






















Ingredients

	<p>Baby Marrow Spaghetti & Bolognese</p> <p>Ingredients: Baby Marrow (43%) (contains Salt), Beef Mince (47%) (contains: Ground Beef, Onion, Garlic, Water, Tomato, Celery, Salt, Herbs, Spices, Black Pepper), Onion.</p>
	<p>Beef Kebabs</p> <p>Ingredients: Beef (56%) (contains: Salt) Marinade (contains: Water, Apple Cider Vinegar (contains preservative: Sulphur Dioxide), Lemon Juice, Xylitol, Herbs, Celery, Onions, Spices), Red Onion, Broccoli, Black Pepper.</p>
	<p>Beef Stir Fry</p> <p>Ingredients: Beef (57%), Broccoli (26%), Cabbage (14%), Onion (10%), Sauce (contains: Water, Apple cider vinegar, Sulphur dioxide), Balsamic vinegar (contains: Wine vinegar, concentrated grape must, Antioxidant: Potassium, Metabisulphite, Colourant caramel), Ginger, Garlic, Xylitol, Fibre.</p>
	<p>Cauli Rice with Savoury Mince and Veg</p> <p>Ingredients: Beef Mince (46%) (contains: Ground beef, Onion, Garlic, Water, Celery, Tomato, Salt, Herbs, Spices, Black Pepper), Cauli Rice (46%) (contains: Salt, Cauliflower, Coriander, Black Pepper), Baby Marrow.</p>
	<p>Cauliflower Soup</p> <p>Ingredients: Cauliflower (50%), Water, Vegetable Stock (contains: Water, Onions, Celery, Lemon Juice, Garlic, Salt, Herbs, Spices, Black Pepper), Fat free milk, Sping Onion, Salt, Turmeric, Cumin, Coriander, Paprika, Black Pepper.</p>
	<p>Chicken Shashlik Kebabs</p> <p>Ingredients: Chicken (56%) (contains Salt), Marinade (contains: Water, Onions, Celery, Lemon juice, Salt, Black Pepper, Herbs, Spices), Tomato, Onion, Baby Marrow.</p>
	<p>Chicken Soup</p> <p>Ingredients: Chicken Soup (49%) (contains: Water, Onions, Celery, Lemon juice, Garlic, Salt, Herbs, Spices, Black Pepper) Chicken (31%) (contains: Salt, Spices), Onions, Baby Marrow, Celery.</p>
	<p>Chicken Wings</p> <p>Ingredients: Chicken (50%) (contains: Salt), Marinade (contains: Water, Onion, Xylitol, Trim Mayonnaise (contains: Water, Vinegar, Vegetable fat (9%) (Antioxidant TBHQ (E319)), Chemically Modified Maize Starch, Cane Sugar, Salt, Flavourings, Thickener, Lemon Juice (contains: Sulphur Dioxide, Stabiliser, Acidity regulator, Preservative: Potassium, Sorbate, Non-Nutritive Sweetener, Colorant), White Vinegar, Tabasco Sauce (contains: Distilled Vinegar, Jalapeno Pepper, Water, Salt, Corn Starch, Stabiliser, Acidifier), Worcestershire Sauce (contains: Water, Vinegar, Molasses, Cane Sugar, Salt, Spices, Colourant, Tamarind Extract, Lemon Oil, Flavouring) Dressing (contains: Filtered Water, Coriander Oil, Infusion (contains: Canola oil, Antioxidant: Vitamin E), Blue Gum Honey, Apple Concentrate, Cider Vinegar, Mustard (including seeds) Fresh Coriander, Lemon Juice, Lime Juice, Sugar, Salt, Corn Starch, Lime Zest, Lemon Zest, Acidifier, Flavouring, Stabiliser, Black Pepper, Chilli Yeast Extract, Lactic Acid, Stabiliser, Fructose, Colorant, Salt, Black Pepper, Herbs, Spices), Baby Marrow, Onion, Cauliflower, Herbs, Spices.</p>
	<p>Cottage Pie With Cauliflower Mash</p> <p>Ingredients: Cauliflower Mash (45%) (contains: Cauliflower, Water, Stabiliser, Salt, Black Pepper, Spices) Beef Mince (51%), (contains: Ground Beef, Onion, Garlic, Water, Tomato, Celery, Salt, Herbs, Spices, Black Pepper), Broccoli, Baby Marrow.</p>
	<p>Curry Fish</p> <p>Ingredients: Curry Fish: Hake Fish (38%), Tomato Curry (contains: Curry Paste (contains: Tomatoes, Lemon Juice, Tomato Paste, Garlic, Spices), Vegetable Stock (contains: Water, Onion, Celery, Salt, Garlic, Herbs, Spices, Black Pepper), Baby Marrow (contains: Salt, Black Pepper)</p>
	<p>Meatballs, Veg & Homemade Tomato Sauce</p> <p>Ingredients: Meat Ball (61%) (contains: Ground Beef, Tomato, Cracker Bread (contains: Wheat, Flour, Salt, Skimmed Milk Powder, Un-hydrogenated Vegetable Oil), Onion, Garlic, Salt, Herbs, Spices, Black Pepper), Baby Marrow (17%, Aubergine (15%), Broccoli (7%), Tomato Sauce (18%) (contains: Tomatoes, Water, Onions, Xylitol, Salt, Garlic, Herbs, Spices).</p>

	Mince and Gem Squash GM
	Ingredients: Gems (65%), Beef mince (33%) (contains: Ground Beef, Onion, Garlic, Water, Tomato, Celery, Salt, Herbs, Spices, Black Pepper, Baby Marrows, Salt.
	Savoury Mince, Aubergine & Baby Marrow
	Ingredients: Beef Mince (46%) (contains: Ground Beef, Onion, Garlic, Water, Tomato, Celery, Salt, Herbs, Spices, Black Pepper), Aubergine (24%), Baby Marrow (23%)
	Smokey Tomato Chicken with Gem Squash
	Ingredients: Smokey Chicken and Tomato Mix (46%), Chicken, Tomato sauce (contains: Water, Tomatoes, Xylitol, Salt, Garlic, Spices, Herbs, Black Pepper), Gems (67%)
	Smokey Tomato Chicken with Spinach mix
	Ingredients: Smokey Chicken and Tomato Mix (56%), Chicken, Tomato sauce (contains: Water, Tomatoes, Xylitol, Salt, Garlic, Spices, Herbs, Black Pepper), Spinach and Onion Mix (44%) (contains: Onion, Spinach, Water, Vegetable Stock (contains: Water, Onion, Celery, Garlic, Salt, Spices, Herbs)
	Sweet Chilli Fish Cakes
	Ingredients: Fish cakes (51%), Fish cakes (contains: Hake fish, Onion, Cracker bread (Contains: Wheat, flour, Salt, Skimmed milk powder, Un-hydrogenated vegetable oil), Sweet chilli sauce (5%) (Contains: Water, Xylitol, Vinegar, Garlic, Salt, Emulsifier, Chilli flakes, Onion powder), Lemon juice (Contains: Sulphur dioxide, Sulphur dioxide, Stabiliser, Acidity regulator, Preservative: Potassium sorbate, Non-nutritive sweetener, Colorant), Garlic, Salt, Lemon zest, Chillies, Chives, Black pepper), Spinach, Cabbage, Baby marrow, Salt, Herbs.
	Thai Beef Soup
	Ingredients: Thai Beef Soup (contains: Water, Ginger, Salt, Xylitol, Garlic, Onion, Celery, Herbs, Spices, Black Pepper, Beef (20%) (contains: Salt, Spices), Onions, Celery.
	Thai Chicken Meatballs
	Ingredients: Thai Chicken Meatballs (45%), (contains: Chicken, Lemon Juice (contains: Sulphur dioxide, stabiliser, Acidity regulator, Preservative: Potassium sorbate, Non-nutritive sweetener, Colourant), Xylitol, Salt, Coriander, Garlic, Ginger, Lemon zest, Chillies, Black Pepper, Paprika, Mint), Baby Marrow, Spinach, Sweet chilli sauce (10%) (Contains: Water, Xylitol, Vinegar, Garlic, Salt, Emulsifier, Chilli flakes, Onion powder), Red onions, Coriander, Salt.
	Tomato & Mince Soup
	Ingredients: Tomato soup (67%) (contains: Water, Tomatoes, Onion, Xylitol, Lemon juice, Celery, Garlic, Salt, Herbs, Spices, Black Pepper) Beef Mince (28%) (contains: Ground Beef, Onion, Garlic, Water, Tomato, Celery, Salt, Herbs, Spices, Black Pepper), Onion.
	Veg & Cheese Pizza
	Ingredients: Pizza Base: Gems, Fat Free Cottage Cheese (contains: Slimmed milk, Full cream milk, Stabiliser, Salt, Lactic Culture, Calcium Chloride, Non-Animal Rennet, Preservative (Potassium Sorbate) Cellulose, Flavourings), Salt. Pizza Toppings: Chunky Cottage Cheese (contains: Skimmed Milk, Full Cream Milk, Stabiliser, Salt, Lactic Culture, Calcium Chloride, Non-Animal Rennet, Preservative (Potassium Sorbate), Reduced Fat Cheese, (contains: Cow's Milk, Salt, Calcium Chloride, Cheese Cultures, Non-Animal Rennet), Tomato, Onion, Baby Marrow, Tomato Paste, Salt, Pepper, Herbs.
	SW Salad dressing 375ml
	Ingredients: Vinegar, Water, Fat Reduced Mayonnaise (contains: Water, Vinegar, Vegetable Fat 9%) (Antioxidant TBHQ (E319), Chemically Modified Maize Starch, Cane Sugar, Salt, Flavourings, Thickener, Lemon Juice (contains: Sulphur Dioxide), Stabiliser, Acidity Regulator, Preservative: Potassium Sorbate, Non-Nutritive Sweetener, Colorant), Dressings (contains: Filtered Water, Coriander Oil Infusion (contains: Canola oil (Antioxidant: Vitamin E), Blue Gum Honey, Apple Concentrate, Cider Vinegar, Mustard (including seeds), Fresh Coriander, Lemon Juice, Lime Juice, Sugar Salt, Corn Strach, Lime Zest, Acidifier, Stabiliser, Flavouring, Black Pepper, Chilli Yeast Extract, Lactic Acid, Stabiliser, Fructose, Colourant, Salt, Black Pepper, Herbs, Spices) Xylitol, Mixed Herbs, Onion Flakes.