


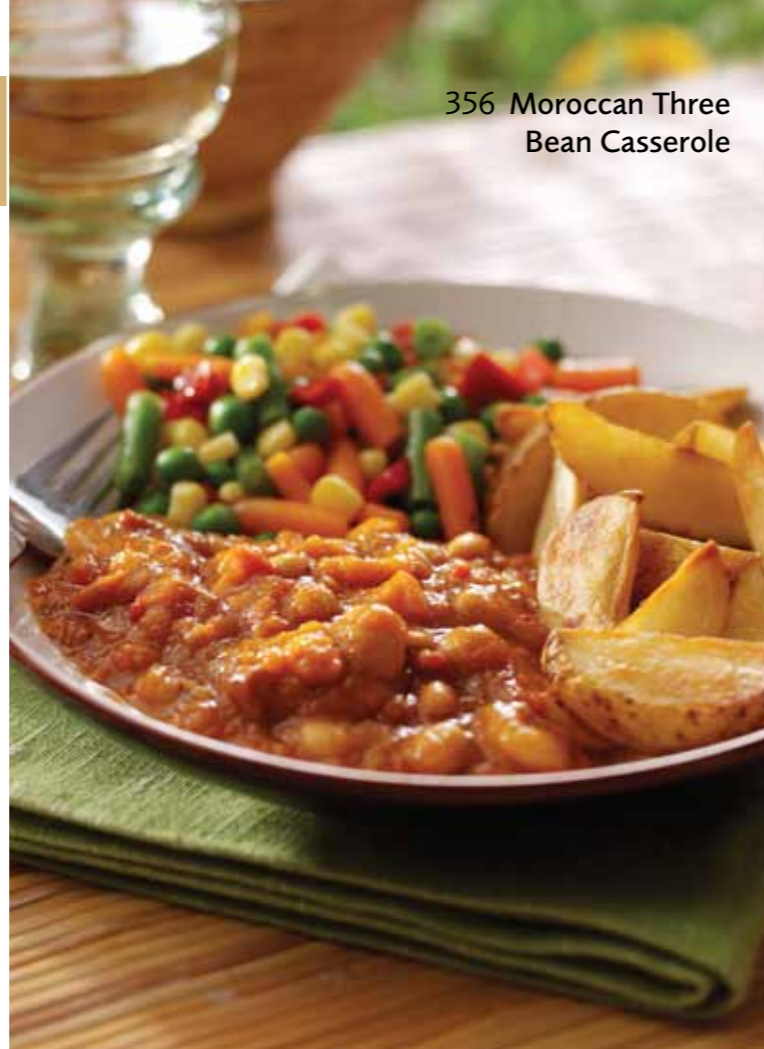
Vegan diets

Our range of vegan dishes provide a good source of vital nutrients such as protein and iron. Some of the meals in our Soft & Puréed range (page 5) are suitable for vegans too.

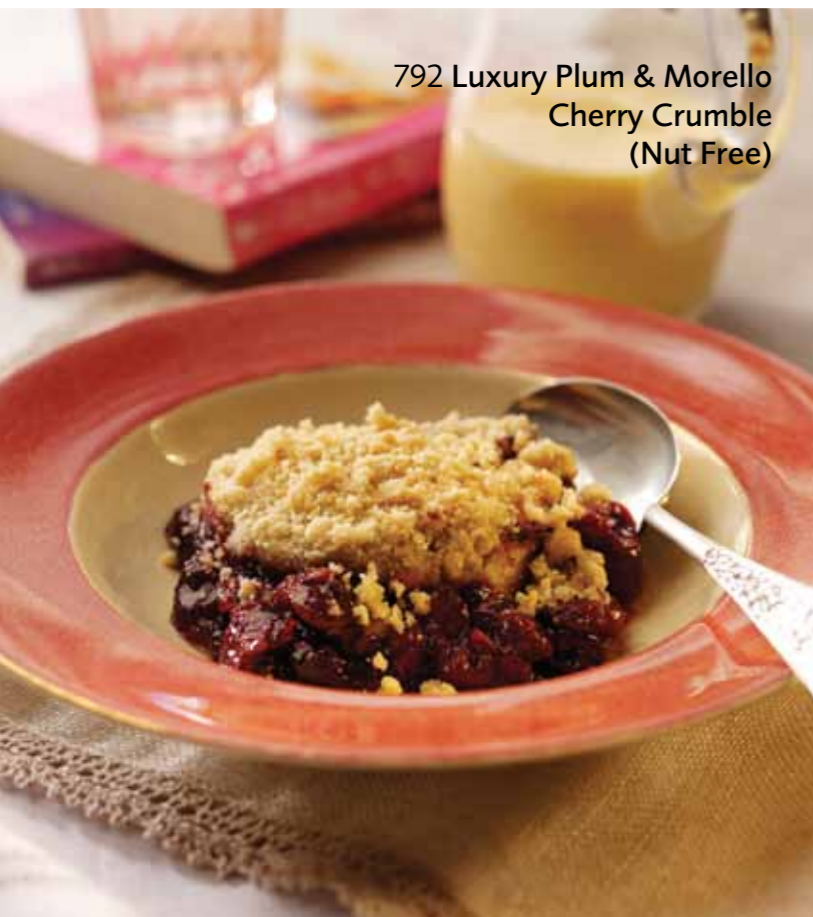
Vegan dishes

- 357 Cauliflower & Spinach Curry
- 356 Moroccan Three Bean Casserole
- 016 Tomato & Vegetable Soup
- 638 Vegetable Rice (side order)
- 657 Vegetable Selection (side order)
- 419 Fruit Cocktail*

Look out for our vegan symbol  throughout this guide.



356 Moroccan Three Bean Casserole



792 Luxury Plum & Morello Cherry Crumble (Nut Free)

Do you have a nut allergy?

We appreciate that some people require products that are free from all traces of nuts, and that there are varying degrees of nut allergies. To help you avoid meals and desserts that definitely contain nuts or nut derivatives, we've listed these below. We've also added a red **N** symbol to these meals where they appear in the guide prior to this section.

Products containing nuts

- 851 Bakewell Tart & Custard **N**
- 923 Date & Ginger Sponge & Custard* **N**
- 921 Carrot Cake & Custard* **N**
- 796 **NEW** Luxury Bakewell Tart **N**

Please note that, whilst we carefully separate products containing nuts from all other products, we cannot guarantee that our meals and desserts will not contain traces of nuts.

*Contains artificial sweetener

Free From Guide



If you have one or more ingredients you wish to exclude from your diet, this section is an 'at a glance' guide to the contents of every meal and dessert on the Wiltshire Farm Foods menu. We have listed 18 of the most common allergens and ingredients you may wish to exclude from your diet.

For example, if you follow a gluten free diet but prefer meals without mushrooms, simply choose the meals with ticks within the appropriate columns, indicating that they are 'free from' both ingredients.

Alternatively, see our website for an online dietary search (see page 3 for more information). Whatever your preference, Wiltshire Farm Foods has meals to match!

Simply look at the relevant column to see which meals are right for you

Code	Description	Milk Free	Cheese Free	Egg Free	Celery Free	Mustard Free	Nut Free [†]	Soya Free	Gluten Free	Yeast Free	Beef Free	Fish Free	Shellfish Free	Sulphites Free**	Tomato Free	Garlic Free	Onion Free	Mushroom Free	Alcohol Free
258	Chicken Thigh on the Bone	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

Code	Description	Milk Free	Cheese Free	Egg Free	Celery Free	Mustard Free	Nut Free [†]	Soya Free	Gluten Free	Yeast Free	Beef Free	Fish Free	Shellfish Free	Sulphites Free**	Tomato Free	Garlic Free	Onion Free	Mushroom Free	Alcohol Free
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Chicken, Turkey & Duck

549	Roast Chicken Breast with Stuffing	✓	✓	✓	✓	✓	✓	✓				✓	✓	✓	✓				✓
259	Chicken & Vegetable Casserole	✓	✓	✓			✓	✓	✓			✓	✓	✓	✓				✓
725	Duck in Orange Sauce		✓			✓	✓	✓	✓		✓	✓	✓	✓	✓			✓	✓
692	NEW Chicken & Asparagus Bake		✓	✓			✓				✓	✓	✓	✓	✓			✓	✓
264	Chicken Curry with Rice		✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓				✓	✓
257	Chicken Breast	✓	✓	✓		✓	✓	✓	✓			✓	✓	✓	✓	✓		✓	✓
263	Honey Mustard Chicken		✓	✓	✓		✓	✓			✓	✓	✓	✓	✓			✓	✓
548	Chicken & Dumpling Casserole		✓	✓	✓	✓	✓	✓				✓	✓	✓				✓	✓
265	Chicken in Tomato & Basil Sauce			✓		✓	✓	✓	✓			✓	✓					✓	✓
256	Chicken in Gravy		✓	✓		✓	✓	✓	✓			✓	✓	✓	✓	✓		✓	✓
689	Hunters Chicken Casserole			✓	✓	✓	✓	✓	✓		✓	✓	✓					✓	✓
270	Chicken in Red Wine Gravy	✓	✓	✓	✓	✓	✓	✓				✓	✓		✓			✓	✓
550	Roast Turkey with Gammon		✓	✓		✓	✓	✓			✓	✓	✓	✓	✓				✓
254	Sweet & Sour Chicken	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓				✓
755	Coq au Vin			✓	✓	✓	✓	✓				✓	✓		✓				✓
524	Chicken & Bacon Hotpot		✓	✓			✓	✓			✓	✓	✓	✓	✓			✓	✓
252	Chicken & Vegetable Pie		✓	✓		✓	✓	✓				✓	✓	✓	✓				✓
541	Lemon & Ginger Chicken		✓	✓	✓	✓	✓				✓	✓	✓		✓			✓	✓
273	Turkey with Stuffing	✓	✓	✓		✓	✓	✓				✓	✓	✓	✓			✓	✓
754	Roast Chicken with Caramelised Red Onions		✓	✓	✓	✓	✓	✓				✓	✓		✓				
253	Chicken & Root Vegetable Hotpot		✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓			✓
546	Chicken Supreme		✓	✓		✓	✓	✓	✓			✓	✓	✓	✓	✓			✓
260	Chicken & Mushroom Pie		✓	✓		✓	✓	✓			✓	✓	✓	✓	✓				✓
250	Chicken Chasseur	✓	✓	✓		✓	✓	✓				✓	✓						✓
251	Chicken a la King		✓	✓		✓	✓	✓	✓		✓	✓	✓		✓			✓	✓
557	Country Chicken Pie			✓	✓		✓	✓			✓	✓	✓	✓	✓	✓		✓	✓
279	Chicken Breast in Cheese & Bacon Sauce			✓		✓	✓	✓	✓		✓	✓	✓	✓	✓			✓	✓
525	Braised Chicken with Lentils	✓	✓	✓	✓	✓	✓	✓				✓	✓	✓				✓	✓
258	Chicken Thigh on the Bone	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
266	Coronation Chicken		✓	✓	✓		✓	✓			✓	✓	✓	✓	✓			✓	✓

[†] May contain traces of nuts ^{**} Contains less than 10mg/kg