

Autumn  
2025

WILTSHIRE

EST. FARM 1991

FOODS

That home-cooked  
**TASTE**  
*delivered*

13 NEW DISHES

**FREE DELIVERY\*** | **NO SUBSCRIPTION TO WORRY ABOUT**

# Cosy, comforting, and absolutely *effortless* dining

As the nights draw in and we start to feel a chill in the air, a delicious hot meal is the perfect way to warm body and soul. It's so good to know that with a few favourites in your freezer, you're never more than a few minutes away from fantastic quality food!

This season, we're proud to reveal some superb new dishes perfect for a blustery day. **Luxury Roast Chicken, Slow-Cooked Pork Belly in Apple & Somerset Cider Sauce...** so much time and effort to cook from scratch, yet with Wiltshire Farm Foods, you can pop a meal straight from the freezer into the microwave or oven and enjoy that home-cooked taste, effortlessly. And don't miss our new Luxury desserts – absolute heaven!

With **no delivery fees<sup>▲</sup> or subscriptions to worry about**, you can order as much or as little as you like. We'll deliver friendly smiles along with your food and are always waiting by the phone should you need a hand. All part of the service!

Warm wishes,



**PHIL  
RIMMER**  
HEAD CHEF

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



**100%  
SATISFACTION  
GUARANTEED**

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

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



**Spot this sign on a dish?**  
You're looking at one of our most loved meals, with glowing reviews on Trustpilot. Give one a go!



# Find all your favourites

## MAIN MEALS

- 12** Beef
- 20** Chicken & Turkey
- 26** Pork
- 31** Lamb
- 34** Fish
- 39** Vegetarian
- 44** **The Chef's Kitchen** - *Our luxury menu*
- 55** **Essentials** - *Meals from just £3.09*
- 60** **Soups & Snacks**
- 64** **A Taste of Asia** - *Flavours from the East*
- 68** **Italian & Mediterranean**
- 73** **Mini Meals**
- 78** **Mini Meals Extra**
- 81** **Hearty**
- 85** **Free From**
- 88** **Breakfast**

## DESSERTS & CAKES

- 90** **Sweet Treats**
- 94** **Hot Desserts**
- 100** **Reduced Sugar Hot Desserts**
- 102** **Cold Desserts**

## SOFTER FOODS

- 110** **Purée Meals**
- 118** **Purée Snacks, Sandwiches & Breakfasts**
- 120** **Purée Cakes & Desserts**
- 122** **Minced Meals**
- 127** **Soft & Bite-Sized Meals**

## 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.



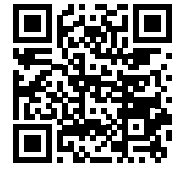
**Vegetarian**  
Vegetarian meals with no meat/fish derivatives.



**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.

# How it works

*Simply order when you want - there's no subscription*



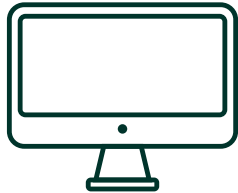
Scan this QR code with your smartphone or tablet to download the app - it's free!

1

*Choose how you want to order*



Call your friendly local team



Go online - it's simple and secure



Order direct with your delivery driver



Use our handy app - it's very easy

*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.

4

*Cook from frozen*



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

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

Harry,  
Wiltshire Farm Foods,  
Newbury

# Simply first-class service

With many things in life, simple is best. Ordering your food or asking a question - at Wiltshire Farm Foods we make it all easy. There really is **no substitute for speaking to a real person**, which is why your friendly local team is on hand to help on the other end of the phone.

We also have a 24/7 helpline and a handy online chat, so there's always a way to get in touch with a real person.

And our drivers do so much more than deliver. You'll get to know them – and they'll get to know you! It's always nice to have a natter, and if you'd like your meals putting away in the freezer, they'll gladly lend a hand.



The reviews are...

*Excellent!*

Over 57,000 of you have reviewed us on Trustpilot now and we couldn't be prouder that the resounding verdict is still 'Excellent'. With over 30 years behind us, we never lose sight of what's important: making our customers happy.

★ Trustpilot



Rated EXCELLENT  
at time of writing  
August 2025.

**f** *Join our community*  
Follow us on Facebook or Instagram  
for lots more fun and chat.

# Quality through and through

Ours are not your regular ready meals. Recipes are created by our **talented chefs** working hand in hand with our expert **in-house dietitian** and each one is refined until it's the best it can be. Not only do they taste great, nutrition has been considered from the outset.

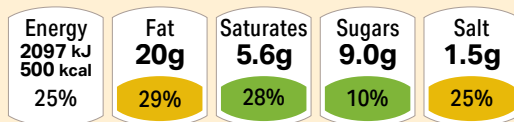
Unlike many supermarket meals, our dishes come complete with **veggies, sides and sauces**. Just imagine cooking one from scratch! We give you the best of both worlds – quality and flavour that **tastes like it's home-cooked**, with the convenience of a complete meal **ready in minutes**.

## Understanding what's inside

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



Each meal contains



% of an adult's reference intake

## 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

\*Excludes Corned Beef



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.

# Thoughtfully created for *all*

Something for every appetite! Choose from:

## Mini

A light meal or for a smaller appetite

from page 73

## Main

Perfect for every day

from page 12

## Hearty

For a larger appetite

from page 81

Hearty

Mini

Main

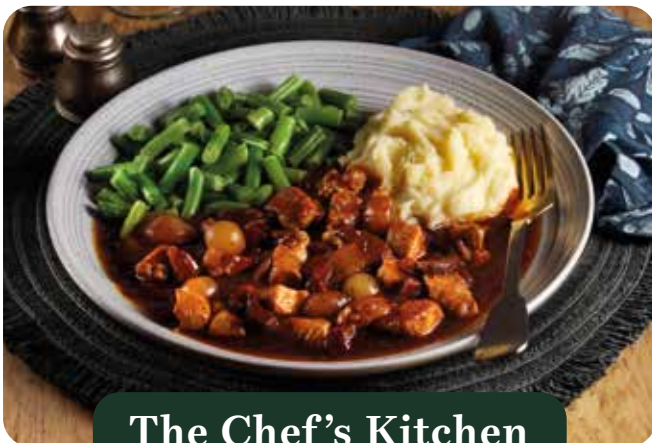
Something for every budget!



## Essentials

Great value freezer-fillers. From page 55

MEALS FROM ONLY £3.09



## The Chef's Kitchen

When you want a little luxury. From page 44

## 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 85. 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.

# Looking after *our world*

Caring is at the heart of our ethos at Wiltshire Farm Foods, and it goes beyond everything we do for our customers.

With every business decision we make, we consider our planet, doing all we can to tread lightly upon it.

We've lots of initiatives already underway, moving us step by step towards our target of reaching Net Zero by 2040.

This brochure is even printed on 100% recycled paper!



## Our cleaner, greener delivery vehicles

We're sure you've heard of electric vehicles (EVs) by now... like regular vehicles, but instead of using petrol or diesel, they run on electricity. You just plug them in, charge up, and go.

### Here's the exciting part...

We're the first to use electric vehicles with freezers, keeping meals frozen while out on the road using the power of electricity. Experts once said this couldn't be done, but we made it happen! Our vehicles have even won national awards for this clever innovation.

We now have over 150 electric vehicles, and by the end of 2025, 75% of our delivery rounds will be electric.

### Why is this so important?

Electric vehicles release no pollutants from their exhaust pipes, so by switching to EVs, we'll cut out 1,358 tonnes of CO<sub>2</sub>e every year. This is the equivalent of boiling 33 million kettles!\*

It's great for the planet, and we're proud to lead the way. No petrol fumes, no pollution and hardly any noise either - just your meals when you want them.

\*Based on boiling a litre of water using an electric kettle.



# A better way to recycle

We don't know about you, but we were shocked when we found out that as little as 40% of plastic meal trays get collected through kerbside recycling, and then of that, just under half actually gets recycled! The rest is sent abroad – where it could be burned or dumped in landfill!

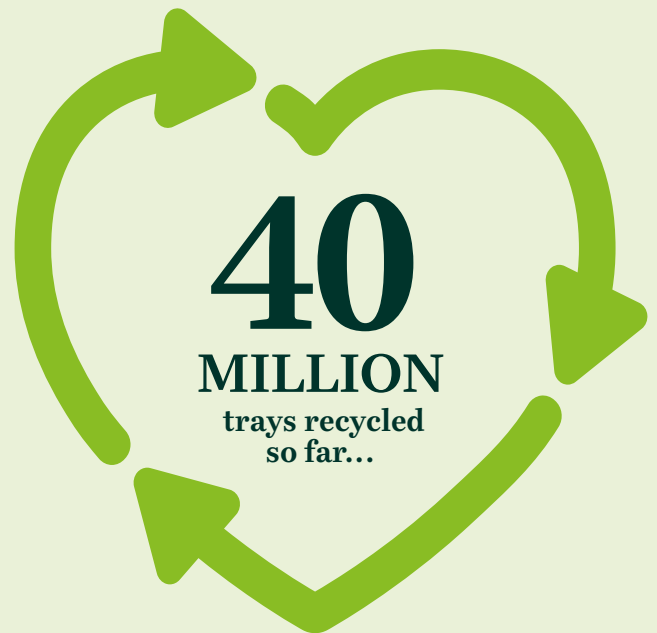
Despite making our trays fully recyclable and making them from 80% recycled plastic... we knew it wasn't enough.

## So we created our own superior system!

Every single tray you return to your driver will not just be recycled, we guarantee that 100% of trays returned will be recycled into brand new Wiltshire Farm Foods trays.

## It's so easy to do your bit

The key to making all of this innovation worth it... is you. It doesn't take much – simply take a minute to wash your meal trays, stash them away somewhere till you see your driver, then hand them over. And that's it!



## Driving change

As founding members of the UK Plastics Pact, we work to improve and increase recycling.



## How to recycle with us



### 1 Wash

Once you've finished your meal, remove the lid and wash your tray. They are dishwasher safe too.



### 2 Hand back

The next time you see your driver, hand them your clean trays. We are unable to accept black, white or clear trays.



### 3 We do the rest!

We'll make sure 100% of the used trays returned to us are recycled into brand-new Wiltshire Farm Foods trays.

(Not currently operating in Isle of Man or Oban.)

*Thanks again for doing your bit - let's keep it going!*



# WELL BALANCED\*

## TAKE GOOD CARE OF YOURSELF

These days there are so many mixed messages about what you should and shouldn't be eating – it can be hard to know what's for the best!

We've made it easy to choose options with your health in mind.

If you're seeking dishes that have been specially selected to support a healthy diet, simply look out for this sign:



## ALL OF OUR WELL BALANCED\*

MEALS ARE:

LOW IN  
SATURATED  
FAT

to help maintain healthy blood cholesterol levels

LOW IN  
SUGAR

ideal if you're watching your sugar intake

1 OF YOUR  
5 A DAY

perfectly prepared veggies included

A SOURCE  
OF PROTEIN

to support muscle mass maintenance and keep bones strong

A SOURCE  
OF FIBRE

to help aid digestion

Satisfying meals full of flavour, designed to support you in living well



Why not try...



**MUSHROOM  
STROGANOFF**

See page 41



**LAMB IN GRAVY**

See page 33



**FISHERMAN'S PIE**

See page 38

*“Effortless to  
prepare and a  
joy to eat!”*



**Phil Rimmer**  
*Head Chef*

\* 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.

# 13 new creations to try

From wonderfully warming slow-cooked dishes to luxurious new desserts, there's lots to discover this season.



THE CHEF'S KITCHEN

**1180**  
Smoked Haddock Chowder  
page 51



THE CHEF'S KITCHEN

**4324**  
Beef Ragù with Pappardelle Pasta  
page 13



**8157**  
Braised Steak  
page 14



**4323**  
Beef in Peppercorn Sauce  
page 15



**8161**  
Ham in Parsley Sauce  
page 29



**5128**  
Luxury Roast Chicken  
(Oven Cook Only) page 45



THE CHEF'S KITCHEN

**4322**  
Slow-Cooked Pork Belly in Apple & Somerset Cider Sauce page 47



**8514**  
Essentials Lancashire Hot Pot  
page 57



**3711**  
Luxury Lemon Sponge  
page 52



THE CHEF'S KITCHEN

**3710**  
Luxury Apple Crumble  
page 53



THE CHEF'S KITCHEN

**2189**  
Luxury Treacle Tart  
page 54



**3142**  
Treacle Tart and Custard  
page 95

Or how about a refreshing cold treat?



Why not try our decadent Chocolate Ice Cream Sticks

**2184**  
Chocolate Ice Cream Sticks (pack of 6)  
page 105



# Beef

Cosy up with comforting casseroles, pies, roasts and more; taste the quality of our British and Irish beef.\*



207  
Beef Hotpot  
Page 17

**“Absolutely love it! The taste is fantastic.  
Recommend it to anybody.”**

Mrs P, Wiltshire Farm Foods Customer

\* Excludes  
Corned Beef

## 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. Comfort food at its best.

**4324** **£6.39** 340g

Each meal contains

Energy 1613 kJ 384 kcal 19%	Fat <b>13g</b> 19%	Saturates <b>4.3g</b> 22%	Sugars <b>6.9g</b> 8%	Salt <b>1.7g</b> 28%
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% of an adult's reference intake

“ The combination of brisket and minced steak brings an intense meaty flavour, delicious with tomato and cheese. ”

**JETHRO LAWRENCE**

*Development Chef*



**NEW**

THE CHEF'S KITCHEN

Beef



## 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** **£5.85** 400g

Each meal contains

Energy 1701 kJ 406 kcal 20%	Fat <b>19g</b> 27%	Saturates <b>7.7g</b> 39%	Sugars <b>5.3g</b> 6%	Salt <b>2.0g</b> 33%
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% of an adult's reference intake



## Roast Beef & Yorkshire Pudding

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

**7536** **£6.39** 420g

Each meal contains

Energy 1478 kJ 351 kcal 18%	Fat <b>8.8g</b> 13%	Saturates <b>1.8g</b> 9%	Sugars <b>5.1g</b> 6%	Salt <b>2.2g</b> 37%
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% of an adult's reference intake

**NEW**



### Braised Steak

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

“ Full of rich flavour and wonderfully warming on a cold day. ”



**Jethro Lawrence**  
*Development Chef*

**8157** £4.99 335g GF

Each meal contains

Energy 1497 kJ 358 kcal 18%	Fat <b>16g</b> 23%	Saturates <b>4.5g</b> 23%	Sugars <b>6.3g</b> 7%	Salt <b>1.5g</b> 25%
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% of an adult's reference intake

Beef



### Steak & Mushroom Casserole

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

**214** £5.69 360g GF

Each meal contains

Energy 1331 kJ 318 kcal 16%	Fat <b>16g</b> 23%	Saturates <b>4.4g</b> 22%	Sugars <b>6.9g</b> 8%	Salt <b>0.91g</b> 15%
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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** £5.39 350g GF

Each meal contains

Energy 1400 kJ 333 kcal 17%	Fat <b>8.8g</b> 13%	Saturates <b>3.0g</b> 15%	Sugars <b>4.7g</b> 5%	Salt <b>1.6g</b> 27%
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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.

**NEW**

“**The velvety sauce is perfectly seasoned - full of flavour without too much kick!**”



**Jethro Lawrence**  
Development Chef

**4323** £6.99 345g GF

Each meal contains

Energy 1679 kJ 400 kcal 20%	Fat 15g 21%	Saturates 3.6g 18%	Sugars 4.4g 5%	Salt 0.94g 16%
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% of an adult's reference intake



## Steak & Kidney Pie

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

**211** £5.15 370g

Each meal contains

Energy 2310 kJ 553 kcal 28%	Fat 28g 40%	Saturates 9.2g 46%	Sugars 5.7g 6%	Salt 1.4g 23%
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% of an adult's reference intake



**WELL  
BALANCED**

## Cottage Pie

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

**208** £4.69 380g GF

Each meal contains

Energy 1300 kJ 310 kcal 16%	Fat 11g 16%	Saturates 3.2g 16%	Sugars 5.7g 6%	Salt 1.4g 23%
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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.

Beef

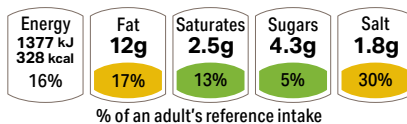


### Beef with Mashed Potato

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

**7251** **£5.79** 370g

Each meal contains



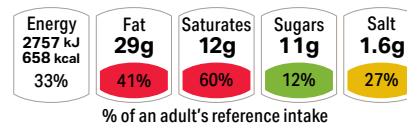
### Beef Curry with Rice

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

**4271** **£6.65** 415g

GF

Each meal contains



THE CHEF'S KITCHEN

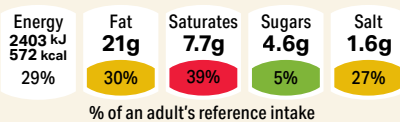
### Beef Stroganoff

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** **£6.85** 410g

GF

Each meal contains



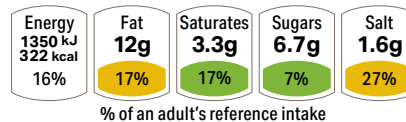
### Corned Beef Hash

A delicious dish of corned beef, diced onions and potatoes. Served with peas and carrots.

**203** **£4.69** 360g

GF

Each meal contains



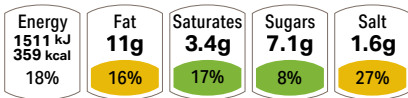


### Spaghetti Bolognese

Spaghetti with a rich minced beef and Bolognese sauce.

**4275** £5.59 340g

Each meal contains



% of an adult's reference intake



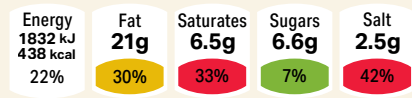
The CHEF'S KITCHEN

### 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.

**4281** £6.15 400g

Each meal contains



% of an adult's reference intake



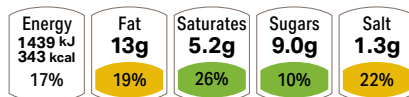
### Beef Hotpot

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

**207** £5.29 350g

GF

Each meal contains



% of an adult's reference intake



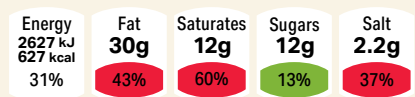
The CHEF'S KITCHEN

### 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** £6.69 405g

Each meal contains



% of an adult's reference intake

Beef



### Extra Tender Beef Casserole

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

**7723** **£7.49** 395g GF

Each meal contains

Energy 1255 kJ 300 kcal 15%	Fat <b>14g</b> 20%	Saturates <b>3.2g</b> 16%	Sugars <b>5.8g</b> 6%	Salt <b>2.0g</b> 33%
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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** **£5.75** 410g GF

Each meal contains

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



### Cumberland Pie

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

**507** **£5.69** 400g

Each meal contains

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

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

**1141** **£1.95** 110g GF V

Each pack contains

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



### Savoury Minced Beef

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

**209** **£4.69** 350g GF

Each meal contains

Energy 1321 kJ 316 kcal 16%	Fat <b>16g</b> 23%	Saturates <b>4.3g</b> 22%	Sugars <b>6.2g</b> 7%	Salt <b>1.3g</b> 22%
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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** **£7.19** 400g GF

Each meal contains

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



The CHEF'S KITCHEN

### 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** **£6.99** 457g

Each meal contains

Energy 2875 kJ 688 kcal 34%	Fat <b>36g</b> 51%	Saturates <b>16g</b> 80%	Sugars <b>22g</b> 24%	Salt <b>2.2g</b> 37%
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% of an adult's reference intake



The CHEF'S KITCHEN

### Luxury Roast Beef (Oven Cook Only)

Tender, slow-cooked beef with red wine gravy, golden roasties, Yorkshire pudding, and cauliflower cheese made with Wyke Farms Cheddar. Plus peas and carrots!

**5127** **£7.85** 549g

Each meal contains

Energy 2366 kJ 563 kcal 28%	Fat <b>20g</b> 29%	Saturates <b>6.9g</b> 35%	Sugars <b>7.1g</b> 8%	Salt <b>2.7g</b> 45%
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% of an adult's reference intake

Beef

# Chicken & Turkey

Tuck into chicken in all your favourite ways with our much-loved recipes, from British classics to around-the-world flavours.



7260  
Chicken & Mushroom  
Puff Pastry Pie  
Page 22

“Nice pieces of chicken accompanied by a tasty sauce, pastry stays remarkably crispy.”

Mrs C, Wiltshire Farm Foods Customer

## Luxury Roast Chicken (Oven Cook Only)

Tender roast chicken breast perfectly paired with sweet carrots, peas, and a pork stuffing ball in rich gravy. We've added crispy roast potatoes, a fluffy Yorkshire pudding, and a decadent cauliflower & broccoli cheese made with Wyke Farms Cheddar.

**5128** £7.29 535g

Each meal contains

Energy 2339 kJ 557 kcal 28%	Fat <b>20g</b> 29%	Saturates <b>5.9g</b> 30%	Sugars <b>6.9g</b> 8%	Salt <b>2.8g</b> 47%
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% of an adult's reference intake

“ Our best ever roast chicken with premium trimmings. For Sunday – or any day. ”

**PHIL RIMMER**  
Head Chef



**NEW**

THE CHEF'S KITCHEN

Chicken & Turkey



## Sweet & Sour Chicken

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

**8194** £4.85 415g

GF

Energy 1792 kJ 424 kcal 21%	Fat <b>6.6g</b> 9%	Saturates <b>1.2g</b> 6%	Sugars <b>27g</b> 30%	Salt <b>1.3g</b> 22%
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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** £5.39 395g

GF

Energy 1467 kJ 349 kcal 17%	Fat <b>12g</b> 17%	Saturates <b>2.2g</b> 11%	Sugars <b>13g</b> 14%	Salt <b>1.9g</b> 32%
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% of an adult's reference intake

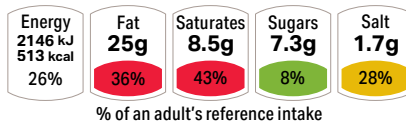


### Chicken & Mushroom Puff Pastry Pie

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

**7260** £4.99 435g

Each meal contains



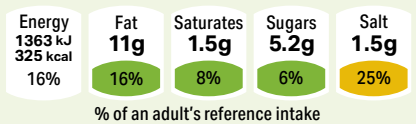
### Chicken Chasseur

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

**8162** £4.99 400g

GF

Each meal contains



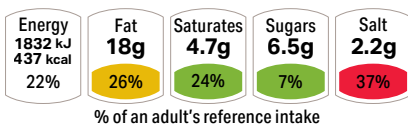
### Chicken Supreme

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

**4301** £6.39 440g

GF

Each meal contains



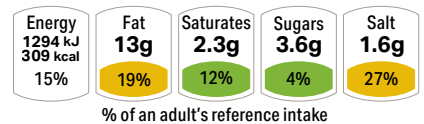
### Chicken in Gravy

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

**256** £4.99 365g

GF

Each meal contains





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**   **£6.65**   440g   **GF**

Each meal contains

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



### Roast Chicken Breast with Stuffing

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

**549**   **£5.99**   390g

Each meal contains

Energy 1282 kJ 305 kcal 15%	Fat <b>7.5g</b> 11%	Saturates <b>1.2g</b> 6%	Sugars <b>5.4g</b> 6%	Salt <b>1.4g</b> 23%
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% of an adult's reference intake



THE CHEF'S KITCHEN

### Luxury Sweet & Sour Chicken

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

**4176**   **£6.15**   465g

Each meal contains

Energy 2071 kJ 490 kcal 25%	Fat <b>8.5g</b> 12%	Saturates <b>1.2g</b> 6%	Sugars <b>37g</b> 41%	Salt <b>0.47g</b> 8%
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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**   **£4.69**   440g

Each meal contains

Energy 1913 kJ 456 kcal 23%	Fat <b>19g</b> 27%	Saturates <b>6.2g</b> 31%	Sugars <b>6.7g</b> 7%	Salt <b>1.7g</b> 28%
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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.



### Chicken Curry with Rice

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



### Chicken Stir-Fry

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



### Extra Tender Chicken in Gravy

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

**8156** **£4.79** 360g GF

Each meal contains

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

**4303** **£5.99** 400g

Each meal contains

Energy 1622 kJ 385 kcal 19%	Fat <b>9.0g</b> 13%	Saturates <b>1.3g</b> 7%	Sugars <b>11g</b> 12%	Salt <b>2.4g</b> 40%
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% of an adult's reference intake

**4712** **£5.75** 400g GF

Each meal contains

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



### Hunter's Chicken

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

**4286** **£5.99** 370g GF

Each meal contains

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



### Chicken Hotpot

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

**4207** **£5.65** 400g GF

Each meal contains

Energy 1286 kJ 306 kcal 15%	Fat <b>9.1g</b> 13%	Saturates <b>3.1g</b> 16%	Sugars <b>9.7g</b> 11%	Salt <b>1.2g</b> 20%
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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** **£4.95** 380g

Each meal contains

Energy 2138 kJ 510 kcal 26%	Fat <b>21g</b> 30%	Saturates <b>4.8g</b> 24%	Sugars <b>8.5g</b> 9%	Salt <b>1.8g</b> 30%
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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.

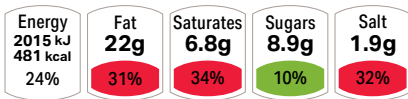


### Chicken Parmigiana

Breaded chicken breast on a bed of spaghetti in a rich tomato and basil sauce, topped with a Cheddar and Regato cheese sauce plus mozzarella, Regato and parsley.

**4321** **£6.19** 370g

Each meal contains



% of an adult's reference intake



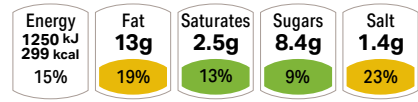
### Chicken & Vegetable Casserole

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

**8138** **£4.85** 410g

GF

Each meal contains



% of an adult's reference intake

## The CHEF'S KITCHEN

Why not add a side dish?

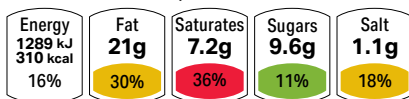


### Cauliflower & Broccoli Cheese

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

**664** **£2.99** 250g GF V

Each pack contains



% of an adult's reference intake

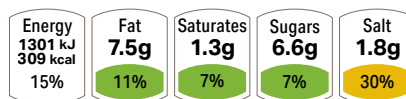


### Turkey with Stuffing

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

**4242** **£6.25** 395g

Each meal contains



% of an adult's reference intake

\* Please refer to page 106

# Pork

These tasty dinners never fail to satisfy – don't miss our superb new slow-cooked pork belly dish. Simply sensational!



7531  
Roast Pork in Apple  
and Cider Gravy  
Page 30

**“A really enjoyable and tasty meal.”**

Mr D, Wiltshire Farm Foods Customer

## Slow-Cooked Pork Belly in Apple & Somerset Cider Sauce

Indulge in the rich, melt-in-your-mouth perfection of our slow-cooked pork belly, smothered 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** **£6.99** 380g GF

Each meal contains

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

“The sweet tang of apple and local cider perfectly complement the richness of the pork.”

**JETHRO LAWRENCE**

*Development Chef*



**NEW**

THE CHEF'S KITCHEN

Pork



## Faggots in Gravy with Mash & Peas

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

**7335** **£5.25** 445g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1870 kJ 447 kcal 22%	<b>19g</b> 27%	<b>4.7g</b> 24%	<b>3.9g</b> 4%	<b>2.8g</b> 47%
% of an adult's reference intake				



## Cumberland Sausages

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

**322** **£5.19** 384g

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1664 kJ 398 kcal 20%	<b>18g</b> 26%	<b>4.8g</b> 24%	<b>6.2g</b> 7%	<b>2.3g</b> 38%
% 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** **£6.99** 380g GF

Each meal contains

Energy 1472 kJ 350 kcal 18%	Fat <b>11g</b> 16%	Saturates <b>2.3g</b> 12%	Sugars <b>10g</b> 11%	Salt <b>1.7g</b> 28%
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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** **£7.25** 369g

Each meal contains

Energy 1852 kJ 441 kcal 22%	Fat <b>14g</b> 20%	Saturates <b>3.4g</b> 17%	Sugars <b>3.9g</b> 4%	Salt <b>2.0g</b> 33%
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% of an adult's reference intake



### Pork Loin & Stuffing

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

**225** **£6.79** 350g

Each meal contains

Energy 1267 kJ 303 kcal 15%	Fat <b>14g</b> 20%	Saturates <b>3.0g</b> 15%	Sugars <b>6.0g</b> 7%	Salt <b>1.6g</b> 27%
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% of an adult's reference intake



### 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** **£6.55** 400g GF

Each meal contains

Energy 2199 kJ 528 kcal 26%	Fat <b>32g</b> 46%	Saturates <b>11g</b> 55%	Sugars <b>10g</b> 11%	Salt <b>2.9g</b> 48%
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% of an adult's reference intake

The CHEF'S KITCHEN

**NEW**

### 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.

“Savoury ham, fluffy mashed potatoes and creamy sauce - perfect comfort food!”



*Phil Rimmer*  
Head Chef

**8161** £4.99 370g GF

Each meal contains

Energy 1282 kJ 307 kcal 15%	Fat <b>16g</b> 23%	Saturates <b>5.5g</b> 28%	Sugars <b>6.3g</b> 7%	Salt <b>2.3g</b> 38%
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% of an adult's reference intake



Pork

### The CHEF'S KITCHEN

Why not add a side dish?



### Braised Red Cabbage

Tender red cabbage and sweet apple in Wyke Farms butter with Ruby Port. Subtly seasoned with warming nutmeg and cinnamon.

**1148** £2.09 160g GF V

Each pot contains

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



### Bangers & Mash

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

**235** £4.99 380g

Each meal contains

Energy 1745 kJ 417 kcal 21%	Fat <b>19g</b> 27%	Saturates <b>4.4g</b> 22%	Sugars <b>5.4g</b> 6%	Salt <b>1.9g</b> 32%
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% of an adult's reference intake

\* Please refer to page 106



### 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.

<b>7531</b>	<b>£6.85</b>	380g	GF		
Each meal contains					
Energy 1212 kJ 288 kcal 14%	Fat <b>8.0g</b> 11%	Saturates <b>2.3g</b> 12%	Sugars <b>8.4g</b> 9%	Salt <b>1.3g</b> 22%	
* % of an adult's reference intake					



### Gammon & Cheddar Pie

Gammon in a cheesy sauce made with Wyke Farms Cheddar, Regato and mustard with a shortcrust pastry top. Served with mashed potatoes and peas.

<b>4315</b>	<b>£5.49</b>	380g			
Each meal contains					
Energy 2530 kJ 605 kcal 30%	Fat <b>31g</b> 44%	Saturates <b>13g</b> 65%	Sugars <b>6.9g</b> 8%	Salt <b>2.3g</b> 38%	
* % of an adult's reference intake					

Pork



### Sausage, Chips & Beans

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

<b>8150</b>	<b>£5.19</b>	335g			
Each meal contains					
Energy 1645 kJ 392 kcal 20%	Fat <b>13g</b> 19%	Saturates <b>3.0g</b> 15%	Sugars <b>9.5g</b> 11%	Salt <b>2.0g</b> 33%	
* % of an adult's reference intake					

\* Please refer to page 106

**Good food – effortlessly**

*At Wiltshire Farm Foods, we're famed for our quality meals. But our service shines just as brightly.*

No subscriptions to worry about

No delivery fees to pay \*

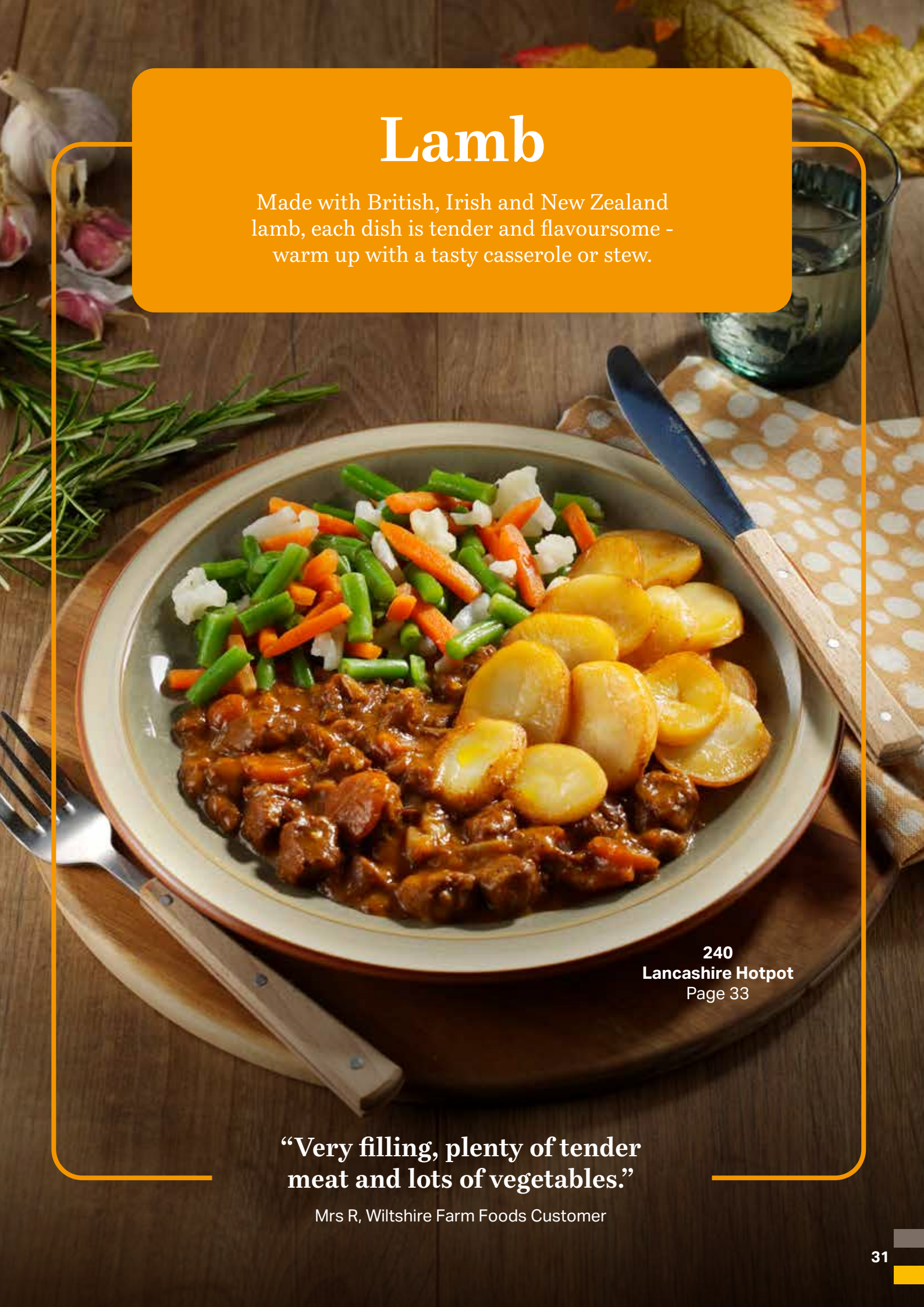
A friendly local team you'll get to know

**Your meals when you want them, delivered with a friendly smile and a helping hand.**

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

# Lamb

Made with British, Irish and New Zealand lamb, each dish is tender and flavoursome - warm up with a tasty casserole or stew.



240  
Lancashire Hotpot  
Page 33

**“Very filling, plenty of tender meat and lots of vegetables.”**

Mrs R, Wiltshire Farm Foods Customer



### Shepherd's Pie

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

**245**   **£4.99**   380g   **GF**

Each meal contains

Energy 1322 kJ 316 kcal 16%	Fat <b>13g</b> 19%	Saturates <b>5.1g</b> 26%	Sugars <b>5.9g</b> 7%	Salt <b>1.7g</b> 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**   **£5.45**   350g   **GF**

Each meal contains

Energy 1393 kJ 333 kcal 17%	Fat <b>15g</b> 21%	Saturates <b>6.5g</b> 33%	Sugars <b>6.2g</b> 7%	Salt <b>1.3g</b> 22%
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% of an adult's reference intake



### Liver & Bacon Casserole

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

**324**   **£4.69**   365g   **GF**

Each meal contains

Energy 1321 kJ 316 kcal 16%	Fat <b>15g</b> 21%	Saturates <b>3.9g</b> 20%	Sugars <b>6.1g</b> 7%	Salt <b>1.3g</b> 22%
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% of an adult's reference intake



### Lamb in Honey & Mint Sauce

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

**7548**   **£7.19**   385g

Each meal contains

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



### Lamb's Liver & Bacon in Onion Gravy

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

**4260**   **£6.25**   405g   **GF**

Each meal contains

Energy 1507 kJ 360 kcal 18%	Fat <b>15g</b> 21%	Saturates <b>5.0g</b> 25%	Sugars <b>13g</b> 14%	Salt <b>2.1g</b> 35%
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% of an adult's reference intake



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** **£6.85** 400g

Each meal contains

Energy 2047 kJ 489 kcal 24%	Fat <b>24g</b> 34%	Saturates <b>9.2g</b> 46%	Sugars <b>10g</b> 11%	Salt <b>2.0g</b> 33%
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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** **£5.59** 410g

GF

Each meal contains

Energy 1685 kJ 402 kcal 20%	Fat <b>18g</b> 26%	Saturates <b>9.2g</b> 46%	Sugars <b>8.7g</b> 10%	Salt <b>1.8g</b> 30%
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% of an adult's reference intake



### Lamb in Gravy

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

**237** **£6.19** 350g

GF

Each meal contains

Energy 1314 kJ 313 kcal 16%	Fat <b>10g</b> 14%	Saturates <b>3.4g</b> 17%	Sugars <b>4.5g</b> 5%	Salt <b>1.1g</b> 18%
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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** **£5.49** 360g

Each meal contains

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



### Roast Lamb in Mint Gravy

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

**533** **£6.89** 350g

GF

Each meal contains

Energy 1267 kJ 302 kcal 15%	Fat <b>10g</b> 14%	Saturates <b>3.4g</b> 17%	Sugars <b>4.4g</b> 5%	Salt <b>1.2g</b> 20%
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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.

Lamb

# Fish

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

7530  
Fishcake with  
Mushy Peas  
Page 37

**“Filling and tasty. This is a regular of mine.”**

Ms T, Wiltshire Farm Foods Customer



### 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** **£4.99** 405g

Each meal contains

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



### Salmon & Broccoli Supreme

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

**318** **£4.85** 370g

GF

Each meal contains

Energy 1425 kJ 341 kcal 17%	Fat <b>16g</b> 23%	Saturates <b>3.9g</b> 20%	Sugars <b>7.1g</b> 8%	Salt <b>0.96g</b> 16%
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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** **£6.35** 290g

Each meal contains

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



The CHEF'S KITCHEN

### Cod Mornay

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

**7558** **£7.45** 390g

GF

Each meal contains

Energy 1439 kJ 344 kcal 17%	Fat <b>14g</b> 20%	Saturates <b>5.9g</b> 30%	Sugars <b>6.0g</b> 7%	Salt <b>1.1g</b> 18%
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% of an adult's reference intake

\* Please refer to page 106



### Fish in Parsley Sauce

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

**314** **£4.69** 380g GF

Each meal contains

Energy 1287 kJ 308 kcal 15%	Fat <b>15g</b> 21%	Saturates <b>7.2g</b> 36%	Sugars <b>5.9g</b> 7%	Salt <b>1.3g</b> 22%
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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** **£5.59** 320g

Each meal contains

Energy 1791 kJ 426 kcal 21%	Fat <b>16g</b> 23%	Saturates <b>5.3g</b> 27%	Sugars <b>9.5g</b> 11%	Salt <b>1.2g</b> 20%
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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** **£5.55** 360g

Each meal contains

Energy 2106 kJ 504 kcal 25%	Fat <b>28g</b> 40%	Saturates <b>8.1g</b> 41%	Sugars <b>5.3g</b> 6%	Salt <b>1.4g</b> 23%
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% of an adult's reference intake



### Breaded Fish & Chips

Breaded white fish served with golden chips and peas.

**304** **£4.69** 305g

Each meal contains

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



### Seafood Paella

A Spanish classic. Prawns, smoked haddock and chorizo with peas and peppers. Served with tomato, white wine and paprika infused rice.

**4306** **£6.25** 360g



Each meal contains

Energy 1853 kJ 442 kcal 22%	Fat <b>20g</b> 29%	Saturates <b>2.6g</b> 13%	Sugars <b>8.2g</b> 9%	Salt <b>1.8g</b> 30%
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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** **£5.25** 305g

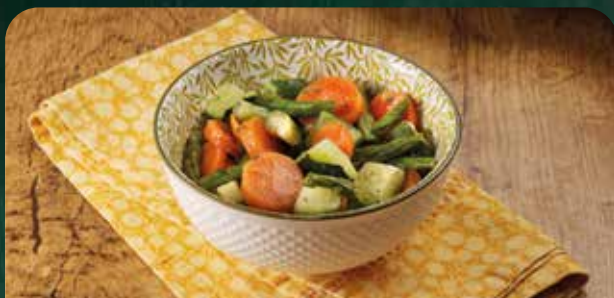
Each meal contains

Energy 1596 kJ 381 kcal 19%	Fat <b>15g</b> 21%	Saturates <b>2.3g</b> 12%	Sugars <b>4.3g</b> 5%	Salt <b>0.92g</b> 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

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

**1141** **£1.95** 110g



Each pack contains

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



### Luxury Fish Pie

Flaked salmon and king prawns in a luxurious smoked haddock sauce with Dijon mustard, white wine, cream and lemon. Regato cheese and chives top the buttery mash.

**4298** **£6.65** 410g



Each meal contains

Energy 1898 kJ 454 kcal 23%	Fat <b>24g</b> 34%	Saturates <b>10g</b> 50%	Sugars <b>5.2g</b> 6%	Salt <b>2.5g</b> 42%
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% of an adult's reference intake



### Fisherman's Pie

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

4223 £5.25 445g GF

Each meal contains				
Energy	Fat	Saturates	Sugars	Salt
1620 kJ 386 kcal	14g	3.5g	9.4g	1.4g
19%	20%	18%	10%	23%
% 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 £5.99 380g

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

Fish



THE CHEF'S KITCHEN

### Cod in a Mediterranean Vegetable Sauce

White wine, sweet paprika and flavoursome grilled Mediterranean style vegetables complement our sustainably caught cod beautifully. Teamed with parsley tumbled white rice and green beans.

7756 £7.45 475g GF

Each meal contains				
Energy	Fat	Saturates	Sugars	Salt
1627 kJ 387 kcal	13g	2.7g	7.0g	1.2g
19%	19%	14%	8%	20%
% of an adult's reference intake				

No subscriptions, no delivery fees\*, no hassle!



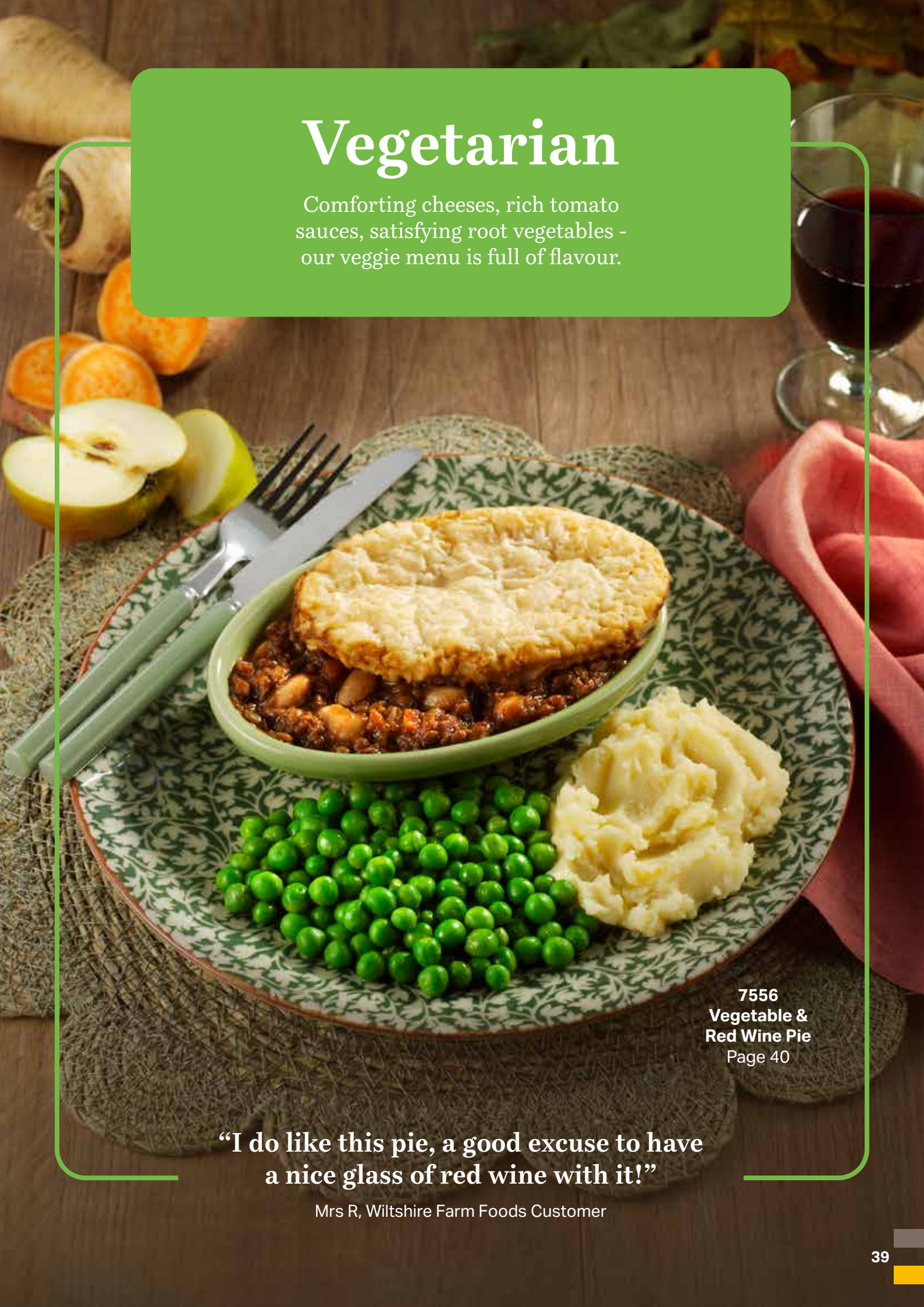
Life's complicated enough – so we've made sure ordering and cooking our meals is as easy as can be.

Order in the way that suits you best - and should you need any assistance at all, we're right here on the end of the phone. Just give us a call!

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

# Vegetarian

Comforting cheeses, rich tomato sauces, satisfying root vegetables - our veggie menu is full of flavour.



7556  
Vegetable &  
Red Wine Pie  
Page 40

“I do like this pie, a good excuse to have a nice glass of red wine with it!”

Mrs R, Wiltshire Farm Foods Customer



### 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** **£4.65** 400g V

Each meal contains

Energy 2143 kJ 512 kcal 26%	Fat <b>24g</b> 34%	Saturates <b>12g</b> 60%	Sugars <b>9.0g</b> 10%	Salt <b>1.8g</b> 30%
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% of an adult's reference intake



### Vegetarian Cottage Pie

**Quorn** mince in tomato and onion sauce with white wine & Ruby Port, topped with mashed potato. Served with peas and carrots.

**694** **£5.95** 450g GF V

Each meal contains

Energy 1360 kJ 323 kcal 16%	Fat <b>5.5g</b> 8%	Saturates <b>0.7g</b> 4%	Sugars <b>12g</b> 13%	Salt <b>1.2g</b> 20%
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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** **£5.85** 440g V

Each meal contains

Energy 2396 kJ 572 kcal 29%	Fat <b>23g</b> 33%	Saturates <b>11g</b> 55%	Sugars <b>11g</b> 12%	Salt <b>2.1g</b> 35%
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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** **£4.65** 400g GF V

Each meal contains

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



## Ricotta & Spinach Tortelloni

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



## Cauliflower Cheese & Broccoli Bake

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

**4269** **£5.49** 320g V

Each meal contains

Energy 1474 kJ 352 kcal 18%	Fat <b>15g</b> 21%	Saturates <b>4.5g</b> 23%	Sugars <b>12g</b> 13%	Salt <b>1.6g</b> 27%
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% of an adult's reference intake

**588** **£5.69** 420g GF V

Each meal contains

Energy 1856 kJ 444 kcal 22%	Fat <b>23g</b> 33%	Saturates <b>11g</b> 55%	Sugars <b>7.4g</b> 8%	Salt <b>1.4g</b> 23%
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% of an adult's reference intake



## Omelette, Chips & Beans

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

**343** **£4.65** 370g GF V

Each meal contains

Energy 2060 kJ 493 kcal 25%	Fat <b>23g</b> 33%	Saturates <b>3.9g</b> 20%	Sugars <b>8.3g</b> 9%	Salt <b>1.4g</b> 23%
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% of an adult's reference intake



## Mushroom Stroganoff

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

**7567** **£5.45** 420g GF V

Each meal contains

Energy 1765 kJ 421 kcal 21%	Fat <b>15g</b> 21%	Saturates <b>3.2g</b> 16%	Sugars <b>4.8g</b> 5%	Salt <b>1.4g</b> 23%
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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 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** **£5.85** 340g V

Each meal contains

Energy 2982 kJ 714 kcal 36%	Fat <b>40g</b> 57%	Saturates <b>24g</b> 120%	Sugars <b>9.3g</b> 10%	Salt <b>2.4g</b> 40%
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% of an adult's reference intake



### Tomato & Mozzarella Pasta

Macaroni pasta mixed with chunky tomato sauce topped with mozzarella cheese.

**4201** **£4.65** 320g V

Each meal contains

Energy 1312 kJ 312 kcal 16%	Fat <b>8.3g</b> 12%	Saturates <b>4.3g</b> 22%	Sugars <b>5.5g</b> 6%	Salt <b>1.6g</b> 27%
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% of an adult's reference intake



### Vegetable Lasagne

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

**609** **£5.19** 465g V

Each meal contains

Energy 2014 kJ 480 kcal 24%	Fat <b>20g</b> 29%	Saturates <b>6.2g</b> 31%	Sugars <b>17g</b> 19%	Salt <b>1.7g</b> 28%
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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** **£5.19** 330g VEGAN

Each meal contains

Energy 1370 kJ 324 kcal 16%	Fat <b>5.7g</b> 8%	Saturates <b>0.8g</b> 4%	Sugars <b>6.6g</b> 7%	Salt <b>0.96g</b> 16%
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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** **£4.69** 435g GF VEGAN

Each meal contains

Energy 1422 kJ 338 kcal 17%	Fat <b>8.7g</b> 12%	Saturates <b>2.8g</b> 14%	Sugars <b>11g</b> 12%	Salt <b>1.2g</b> 20%
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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 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** **£5.69** 405g



Each meal contains

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



### Creamy Mushroom Spaghetti

Spaghetti in a creamy garlic & chestnut mushroom sauce. Finished with a sprinkle of chives and Regato cheese.

**4319** **£4.29** 300g



Each meal contains

Energy 1291 kJ 308 kcal 15%	Fat <b>13g</b> 19%	Saturates <b>6.0g</b> 30%	Sugars <b>5.6g</b> 6%	Salt <b>1.7g</b> 28%
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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** **£5.65** 350g



Each meal contains

Energy 1862 kJ 445 kcal 22%	Fat <b>21g</b> 30%	Saturates <b>5.2g</b> 26%	Sugars <b>5.7g</b> 6%	Salt <b>0.82g</b> 14%
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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** **£4.95** 430g



Each meal contains

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

Vegetarian

# The CHEF'S KITCHEN

*Treat yourself to*  
≡ OUR LUXURY MENU ≡

Dine on our finest dishes, made with  
extra special ingredients for a  
restaurant-quality experience.

**3146 Black Forest  
Dessert**  
Page 54

**1141  
Vegetable Medley  
with Parsley  
Butter**  
Page 51

**4281 Luxury  
Cottage Pie**  
Page 49

**“This cottage pie was by far the best I have had  
and plenty of it to fill me up.”**

Mrs E, Wiltshire Farm Foods Customer

**NEW**

## Luxury Roast Chicken (Oven Cook Only)

Tender roast chicken breast perfectly paired with sweet carrots, peas, and a pork stuffing ball in rich gravy. We've added crispy roast potatoes, a fluffy Yorkshire pudding, and a decadent cauliflower & broccoli cheese made with Wyke Farms Cheddar.

**5128** £7.29 535g

Each meal contains

Energy 2339 kJ 557 kcal 28%	Fat <b>20g</b> 29%	Saturates <b>5.9g</b> 30%	Sugars <b>6.9g</b> 8%	Salt <b>2.8g</b> 47%
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% of an adult's reference intake

“ The perfect roast with all the trimmings – too good and too easy to save for Sundays! ”

**PHIL RIMMER**  
*Head Chef*



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** £7.45 390g

GF

Each meal contains

Energy 1439 kJ 344 kcal 17%	Fat <b>14g</b> 20%	Saturates <b>5.9g</b> 30%	Sugars <b>6.0g</b> 7%	Salt <b>1.1g</b> 18%
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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** £6.15 465g

Each meal contains

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

**NEW**



## 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. Comfort food at its best.

**4324** £6.39 340g

Each meal contains

Energy 1613 kJ 384 kcal 19%	Fat 13g 19%	Saturates 4.3g 22%	Sugars 6.9g 8%	Salt 1.7g 28%
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% of an adult's reference intake

“ The combination of brisket and minced steak brings an intense meaty flavour, delicious with tomato and cheese. ”

**JETHRO LAWRENCE**

*Development Chef*



## 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** £6.55 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 & Stilton Pie

Slow-cooked beef, root vegetables and tasty blue Stilton beneath a flaky puff pastry lid. Braised red cabbage with apple & port, and mash complete the dish.

**7515** £6.99 457g

Each meal contains

Energy 2875 kJ 688 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

**NEW**

## Slow-Cooked Pork Belly in Apple & Somerset Cider Sauce

Indulge in the rich, melt-in-your-mouth perfection of our slow-cooked pork belly, smothered 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** £6.99 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

“ The sweet tang of apple and local cider perfectly complement the richness of the pork. ”

### JETHRO LAWRENCE

*Development Chef*



## Luxury Fish Pie

Flaked salmon and king prawns in a luxurious smoked haddock sauce with Dijon mustard, white wine, cream and lemon. Regato cheese and chives top the buttery mash.

**4298** £6.65 410g

GF

Each meal contains

Energy 1898 kJ 454 kcal 23%	Fat 24g 34%	Saturates 10g 50%	Sugars 5.2g 6%	Salt 2.5g 42%
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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** £7.19 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



### 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** **£6.35** 290g

Each meal contains

Energy 2062 kJ 492 kcal 25%	Fat <b>20g</b> 29%	Saturates <b>1.7g</b> 9%	Sugars <b>0.6g</b> 1%	Salt <b>1.0g</b> 17%
% 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** **£5.69** 405g V

Each meal contains

Energy 2229 kJ 532 kcal 27%	Fat <b>24g</b> 34%	Saturates <b>8.1g</b> 41%	Sugars <b>17g</b> 19%	Salt <b>1.8g</b> 30%
% 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** **£6.85** 400g

Each meal contains

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



### Lamb in Honey & Mint Sauce

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

**7548** **£7.19** 385g

Each meal contains

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

\* Please refer to page 106



## Cod in a Mediterranean Vegetable Sauce

White wine, sweet paprika and flavoursome grilled Mediterranean style vegetables complement our sustainably caught cod beautifully. Teamed with parsley tumbled white rice and green beans.

**7756** **£7.45** 475g

GF

Each meal contains

Energy	Fat	Saturates	Sugars	Salt
1627 kJ 387 kcal	<b>13g</b>	<b>2.7g</b>	<b>7.0g</b>	<b>1.2g</b>
19%	19%	14%	8%	20%

% 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** **£6.15** 400g

Each meal contains

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

% 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** **£5.85** 440g

V

Each meal contains

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

% of an adult's reference intake



## Beef Stroganoff

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

**4313** **£6.85** 410g

GF

Each meal contains

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

% of an adult's reference intake



## Luxury Lasagne (Oven Cook Only)

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

**0684** **£6.69** 405g

Each meal contains

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

% of an adult's reference intake



## Luxury Roast Beef (Oven Cook Only)

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** **£7.85** 549g

Each meal contains

Energy 2366 kJ 563 kcal 28%	Fat <b>20g</b> 29%	Saturates <b>6.9g</b> 35%	Sugars <b>7.1g</b> 8%	Salt <b>2.7g</b> 45%
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% of an adult's reference intake

“ Pop in the oven for a fabulous hot feast on a cold day – your kitchen will smell amazing as it cooks! ”

**PHIL RIMMER**  
*Head Chef*



## 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** **£5.85** 340g V

Each meal contains

Energy 2982 kJ 714 kcal 36%	Fat <b>40g</b> 57%	Saturates <b>24g</b> 120%	Sugars <b>9.3g</b> 10%	Salt <b>2.4g</b> 40%
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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** **£6.65** 440g GF

Each meal contains

Energy 1794 kJ 429 kcal 21%	Fat <b>22g</b> 31%	Saturates <b>7.4g</b> 37%	Sugars <b>5.5g</b> 6%	Salt <b>1.8g</b> 30%
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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** **£1.55** 150g (GF) (V)

Each pack contains

Energy 941 kJ 226 kcal 11%	Fat <b>15g</b> 21%	Saturates <b>6.5g</b> 33%	Sugars <b>1.1g</b> 1%	Salt <b>0.41g</b> 7%
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% of an adult's reference intake



### Cauliflower & Broccoli Cheese

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

**664** **£2.99** 250g (GF) (V)

Each pack contains

Energy 1289 kJ 310 kcal 16%	Fat <b>21g</b> 30%	Saturates <b>7.2g</b> 36%	Sugars <b>9.6g</b> 11%	Salt <b>1.1g</b> 18%
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% of an adult's reference intake



### Smoked Haddock Chowder

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

**1180** **£2.99** 200g (GF)

Each pack contains

Energy 670 kJ 160 kcal 8%	Fat <b>6.8g</b> 10%	Saturates <b>3.2g</b> 16%	Sugars <b>4.2g</b> 5%	Salt <b>1.3g</b> 22%
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% of an adult's reference intake

## Superior Sides & Soups



### Braised Red Cabbage

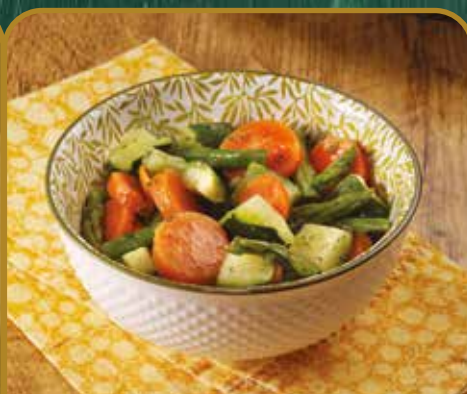
Tender red cabbage and sweet apple in Wyke Farms butter with Ruby Port. Subtly seasoned with warming nutmeg and cinnamon.

**1148** **£2.09** 160g (GF) (V)

Each pot contains

Energy 731 kJ 174 kcal 9%	Fat <b>5.5g</b> 8%	Saturates <b>3.5g</b> 18%	Sugars <b>24g</b> 27%	Salt <b>0.78g</b> 13%
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% 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** **£1.95** 110g (GF) (V)

Each pack contains

Energy 385 kJ 93 kcal 5%	Fat <b>7.9g</b> 11%	Saturates <b>5.0g</b> 25%	Sugars <b>2.9g</b> 3%	Salt <b>0.09g</b> 1%
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% 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** **£2.49** 220g (GF) (V)

Each pack contains

Energy 1300 kJ 310 kcal 16%	Fat <b>15g</b> 21%	Saturates <b>8.6g</b> 43%	Sugars <b>3.6g</b> 4%	Salt <b>1.4g</b> 23%
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% of an adult's reference intake

**NEW**



### 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** **£2.59** 112g V

Each dessert contains

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

Fluffy, buttery sponge teamed with a zing of Sicilian lemon - an absolute delight! ”

### JETHRO LAWRENCE

*Development Chef*

## Decadent desserts



### Peach Melba Ice Cream Dessert

An irresistible confection of creamy peach and raspberry ripple ice cream atop a light sponge. Finished with a zingy raspberry sauce and sweet white chocolate shavings.

**2178** **£3.19** 120g V

Each dessert contains

Energy 1165 kJ 281 kcal 14%	Fat <b>12g</b> 17%	Saturates <b>7.3g</b> 37%	Sugars <b>35g</b> 39%	Salt <b>0.22g</b> 4%
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% 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** **£2.79** 120g V

Each dessert contains

Energy 1162 kJ 277 kcal 14%	Fat <b>10g</b> 14%	Saturates <b>6.5g</b> 33%	Sugars <b>26g</b> 29%	Salt <b>0.14g</b> 2%
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% of an adult's reference intake

**NEW**

## 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** **£2.59** 130g 

Each dessert contains

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

“ Curl up with a piping hot bowl of your favourite; tender apple, buttery crumble – bliss! ”

### JETHRO LAWRENCE

*Development Chef*



## Decadent desserts



## Plum & Cherry Crumble

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

**3778** **£2.49** 135g 

Each dessert contains

Energy 1314 kJ 312 kcal 16%	Fat <b>9.8g</b> 14%	Saturates <b>3.4g</b> 17%	Sugars <b>27g</b> 30%	Salt <b>0.05g</b> 1%
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% 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** **£2.35** 160g  

Each dessert contains

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

**NEW**



### Luxury Treacle Tart

A decadent delight featuring butter-enriched shortcrust pastry, lovingly filled with a rich syrupy filling accented with Sicilian lemon juice. A sweet, golden delight! Enjoy cold or warm.

**2189** **£2.99** 94g



Each tart contains

Energy 1646 kJ 392 kcal 20%	Fat <b>16g</b> 23%	Saturates <b>8.5g</b> 43%	Sugars <b>35g</b> 39%	Salt <b>0.33g</b> 5%
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% of an adult's reference intake

“ We’ve added a kick of lemon to counter the sweetness for a beautifully balanced dish. ”

### JETHRO LAWRENCE

*Development Chef*



### Black Forest Dessert

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

**3146** **£2.25** 130g



Each dessert contains

Energy 1454 kJ 347 kcal 17%	Fat <b>16g</b> 23%	Saturates <b>5.0g</b> 25%	Sugars <b>31g</b> 34%	Salt <b>0.25g</b> 4%
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% 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** **£2.69** 80g



Each dessert contains

Energy 742 kJ 176 kcal 9%	Fat <b>3.6g</b> 5%	Saturates <b>2.6g</b> 13%	Sugars <b>15g</b> 17%	Salt <b>0.13g</b> 2%
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% of an adult's reference intake

# ESSENTIALS

Everyday favourites for less

Discover amazing quality at fantastic value;  
the flavours and convenience you love,  
at our lowest prices.



8505 Essentials  
Cottage Pie  
Page 57

**“An excellent meal at a very affordable price.  
It has become one of my favourites.”**

Miss T, Wiltshire Farm Foods Customer

**MICROWAVE  
FROM FROZEN**

**MEALS  
FROM £3.09**

**SAME GREAT  
QUALITY**

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



Created together 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 £3.09 to £3.99
- ✓ Free Delivery<sup>▲</sup>
- ✓ Meals come complete with sides so no wastage
- ✓ Microwave from frozen - no need to power the oven
- ✓ All made with the same high quality ingredients as our standard dishes

<sup>▲</sup> In a small number of areas there may be a minimum spend.



### ESSENTIALS Sweet & Sour Chicken

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

**8507** £3.99 350g GF

Each meal contains

Energy 1732 kJ 410 kcal	Fat <b>7.2g</b>	Saturates <b>1.3g</b>	Sugars <b>15g</b>	Salt <b>1.3g</b>
21%	10%	7%	17%	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** £3.09 410g GF V

Each meal contains

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

% 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** £3.99 360g (GF)

Each meal contains

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



**NEW**

**ESSENTIALS**

**Lancashire Hotpot**

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

**8514** £3.99 395g (GF)

Each meal contains

Energy 1598 kJ 381 kcal 19%	Fat <b>15g</b> 21%	Saturates <b>7.2g</b> 36%	Sugars <b>10g</b> 11%	Salt <b>1.1g</b> 18%
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% of an adult's reference intake

**Savour the flavour for less!**



**ESSENTIALS**

**Chicken Curry**

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

**8502** £3.65 350g (GF)

Each meal contains

Energy 1456 kJ 345 kcal 17%	Fat <b>6.8g</b> 10%	Saturates <b>1.5g</b> 8%	Sugars <b>4.4g</b> 5%	Salt <b>0.97g</b> 16%
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% of an adult's reference intake



**ESSENTIALS**

**Cottage Pie**

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

**8505** £3.79 390g (GF)

Each meal contains

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



### ESSENTIALS Fish Pie

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

**8510** £3.99 415g GF

Each meal contains

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

% of an adult's reference intake



### ESSENTIALS Macaroni Cheese

Macaroni in a cheese sauce, served with green beans.

**8511** £3.49 370g V

Each meal contains

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

% of an adult's reference intake

## Favourite dishes, perfect prices



### ESSENTIALS Pasta Bolognese

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

**8504** £3.99 330g

Each meal contains

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

% of an adult's reference intake



### ESSENTIALS Creamy Chicken Casserole

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

**8513** £3.95 385g GF

Each meal contains

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

% of an adult's reference intake



### ESSENTIALS Chilli Con Carne

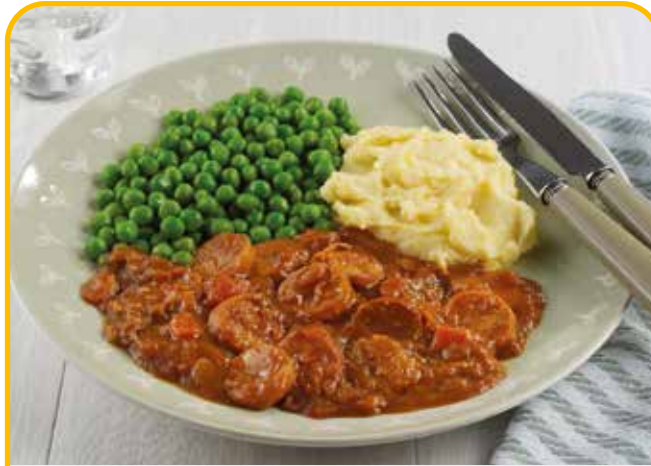
Minced beef in a lightly spiced tomato sauce with kidney beans and peppers. Served with white rice.

**8508** **£3.99** 350g GF

Each meal contains

Energy 1629 kJ 386 kcal 19%	Fat <b>8.3g</b> 12%	Saturates <b>2.7g</b> 14%	Sugars <b>2.8g</b> 3%	Salt <b>1.2g</b> 20%
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% 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** **£3.69** 375g

Each meal contains

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

# Quality you can trust



### ESSENTIALS Butter Bean & Cauliflower Curry

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

**8500** **£3.09** 370g GF VEGAN

Each meal contains

Energy 1734 kJ 413 kcal 21%	Fat <b>15g</b> 21%	Saturates <b>1.5g</b> 8%	Sugars <b>3.5g</b> 4%	Salt <b>0.98g</b> 16%
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% of an adult's reference intake



### ESSENTIALS Chicken & Vegetable Stew

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

**8503** **£3.69** 360g GF

Each meal contains

Energy 1343 kJ 321 kcal 16%	Fat <b>13g</b> 19%	Saturates <b>2.5g</b> 13%	Sugars <b>5.7g</b> 6%	Salt <b>1.3g</b> 22%
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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.

# Soups & Snacks

Easy ideas for lunch, supper or a bite between meals. Our soups are just the ticket for a cold day.

**2209 Pork Pie**  
Page 63

**1131**  
**Leek & Potato Soup**  
Page 62

**2213**  
**Tuna Pasta Salad**  
Page 63

**“This soup is thick, creamy and very tasty.”**

Mrs E, Wiltshire Farm Foods Customer

## Smoked Haddock Chowder

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

**1180** £2.99 200g



Each pack contains

Energy 670 kJ 160 kcal 8%	Fat 6.8g 10%	Saturates 3.2g 16%	Sugars 4.2g 5%	Salt 1.3g 22%
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% of an adult's reference intake

“Thick, satisfying and incredibly tasty! Serve with crusty bread for a filling lunch or dinner.”

**PHIL RIMMER**  
*Head Chef*



**NEW**

THE CHEF'S KITCHEN

Soups & Snacks



## Sausage Roll (pack of 2)

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

**2206** £2.35 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



## Chicken & Vegetable Soup

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

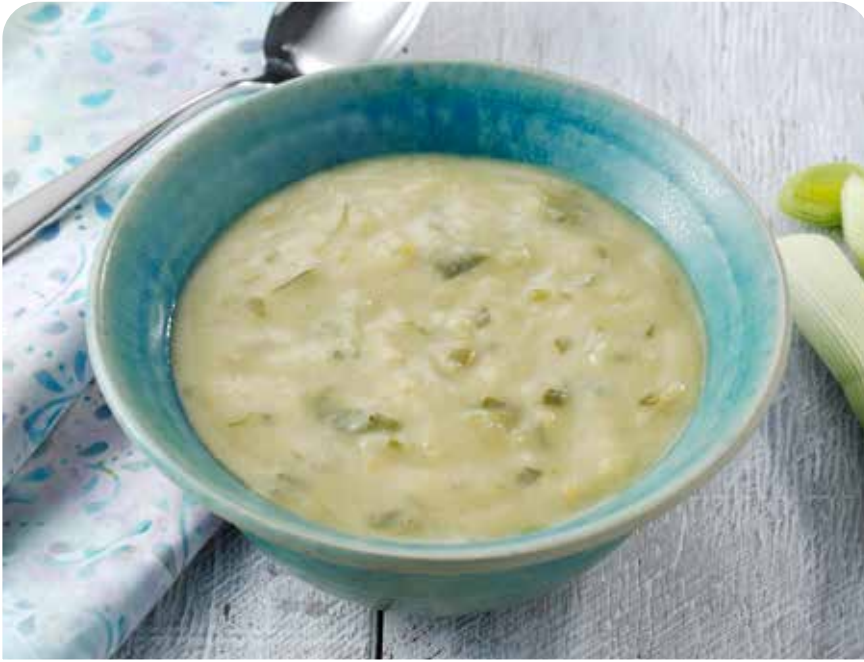
**1132** £1.65 200g



Each soup contains

Energy 630 kJ 151 kcal 8%	Fat 8.0g 11%	Saturates 1.1g 6%	Sugars 2.2g 2%	Salt 0.96g 16%
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% of an adult's reference intake



### Leek & Potato Soup

A delicious combination of leek and potato seasoned with chives.

**1131** **£1.65** 200g GF V

Each soup contains

Energy 462 kJ 110 kcal 6%	Fat <b>5.8g</b> 8%	Saturates <b>0.9g</b> 5%	Sugars <b>4.8g</b> 5%	Salt <b>1.0g</b> 17%
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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** **£4.39** 100g x 2 V

Each slice contains

Energy 1028 kJ 246 kcal 12%	Fat <b>13g</b> 19%	Saturates <b>6.1g</b> 31%	Sugars <b>2.9g</b> 3%	Salt <b>0.62g</b> 10%
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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** **£4.89** 445g GF V

Each 100g contains

Energy 395 kJ 94 kcal 5%	Fat <b>1.6g</b> 2%	Saturates <b>0.8g</b> 4%	Sugars <b>3.1g</b> 4%	Salt <b>0.37g</b> 6%
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% of an adult's reference intake



### Cream of Tomato Soup

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

**1129** **£1.65** 200g GF V

Each soup contains

Energy 415 kJ 100 kcal 5%	Fat <b>6.0g</b> 9%	Saturates <b>2.0g</b> 10%	Sugars <b>5.8g</b> 6%	Salt <b>1.1g</b> 18%
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% of an adult's reference intake



### Tuna Pasta Salad

Fusilli pasta tossed with a colourful mix of red and yellow peppers, sweetcorn and red onion. Bound together in a mayonnaise dressing and topped with flaked tuna. Simply thaw & serve.

**2213** **£3.55** 190g

Each pack contains

Energy 1034 kJ 246 kcal 12%	Fat <b>8.7g</b> 12%	Saturates <b>0.9g</b> 5%	Sugars <b>2.3g</b> 3%	Salt <b>0.83g</b> 14%
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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** **£1.65** 200g



Each soup contains

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



### Three Cheese Toastie

Cheddar cheese sandwiched between two slices of toasted white bread. Topped with a creamy béchamel sauce and sprinkled with Red Leicester & mozzarella.

**2204** **£4.19** 120g



Each toastie contains

Energy 1279 kJ 305 kcal 15%	Fat <b>11g</b> 16%	Saturates <b>6.2g</b> 31%	Sugars <b>2.7g</b> 3%	Salt <b>1.3g</b> 22%
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% of an adult's reference intake



### Cheesy Potato Wedges

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

**1142** **£2.25** 155g



Each meal contains

Energy 909 kJ 217 kcal 11%	Fat <b>11g</b> 16%	Saturates <b>4.9g</b> 25%	Sugars <b>2.5g</b> 3%	Salt <b>0.57g</b> 9%
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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** **£1.99** 140g

Each pie contains

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

# A Taste of Asia

Fill mealtimes with  
Eastern colour and flavour.



**4309**  
**King Prawn Curry**  
Page 66



**8156**  
**Chicken Curry  
with Rice**  
Page 66



**4176**  
**Luxury Sweet  
& Sour Chicken**  
Page 67

**“Beautiful curry and decent portion of prawns.”**

Mrs M, Wiltshire Farm Foods Customer



### Chicken Korma

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



### Sweet & Sour Chicken

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

**7273** £5.59 455g GF

Each meal contains

Energy 2285 kJ 545 kcal 27%	Fat <b>24g</b> 34%	Saturates <b>13g</b> 65%	Sugars <b>11g</b> 12%	Salt <b>1.8g</b> 30%
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% of an adult's reference intake

**8194** £4.85 415g GF

Each meal contains

Energy 1792 kJ 424 kcal 21%	Fat <b>6.6g</b> 9%	Saturates <b>1.2g</b> 6%	Sugars <b>27g</b> 30%	Salt <b>1.3g</b> 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** £5.59 455g GF

Each meal contains

Energy 2127 kJ 506 kcal 25%	Fat <b>19g</b> 27%	Saturates <b>5.9g</b> 30%	Sugars <b>13g</b> 14%	Salt <b>1.4g</b> 23%
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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** £5.99 400g

Each meal contains

Energy 1622 kJ 385 kcal 19%	Fat <b>9.0g</b> 13%	Saturates <b>1.3g</b> 7%	Sugars <b>11g</b> 12%	Salt <b>2.4g</b> 40%
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% of an adult's reference intake



### Chicken Curry with Rice

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

**8156** £4.79 360g GF

Each meal contains

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



### King Prawn Curry

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

**4309** £6.29 445g GF

Each meal contains

Energy 2100 kJ 500 kcal 25%	Fat <b>17g</b> 24%	Saturates <b>1.4g</b> 7%	Sugars <b>6.8g</b> 8%	Salt <b>1.0g</b> 17%
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% of an adult's reference intake



### Chicken Biryani

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

**4310** £6.25 390g GF

Each meal contains

Energy 2024 kJ 483 kcal 24%	Fat <b>20g</b> 29%	Saturates <b>3.1g</b> 16%	Sugars <b>9.6g</b> 11%	Salt <b>1.9g</b> 32%
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% of an adult's reference intake



### Singapore Style Noodles

Tender pieces of chicken breast, egg noodles, edamame beans and vegetables in a medium spiced curry sauce.

**4317** £5.79 390g

Each meal contains

Energy 1615 kJ 383 kcal 19%	Fat <b>10g</b> 14%	Saturates <b>1.3g</b> 7%	Sugars <b>11g</b> 12%	Salt <b>2.5g</b> 42%
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% of an adult's reference intake



### Bombay Potatoes

A popular Indian side dish of diced potatoes seasoned with coriander and cumin in a warmly spiced tomato sauce.

**1170** £2.35 230g GF VEGAN

Each pack contains

Energy 949 kJ 228 kcal 11%	Fat <b>13g</b> 19%	Saturates <b>0.9g</b> 5%	Sugars <b>5.9g</b> 7%	Salt <b>0.58g</b> 10%
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% of an adult's reference intake

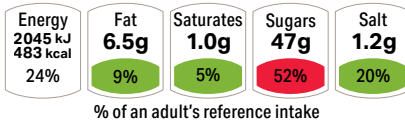


### Sweet & Sour Chicken with Noodles

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

**4177** **£6.15** 435g

Each meal contains

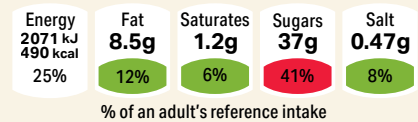


### Luxury Sweet & Sour Chicken

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

**4176** **£6.15** 465g

Each meal contains

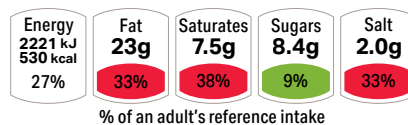


### Thai Green Chicken Curry

Tender pieces of chicken in a fragrant coconut, lemongrass, lime and chilli sauce with water chestnuts, edamame beans and spring onions. Served with coriander rice.

**4311** **£5.99** 465g

Each meal contains

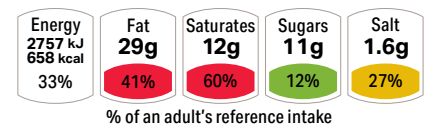


### Beef Curry with Rice

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

**4271** **£6.65** 415g

Each meal contains

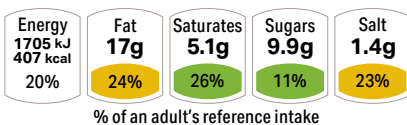


### Vegetable Curry

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

**7272** **£4.95** 430g **GF** **VEGAN**

Each meal contains



The CHEF'S KITCHEN

A Taste of Asia

# Italian & Mediterranean

These flavoursome creations are a treat for the tastebuds, from Spanish favourite, Paella to all your favourite pasta dishes.



4321  
Chicken Parmigiana  
Page 72

**“Yummy! Really full of flavour.”**

Mrs W, Wiltshire Farm Foods Customer

## 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. Comfort food at its best.

**4324** **£6.39** 340g

Each meal contains

Energy 1613 kJ 384 kcal 19%	Fat <b>13g</b> 19%	Saturates <b>4.3g</b> 22%	Sugars <b>6.9g</b> 8%	Salt <b>1.7g</b> 28%
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% of an adult's reference intake

“ The combination of brisket and minced steak brings an intense meaty flavour, delicious with tomato and cheese. ”

**JETHRO LAWRENCE**

*Development Chef*



**NEW**

≡  
The  
**CHEF'S KITCHEN**  
≡

*Italian & Mediterranean*



## 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** **£4.65** 400g



Each meal contains

Energy 2143 kJ 512 kcal 26%	Fat <b>24g</b> 34%	Saturates <b>12g</b> 60%	Sugars <b>9.0g</b> 10%	Salt <b>1.8g</b> 30%
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% of an adult's reference intake



## Creamy Mushroom Spaghetti

Spaghetti in a creamy garlic & chestnut mushroom sauce. Finished with a sprinkle of chives and Regato cheese.

**4319** **£4.29** 300g



Each meal contains

Energy 1291 kJ 308 kcal 15%	Fat <b>13g</b> 19%	Saturates <b>6.0g</b> 30%	Sugars <b>5.6g</b> 6%	Salt <b>1.7g</b> 28%
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% of an adult's reference intake



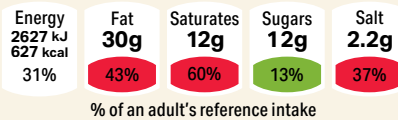
The CHEF'S KITCHEN

### Luxury Lasagne (Oven Cook Only)

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

**0684** **£6.69** 405g

Each meal contains



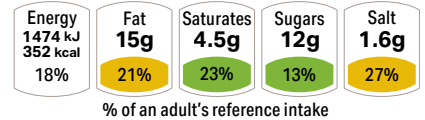
### Ricotta & Spinach Tortelloni

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

**4269** **£5.49** 320g



Each meal contains

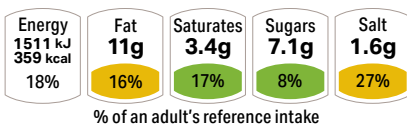


### Spaghetti Bolognese

Spaghetti with a rich minced beef and Bolognese sauce.

**4275** **£5.59** 340g

Each meal contains

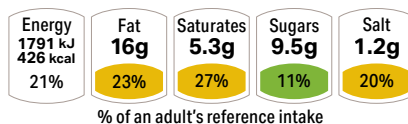


### Tuna Pasta Bake

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

**4289** **£5.59** 320g

Each meal contains

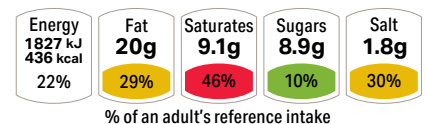


### Spaghetti Carbonara

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

**4288** **£5.75** 295g

Each meal contains



\* Please refer to page 106

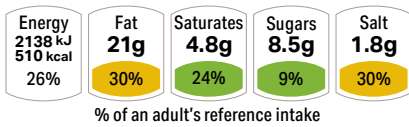


### Chicken Arrabbiata

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

**4318** **£4.95** 380g

Each meal contains



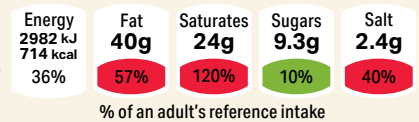
The CHEF'S KITCHEN

### 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** **£5.85** 340g

Each meal contains



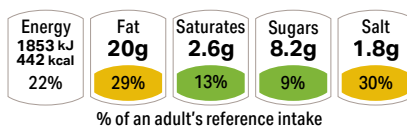
### Seafood Paella

A Spanish classic. Prawns, smoked haddock and chorizo with peas and peppers. Served with tomato, white wine and paprika infused rice.

**4306** **£6.25** 360g

GF

Each meal contains

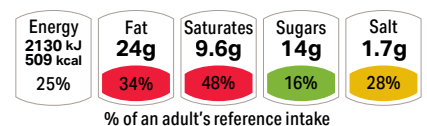


### Lasagne

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

**4204** **£6.25** 445g

Each meal contains



Italian & Mediterranean



### 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** **£5.99** 380g

Each meal contains

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



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** **£5.69** 405g

Each meal contains

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



The CHEF'S KITCHEN

### Cod in a Mediterranean Vegetable Sauce

White wine, sweet paprika and flavoursome grilled Mediterranean style vegetables complement our sustainably caught cod beautifully. Teamed with parsley tumbled white rice and green beans.

**7756** **£7.45** 475g

GF

Each meal contains

Energy 1627 kJ 387 kcal 19%	Fat <b>13g</b> 19%	Saturates <b>2.7g</b> 14%	Sugars <b>7.0g</b> 8%	Salt <b>1.2g</b> 20%
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% of an adult's reference intake



### Chicken Parmigiana

Breaded chicken breast topped with a Cheddar cheese & Regato sauce. Served on a bed of spaghetti in a rich tomato & basil sauce and finished with a sprinkle of mozzarella, Regato cheese and parsley.

**4321** **£6.19** 370g

Each meal contains

Energy 2015 kJ 481 kcal 24%	Fat <b>22g</b> 31%	Saturates <b>6.8g</b> 34%	Sugars <b>8.9g</b> 10%	Salt <b>1.9g</b> 32%
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% of an adult's reference intake



### Tomato & Mozzarella Pasta

Macaroni pasta mixed with chunky tomato sauce topped with mozzarella cheese.

**4201** **£4.65** 320g

V

Each meal contains

Energy 1312 kJ 312 kcal 16%	Fat <b>8.3g</b> 12%	Saturates <b>4.3g</b> 22%	Sugars <b>5.5g</b> 6%	Salt <b>1.6g</b> 27%
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% of an adult's reference intake

# Mini Meals

If you like a little less on your plate, these dishes provide a quality, full meal in a portion that means nothing is wasted. 139-275 calories each.

**1117 Lancashire Hotpot  
Mini Meal**  
Page 76

**1104 Roast Beef  
Mini Meal**  
Page 74

**1165 Chilli Con Carne  
Mini Meal**  
Page 76

**“Really good range of quality frozen meals to suit all tastes and dietary needs. The Mini Meals are ideal for those with a smaller appetite.”**

Mrs B, Wiltshire Farm Foods Customer



**Roast Beef  
Mini Meal**

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

**1104** £4.45 220g (GF)

Each meal contains

Energy 586 kJ 139 kcal 7%	Fat <b>3.2g</b> 5%	Saturates <b>0.8g</b> 4%	Sugars <b>2.9g</b> 3%	Salt <b>1.1g</b> 18%
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% of an adult's reference intake



**Steak & Mushroom  
Casserole Mini Meal**

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

**1110** £4.25 210g (GF)

Each meal contains

Energy 855 kJ 204 kcal 10%	Fat <b>10g</b> 14%	Saturates <b>3.1g</b> 16%	Sugars <b>4.6g</b> 5%	Salt <b>0.61g</b> 10%
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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** £4.25 220g

Each meal contains

Energy 791 kJ 188 kcal 9%	Fat <b>4.6g</b> 7%	Saturates <b>0.8g</b> 4%	Sugars <b>2.8g</b> 3%	Salt <b>1.1g</b> 18%
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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** £4.19 220g (GF)

Each meal contains

Energy 817 kJ 195 kcal 10%	Fat <b>10g</b> 14%	Saturates <b>4.8g</b> 24%	Sugars <b>3.0g</b> 3%	Salt <b>0.76g</b> 13%
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% of an adult's reference intake



**Spaghetti Bolognese  
Mini Meal**

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

**1108** £4.25 220g

Each meal contains

Energy 964 kJ 229 kcal 11%	Fat <b>7.7g</b> 11%	Saturates <b>2.8g</b> 14%	Sugars <b>4.2g</b> 5%	Salt <b>1.1g</b> 18%
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% of an adult's reference intake



**Chicken Curry with Rice**  
**Mini Meal**

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

**1163** **£3.99** 220g GF

Each meal contains

Energy 1021 kJ 242 kcal 12%	Fat <b>4.7g</b> 7%	Saturates <b>1.0g</b> 5%	Sugars <b>5.7g</b> 6%	Salt <b>0.73g</b> 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** **£4.19** 220g GF

Each meal contains

Energy 985 kJ 236 kcal 12%	Fat <b>12g</b> 17%	Saturates <b>4.0g</b> 20%	Sugars <b>2.2g</b> 2%	Salt <b>1.3g</b> 22%
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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** **£4.25** 207g

Each meal contains

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



**Gammon with Pineapple**  
**Mini Meal**

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

**1113** **£4.45** 200g GF

Each meal contains

Energy 726 kJ 173 kcal 9%	Fat <b>5.3g</b> 8%	Saturates <b>1.1g</b> 6%	Sugars <b>7.1g</b> 8%	Salt <b>0.93g</b> 15%
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% of an adult's reference intake



**Lancashire Hotpot**  
**Mini Meal**

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

**1117** **£4.19** 220g GF

Each meal contains

Energy 856 kJ 204 kcal 10%	Fat <b>9.0g</b> 13%	Saturates <b>4.6g</b> 23%	Sugars <b>4.7g</b> 5%	Salt <b>0.89g</b> 15%
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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** **£4.15** 185g

Each meal contains

Energy 1002 kJ 238 kcal 12%	Fat <b>7.2g</b> 10%	Saturates <b>0.8g</b> 4%	Sugars <b>2.3g</b> 3%	Salt <b>0.43g</b> 7%
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% 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** **£3.75** 230g GF

Each meal contains

Energy 874 kJ 208 kcal 10%	Fat <b>5.3g</b> 8%	Saturates <b>1.8g</b> 9%	Sugars <b>3.2g</b> 4%	Salt <b>1.1g</b> 18%
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% of an adult's reference intake



**Fisherman's Pie**  
**Mini Meal**

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

**036** **£4.19** 220g GF

Each meal contains

Energy 1051 kJ 251 kcal 13%	Fat <b>13g</b> 19%	Saturates <b>3.6g</b> 18%	Sugars <b>3.5g</b> 4%	Salt <b>1.1g</b> 18%
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% 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** **£3.99** 220g GF

Each meal contains

Energy 672 kJ 160 kcal 8%	Fat <b>7.1g</b> 10%	Saturates <b>1.3g</b> 7%	Sugars <b>4.8g</b> 5%	Salt <b>0.91g</b> 15%
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% of an adult's reference intake



**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** **£3.89** 220g V

Each meal contains

Energy 1152 kJ 275 kcal 14%	Fat <b>14g</b> 20%	Saturates <b>6.9g</b> 35%	Sugars <b>5.0g</b> 6%	Salt <b>1.1g</b> 18%
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% of an adult's reference intake

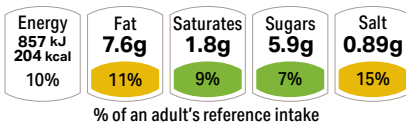


### Hunter's Chicken Mini Meal

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** £4.25 230g GF

Each meal contains

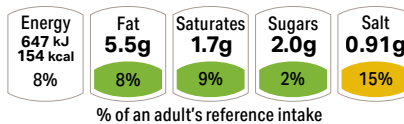


### Roast Lamb in Mint Gravy Mini Meal

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

**1106** £4.45 220g GF

Each meal contains

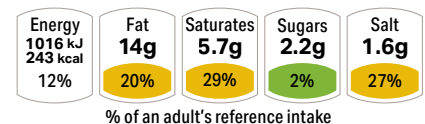


### Shepherd's Pie Mini Meal

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

**098** £4.25 220g GF

Each meal contains

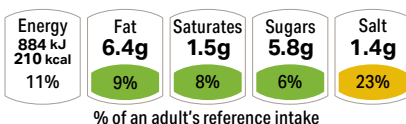


### Beef Bourguignon Mini Meal

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** £4.45 240g GF

Each meal contains

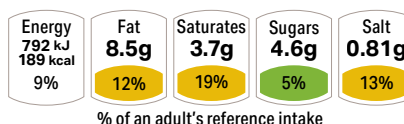


### Irish Stew Mini Meal

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

**1126** £4.25 220g

Each meal contains

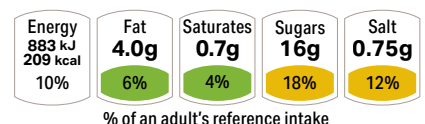


### Sweet & Sour Chicken Mini Meal

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

**044** £4.19 205g GF

Each meal contains



\* Please refer to page 106

# 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 80

583 Salmon Bake  
Mini Meal Extra  
Page 80

1576 Chicken Biryani  
Mini Meal Extra  
Page 80

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



**Ham & Leek Bake**  
**Mini Meal Extra**

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

**587** **£4.99** 295g GF

Each meal contains

Energy 2124 kJ 507 kcal 25%	Fat <b>25g</b> 36%	Saturates <b>5.3g</b> 27%	Sugars <b>11g</b> 12%	Salt <b>1.8g</b> 30%
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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.

**597** **£4.45** 300g GF V

Each meal contains

Energy 2101 kJ 504 kcal 25%	Fat <b>33g</b> 47%	Saturates <b>14g</b> 70%	Sugars <b>9.1g</b> 10%	Salt <b>1.8g</b> 30%
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% of an adult's reference intake



**Corned Beef Hash**  
**Mini Meal Extra**

A warming dish of corned beef, diced onions, potatoes and peas.

\* Please refer to page 106

**589** **£4.99** 290g GF

Each meal contains

Energy 2142 kJ 512 kcal 26%	Fat <b>25g</b> 36%	Saturates <b>4.7g</b> 24%	Sugars <b>3.4g</b> 4%	Salt <b>1.7g</b> 28%
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% of an adult's reference intake



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

**Jethro Lawrence**

Wiltshire Farm Foods  
Development Chef

Mini Meals Extra



**Salmon Bake**  
**Mini Meal Extra**

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

**583** **£5.19** 300g GF

Each meal contains

Energy 2110 kJ 504 kcal 25%	Fat <b>26g</b> 37%	Saturates <b>5.8g</b> 29%	Sugars <b>12g</b> 13%	Salt <b>1.5g</b> 25%
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% of an adult's reference intake



**Pasta Carbonara**  
**Mini Meal Extra**

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

**584** **£4.85** 290g

Each meal contains

Energy 2135 kJ 508 kcal 25%	Fat <b>20g</b> 29%	Saturates <b>6.0g</b> 30%	Sugars <b>6.5g</b> 7%	Salt <b>1.7g</b> 28%
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% of an adult's reference intake



**Beef Stroganoff**  
**Mini Meal Extra**

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

**592** **£5.19** 300g GF

Each meal contains

Energy 2140 kJ 510 kcal 26%	Fat <b>18g</b> 26%	Saturates <b>6.0g</b> 30%	Sugars <b>5.4g</b> 6%	Salt <b>0.89g</b> 15%
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% of an adult's reference intake



**Chicken Hotpot**  
**Mini Meal Extra**

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

**1578** **£4.79** 300g GF

Each meal contains

Energy 2120 kJ 504 kcal 25%	Fat <b>17g</b> 24%	Saturates <b>2.5g</b> 13%	Sugars <b>6.9g</b> 8%	Salt <b>0.90g</b> 15%
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% 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** **£4.45** 290g V

Each meal contains

Energy 2153 kJ 515 kcal 26%	Fat <b>29g</b> 41%	Saturates <b>14g</b> 70%	Sugars <b>9.0g</b> 10%	Salt <b>1.9g</b> 32%
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% of an adult's reference intake



**Chicken Biryani**  
**Mini Meal Extra**

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

**1576** **£4.85** 300g GF

Each meal contains

Energy 2140 kJ 511 kcal 26%	Fat <b>25g</b> 36%	Saturates <b>4.8g</b> 24%	Sugars <b>7.2g</b> 8%	Salt <b>0.77g</b> 13%
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% of an adult's reference intake

\* Please refer to page 106

# Hearty Meals

Our meals taste so good – sometimes you just want a bigger portion! A generous helping of all your favourites.



7105 Hearty Roast Beef  
& Yorkshire Pudding  
Page 83

**“Nice Sunday lunch and good amount of beef.”**

Mrs H, Wiltshire Farm Foods Customer



### Hearty Roast Chicken

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

**7101** £7.39 500g

Each meal contains

Energy 1708 kJ 405 kcal 20%	Fat <b>8.8g</b> 13%	Saturates <b>1.5g</b> 8%	Sugars <b>7.3g</b> 8%	Salt <b>1.9g</b> 32%
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% 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** £6.25 500g GF

Each meal contains

Energy 1958 kJ 465 kcal 23%	Fat <b>12g</b> 17%	Saturates <b>3.9g</b> 20%	Sugars <b>7.4g</b> 8%	Salt <b>2.5g</b> 42%
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% of an adult's reference intake



### Hearty Roast Lamb in Mint Gravy

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

**195** £7.99 500g GF

Each meal contains

Energy 1727 kJ 411 kcal 21%	Fat <b>14g</b> 20%	Saturates <b>5.0g</b> 25%	Sugars <b>7.3g</b> 8%	Salt <b>1.7g</b> 28%
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% of an adult's reference intake



### Hearty Irish Stew

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

**7118** £7.15 500g

Each meal contains

Energy 1880 kJ 449 kcal 22%	Fat <b>20g</b> 29%	Saturates <b>8.5g</b> 43%	Sugars <b>9.1g</b> 10%	Salt <b>1.9g</b> 32%
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% 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** £6.25 500g GF

Each meal contains

Energy 1782 kJ 425 kcal 21%	Fat <b>15g</b> 21%	Saturates <b>3.6g</b> 18%	Sugars <b>11g</b> 12%	Salt <b>1.5g</b> 25%
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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.



### Hearty Chicken & Vegetable Casserole

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

**142** **£5.75** 500g GF

Each meal contains

Energy 1388 kJ 330 kcal 17%	Fat <b>11g</b> 16%	Saturates <b>1.7g</b> 9%	Sugars <b>8.8g</b> 10%	Salt <b>1.7g</b> 28%
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% of an adult's reference intake



### Hearty Roast Beef & Yorkshire Pudding

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

**7105** **£7.99** 500g

Each meal contains

Energy 1793 kJ 426 kcal 21%	Fat <b>10g</b> 14%	Saturates <b>2.4g</b> 12%	Sugars <b>6.5g</b> 7%	Salt <b>2.5g</b> 42%
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% 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** **£6.95** 520g

Each meal contains

Energy 2921 kJ 699 kcal 35%	Fat <b>35g</b> 50%	Saturates <b>11g</b> 55%	Sugars <b>7.4g</b> 8%	Salt <b>2.1g</b> 35%
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% of an adult's reference intake



### Hearty Cumberland Sausages

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

**7102** **£7.25** 530g

Each meal contains

Energy 2348 kJ 561 kcal 28%	Fat <b>27g</b> 39%	Saturates <b>7.1g</b> 36%	Sugars <b>8.0g</b> 9%	Salt <b>3.4g</b> 57%
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% of an adult's reference intake



### Hearty Sweet & Sour Chicken

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

**7106** **£5.85** 500g GF

Each meal contains

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



### Hearty Cottage Pie

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

**7100** **£6.69** 565g GF

Each meal contains

Energy 1947 kJ 464 kcal 23%	Fat <b>17g</b> 24%	Saturates <b>5.2g</b> 26%	Sugars <b>9.3g</b> 10%	Salt <b>2.1g</b> 35%
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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** **£6.39** 510g GF

Each meal contains

Energy 2310 kJ 547 kcal 27%	Fat <b>11g</b> 16%	Saturates <b>2.4g</b> 12%	Sugars <b>14g</b> 16%	Salt <b>1.8g</b> 30%
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% of an adult's reference intake



### Hearty Bangers & Mash

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

**133** **£6.45** 510g

Each meal contains

Energy 2124 kJ 507 kcal 25%	Fat <b>19g</b> 27%	Saturates <b>4.5g</b> 23%	Sugars <b>6.9g</b> 8%	Salt <b>2.7g</b> 45%
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% of an adult's reference intake



### Hearty Beef Hotpot

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

**7114** **£7.19** 500g GF

Each meal contains

Energy 2051 kJ 489 kcal 24%	Fat <b>20g</b> 29%	Saturates <b>7.7g</b> 39%	Sugars <b>13g</b> 14%	Salt <b>2.3g</b> 38%
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% of an adult's reference intake



### Hearty Shepherd's Pie

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

**160** **£6.85** 500g GF

Each meal contains

Energy 1728 kJ 413 kcal 21%	Fat <b>17g</b> 24%	Saturates <b>7.0g</b> 35%	Sugars <b>8.1g</b> 9%	Salt <b>2.3g</b> 38%
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% of an adult's reference intake



### 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** **£6.75** 540g GF

Each meal contains

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

# Free From

Free from 14 major allergens and made without onion and garlic, these tasty dishes make it easy to avoid what you need to.



8191  
Free From  
Chilli Con Carne  
Page 87

## All the meals in this section are free from:

- |           |             |           |  |
|-----------|-------------|-----------|--|
| ✓ Soya    | ✓ Sesame    | ✓ Lupin   | ✓ Crustacean   |
| ✓ Mustard | ✓ Peanuts   | ✓ Fish    | ✓ Milk<br>(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.

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



### 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** £4.69 435g GF

Each meal contains

Energy 1422 kJ 338 kcal 17%	Fat <b>8.7g</b> 12%	Saturates <b>2.8g</b> 14%	Sugars <b>11g</b> 12%	Salt <b>1.2g</b> 20%
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% 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** £6.89 370g GF

Each meal contains

Energy 1433 kJ 342 kcal 17%	Fat <b>14g</b> 20%	Saturates <b>3.7g</b> 19%	Sugars <b>3.9g</b> 4%	Salt <b>1.5g</b> 25%
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% of an adult's reference intake

Free From



### Free From Pork in Gravy

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

**7360** £6.25 405g GF

Each meal contains

Energy 1388 kJ 330 kcal 17%	Fat <b>10g</b> 14%	Saturates <b>2.8g</b> 14%	Sugars <b>5.2g</b> 6%	Salt <b>1.8g</b> 30%
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% 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** £6.39 370g GF

Each meal contains

Energy 1262 kJ 299 kcal 15%	Fat <b>6.4g</b> 9%	Saturates <b>0.8g</b> 4%	Sugars <b>4.3g</b> 5%	Salt <b>0.99g</b> 16%
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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.



### Free From Sweet & Sour Chicken

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

**8194** £4.85 415g



Each meal contains

Energy 1792 kJ 424 kcal 21%	Fat <b>6.6g</b> 9%	Saturates <b>1.2g</b> 6%	Sugars <b>27g</b> 30%	Salt <b>1.3g</b> 22%
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% 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** £6.75 400g



Each meal contains

Energy 1270 kJ 301 kcal 15%	Fat <b>5.6g</b> 8%	Saturates <b>1.3g</b> 7%	Sugars <b>5.5g</b> 6%	Salt <b>1.5g</b> 25%
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% of an adult's reference intake



### Free From Chilli Con Carne

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

**8191** £5.39 350g



Each meal contains

Energy 1400 kJ 333 kcal 17%	Fat <b>8.8g</b> 13%	Saturates <b>3.0g</b> 15%	Sugars <b>4.7g</b> 5%	Salt <b>1.6g</b> 27%
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% 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** £5.39 360g



Each meal contains

Energy 1401 kJ 333 kcal 17%	Fat <b>11g</b> 16%	Saturates <b>4.6g</b> 23%	Sugars <b>8.0g</b> 9%	Salt <b>1.0g</b> 17%
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% of an adult's reference intake

\* Please refer to page 106

Free From

# Breakfast

You can't beat a hot breakfast on a cold morning  
– we make it ever so easy.



**“Good meal for any time of the day.”**

Mr C, Wiltshire Farm Foods Customer



## Porridge

A warming portion of creamy porridge.



**022** **£1.65** 200g v

Each pot contains

Energy 1115 kJ 267 kcal 13%	Fat <b>14g</b> 20%	Saturates <b>4.3g</b> 22%	Sugars <b>15g</b> 17%	Salt <b>0.21g</b> 3%
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% of an adult's reference intake

## All Day Breakfast

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

**575** **£6.15** 360g

Each meal contains

Energy 1961 kJ 468 kcal 23%	Fat <b>19g</b> 27%	Saturates <b>4.5g</b> 23%	Sugars <b>8.7g</b> 10%	Salt <b>2.5g</b> 42%
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% of an adult's reference intake

## A sweet start to your day

Fluffy muffins and more, perfect with a hot cuppa!



Sweet treats from page 90



## Sausage, Beans & Omelette

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

**095** **£4.45** 205g


Each meal contains

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

# Sweet Treats


Keep your favourites in the freezer ready for when something sweet takes your fancy!




**2183 Cinnamon Buns (pack of 2)**  
Page 92



**399 Chocolate Éclairs (pack of 5)**  
Page 93



**012 Lemon Drizzle Cake**  
Page 92



**2164 Bramley Apple Pie**  
Page 93

**“Cinnamon Buns are my favourite and these are the best I have tasted in a long time.”**

Mrs H, Wiltshire Farm Foods Customer

## Luxury Treacle Tart

A decadent delight featuring butter-enriched shortcrust pastry, lovingly filled with a rich syrupy filling accented with Sicilian lemon juice. A sweet, golden delight! Enjoy cold or warm.

**2189** **£2.99** 94g



Each tart contains

Energy 1646 kJ 392 kcal 20%	Fat <b>16g</b> 23%	Saturates <b>8.5g</b> 43%	Sugars <b>35g</b> 39%	Salt <b>0.33g</b> 5%
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% of an adult's reference intake

“ We've added a kick of lemon to counter the sweetness for a beautifully balanced dish. ”

**JETHRO LAWRENCE**

*Development Chef*



**NEW**

THE CHEF'S KITCHEN

Sweet Treats



## Baked Vanilla Cheesecake

A creamy baked vanilla cheesecake on a crumbly oaty biscuit base. Simply thaw & serve.

**2166** **£3.09** 108g



Each dessert contains

Energy 1055 kJ 251 kcal 13%	Fat <b>11g</b> 16%	Saturates <b>8.2g</b> 41%	Sugars <b>24g</b> 27%	Salt <b>0.54g</b> 9%
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% of an adult's reference intake



## Cream & Strawberry Jam Scones (pack of 2)

The perfect afternoon treat! Two delicious scones filled with cream and strawberry jam. Simply thaw and serve.

**2180** **£3.75** 98g x 2



Each scone contains

Energy 1340 kJ 320 kcal 16%	Fat <b>14g</b> 20%	Saturates <b>8.2g</b> 41%	Sugars <b>17g</b> 19%	Salt <b>0.99g</b> 16%
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% of an adult's reference intake



### Cinnamon Buns (pack of 2)

Soft iced buns swirled with a rich cinnamon filling. Each bun is hand-topped with a velvety cream cheese icing and a dusting of cinnamon. Simply thaw & serve.

**2183** **£2.99** 94g x 2 v

Each bun contains

Energy 1302 kJ 309 kcal 15%	Fat <b>9.3g</b> 13%	Saturates <b>4.1g</b> 21%	Sugars <b>20g</b> 22%	Salt <b>0.47g</b> 8%
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% of an adult's reference intake



### Cherry & Almond Cake

A delicious almond flavoured sponge with fruity glacé cherry pieces. Simply thaw & serve.

**3030** **£3.85** 178g v

Each 59g portion contains

Energy 1113 kJ 266 kcal 13%	Fat <b>12g</b> 17%	Saturates <b>1.5g</b> 8%	Sugars <b>20g</b> 22%	Salt <b>0.28g</b> 5%
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% of an adult's reference intake



### Lemon Drizzle Cake

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



### Country Cake

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

**012** **£3.85** 203g v

Each 68g portion contains

Energy 1302 kJ 311 kcal 16%	Fat <b>16g</b> 23%	Saturates <b>1.9g</b> 10%	Sugars <b>21g</b> 23%	Salt <b>0.35g</b> 6%
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% of an adult's reference intake

**015** **£3.85** 195g v

Each 65g portion contains

Energy 1221 kJ 292 kcal 15%	Fat <b>14g</b> 20%	Saturates <b>1.7g</b> 9%	Sugars <b>22g</b> 24%	Salt <b>0.34g</b> 6%
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% of an adult's reference intake



### Chocolate Chip Muffin

A delicious vanilla muffin packed full of dark chocolate chips. Simply thaw & serve.



### Chocolate Éclairs (pack of 5)

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

**016** **£1.65** 75g V

Each muffin contains

Energy 1399 kJ 335 kcal 17%	Fat <b>18g</b> 26%	Saturates <b>3.1g</b> 16%	Sugars <b>19g</b> 21%	Salt <b>0.37g</b> 6%
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% of an adult's reference intake

**399** **£4.85** 32g x 5 V

Each Éclair contains

Energy 565 kJ 136 kcal 7%	Fat <b>9.8g</b> 14%	Saturates <b>5.9g</b> 30%	Sugars <b>5.5g</b> 6%	Salt <b>0.08g</b> 1%
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% of an adult's reference intake

Sweet Treats

## Feeling Peckish?

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



Find them on pages 60-63



### Bramley Apple Pie

A slice of shortcrust pastry filled with Bramley apple pieces and lightly dusted with sugar. Enjoy cold or warm.

**2164** **£3.09** 117g V

Each dessert contains

Energy 1405 kJ 334 kcal 17%	Fat <b>11g</b> 16%	Saturates <b>4.2g</b> 21%	Sugars <b>23g</b> 26%	Salt <b>0.03g</b> 1%
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% of an adult's reference intake

# Hot Desserts

A piping hot bowl of your favourite pudding and custard – what could be better as the nights draw in?

**814 Apricot Crumble  
& Custard**  
Page 97

**3126 Apple Crumble  
& Custard**  
Page 96

**866 Sticky Toffee  
Pudding & Custard**  
Page 98

**“The Apricot Crumble is a lovely  
pudding that is always satisfying!”**

Mrs W, Wiltshire Farm Foods Customer

## Treacle Tart & Custard

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

“A childhood favourite sure to satisfy any sweet tooth.”



**Phil Rimmer**  
Head Chef

**3142** **£1.79** 147g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1549 kJ 368 kcal	<b>13g</b>	<b>2.9g</b>	<b>38g</b>	<b>0.22g</b>
18%	19%	15%	42%	4%

% of an adult's reference intake



**NEW**

Hot Desserts



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** **£2.35** 160g



Each dessert contains

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

% 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** **£1.69** 155g



Each dessert contains

Energy	Fat	Saturates	Sugars	Salt
1057 kJ 252 kcal	<b>12g</b>	<b>2.9g</b>	<b>18g</b>	<b>0.49g</b>
13%	17%	15%	20%	8%

% of an adult's reference intake

**NEW**

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** £2.59 112g V

Each dessert contains

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

“ Fluffy, buttery sponge teamed with a zing of Sicilian lemon - an absolute delight! ”

### JETHRO LAWRENCE

*Development Chef*

Hot Desserts



### Apple Crumble & Custard

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

**3126** £1.79 150g V

Each dessert contains

Energy 1376 kJ 328 kcal 16%	Fat <b>14g</b> 20%	Saturates <b>3.4g</b> 17%	Sugars <b>22g</b> 24%	Salt <b>0.30g</b> 5%
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% of an adult's reference intake



### Spotted Dick & Custard

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

**852** £1.69 140g V

Each dessert contains

Energy 1143 kJ 273 kcal 14%	Fat <b>13g</b> 19%	Saturates <b>3.8g</b> 19%	Sugars <b>17g</b> 19%	Salt <b>0.54g</b> 9%
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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** **£2.59** 130g



Each dessert contains

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

% of an adult's reference intake

“ Curl up with a piping hot bowl of your favourite; tender apple, buttery crumble – bliss! ”

### JETHRO LAWRENCE

*Development Chef*



**NEW**

The CHEF'S KITCHEN

Hot Desserts



## Ginger Sponge & Custard

A lightly ginger spiced sponge with custard.

**825** **£1.69** 130g



Each dessert contains

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

% of an adult's reference intake



## Plum & Cherry Crumble

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

**3778** **£2.49** 135g



Each dessert contains

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

% of an adult's reference intake



## Apricot Crumble & Custard

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

**814** **£1.79** 165g



Each dessert contains

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

% of an adult's reference intake



### Sticky Toffee Pudding & Custard

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



### Bakewell Tart & Custard

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



### Jam Sponge

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

Hot Desserts

**866** **£1.69** 160g V

Each dessert contains

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

**838** **£1.69** 142g V

Each dessert contains

Energy 1565 kJ 374 kcal 19%	Fat <b>19g</b> 27%	Saturates <b>3.6g</b> 18%	Sugars <b>26g</b> 29%	Salt <b>0.41g</b> 7%
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% of an adult's reference intake

**3701** **£2.09** 120g GF V

Each dessert contains

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



### Jam Sponge & Custard

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



### Lemon Sponge

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

**800** **£1.69** 156g V

Each dessert contains

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

**822** **£1.79** 149g V

Each dessert contains

Energy 1366 kJ 325 kcal 16%	Fat <b>13g</b> 19%	Saturates <b>1.3g</b> 7%	Sugars <b>37g</b> 41%	Salt <b>0.44g</b> 7%
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% of an adult's reference intake

**3707** **£2.09** 120g GF V

Each dessert contains

Energy 1554 kJ 371 kcal 19%	Fat <b>17g</b> 24%	Saturates <b>4.5g</b> 23%	Sugars <b>31g</b> 34%	Salt <b>0.25g</b> 4%
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% of an adult's reference intake



### Rice Pudding

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



### Lemon Sponge & Custard

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



### Rhubarb Crumble & Custard

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

**830** **£1.69** 160g GF V

Each dessert contains

Energy 756 kJ 180 kcal 9%	Fat <b>4.9g</b> 7%	Saturates <b>2.0g</b> 10%	Sugars <b>17g</b> 19%	Salt <b>0.15g</b> 2%
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% of an adult's reference intake

**824** **£1.79** 135g V

Each dessert contains

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

**3127** **£1.79** 150g V

Each dessert contains

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



The CHEF'S KITCHEN

### Black Forest Dessert

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

**3146** **£2.25** 130g V

Each dessert contains

Energy 1454 kJ 347 kcal 17%	Fat <b>16g</b> 23%	Saturates <b>5.0g</b> 25%	Sugars <b>31g</b> 34%	Salt <b>0.25g</b> 4%
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% of an adult's reference intake



### Syrup Sponge & Custard

A fluffy sponge with golden syrup sauce and custard.

**819** **£1.69** 130g V

Each dessert contains

Energy 1173 kJ 280 kcal 14%	Fat <b>13g</b> 19%	Saturates <b>1.2g</b> 6%	Sugars <b>27g</b> 30%	Salt <b>0.40g</b> 7%
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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 oatly crumble. Served with custard.

**3128** **£1.79** 150g V

Each dessert contains

Energy 1322 kJ 316 kcal 16%	Fat <b>14g</b> 20%	Saturates <b>3.4g</b> 17%	Sugars <b>21g</b> 23%	Salt <b>0.26g</b> 4%
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% of an adult's reference intake

# Reduced Sugar Hot Desserts

Keep an eye on your sugar intake with these classic puds made with at least 30% less sugar than our standard desserts.

925 Reduced Sugar  
Lemon Sponge  
& Custard  
page 101

Reduced Sugar Hot Desserts



## Reduced Sugar Blackcurrant Pie & Custard

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

**906** **£1.69** 150g



Each dessert contains

Energy 1222 kJ 293 kcal 15%	Fat <b>17g</b> 24%	Saturates <b>4.6g</b> 23%	Sugars <b>12g</b> 13%	Salt <b>0.19g</b> 3%
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% of an adult's reference intake



## Reduced Sugar Rhubarb Crumble & Custard

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

**3959** **£1.79** 155g



Each dessert contains

Energy 1270 kJ 304 kcal 15%	Fat <b>17g</b> 24%	Saturates <b>4.2g</b> 21%	Sugars <b>6.8g</b> 8%	Salt <b>0.18g</b> 3%
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% of an adult's reference intake



## Reduced Sugar Stewed Apple & Rice

Delicious and creamy rice pudding topped with stewed Bramley apples.

**990** **£1.69** 155g



Each dessert contains

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



### Reduced Sugar Apple Pie & Custard

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

**900** **£1.79** 150g v

Each dessert contains

Energy 1220 kJ 292 kcal 15%	Fat <b>16g</b> 23%	Saturates <b>4.6g</b> 23%	Sugars <b>9.3g</b> 10%	Salt <b>0.27g</b> 4%
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% of an adult's reference intake



### Reduced Sugar Apple & Blackberry Crumble & Custard

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

**3957** **£1.79** 155g v

Each dessert contains

Energy 1295 kJ 310 kcal 16%	Fat <b>17g</b> 24%	Saturates <b>4.2g</b> 21%	Sugars <b>8.3g</b> 9%	Salt <b>0.24g</b> 4%
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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** **£1.69** 130g v

Each dessert contains

Energy 1029 kJ 246 kcal 12%	Fat <b>14g</b> 20%	Saturates <b>1.6g</b> 8%	Sugars <b>18g</b> 20%	Salt <b>0.35g</b> 6%
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% of an adult's reference intake



### Reduced Sugar Sultana Sponge & Custard

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

**926** **£1.69** 130g v

Each dessert contains

Energy 991 kJ 238 kcal 12%	Fat <b>15g</b> 21%	Saturates <b>1.7g</b> 9%	Sugars <b>12g</b> 13%	Salt <b>0.38g</b> 6%
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% of an adult's reference intake



### Reduced Sugar Lemon Sponge & Custard

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

**925** **£1.69** 130g v

Each dessert contains

Energy 963 kJ 231 kcal 12%	Fat <b>14g</b> 20%	Saturates <b>1.6g</b> 8%	Sugars <b>13g</b> 14%	Salt <b>0.35g</b> 6%
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% of an adult's reference intake

# Cold Desserts

From trifle to tiramisu and cheesecake to chocolate mousse...treat yourself to something tempting.

**411 Caramel Sundae**  
Page 104

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

**412 Blackcurrant Cheesecake**  
Page 104

**“Love the caramel and the vanilla ice cream it’s really lovely, creamy and smooth.”**

Mrs L, Wiltshire Farm Foods Customer



THE CHEF'S KITCHEN

### Peach Melba Ice Cream Dessert

An irresistible confection of creamy peach and raspberry ripple ice cream atop a light sponge. Finished with a zingy raspberry sauce and sweet white chocolate shavings.

**2178** **£3.19** 120g V

Each dessert contains

Energy 1165 kJ 281 kcal 14%	Fat 12g 17%	Saturates 7.3g 37%	Sugars 35g 39%	Salt 0.22g 4%
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% of an adult's reference intake



### Strawberry Trifle

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

**2148** **£1.99** 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%
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% of an adult's reference intake



### Clotted Cream Ice Cream

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

**456** **£2.29** 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

## Dreamy, creamy mousses



### Strawberry Mousse

A refreshing strawberry flavoured mousse. With sugar and sweetener.

**418** **£1.79** 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



### Chocolate Mousse

A fluffy chocolate flavoured mousse. With sugar and sweetener.

**416** **£1.79** 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

# Scrumptious sundaes

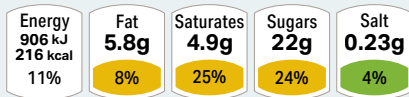


## Caramel Sundae

Vanilla flavoured ice cream swirled with caramel sauce.

**411** **£1.99** 106g **GF** **V**

Each dessert contains



% of an adult's reference intake

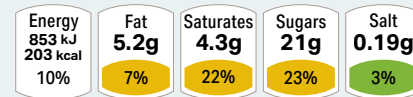


## Strawberry Sundae

Vanilla flavoured ice cream swirled with sweet strawberry sauce.

**410** **£1.99** 106g **GF** **V**

Each dessert contains



% of an adult's reference intake

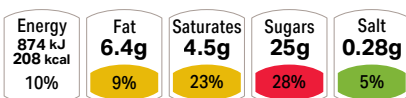


## Blackcurrant Cheesecake

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

**412** **£1.99** 94g **V**

Each dessert contains



% of an adult's reference intake

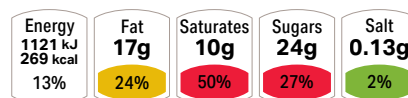


## Raspberry Ripple in Clotted Cream Ice Cream

Raspberry flavour ripple swirled through dairy clotted cream ice cream.

**2152** **£2.29** 100g **GF** **V**

Each dessert contains



% of an adult's reference intake

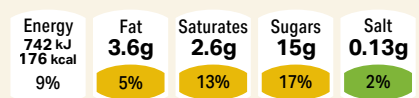


## Tiramisu

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** **£2.69** 80g **V**

Each dessert contains



% of an adult's reference intake

## Chocolate Ice Cream Sticks (pack of 6)

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

**NEW**



“ Keep in the freezer for an easy yet irresistible dessert – or to treat any visiting guests! ”



**Phil Rimmer**  
Head Chef

**2184** £4.49 42g GF V

Each ice cream contains

Energy 560 kJ 134 kcal 7%	Fat <b>8.0g</b> 11%	Saturates <b>5.9g</b> 30%	Sugars <b>13g</b> 14%	Salt <b>0.04g</b> 1%
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% 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** £2.79 120g V

Each dessert contains

Energy 1162 kJ 277 kcal 14%	Fat <b>10g</b> 14%	Saturates <b>6.5g</b> 33%	Sugars <b>26g</b> 29%	Salt <b>0.14g</b> 2%
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% of an adult's reference intake



## Strawberries in Clotted Cream Ice Cream

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

**2143** £2.29 100g GF V

Each dessert contains

Energy 1079 kJ 258 kcal 13%	Fat <b>14g</b> 20%	Saturates <b>8.9g</b> 45%	Sugars <b>26g</b> 29%	Salt <b>0.12g</b> 2%
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% of an adult's reference intake



## Raspberry Trifle

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

**2149** £1.99 105g V

Each dessert contains

Energy 887 kJ 211 kcal 11%	Fat <b>8.0g</b> 11%	Saturates <b>6.0g</b> 30%	Sugars <b>22g</b> 24%	Salt <b>0.18g</b> 3%
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% 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 to us that you know how we will use the personal data that you provide to us, from when you make that first enquiry and then become a valued customer. We take data protection very seriously and value the privacy of our customers.

Please read the key points from our Privacy Notice, which can be found on our website [wiltshirefarmfoods.com/privacy](http://wiltshirefarmfoods.com/privacy) or by contacting your local outlet.

- Wiltshire Farm Foods (a division of apetito Ltd) deliver delicious meals and desserts through a network of outlets operated by ourselves and our franchise partners. We will only disclose the necessary information with your local outlet so that they can provide services to you
- If you provide personal 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 personal information in compliance with the law, and will delete it when required to do so
- To provide our service, we use trusted partners who have access to our data under strict conditions of confidentiality and security, for example to post your brochure
- We will never sell your information to a third party
- We may contact you by post, telephone or email to make sure you are happy with our service and also with offers. You can change your contact preferences anytime or update your details either by speaking to your local outlet, contacting us through our website [wiltshirefarmfoods.com](http://wiltshirefarmfoods.com) or by calling us on 0800 066 2587

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](mailto: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

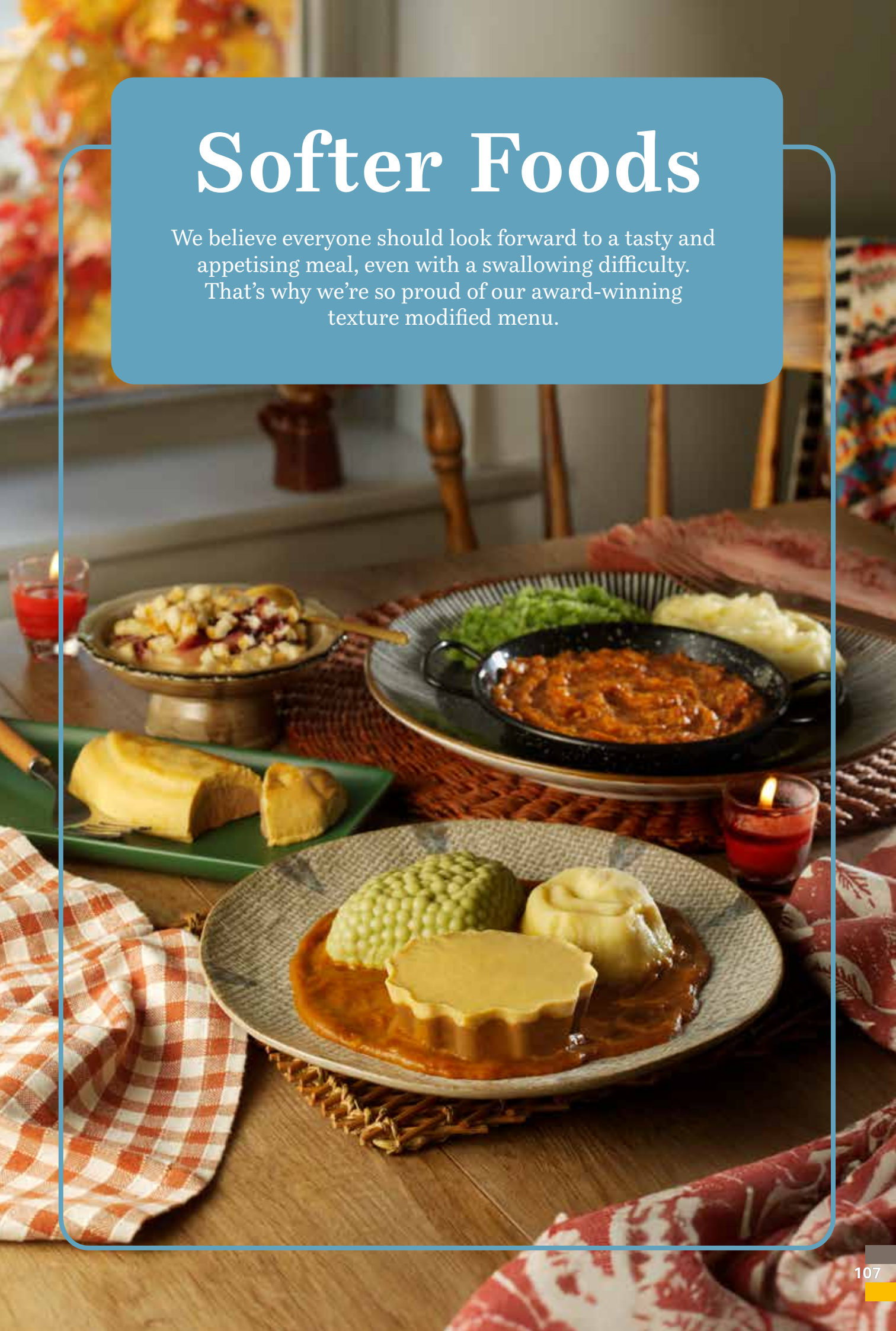
**Terms and conditions: our satisfaction guarantee applies to all meals purchased from Wiltshire Farm Foods.**

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 perfect texture and taste *every time*

Preparing softer meals yourself is not only a whole lot of effort – it's a lot of trial and error too! With our Softer Foods dishes, you get **perfect results, effortlessly**. So why battle with all that cooking, chopping, blending and washing up? Simply pop what you fancy into the microwave or oven from frozen, then savour rich and varied flavours in the texture that's right for you.

There's **no compromise on quality** for the sake of convenience here. In every satisfying mouthful you can taste the calibre of our ingredients – and the care with which the dietitians and I create each recipe.

This season we're excited to introduce **five new dishes** including a **Purée Pastry Topped Steak Pie** and a **Minced Hunter's Chicken**. And because we never rest on our laurels, we've three improved dishes as well to make them tastier than ever!

Stay warm, eat well, and let every dish bring a little more joy to your day.



**JETHRO  
LAWRENCE**  
DEVELOPMENT  
CHEF

## LET'S HEAR IT FROM OUR CUSTOMERS

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.

\*iddsi.org

“ It was such a relief not to worry about cooking when I felt exhausted. It's thoughtful touches like this that make you feel truly seen and supported.

Mr P, Wiltshire Farm Foods Customer

# 3 carefully created textures

So many tasty meals to choose from!

## Level 4 Purée Meals

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

Try our **Purée Pastry Topped Steak Pie** page 113

Pages 110-121



## Level 5 Minced Meals

Effortless to prepare minced dishes that require minimal chewing.

Try our **Minced Hunter's Chicken** page 122

Pages 122-126



## Level 6 Soft & Bite-Sized Meals

Enjoy softer textures and small, manageable pieces

Try our **Soft & Bite-Sized Sausages in Onion Gravy** page 128

Pages 127-130



“ The meals are not only easy to prepare but also designed with patients like my partner in mind. Soft, nourishing, and flavourful. It took one major stress off our shoulders and allowed us to focus on healing and supporting each other.

Mrs C, Wiltshire Farm Foods Customer

“ I found that the minced foods that you do are tasty and practical. I am unable to eat ordinary food and my partner had problems trying to mince everything up and dinnertime was taking ages. They are tasty and filling and excellent value for money.

Mrs B, Wiltshire Farm Foods Customer

# Purée Meals

Tasty sauces, fantastic flavours and a consistent Level 4 texture; breakfast, lunch, dinner and dessert!

7369 Purée Pastry  
Topped Steak Pie  
Page 113

7366 Purée  
Sausage Roll  
Page 118

Our two NEW  
pastry creations are  
not to be missed!



## IMPORTANT:

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

## Purée Cheese Omelette, Chips & Beans

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

**NEW**

“With plenty of tasty cheese, this classic omelette is as delicious as it is easy.”



*Jethro Lawrence*  
Development Chef

**7368** £6.69 285g



Each meal contains

Energy	Fat	Saturates	Sugars	Salt
2173 kJ 523 kcal	<b>36g</b>	<b>10g</b>	<b>6.0g</b>	<b>1.7g</b>
26%	51%	50%	7%	28%

% of an adult's reference intake



Level 4 - Purée Meals



## Purée Lamb Chop

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



**7048** £7.15 275g



Each meal contains

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

% of an adult's reference intake

## Purée Salmon in Butter Sauce

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

**7302** £6.95 340g



Each meal contains

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

% 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** **£6.95** 285g

Each meal contains

Energy 2106 kJ 507 kcal 25%	Fat <b>37g</b> 53%	Saturates <b>3.4g</b> 17%	Sugars <b>4.0g</b> 4%	Salt <b>1.9g</b> 32%
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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** **£7.15** 275g

Each meal contains

Energy 2119 kJ 510 kcal 26%	Fat <b>36g</b> 51%	Saturates <b>5.1g</b> 26%	Sugars <b>6.7g</b> 7%	Salt <b>1.7g</b> 28%
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% of an adult's reference intake



**Purée Steak & Mushroom Casserole**

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



**7308** **£6.85** 340g GF

Each meal contains

Energy 2379 kJ 572 kcal 29%	Fat <b>40g</b> 57%	Saturates <b>5.3g</b> 27%	Sugars <b>8.9g</b> 10%	Salt <b>1.7g</b> 28%
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% of an adult's reference intake

**Purée Turkey in Gravy**

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

**7331** **£6.89** 340g GF

Each meal contains

Energy 2196 kJ 529 kcal 26%	Fat <b>38g</b> 54%	Saturates <b>5.6g</b> 28%	Sugars <b>3.6g</b> 4%	Salt <b>1.6g</b> 27%
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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.

**NEW**

“Tuck into our first ever Purée pastry-topped pie, complete with plenty of gravy.”



**Jethro Lawrence**  
Development Chef

**7369** £6.99 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



Level 4 - Purée Meals



## Purée Tomato & Basil Pasta

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



**7080** £6.45 275g



Each meal contains

Energy 2109 kJ 508 kcal 25%	Fat 36g 51%	Saturates 4.2g 21%	Sugars 9.6g 11%	Salt 1.7g 28%
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% of an adult's reference intake

## Purée Sausage & Mash

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

**7359** £6.65 340g



Each meal contains

Energy 2310 kJ 556 kcal 28%	Fat 40g 57%	Saturates 5.0g 25%	Sugars 6.5g 7%	Salt 1.9g 32%
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% 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** **£6.99** 340g GF

Each meal contains

Energy 2216 kJ 533 kcal 27%	Fat <b>38g</b> 54%	Saturates <b>5.6g</b> 28%	Sugars <b>4.1g</b> 5%	Salt <b>1.8g</b> 30%
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% of an adult's reference intake



**Purée Vegetable & Bean Casserole**  
 A comforting puréed vegetable and bean casserole served with peas and sautéed potatoes.

**7049** **£6.49** 275g GF VEGAN

Each meal contains

Energy 2133 kJ 514 kcal 26%	Fat <b>37g</b> 53%	Saturates <b>3.5g</b> 18%	Sugars <b>5.4g</b> 6%	Salt <b>1.7g</b> 28%
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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** **£6.85** 275g GF

Each meal contains

Energy 2221 kJ 534 kcal 27%	Fat <b>36g</b> 51%	Saturates <b>3.4g</b> 17%	Sugars <b>11g</b> 12%	Salt <b>1.2g</b> 20%
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% 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** **£7.15** 300g GF

Each meal contains

Energy 2246 kJ 540 kcal 27%	Fat <b>39g</b> 56%	Saturates <b>4.1g</b> 21%	Sugars <b>6.5g</b> 7%	Salt <b>1.8g</b> 30%
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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** **£6.65** 340g GF VEGAN

Each meal contains

Energy 2313 kJ 557 kcal 28%	Fat <b>39g</b> 56%	Saturates <b>3.5g</b> 18%	Sugars <b>9.1g</b> 10%	Salt <b>1.8g</b> 30%
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% of an adult's reference intake



### Purée Macaroni Cheese

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

**7367** **£6.39** 340g V

Each meal contains

Energy 2250 kJ 541 kcal 27%	Fat <b>39g</b> 56%	Saturates <b>13g</b> 65%	Sugars <b>3.8g</b> 4%	Salt <b>1.8g</b> 30%
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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** **£6.85** 340g GF

Each meal contains

Energy 2112 kJ 508 kcal 25%	Fat <b>37g</b> 53%	Saturates <b>5.4g</b> 27%	Sugars <b>3.2g</b> 4%	Salt <b>1.8g</b> 30%
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% of an adult's reference intake



### Purée Sausage, Chips & Beans

Puréed pork sausages served with chips and baked beans.

**7013** **£6.75** 275g

Each meal contains

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



### Purée Shepherd's Pie

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



### Purée Chicken Korma

Puréed chicken korma served with rice and broccoli.



### Purée Cottage Pie

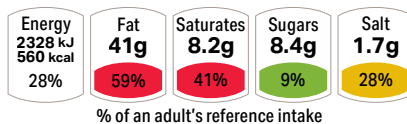
A puréed rich beef filling topped with smooth mashed potato and served with peas.

**7314**

**£6.99** 300g



Each meal contains

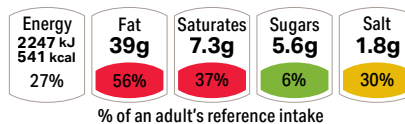


**7315**

**£6.85** 340g



Each meal contains

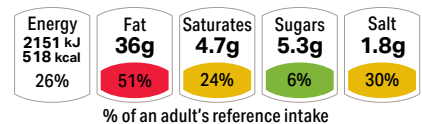


**7304**

**£6.95** 300g



Each meal contains



### Purée Chicken Chasseur

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



### Purée Chicken Tikka Masala

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



### Purée Beef Chilli

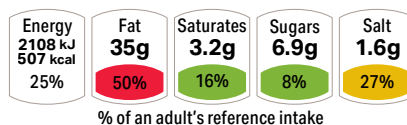
A warming puréed beef chilli in a smoky tomato sauce with kidney beans. Served with rice and sweetcorn.

**7361**

**£6.79** 275g



Each meal contains

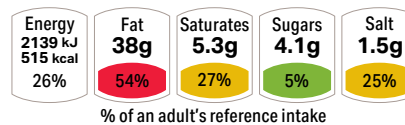


**7024**

**£6.85** 275g



Each meal contains

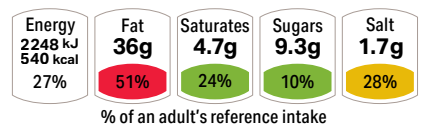


**7316**

**£6.89** 340g



Each meal contains





### Purée Cheese & Onion Bake (Oven Cook Only)

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



### Purée Spaghetti Bolognese

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



### Purée Pork in Apple Gravy

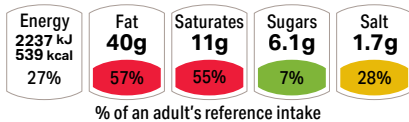
Puréed pork shoulder in an apple gravy served with red cabbage and sauté potatoes.

**7012**

**£6.55** 275g



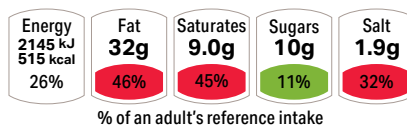
Each meal contains



**7397**

**£6.95** 300g

Each meal contains

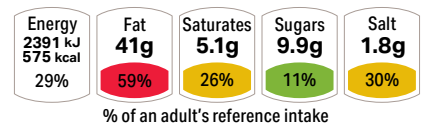


**7301**

**£6.89** 340g



Each meal contains



### Purée Vegetarian Sausage & Mash

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



### Purée Chicken & Vegetable Casserole

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



### Purée Lamb in Mint Gravy

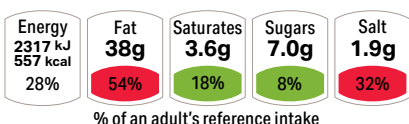
Puréed lamb in a mint gravy. Served with carrots & swede and duchess potatoes.

**7362**

**£6.65** 340g



Each meal contains

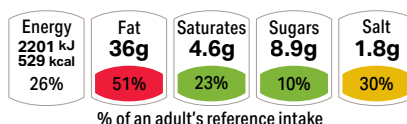


**7358**

**£6.95** 340g



Each meal contains

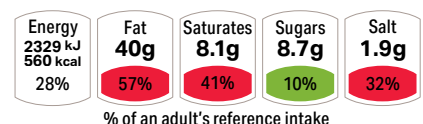


**7363**

**£7.15** 340g



Each meal contains



**NEW**

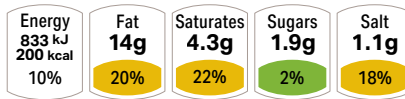


**Purée Sausage Roll**

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

**7366** £3.95 110g

Each pack contains



% of an adult's reference intake



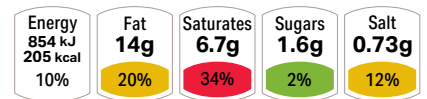
**Purée Cheese & Onion Quiche (Oven Cook Only)**

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

**7039** £3.85 120g

V

Each pack contains



% of an adult's reference intake

## A trio of tasty toasties

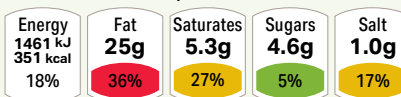
A purée toasted sandwich makes the perfect quick and easy lunch. Ours are beautifully browned and made with tuna, bacon or Cheddar cheese on purée white bread.



**Purée Hot Tuna Toastie**

**7037** £4.19 200g

Each pack contains



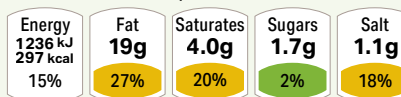
% of an adult's reference intake



**Purée Hot Bacon Toastie**

**7036** £4.19 200g

Each pack contains



% of an adult's reference intake

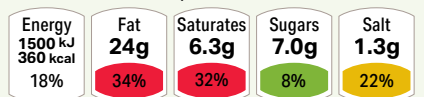


**Purée Hot Cheese Toastie**

**7038** £4.19 200g

V

Each pack contains



% of an adult's reference intake



### Purée Vegetarian All Day Breakfast

Puréed vegetarian sausages, baked beans and scrambled egg.

**7096** £6.59 275g V

Each meal contains

Energy 2190 kJ 527 kcal 26%	Fat <b>37g</b> 53%	Saturates <b>4.8g</b> 24%	Sugars <b>5.9g</b> 7%	Salt <b>1.6g</b> 27%
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% of an adult's reference intake



### Purée Apple & Cinnamon Porridge

A creamy puréed porridge with delicious apple and cinnamon.

**7351** £2.29 200g V

Each meal contains

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



### Purée All Day Breakfast

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

**7094** £6.69 275g GF

Each meal contains

Energy 2121 kJ 510 kcal 26%	Fat <b>37g</b> 53%	Saturates <b>5.8g</b> 29%	Sugars <b>5.3g</b> 6%	Salt <b>1.8g</b> 30%
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% of an adult's reference intake



### Purée Beans on Toast

A classic dish of puréed baked beans on toast.

**7020** £5.25 175g V

Each meal contains

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



### Purée Scrambled Eggs on Toast

A breakfast favourite of puréed scrambled eggs on toast.

**7021** £5.45 175g V

Each meal contains

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



### Purée Porridge

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

**7365** £2.19 200g GF V

Each pack contains

Energy 1113 kJ 266 kcal 13%	Fat <b>13g</b> 19%	Saturates <b>3.5g</b> 18%	Sugars <b>15g</b> 17%	Salt <b>0.23g</b> 4%
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% of an adult's reference intake

**NOW**  
Gluten free

# Dreamy, creamy mousses

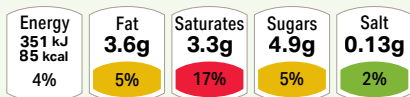


## Puréed Strawberry Mousse

A refreshing strawberry flavoured mousse. With sugar and sweetener.

**418** **£1.79** 65g **GF** **V**

Each dessert contains



% of an adult's reference intake

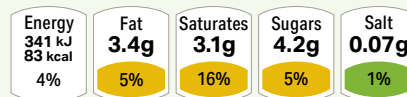


## Puréed Chocolate Mousse

A fluffy chocolate flavoured mousse. With sugar and sweetener.

**416** **£1.79** 65g **GF** **V**

Each dessert contains



% of an adult's reference intake

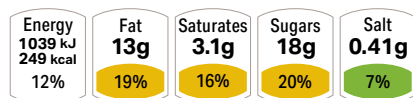


## Puréed Summer Fruit Sponge & Custard

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

**7167** **£1.89** 155g **GF** **V**

Each dessert contains



% of an adult's reference intake

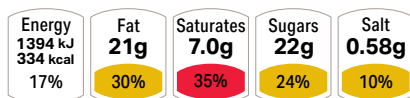


## Puréed Sticky Toffee Pudding & Custard

A sweet and creamy puréed toffee pudding served with custard.

**7165** **£1.89** 170g **GF** **V**

Each dessert contains



% of an adult's reference intake

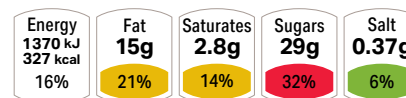


## Puréed Lemon Sponge

Puréed lemon flavoured sponge in a lemon sauce.

**7161** **£1.89** 170g **V**

Each dessert contains



% of an adult's reference intake



### Puréed Bakewell Sponge & Custard

Puréed mixed fruit and almond flavour sponge with custard.

**134** **£1.89** 155g



Each dessert contains

Energy 1045 kJ 249 kcal 12%	Fat <b>11g</b> 16%	Saturates <b>3.3g</b> 17%	Sugars <b>22g</b> 24%	Salt <b>0.49g</b> 8%
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% of an adult's reference intake



### Puréed Apple Pie & Custard

Puréed sweet apple and pastry with custard.

**171** **£1.89** 155g



Each dessert contains

Energy 967 kJ 231 kcal 12%	Fat <b>12g</b> 17%	Saturates <b>3.3g</b> 17%	Sugars <b>16g</b> 18%	Salt <b>0.33g</b> 5%
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% of an adult's reference intake

## Heavenly hot cakes



### Puréed Hot Chocolate Cake (Oven Cook Only)

A deliciously rich puréed chocolate cake.

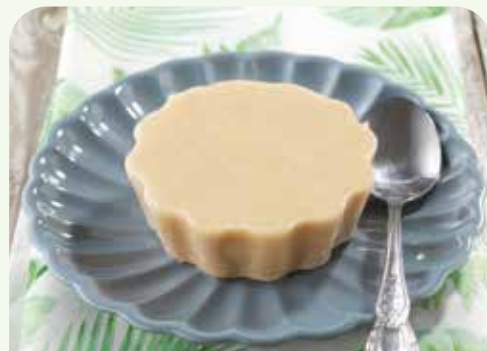
**7044** **£2.99** 120g



Each pack contains

Energy 1029 kJ 247 kcal 12%	Fat <b>14g</b> 20%	Saturates <b>3.4g</b> 17%	Sugars <b>18g</b> 20%	Salt <b>0.23g</b> 4%
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% of an adult's reference intake



### Puréed Hot Apple Cake (Oven Cook Only)

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

**7045** **£2.99** 120g



Each pack contains

Energy 849 kJ 204 kcal 10%	Fat <b>12g</b> 17%	Saturates <b>4.6g</b> 23%	Sugars <b>15g</b> 17%	Salt <b>0.20g</b> 3%
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% of an adult's reference intake

# Minced Meals

Flavoursome classics all perfectly prepared at a Level 5 texture, including a delicious dessert you'll love.



**NEW**

## Minced Hunter's Chicken

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

**7221** £5.79 430g (GF)

Each meal contains

Energy 2103 kJ 504 kcal 25%	Fat <b>26g</b> 37%	Saturates <b>8.5g</b> 43%	Sugars <b>13g</b> 14%	Salt <b>1.6g</b> 27%
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% of an adult's reference intake

## Minced Apple Sponge

Minced sponge topped with sweet apple purée.

**7812** £2.15 140g (GF) (V)

Each dessert contains

Energy 1207 kJ 288 kcal 14%	Fat <b>13g</b> 19%	Saturates <b>4.1g</b> 21%	Sugars <b>26g</b> 29%	Salt <b>0.27g</b> 4%
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% of an adult's reference intake

## Minced Sweet & Sour Chicken

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

**NEW**



“

**A tasty takeaway favourite ready in less time than anyone could deliver! ”**



**Jethro Lawrence**  
Development Chef

**7218** **£5.85** 410g GF

Each meal contains

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



## Minced Cheesy Potato Bake

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



**NEW**  
Tastier  
Recipe

**117** **£5.75** 400g v

Each meal contains

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

## Minced Cottage Pie

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

**119** **£5.69** 450g GF

Each meal contains

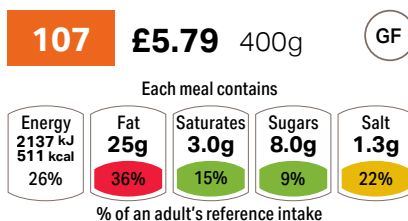
Energy 2117 kJ 508 kcal 25%	Fat <b>29g</b> 41%	Saturates <b>5.3g</b> 27%	Sugars <b>8.0g</b> 9%	Salt <b>1.5g</b> 25%
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% of an adult's reference intake



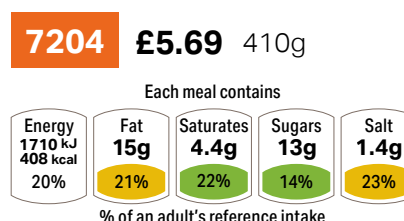
### Minced Chicken & Vegetable Casserole

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



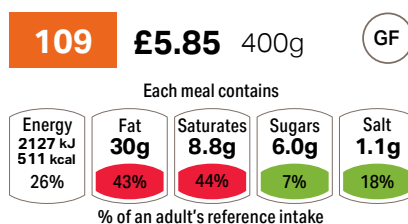
### Minced Pasta Bolognese

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



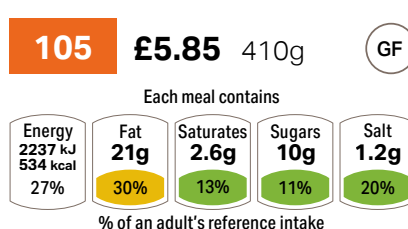
### Minced Sausages in Onion Gravy

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



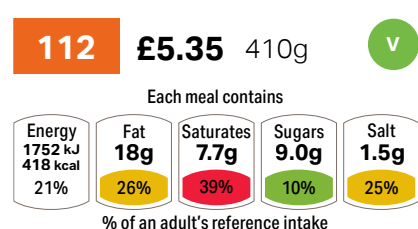
### Minced Chicken Curry

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



### Minced Macaroni Cheese

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





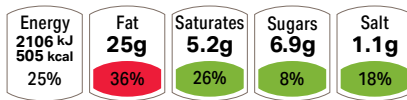
### Minced Pork & Root Vegetable Casserole

Tasty pork casserole made with carrots, swede and onion. Served with mashed potato, cauliflower and Brussels sprouts.

**7108** **£5.89** 400g



Each meal contains



% of an adult's reference intake



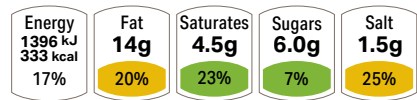
### Minced Rich Beef Stew

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

**7125** **£5.99** 400g



Each meal contains



% of an adult's reference intake



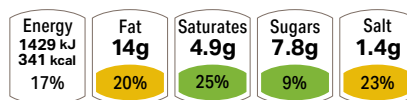
### Minced Lamb Stew

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

**111** **£5.85** 400g



Each meal contains



% of an adult's reference intake



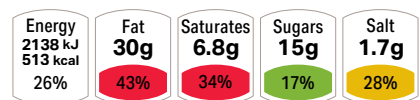
### Minced Fish in Mornay Sauce

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

**103** **£5.79** 410g



Each meal contains



% of an adult's reference intake



### Minced Turkey in Gravy

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

**7129** **£5.99** 400g GF

Each meal contains

Energy 1404 kJ 335 kcal 17%	Fat <b>13g</b> 19%	Saturates <b>1.6g</b> 8%	Sugars <b>5.0g</b> 6%	Salt <b>2.0g</b> 33%
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% of an adult's reference intake



### Minced Fish Pie

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

**7206** **£5.95** 440g GF

Each meal contains

Energy 2093 kJ 501 kcal 25%	Fat <b>28g</b> 40%	Saturates <b>6.1g</b> 31%	Sugars <b>7.2g</b> 8%	Salt <b>1.8g</b> 30%
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% of an adult's reference intake



### Minced Beef Chilli

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

**7201** **£5.75** 440g GF

Each meal contains

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



### Minced Chicken in Rich Gravy

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

**7128** **£5.79** 410g GF

Each meal contains

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



### Minced Shepherd's Pie

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

**7205** **£5.89** 475g GF

Each meal contains

Energy 1952 kJ 468 kcal 23%	Fat <b>28g</b> 40%	Saturates <b>8.4g</b> 42%	Sugars <b>8.9g</b> 10%	Salt <b>1.9g</b> 32%
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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** **£5.35** 430g GF VEGAN

Each meal contains

Energy 2336 kJ 560 kcal 28%	Fat <b>31g</b> 44%	Saturates <b>15g</b> 75%	Sugars <b>6.4g</b> 7%	Salt <b>2.0g</b> 33%
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% of an adult's reference intake

# Soft & Bite Sized

Make dinnertime a doddle with these tasty Level 6 dishes complete with something sweet to finish.



## 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** **£5.99** 440g

Each meal contains

Energy 2134 kJ 511 kcal 26%	Fat <b>28g</b> 40%	Saturates <b>13g</b> 65%	Sugars <b>8.8g</b> 10%	Salt <b>2.0g</b> 33%
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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** **£2.15** 150g



Each dessert contains

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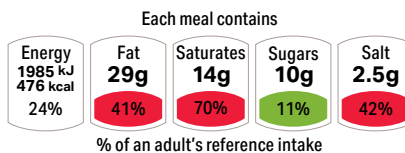
% of an adult's reference intake



**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** £5.99 420g

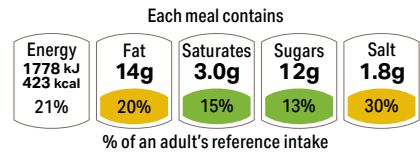


**Soft & Bite-Sized Cottage Pie**

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

**7310** £5.89 440g

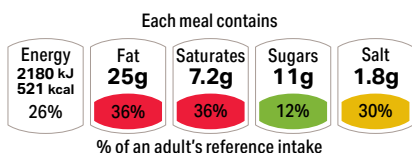
GF



**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** £5.95 370g

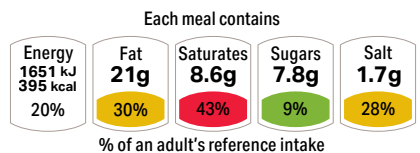


**Soft & Bite-Sized Shepherd's Pie**

Warming minced mutton in a flavoursome gravy, topped with fluffy mashed potato and a side of mixed herby root vegetables.

**7348** £5.99 430g

GF





**Soft & Bite-Sized Macaroni Cheese**

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



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

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

**7341** £5.59 355g



Each meal contains

Energy 2280 kJ 547 kcal 27%	Fat <b>34g</b> 49%	Saturates <b>15g</b> 75%	Sugars <b>14g</b> 16%	Salt <b>1.8g</b> 30%
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% of an adult's reference intake

**7317** £5.69 450g



Each meal contains

Energy 2172 kJ 522 kcal 26%	Fat <b>35g</b> 50%	Saturates <b>9.1g</b> 46%	Sugars <b>10g</b> 11%	Salt <b>1.6g</b> 27%
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% of an adult's reference intake



**Soft & Bite-Sized Fish Pie**

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

**7312** £6.15 460g



Each meal contains

Energy 2134 kJ 511 kcal 26%	Fat <b>27g</b> 39%	Saturates <b>2.3g</b> 12%	Sugars <b>8.7g</b> 10%	Salt <b>1.4g</b> 23%
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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** £5.99 365g



Each meal contains

Energy 1471 kJ 352 kcal 18%	Fat <b>19g</b> 27%	Saturates <b>3.6g</b> 18%	Sugars <b>5.6g</b> 6%	Salt <b>2.1g</b> 35%
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% of an adult's reference intake

\* Please refer to page 106



### Soft & Bite-Sized Beef Hotpot

Delicious minced beef cooked in a rich gravy, topped with garlic, parsley and thyme potatoes with a side of cheesy puréed spinach.

**7344** **£6.15** 410g GF

Each meal contains

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



### Soft & Bite-Sized Ham in Parsley Sauce

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

**7343** **£5.99** 395g GF

Each meal contains

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



### Soft & Bite-Sized Chicken in a Creamy Mushroom Sauce

Chicken\* in a creamy mushroom sauce, served with cheesy garlic potatoes, butternut squash and root vegetable mash.

**7349** **£6.15** 360g GF

Each meal contains

Energy 1426 kJ 340 kcal 17%	Fat <b>16g</b> 23%	Saturates <b>5.9g</b> 30%	Sugars <b>9.1g</b> 10%	Salt <b>1.9g</b> 32%
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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** **£5.99** 440g GF

Each meal contains

Energy 2299 kJ 550 kcal 28%	Fat <b>29g</b> 41%	Saturates <b>5.0g</b> 25%	Sugars <b>8.4g</b> 9%	Salt <b>1.4g</b> 23%
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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** **£5.89** 440g GF

Each meal contains

Energy 2128 kJ 509 kcal 25%	Fat <b>27g</b> 39%	Saturates <b>5.2g</b> 26%	Sugars <b>5.3g</b> 6%	Salt <b>1.6g</b> 27%
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% of an adult's reference intake

\* Please refer to page 106

# The CHEF'S KITCHEN

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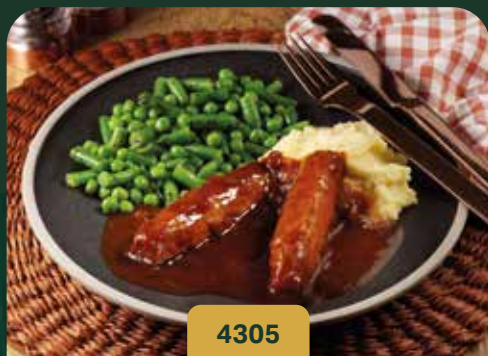
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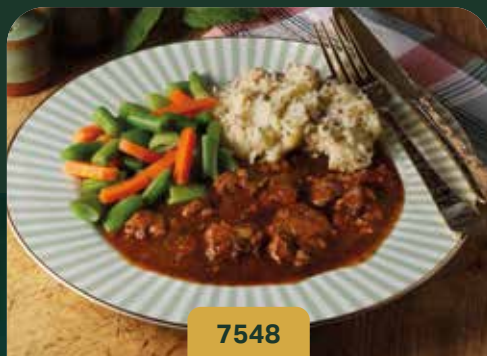
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**CK34** when ordering



4305

Luxury Sausage & Mash  
Page 46



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Lamb in Honey & Mint Sauce  
Page 48



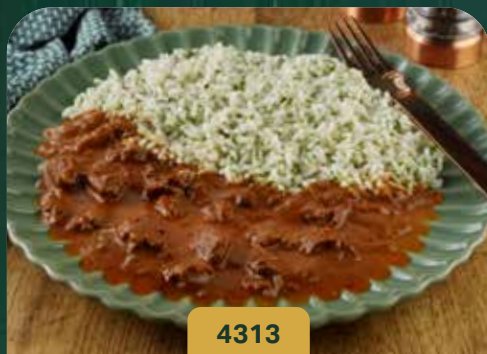
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Luxury Fish & Chips  
(Oven Cook Only) Page 48



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Luxury Cottage Pie  
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Beef Stroganoff  
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4312

Coq au Vin  
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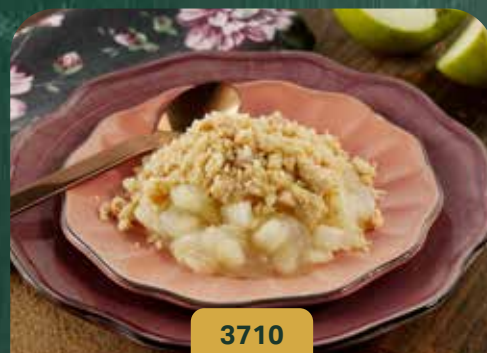
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Crème Caramel  
Page 52



842

West Country Clotted Cream  
Rice Pudding Page 53



3710

Luxury Apple Crumble  
Page 53

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when you  
order



**235** Bangers & Mash  
page 29



**208**  
Cottage Pie  
page 15



**4301**  
Chicken Supreme  
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**4286**  
Hunter's Chicken  
page 24



**324**  
Liver & Bacon Casserole  
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**314** Fish in  
Parsley Sauce  
page 36



**858** Bread and Butter  
Pudding & Custard  
page 95



**3126** Apple Crumble  
& Custard  
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**866** Sticky Toffee  
Pudding & Custard  
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