













Oats	Rye	Wheat	Incomplete	Carbohydrate per 100g	Ingredients
N	N	N		21g	Chips, Fries, Medium Cut (Potato (96%),Palm Oil.).
N	N	N			
N	N	N		17.2g	Potatoes, Whole, Peeled (Potato (100%), Sodium <b>metabisulphite</b> ).
N	N	N		20g	Potatoes, Frites, Plain, Skin on Wedges (Potato (96,5 %), SG palm oil (3,5 %)).
N	N	N		76.9g	Rice, Brown, White.
N	N	Y		72g	Pasta, Spaghetti (Durum <b>Wheat</b> Semolina (100%).).
N	N	N		11.6g	Apples, Granny Smith (APPLE).
Y	N	Y		48.01g	Flour, Plain ( <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Caster (sugar); Cereal, Oatflakes ( <b>Oats</b> (100%).); Coconut, Deseccated (Coconut, Preservative (Sodium <b>metabisulphite</b> )).); Water, Tap.; Syrup, Golden (Partially Inverted Refiners Syrup.); Bicarbonate of Soda (Sodium Bicarbonate).
Y	N	Y		47.88g	Flour, Self-Raising ( <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Raising Agent(Disodium Diphosphate, Sodium Bicarbonate).); Sugar, Caster (sugar); Bananas, Fairtrade (BANANA); Milk, Oat Drink, Original, Barista (Water, <b>Oats</b> 10%, Rapeseed Oil, Acidity Regulator (Dipotassium Phosphate), Calcium Carbonate, Calcium Phosphates, Salt, Vitamins (D2, Riboflavin and B12), Potassium Iodide Contains : Gluten and <b>Oats</b> ); Oil, Rapeseed, Extended Life; Water, Tap.; Cocoa, Arriba (Cocoa Powder (100%).); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.); Lemon Juice Bottle (Lemon Juice from Concentrate, Lemon Oil, Preservative (Potassium <b>metabisulphite</b> )).); Salt, Cooking (Salt, Anti-caking Agent E535.).
N	N	Y		60.19g	Flour, Plain ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Granulated (Sugar); Sugar, Soft, Brown, Light (Cane Sugar); Cocoa, Arriba (Cocoa Powder (100%).); Water, Tap.; Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.); Baking Powder ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphates, Sodium Hydrogen Carbonate).); Salt, Table (Salt, Anti-caking Agent E535.).

N	N	Y	67.80g	Flour, Plain ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Granulated (Sugar); Sugar, Soft, Brown, Light (Cane Sugar); Sultanas (Sultanas (99.5%), Sunflower oil); Water, Tap.; Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.); Baking Powder ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Diosodium Diphosphates, Sodium Hydrogen Carbonate).); Salt, Table (Salt, Anti-caking Agent E535.).
Y	N	M	54.45g	Cereal, Oatflakes ( <b>Oats</b> ); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Soft, Brown, Light (Cane Sugar); Syrup, Golden (Partially Inverted Refiners Syrup.); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.).
N	N	N	8.03g	Fruit Cocktail, In Juice (Mixed fruit in variable proportions(Pear, Peach, Pineapple, Grapes, Cherries[Colour {Erythrosine}]), Water, Pear Juice from Concentrate, Acidity Regulator(Citric Acid).); Peaches, Slices, In Juice (Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid).).
N	N	N	15.05g	Apples, Granny Smith (APPLE); Bananas, Fairtrade (BANANA); Mandarin, In Juice, Tinned; Pears, Conference (PEAR).
N	N	N	2.51g	Water, Tap.; Jelly, Crystals, Strawberry, Vegan (Sugar, Maltodextrin, Gelling Agent (Carrageenan), Acid (Citric Acid), Acidity Regulator (Tripotassium Citrate), Colours (Beetroot Red, Annatto Norbixin), Flavourings.).
N	N	N	9.7g	Peaches, Slices, In Juice (Peach, Grape Juice from Concentrate, Acidity Regulator (Citric Acid).).
N	N	Y	56.77g	Flour, Plain ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Caster (sugar); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.).
N	N	Y	21g	<b>Fish</b> Fingers, Cod, Minced (Cod ( <b>Fish</b> ) (58%), <b>Wheat</b> flour ( <b>Wheat</b> flour, calcium carbonate, iron, niacin,thiamin), rapeseed oil, water, yeast, salt, colour (paprika extract, curcumin),turmeric.).
N	N	Y	17g	<b>Fish</b> Fingers, Salmon (Pink Salmon ( <b>Fish</b> ) (58%), <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonates, Iron, Niacin, Thiamin), Sunflower Oil, Water, Yeast, Salt(Salt, Sodium Ferrocyanide), Colour(Paprika Extract, Curcumin), Turmeric.).
N	N	N	3.21g	Beef, Mince (BEEF); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Water, Tap.; Carrots (CARROTS); Onions, Spanish (ONION); Peppers, Mixed (-); Paste, Tomato (Tomatoes.); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Oil, Rapeseed, Extended Life; Oil, Rapeseed, Extended Life; Herbs, Basil (BASIL); Stock, Bouillon, Beef, Paste (Vegetable Oils (Palm Oil, Rapeseed Oil, Sunflower Oil), Salt, Potato Starch, Maltodextrin, Flavouring, Yeast Extract, Sugar, Beef Fat, Colour (Plain Caramel), Beef Extract, Caramelised Sugar Syrup.); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
N	N	N	2.72g	Chicken, Thigh, Diced, Plain (Chicken (100%)); Water, Tap.; Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Onions, Spanish (ONION); Apples, Granny Smith (APPLE); Carrots (CARROTS); Paste, Tomato (Tomatoes.); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Stock, Bouillon, Vegetable, Paste (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.); Herbs, Basil (BASIL); Spices, Turmeric, Ground (Ground Turmeric.); Spices, Curry Powder, Madras (Coriander (40%),Turmeric (22%),Rice Flour,Fenugreek (5%),Ginger,Salt(Salt,Anticaking Agent(Sodium Ferrocyanide)),Cumin,Black Pepper,Paprika,Colour(Paprika Extract),Nutmeg,Fennel.); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
N	N	N	0.8g	Chicken, Fillets, Breast.

N	N	Y	7.6g	Pork, Sausage Meat, Local Special Recipe (Farm Assured Pork(65%) Water PorkFat Rusk ( <b>Wheat</b> Flour Salt) PorkRind <b>Wheat</b> Flour <b>Soya</b> Concentrate( <b>Soya</b> Flour <b>Soya</b> Fibre Stabiliser(Cellulose Gum)) Salt StabiliserE451 Dextrose White Pepper Preserve(Sodium <b>metabisulphite</b> )Spice extr AntioxiE300) ( <b>Mustard</b> ).
N	N	N	5.24g	Chicken, Thigh, Diced, Plain (Chicken (100%)); Pineapple, Slices, In Juice (Pineapple Slices, Pineapple Juice /Pineapple Juice from concentrate (Depending on the supplier), Acidity Regulator: Citric Acid.); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Peppers, Mixed (-); Carrots (CARROTS); Onions, Spanish (ONION); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Sauce, <b>Soy</b> , Tamari, Gluten Free (Water, <b>Soy</b> beans, Salt, Spirit vinegar); Sugar, Caster (sugar); Vinegar, Malt (Malt Vinegar ( <b>Barley</b> ), <b>Barley</b> Malt Extract. (Acidity 5%) may contain traces sulphite and alcohol); Water, Tap.; Cornflour (Maize Starch.); Paste, Tomato (Tomatoes.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
N	N	N	4.15g	Chicken, Thigh, Diced, Plain (Chicken (100%)); Oranges, Large (ORANGE); Sauce, <b>Soy</b> , Tamari, Gluten Free (Water, <b>Soy</b> beans, Salt, Spirit vinegar); Honey, Clear (Clear Honey (100%)); Oil, Rapeseed, Extended Life; Ginger (Ginger).
N	N	N	2.24g	Turkey, Breast, Boneless (TURKEY); Carrots (CARROTS); Onions, Spanish (ONION); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
N	N	Y	17.83g	Pizza, Base, Thin & Crispy, 12" ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Yeast, Extra Virgin Olive Oil, Salt, Sugar.); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)( <b>Milk</b> , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Water, Tap.; Paste, Tomato (Tomatoes.); Carrots (CARROTS); Onions, Spanish (ONION); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
N	N	N	25.12g	Pizza Base, Gluten Free, 10" (Flour Blend (Corn Starch, Inulin, Hypromellose, Guar Gum, Psyllium, Rice, Maize, Buckwheat, Potato Starch, Quinoa, Powder Sugar), Water, Extra Virgin Olive Oil, Salt, Yeast.); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Cheese, Grated, Vegan (Food preparation with Palm Oil (Water, Modified Potato Starch, Palm Oil SG, Salt, Emulsifier: Tricalcium Phosphate, Colour (Beta Carotene)), Anti-caking Agent (Potato Starch).); Water, Tap.; Paste, Tomato (Tomatoes.); Carrots (CARROTS); Onions, Spanish (ONION); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
N	N	N	25.54g	Lentils, Red; Onions, Spanish (ONION); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)( <b>Milk</b> , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); <b>Eggs</b> , Medium, Free Range (Egg.); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Spices, Chilli Powder, Mild (Paprika, Chilli Powder (20%)).
N	N	Y	35.48g	<b>Milk</b> , Semi-Skimmed (Cow's <b>Milk</b> .); Pasta, Macaroni (Durum <b>Wheat</b> Semolina); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)( <b>Milk</b> , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Cornflour (Maize Starch.); Spices, Pepper, White, Ground (White Pepper.); Salt, Table (Salt, Anti-caking Agent E535.).
N	N	N	18.32g	Potatoes, Jacket, 50's (POTATO); Beans, Baked, Reduced Salt & Sugar (Haricot Beans (53%), Tomatoes (33%), Water, Sugar, Modified Maize Starch, Glucose-Fructose Syrup, Salt, Onion Powder, Flavouring, Paprika Powder.).
N	N	N	17.97g	Potatoes, Jacket, 50's (POTATO); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)( <b>Milk</b> , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).).

N	N	Y		36.14g	<b>Milk</b> , Semi-Skimmed (Cow's <b>Milk</b> .); Pasta, Macaroni (Durum <b>Wheat</b> Semolina); Cheese, Cheddar, Mild, White, Grated (Cheddar Cheese (98%)( <b>Milk</b> , Salt, Calcium Chloride, Starter Culture, Coagulant), Anti-caking Agent (2.0%)(Potato Starch).); Cornflour (Maize Starch.); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Stock, Bouillon, Vegetable, Paste (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
N	N	N		9.37g	Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Beans, Borlotti, Tinned (Borlotti Beans, Water, Antioxidant(Ascorbic Acid).); Beans, Butter (Butter Beans, Water. Firming Agent (Calcium Chloride)); Beans, Red Kidney; Onions, Spanish (ONION); Peppers, Mixed (-); Sweetcorn (sweetcorn); Stock, Bouillon, Vegetable, Paste (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Paprika, Smoked (Smoked Paprika.); Spices, Chilli Powder, Mild (Paprika, Chilli Powder (20%).).
N	N	N		3.72g	<b>Eggs</b> , Medium, Free Range (Egg.); Potatoes, Prepared, Celavita (Potato); Peppers, Mixed (-); Oil, Rapeseed, Extended Life; Salt, Cooking (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
N	N	N		2.1g	Quorn, Roasting Joint (Mycoprotein (63%), Rehydrated Free Range <b>Egg</b> White, <b>Milk</b> Protein, Natural Flavouring, Pea Fibre.).
N	N	Y		8.1g	Quorn, Sausages, Vegan (Water, Mycoprotein (17%), Textured Pea Protein (Pea Protein, Pea Extract), Rusk [ <b>Wheat</b> Flour (Calcium Carbonate, Iron, Niacin, Thiamine), Salt], Seasoning [Natural Flavourings, Yeast Extracts, Maltodextrin, Spices (Pepper, Allspice, Mace, Ginger), Potassium Chloride, Onion Powder, Herb (Oregano), Nutmeg Extract, Mace Extract], <b>Wheat</b> Gluten, Vegetable Oil (Palm, Rapeseed), Casing (Calcium Alginate), Thickener: Methylcellulose. Stabiliser: Sodium Alginate.).
M	N	Y		38g	Sausage Roll, Vegetarian (Puff Pastry( <b>Wheat</b> Flour[ <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin], Pastry Margarine[Palm Oil, Water, Rapeseed Oil, Salt, Emulsifier(Mono- and Diglycerides of Fatty Acids)], Water), Filling(Water, <b>Soya</b> Protein Concentrate (13%), Sage and Onion Stuffing[ <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Onion, Salt, Sage, Water, Raising Agent(Ammonium Carbonate, Sodium Hydrogen Carbonate), Yeast, Parsley, <b>Barley</b> Malt], Rapeseed Oil, Modified Maize Starch, Stabiliser(Methyl Cellulose), Salt, Mushroom Stock[Mushroom Concentrate, Salt, Rapeseed Oil, Water, Porcini Mushroom Powder, Onion Concentrate, Sugar, Cornflour], Onion Powder, White Pepper, Sage, Nutmeg, Cayenne Pepper[Chilli, Paprika]), Glaze(Water, <b>Wheat</b> Protein, Natural Colour[Carotenes])).
N	N	N		6.68g	Peppers, Mixed (-); Pineapple, Slices, In Juice (Pineapple Slices, Pineapple Juice /Pineapple Juice from concentrate (Depending on the supplier), Acidity Regulator: Citric Acid.); Cabbage, White (WHITE CABBAGE); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Courgette, Green (Green Courgettes BB); Sweetcorn (sweetcorn); Onions, Red (RED ONION); Oil, Rapeseed, Extended Life; Onions, Spring Onions (SPRING ONION); Sauce, <b>Soy</b> , Tamari, Gluten Free (Water, <b>Soy</b> beans, Salt, Spirit vinegar); Sugar, Caster (sugar); Vinegar, Malt (Malt Vinegar ( <b>Barley</b> ), <b>Barley</b> Malt Extract. (Acidity 5%) may contain traces sulphite and alcohol); Cornflour (Maize Starch.); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Mushroom, Button (Button Mushrooms).
N	N	Y		34.08g	Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Pasta, Penne (Durum <b>Wheat</b> Semolina); Pasta, Penne, Wholemeal (Durum <b>Wheat</b> Semolina); Water, Tap.; Carrots (CARROTS); Onions, Spanish (ONION); Paste, Tomato (Tomatoes.); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).

N	N	N		36.68g	Pasta, Penne, Gluten Free (Cornflour (50,4%), Brown Rice Flour (22%), Rice Flour (21,4%), Potato Starch, Quinoa Flour (3%), Stabiliser: Mono and Diglycerides of Fatty Acids); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Water, Tap.; Carrots (CARROTS); Onions, Spanish (ONION); Paste, Tomato (Tomatoes.); Oil, Rapeseed, Extended Life; Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
N	N	Y		24g	Nuggets, Vegetable (Vegetables (47%) (In varying proportions (Carrot, Sweetcorn, Green Beans, Cauliflower, Potato)), Breadcrumbs (19%) (Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Yeast, Salt, Emulsifier (Mono- and Diacetyltartaric Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), Enzymes), Water, Sunflower Oil, Fortified <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Dehydrated Potato, Rapeseed Oil, Salt, Thickener (Methyl Cellulose), <b>Wheat</b> Starch, Flavouring, Maltodextrin ( <b>Wheat</b> ), White Pepper, Sugar, Yeast Extract, Onion Powder, Carrot Powder, Acid (Citric Acid), Parsley, Colour (Paprika Extract), Turmeric.).
N	N	N		9.45g	Mince, Vegan (Rehydrated Textured <b>Soya</b> Protein (96%), Seasoning [Colour (Plain Caramel), Flavourings, Yeast Extract, Onion Powder, Dextrose, Salt, Maltodextrin, Acidity Regulator (Citric Acid), White Pepper].); Tomatoes, Chopped (Tomatoes, Tomato Juice, Acidity Regulator (Citric Acid).); Carrots (CARROTS); Onions, Spanish (ONION); Water, Tap.; Lentils, Red; Peppers, Mixed (-); Paste, Tomato (Tomatoes.); Puree, Garlic (Garlic (98%), Acidity Regulator: Citric acid.); Oil, Rapeseed, Extended Life; Oil, Rapeseed, Extended Life; Stock, Bouillon, Vegetable, Paste (Sunflower Oil, Salt, Potato Starch, Maltodextrin, Sugar, Yeast Extract, Lovage, Carrot Powder, Onion Powder, Garlic Powder, Colour(Plain Caramel), Antioxidant(Rosemary Extract), Turmeric, Parsley, Flavouring, Pepper.); Herbs, Basil (BASIL); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
N	N	N		0.35g	Water, Tap.; Gravy, Gluten Free (Maltodextrin, potato starch, natural flavouring, sugar, onion powder, vegetable oil (palm, sunflower, coconut, rapeseed), salt, stabilizer; guar gum. colour; plain caramel. chilean salt, tomato powder, anti-caking agent; silicon dioxide and vitamin D. Contains : None of the 14 Food Allergens).
N	N	Y		72.1g	Pasta, Fusilli (Durum <b>Wheat</b> Semolina); Pasta, Fusilli, Whole <b>Wheat</b> (Durum <b>Wheat</b> Semolina).
N	N	N		16.19g	Potatoes, Whole, Peeled (Potato (100%), Sodium <b>metabisulphite</b> ); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Salt, Table (Salt, Anti-caking Agent E535.); Spices, Pepper, White, Ground (White Pepper.).
N	N	Y		39g	Yorkshire Pudding, Fully Baked, 2" ( <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), <b>Egg</b> White, Water, Rapeseed Oil, Whole <b>Egg</b> , Skimmed <b>Milk</b> Powder, Salt.).
N	N	Y		50.94g	Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Caster (sugar); <b>Eggs</b> , Medium (Egg.); Flour, Self-Raising ( <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Raising Agent(Disodium Diphosphate, Sodium Bicarbonate).); Sugar, Icing (Sugar (97%), Maize Starch); Flour, Wholemeal (Wholemeal <b>Wheat</b> Flour.); Sugar Strands (Sugar, modified maize starch, vegetable oil (coconut), colouring foods (concentrates from spirulina, safflower, lemon, sweet potato, radish), glucose syrup, anti-caking agent (talc), colour (copper complexes of chlorophylls and chlorophyllins).); Flavouring, Vanilla, Extract (Water, Monopropylene Glycol, Colour (Caramel E150a), Flavourings.).
N	N	N		18g	Ice cream, Vanilla, Tub, Value (Water, Invert Sugar Syrup, Vegetable Fat(Palm Oil, Palm Kernel Oil), Skimmed <b>Milk</b> Powder, <b>Milk</b> Proteins, Whey Powder ( <b>Milk</b> ), Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Guar Gum, Cellulose Gum, Carrageenan), Flavouring, Colour(Beta-Carotene - synthetic).).

N	N	N		14.41g	Ice Cream, Vanilla, Soft Scoop (Water, Sugar, Palm Oil, Butter, <b>Milk</b> Powder, Whey Powder ( <b>Milk</b> ), Dextrose, Skimmed <b>Milk</b> Powder, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Stabilisers(Guar Gum, Carboxymethyl Cellulose, Locust Bean Gum), Flavouring, Colours(Curcumin, Annatto.); Apples, Granny Smith, Large (Apples); Bananas (Bananas); Mandarin, In Juice, Tinned; Pears (Pears).
N	N	Y		25.50g	Pears, Halves, In Juice (Pear, Water, Pear Juice from Concentrate, Acidity Regulator(Citric Acid).); Flour, Self-Raising ( <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Raising Agent(Disodium Diphosphate, Sodium Bicarbonate).); <b>Eggs</b> , Medium (Egg.); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Caster (sugar); Cocoa, Arriba (Cocoa Powder (100%).).
N	N	Y		42.30g	<b>Eggs</b> , Medium (Egg.); Flour, Self-Raising ( <b>Wheat</b> Flour( <b>Wheat</b> Flour, Calcium Carbonate, Niacin, Iron, Thiamin), Raising Agent(Disodium Diphosphate, Sodium Bicarbonate).); Margarine, Cooking, Baking (Vegetable Oils(Palm Oil, Rapeseed Oil, Sunflower Oil), Water, Salt, Emulsifier(Mono- and Di-Glycerides of Fatty Acids), Acidity Regulator(Citric Acid), Preservatives(Potassium Sorbate), Flavouring, Vitamin A, Colour(Beta-Carotene), Vitamin D.); Sugar, Caster (sugar); Lemons (Lemons); Sugar, Granulated (Sugar); Baking Powder ( <b>Wheat</b> Flour (with Calcium, Iron, Niacin, Thiamin), Raising Agents (Disodium Diphosphates, Sodium Hydrogen Carbonate).).
N	N	Y		16g	Nuggets, Chicken Style, Vegan (Mycoprotein (51%). <b>Wheat</b> Flour ( <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin, Thiamine), Rapeseed Oil, Water, <b>Wheat</b> Starch, Pea Fibre, Natural Flavouring, Potato Protein, Pea Protein, Salt, <b>Wheat</b> Gluten, Durum <b>Wheat</b> Semolina, Yeast, Sage, Garlic Powder, White Pepper, Colour: Paprika Extract. Sage Extract, Onion Powder, Onion Oil, Raising Agent: Ammonium Bicarbonate.).