread and Butter Pudding & Custard
page 98

7260
Chicken &
Mushroom Puff
Pastry Pie
page 18



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