

Detailed Nutritional Information



We know it's of utmost importance for our customers to have access to detailed nutritional information on our dishes, so we've listed the contents of every meal and dessert. Here at Wiltshire Farm Foods, our products are checked at every step by nutritional and quality experts – ensuring they're always delicious and nutritious.

Each of the values relate to the meal or dessert in its entirety, so it's easy to see the exact contents of your food choice. We've included Diabetic, Lower Fat, Reducing, Moderate Salt, Gluten Free and Vegetarian diet codes to make it easy to cross reference every dish.

Code	Description	Diet Guide						Weight g	Meat/Fish wt g	Typical nutritional information per portion									
		D	LF	R	MS	GF	V			Protein g	Fat (of which saturates) g	Carbohydrate (of which sugars) g	Sodium g	Salt g	Fibre g	Energy kcal	Energy kJ		
Chicken, Turkey & Duck																			
549	Roast Chicken Breast with Stuffing	✓	✓	✓	✓	✓	390	65	22.2	7.7	(3.1)	38.8	(4.4)	0.5	1.3	5.1	314	1318	
259	Chicken & Vegetable Casserole	✓	✓	✓	✓	✓	340	51	17.2	9.1	(1.5)	34.6	(6.6)	0.5	1.3	4.1	284	1193	
725	Duck in Orange Sauce	✓	✓	✓	✓	✓	365	75	24.6	7.6	(2.5)	34.9	(8.5)	0.4	0.9	5.0	308	1292	
692	NEW Chicken & Asparagus Bake	✓	✓	✓	✓	✓	400	80	31.4	19.5	(2.6)	49.9	(14.2)	0.8	2.2	2.4	496	2078	
264	Chicken Curry with Rice	✓	✓	✓	✓	✓	360	60	19.7	7.4	(1.6)	64.5	(8.6)	0.5	1.2	0.8	403	1695	
257	Chicken Breast	✓	✓	✓	✓	✓	350	65	19.8	5.5	(1.1)	25.4	(5.1)	0.5	1.2	3.3	231	975	
263	Honey Mustard Chicken	✓	✓	✓	✓	✓	395	65	23.4	14.2	(3.6)	33.0	(8.8)	0.6	1.4	4.5	351	1474	
548	Chicken & Dumpling Casserole	✓	✓	✓	✓	✓	440	60	21.8	26.7	(6.3)	44.6	(4.3)	1.4	3.5	3.8	505	2110	
265	Chicken in Tomato & Basil Sauce	✓	✓	✓	✓	✓	395	65	23.4	11.0	(2.1)	33.9	(6.8)	0.7	1.8	5.2	332	1399	
256	Chicken in Gravy	✓	✓	✓	✓	✓	350	50	18.9	9.2	(2.8)	26.1	(4.6)	0.6	1.4	3.7	269	1131	
689	Hunters Chicken Casserole	✓	✓	✓	✓	✓	395	65	23.2	11.8	(2.6)	29.5	(5.3)	0.9	2.3	3.1	326	1370	
270	Chicken in Red Wine Gravy	✓	✓	✓	✓	✓	360	65	22.0	6.4	(2.7)	29.1	(2.5)	0.4	1.1	4.2	278	1165	
550	Roast Turkey with Gammon	✓	✓	✓	✓	✓	380	60	20.1	15.9	(3.4)	29.5	(4.3)	1.2	3.0	5.3	335	1419	
254	Sweet & Sour Chicken	✓	✓	✓	✓	✓	390	55	20.1	7.1	(1.4)	51.9	(12.3)	0.7	1.7	4.3	350	1474	
755	Coq au Vin	✓	✓	✓	✓	✓	420	75	27.5	23.5	(12.7)	33.0	(5.9)	1.6	4.2	4.4	468	1958	
524	Chicken & Bacon Hotpot	✓	✓	✓	✓	✓	410	62	23.0	12.7	(5.0)	42.0	(10.3)	0.7	1.7	5.9	374	1563	
252	Chicken & Vegetable Pie	✓	✓	✓	✓	✓	440	55	20.9	24.3	(8.7)	47.1	(6.6)	0.5	1.4	5.0	490	2051	
541	Lemon & Ginger Chicken	✓	✓	✓	✓	✓	440	80	29.0	30.7	(13.6)	61.7	(14.3)	0.6	1.6	4.0	632	2648	
273	Turkey with Stuffing	✓	✓	✓	✓	✓	365	50	15.9	5.8	(1.9)	33.1	(6.2)	0.7	1.9	3.7	248	1042	
754	Roast Chicken with Caramelised Red Onions	✓	✓	✓	✓	✓	405	100	33.8	17.1	(4.3)	35.9	(6.6)	1.0	2.4	3.5	433	1814	
253	Chicken & Root Vegetable Hotpot	✓	✓	✓	✓	✓	420	65	23.8	10.2	(3.1)	36.6	(10.3)	0.6	1.5	5.5	333	1399	
546	Chicken Supreme	✓	✓	✓	✓	✓	410	78	25.0	18.1	(5.8)	47.4	(3.5)	0.7	1.8	0.5	456	1903	
260	Chicken & Mushroom Pie	✓	✓	✓	✓	✓	400	58	21.8	26.9	(9.5)	42.8	(6.4)	0.7	1.7	4.6	500	2091	
250	Chicken Chasseur	✓	✓	✓	✓	✓	340	58	20.2	8.4	(1.5)	39.3	(6.5)	0.4	1.1	3.9	312	1313	
251	Chicken a la King	✓	✓	✓	✓	✓	380	51	19.5	15.1	(5.0)	39.9	(6.5)	0.5	1.4	3.0	385	1607	
557	Country Chicken Pie	✓	✓	✓	✓	✓	455	96	31.8	13.8	(3.1)	34.9	(6.4)	0.8	2.1	4.0	392	1651	
279	Chicken Breast in Cheese & Bacon Sauce	✓	✓	✓	✓	✓	415	80	31.9	20.2	(9.0)	34.9	(9.2)	0.8	2.2	5.1	448	1871	
525	Braised Chicken with Lentils	✓	✓	✓	✓	✓	355	65	22.8	7.3	(1.4)	25.2	(3.4)	0.4	0.9	4.2	258	1088	
258	Chicken Thigh on the Bone	✓	✓	✓	✓	✓	350	100	27.3	37.8	(10.3)	51.5	(4.1)	0.3	0.9	8.9	721	3069	
266	Coronation Chicken	✓	✓	✓	✓	✓	360	64	23.2	12.7	(2.9)	35.6	(7.8)	0.4	1.1	4.3	348	1465	

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Beef																			
506	Roast Beef & Yorkshire Pudding	✓	✓	✓	✓	✓	400	60	21.0	11.1	(4.0)	42.4	(4.3)	0.4	1.0	5.7	351	1473	
208	Cottage Pie	✓	✓	✓	✓	✓	340	60	17.7	8.5	(2.9)	31.3	(5.6)	0.6	1.5	4.6	272	1145	
234	NEW Beef & Winter Vegetable Casserole	✓	✓	✓	✓	✓	405	70	20.6	20.5	(7.2)	41.1	(8.0)	0.7	1.8	6.0	437	1829	
507	NEW Cumberland Pie	✓	✓	✓	✓	✓	400	85	25.1	27.8	(9.1)	40.0	(3.7)	0.8	2.0	3.3	512	2136	
211	Steak & Kidney Pie	✓	✓	✓	✓	✓	370	85	23.0	28.3	(10.7)	42.5	(6.0)	0.4	1.1	4.2	516	2156	
515	Spaghetti Bolognese	✓	✓	✓	✓	✓	340	55	21.6	16.2	(4.7)	38.6	(4.5)	0.8	2.0	2.8	385	1627	
214	Steak & Mushroom Casserole	✓	✓	✓	✓	✓	360	62	18.1	16.2	(5.2)	26.0	(7.2)	0.5	1.2	4.7	322	1347	
201	Beef with Roast Potatoes	✓	✓	✓	✓	✓	360	50	17.0	7.9	(3.2)	38.8	(4.6)	0.6	1.4	4.3	294	1232	
203	Corned Beef Hash	✓	✓	✓	✓	✓	360	61	21.7	16.3	(4.7)	29.1	(5.8)	0.9	2.3	5.7	346	1448	
502	Braised Beef in Rich Sauce	✓	✓	✓	✓	✓	410	80	22.5	23.8	(6.7)	30.9	(9.3)	0.6	1.6	4.7	428	1794	
202	Beef with Mashed Potato	✓	✓	✓	✓	✓	360	50	18.6	12.5	(3.8)	32.7	(5.4)	0.7	1.7	4.7	314	1317	
209	Savoury Minced Beef	✓	✓	✓	✓	✓	350	55	14.6	13.4	(4.6)	23.8	(6.4)	0.4	1.1	3.6	272	1138	
508	Lasagne	✓	✓	✓	✓	✓	465	45	29.9	25.7	(9.4)	52.5	(12.5)	0.9	2.2	6.4	551	2323	
503	Beef Curry with Rice	✓	✓	✓	✓	✓	415	95	26.4	30.0	(12.5)	71.5	(13.4)	1.5	3.8	2.6	665	2775	
207	Beef Hotpot	✓	✓	✓	✓	✓	340	64	17.5	12.3	(5.1)	37.7	(8.8)	0.3	0.9	4.2	332	1391	
205	Beef Stew & Dumpling	✓	✓	✓	✓	✓	370	75	20.4	20.6	(8.3)	33.4	(4.6)	0.7	1.7	3.9	399	1678	
513	Beef & Dorset Ale Casserole	✓	✓	✓	✓	✓	400	85	22.8	24.9	(7.1)	32.2	(9.1)	0.7	1.8	3.2	448	1870	
702	Roast Beef in Port Sauce	✓	✓	✓	✓	✓	375	80	23.5	17.0	(6.4)	30.8	(6.8)	1.2	3.1	4.8	375	1579	
210	Chilli Con Carne	✓	✓	✓	✓	✓	360	60	19.5	11.0	(3.4)	60.7	(3.0)	0.5	1.2	2.7	420	1762	
215	Beef Bourguignon	✓	✓	✓	✓	✓	390	85	23.4	19.8	(5.1)	40.0	(6.2)	0.5	1.2	4.2	438	1836	
504	Roast Beef in Red Wine Gravy	✓	✓	✓	✓	✓	460	60	20.9	21.4	(3.5)	35.1	(6.2)	1.2	3.1	3.4	426	1783	
512	Steak in Red Wine & Mushroom Sauce	✓	✓	✓	✓	✓	400	85	23.1	19.5	(6.4)	29.8	(6.2)	0.5	1.1	5.7	394	1652	
220	Steak & Mushroom Pie	✓	✓	✓	✓	✓	395	60	21.2	30.5	(10.9)	46.8	(8.2)	0.5	1.3	5.8	547	2284	
227	Minced Beef & Onion Pie	✓	✓	✓	✓	✓	390	65	20.4	22.4	(8.8)	47.9	(5.6)	0.5	1.3	5.2	474	1990	
218	Beef Bordelaise	✓	✓	✓	✓	✓	330	50	15.9	7.7	(2.5)	29.7	(7.4)	0.5	1.3	4.2	260	1094	
213	Beef & Stout Pie	✓	✓	✓	✓	✓	390	70	25.2	28.6	(12.2)	64.3	(6.9)	0.3	0.8	5.2	617	2582	

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		D	LF	R	MS	GF	V			Protein g	Fat (of which saturates) g	Carbohydrate (of which sugars) g	Sodium g	Salt g	Fibre g	Energy kcal	Energy kJ		
Pork																			
521	Pork & Leek Sausages with Somerset Cider Gravy	✓	✓	✓	✓	✓	380	80	16.4	23.3	(9.3)	33.7	(12.5)	1.0	2.6	5.9	411	1716	
518	Roast Pork in Apple Gravy	✓	✓	✓	✓	✓	380	60	18.6	9.3	(3.2)	34.8	(9.7)	0.6	1.6	5.5	301	1261	
576	Mixed Grill	✓	✓	✓	✓	✓	400	130	33.3	21.5	(6.1)	49.0	(4.7)	1.1	2.9	8.8	516	2236	
520	Gammon with Pineapple	✓	✓	✓	✓	✓	380	70	18.8	9.2	(2.1)	42.8	(14.6)	0.9	2.3	4.3	315	1363	
523	Pork Steakette	✓	✓	✓	✓	✓	450	80	18.3	24.7	(8.7)	35.6	(6.0)	1.0	2.7	5.1	438	1826	
322	Cumberland Sausages	✓	✓	✓	✓	✓	384	94	17.6	27.5	(7.5)	31.2	(6.2)	1.2	3.1	5.9	441	1835	
232	Meatballs, Chips & Mushy Peas	✓	✓	✓	✓	✓	360	66	18.8	20.6	(6.2)	50.2	(7.2)	0.8	2.0	7.9	460	1967	
710	Roast Pork with Apricot & Leek Stuffing	✓	✓	✓	✓	✓	415	74	28.8	23.9	(11.4)	34.3	(10.6)	1.3	3.4	4.3	463	1936	
321	Sausages in Onion Gravy	✓	✓	✓	✓	✓	355	80	15.6										

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		D	LF	R	MS	GF	V			Protein g	Fat (of which saturates) g	Carbohydrate (of which sugars) g	Sodium g	Salt g	Fibre g	Energy kcal	Energy kJ		
049	NEW Mutton & Rosemary Hotpot Mini Meal	✓	✓	✓	✓	✓	✓	225	55	13.2	14.4	(6.7)	31.6	(3.7)	0.3	0.8	2.3	307	1288
050	Sliced Beef Mini Meal	✓	✓	✓	✓	✓	✓	200	40	11.9	5.7	(1.5)	16.7	(3.4)	0.4	0.9	1.9	162	681
072	NEW Winter Vegetable Hotpot Mini Meal	✓	✓	✓	✓	✓	✓	210	-	6.4	6.8	(2.9)	24.8	(5.3)	0.4	1.1	3.0	187	783
087	Beef & Dorset Ale Casserole Mini Meal	✓	✓	✓	✓	✓	✓	220	70	17.1	16.0	(6.8)	17.6	(4.2)	0.6	1.6	1.8	284	1186
053	Chicken in Gravy Mini Meal	✓	✓	✓	✓	✓	✓	200	40	13.6	3.0	(0.5)	16.2	(2.7)	0.3	0.9	1.4	151	635
059	Sausages in Gravy Mini Meal	✓	✓	✓	✓	✓	✓	220	50	9.3	14.8	(4.1)	25.2	(6.9)	0.7	1.7	3.0	269	1127
063	Lambs Liver & Bacon Casserole Mini Meal	✓	✓	✓	✓	✓	✓	200	58	14.2	11.1	(3.2)	18.8	(3.8)	0.4	1.1	1.4	230	964
058	Chicken & Vegetable Casserole Mini Meal	✓	✓	✓	✓	✓	✓	200	60	17.0	4.5	(1.0)	9.7	(3.0)	0.3	0.9	2.1	148	623
074	Minced Beef & Potato Wedges Mini Meal	✓	✓	✓	✓	✓	✓	220	60	14.7	8.5	(3.8)	18.7	(1.4)	0.4	0.9	2.1	211	885
054	Fish Mornay Mini Meal	✓	✓	✓	✓	✓	✓	200	50	15.1	14.8	(4.1)	21.2	(3.7)	0.3	0.8	1.0	285	1191
055	Chicken Curry Mini Meal	✓	✓	✓	✓	✓	✓	200	50	15.0	5.4	(1.1)	28.7	(7.6)	0.4	1.0	0.6	223	939
056	Beef Stew Mini Meal	✓	✓	✓	✓	✓	✓	210	75	17.8	8.5	(3.5)	10.1	(4.1)	0.4	1.1	2.9	187	785
064	Beef Hotpot Mini Meal	✓	✓	✓	✓	✓	✓	200	75	17.9	10.5	(4.8)	21.6	(2.9)	0.4	1.1	1.0	253	1061
088	Wiltshire Ham, Cheese & Potato Wedges Mini Meal	✓	✓	✓	✓	✓	✓	210	20	13.1	13.2	(7.2)	25.0	(3.0)	0.5	1.4	2.5	271	1135
020	Chunky Vegetable Soup	✓	✓	✓	✓	✓	✓	170	-	1.6	2.3	(0.2)	6.3	(3.1)	0.3	0.8	1.4	53	221
016	Tomato & Vegetable Soup	✓	✓	✓	✓	✓	✓	170	-	2.5	2.0	(0.1)	10.4	(2.5)	0.3	0.9	1.4	70	294

Breakfast

095	NEW Sausage, Beans & Omelette	✓	✓	✓	✓	✓	✓	205	40	14.6	12.1	(3.6)	21.4	(8.5)	0.5	1.3	4.9	248	1036
096	NEW Omelette & Beans	✓	✓	✓	✓	✓	✓	180	-	10.3	8.3	(1.6)	20.3	(8.8)	0.4	1.0	5.0	192	800
575	All Day Breakfast	✓	✓	✓	✓	✓	✓	308	60	23.1	21.7	(7.4)	31.9	(8.3)	1.1	2.7	5.4	413	1721
022	NEW Porridge	✓	✓	✓	✓	✓	✓	200	-	5.7	14.3	(3.2)	28.5	(15.2)	0.2	0.4	2.8	270	1129

Afternoon Tea

780	NEW Chocolate Cake	✓	✓	✓	✓	✓	✓	80	-	3.1	19.3	(7.2)	45.9	(35.1)	0.1	0.1	1.2	370	1550
781	NEW Victoria Sandwich	✓	✓	✓	✓	✓	✓	90	-	3.1	19.1	(5.9)	52.9	(37.1)	0.3	0.4	0.3	395	1650
408	Strawberry Gateau	✓	✓	✓	✓	✓	✓	80	-	2.3	8.6	(3.2)	25.9	(19.5)	0.1	0.3	1.6	191	800
470	Black Forest Gateau	✓	✓	✓	✓	✓	✓	70	-	2.6	11.3	(4.6)	22.6	(18.2)	0.1	0.3	1.6	204	851
464	Mixed Fruit Gateau	✓	✓	✓	✓	✓	✓	100	-	3.1	16.1	(5.5)	31.1	(22.5)	0.2	0.4	1.2	290	1220
495	Cream Tea for Two	✓	✓	✓	✓	✓	✓	84	-	4.4	12.4	(7.4)	38.9	(15.3)	0.3	0.9	1.2	288	1210
417	Mixed Fruit Tarte	✓	✓	✓	✓	✓	✓	130	-	3.1	9.4	(4.2)	47.1	(10.1)	0.2	0.4	1.4	287	1206
484	Custard Tarte	✓	✓	✓	✓	✓	✓	125	-	5.3	31.3	(17.0)	44.8	(10.8)	0.2	0.4	1.0	483	2015

Hot Desserts

800	Apple Pie & Custard	✓	✓	✓	✓	✓	✓	156	-	2.2	13.5	(3.9)	39.3	(19.5)	0.1	0.3	1.2	292	1218
791	NEW Eve's Pudding	✓	✓	✓	✓	✓	✓	105	-	3.1	15.6	(3.2)	40.1	(24.0)	0.3	0.7	1.0	308	1289
839	Apple & Blackberry Crumble & Custard	✓	✓	✓	✓	✓	✓	165	-	3.1	16.3	(4.7)	52.4	(26.6)	0.1	0.3	1.7	374	1564
830	Rice Pudding	✓	✓	✓	✓	✓	✓	160	-	4.8	5.4	(1.6)	29.3	(16.9)	0.1	0.2	0.6	183	772
790	NEW Luxury Plum & Morello Cherry Crumble	✓	✓	✓	✓	✓	✓	120	-	4.0	8.1	(5.3)	59.0	(27.6)	0.1	0.2	1.8	325	1373
819	Syrup Sponge & Custard	✓	✓	✓	✓	✓	✓	135	-	2.0	11.7	(3.0)	32.8	(20.8)	0.2	0.6	0.4	249	1040
794	NEW Luxury Stem Ginger Pudding	✓	✓	✓	✓	✓	✓	120	-	3.7	16.1	(8.7)	73.1	(44.9)	0.5	1.2	0.3	454	1909

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851	Bakewell Tart & Custard	✓	✓	✓	✓	✓	✓	142	-	3.6	16.0	(4.5)	40.4	(21.3)	0.2	0.5	1.0	325	1357
788	NEW West Country Bread & Butter Pudding	✓	✓	✓	✓	✓	✓	120	-	6.3	12.4	(7.0)	32.5	(22.0)	0.1	0.2	1.2	270	1133
792	NEW Bramley Apple & Timperley Rhubarb Crumble	✓	✓	✓	✓	✓	✓	120	-	3.1	8.1	(3.2)	42.3	(23.1)	0.1	0.4	1.8	256	1077
842	West Country Clotted Cream Rice Pudding	✓	✓	✓	✓	✓	✓	160	-	5.3	27.1	(14.8)	29.0	(14.8)	0.2	0.5	0.6	378	1574
784	NEW Luxury Bramley Apple Pie	✓	✓	✓	✓	✓	✓	120	-	1.8	11.1	(4.9)	42.5	(20.4)	0.3	0.6	1.9	276	1156
824	Lemon Sponge, Lemon Sauce & Custard	✓	✓	✓	✓	✓	✓	135	-	2.0	11.6	(3.0)	27.4	(15.5)	0.2	0.6	0.4	226	943
793	NEW Luxury Sticky Toffee Pudding	✓	✓	✓	✓	✓	✓	120	-	3.9	15.9	(9.6)	72.6	(47.1)	0.5	1.2	0.5	450	1893
811	Apple Crumble & Custard	✓	✓	✓	✓	✓	✓	155	-	2.9	16.3	(4.7)	49.8	(25.5)	0.1	0.3	1.2	362	1514
795	NEW Luxury Bramley Apple & Blackberry Pie	✓	✓	✓	✓	✓	✓	125	-	2.1	12.0	(5.3)	44.5	(21.0)	0.1	0.4	3.3	295	1240
852	Spotted Dick & Custard	✓	✓	✓	✓	✓	✓	140	-	3.0	12.9	(4.2)	33.3	(16.7)	0.2	0.6	0.9	265	1110
785	NEW Raspberry Jam Sponge	✓	✓	✓	✓	✓	✓	120	-	3.7	16.3	(3.5)	63.1	(39.2)	0.4	1.0	0.3	415	1744
810	Rhubarb Crumble & Custard	✓	✓	✓	✓	✓	✓	155	-	3.1	16.3	(4.7)	43.4	(20.4)	0.1	0.3	1.3	337	1406
823	Sultana Sponge & Custard	✓	✓	✓	✓	✓	✓	135	-	2.2	12.7	(3.2)	30.1	(17.8)	0.2	0.6	0.5	248	1036
813	Raspberry & Apple Crumble & Custard	✓	✓	✓	✓	✓	✓	155	-	2.9	16.3	(4.7)	50.0	(25.6)	0.1	0.3	1.3	363	1517
858	Bread & Butter Pudding & Custard	✓	✓	✓	✓	✓	✓	155	-	3.5	13.0	(4.1)	30.7	(17.4)	0.2	0.6	0.5	254	1063
787	NEW Bramley Apple & Blackberry Crumble	✓	✓	✓	✓	✓	✓	120	-	3.1	9.1	(3.2)	47.7	(23.0)	0.1	0.3	3.1	285	1201
802	Blackcurrant Pie & Custard	✓	✓	✓	✓	✓	✓	143	-	2.2	12.4	(3.8)	37.5	(19.4)	0.1	0.2	1.4	274	1144
782	NEW Bramley Apple & Cinnamon Crumble	✓	✓	✓	✓	✓	✓	120	-	2.8	8.7	(3.2)	48.7	(24.5)	0.2	0.4	1.8	285	1200
822	Jam Sponge & Custard	✓	✓	✓	✓	✓	✓	149	-	2.0	11.6	(3.0)	33.9	(19.7)	0.2	0.6	0.5	253	1057
844	Blackberry Sponge & Custard	✓	✓	✓	✓	✓	✓	150	-	2.4	10.2	(2.7)	37.7	(22.0)	0.2	0.5	1.4	255	1067
814	Apricot Crumble & Custard	✓	✓	✓	✓	✓	✓	170	-	3.1	15.9	(4.7)	49.7	(26.3)	0.1	0.3	1.5	358	1496
786	NEW Golden Syrup Sponge	✓	✓	✓	✓	✓	✓	120	-	4.1	17.6	(4.0)	75.7	(45.6)	0.5	1.2	0.3	479	2013
806	NEW Portion of Custard	✓	✓	✓	✓	✓	✓	120	-	0.8	10.0	(1.8)	14.6	(9.4)	0.2	0.4	0.0	155	645
825	Ginger Sponge & Custard	✓	✓	✓	✓	✓	✓	135	-	2.1	12.8	(3.1)	26.7	(14.6)	0.2	0.6	0.4	234	977
866	Sticky Toffee Pudding & Custard	✓	✓	✓	✓	✓	✓	160	-	2.9	18.7	(8.3)	44.5	(31.4)	0.3	0.8	0.8	362	1511
783	NEW Lemon Sponge	✓	✓	✓	✓	✓	✓	120	-	4.2	19.2	(4.9)	56.6	(31.3)	0.4	1.0	0.5	417	1748
855	Jam Roly Poly & Custard	✓	✓	✓	✓	✓	✓	135	-	3.1	10.4	(3.0)	37.0	(17.0)	0.3	0.8	0.8	257	1079
796	NEW Luxury Bakewell Tart	✓	✓	✓	✓	✓	✓	65	-	3.4	13.2	(2.8)	35.7	(19.8)	0.2	0.5	0.7	276	1156
833	Semolina Pudding with Dutch Apple	✓	✓	✓	✓	✓	✓	180	-	4.6	4.0	(1.4)	33.8	(22.9)	0.1	0.2	1.1	188	795
789	NEW Luxury Gooseberry & Elderflower Crumble	✓	✓	✓	✓	✓	✓	120	-	3.2	8.0	(5.3)	43.1	(22.2)	0.1	0.1	3.5	258	1087
841	Stewed Apple & Rice	✓	✓	✓	✓	✓	✓	160	-	3.1	3.5	(1.1)	32.2	(20.8)	0.1	0.1	0.9	172	727
812	Plum Crumble & Custard	✓	✓	✓	✓	✓	✓	169	-	3.1	15.8	(4.7)	55.5	(31.7)	0.1	0.3	1.3	379	1585
931	Rice Pudding	✓	✓	✓	✓	✓	✓	160	-	5.5	3.5	(1.9)	19.0	(6.2)	0.1	0.2	0.3	139	587
951	Apricot & Sultana Pudding & Custard	✓	✓	✓	✓	✓	✓	135	-	4.0	5.5	(1.9)	21.8	(10.1)	0.3	0.8	1.0	152	638
903	Cherry Pie & Custard	✓	✓	✓	✓	✓	✓	140	-	4.4	14.8	(6.0)	26.8	(3.9)	0.1	0.2	1.2	258	1078
942	Baked Fruit Bread Pudding & Custard	✓	✓	✓	✓	✓	✓	160	-	4.0	9.3	(4.8)	37.5	(17.2)	0.2	0.5	1.8	248	1040
923	Date & Ginger Sponge & Custard	✓	✓	✓	✓	✓	✓	135	-	4.3	7.3	(2.3)	22.4	(9.7)	0.3	0.7	1.4	170	710
900	Apple Pie & Custard	✓	✓	✓	✓	✓	✓	154	-	4.3	14.8	(6.0)	26.7	(4					

Detailed Nutritional Information



Code	Description	Diet Guide						Weight g	Meat/Fish wt g	Typical nutritional information per portion									
		D	LF	R	MS	GF	V			Protein g	Fat (of which saturates) g	Carbohydrate (of which sugars) g	Sodium g	Salt g	Fibre g	Energy kcal	Energy kJ		
902	Rhubarb Pie & Custard	✓			✓	✓	✓	150	-	4.6	14.9	(6.1)	25.1	(2.2)	0.1	0.3	1.3	253	1056
922	Banana Pudding & Custard	✓			✓	✓	✓	140	-	3.1	6.5	(1.2)	24.5	(9.6)	0.3	0.7	0.5	172	719
920	Date Sponge & Custard	✓	✓		✓	✓	✓	135	-	3.2	4.0	(1.7)	30.7	(11.5)	0.3	0.7	1.0	174	727
905	Sultana Pie & Custard	✓			✓	✓	✓	160	-	3.9	12.0	(4.6)	36.8	(18.2)	0.1	0.3	1.0	271	1136
933	Rice Pudding with Apple	✓	✓		✓	✓	✓	140	-	3.1	2.9	(0.4)	13.9	(6.5)	0.1	0.1	0.5	95	400
921	Carrot Cake & Custard	✓			✓	✓	✓	135	-	3.7	9.0	(1.5)	20.4	(8.7)	0.2	0.6	1.3	178	743

Cold Desserts

447	Strawberry Flavoured Ice Cream				✓	✓	✓	70	-	2.6	5.3	(3.4)	13.3	(9.0)	0.1	0.2	0.0	112	468
421	Vanilla Flavour Ice Cream	✓	✓		✓	✓	✓	50	-	1.5	2.4	(1.5)	12.9	(4.3)	0.1	0.1	8.2	80	336
456	Clotted Cream Ice Cream				✓	✓	✓	100	-	3.4	19.1	(9.5)	21.5	(15.0)	0.1	0.1	0.1	272	1130
446	Chocolate Ice Cream		✓		✓	✓	✓	70	-	2.4	4.7	(2.7)	14.4	(10.5)	0.1	0.1	0.0	111	461
413	Lemon Meringue Pie							112	-	3.8	11.3	(4.1)	62.3	(28.5)	0.2	0.4	1.0	367	1544
440	Chocolate Profiteroles				✓		✓	90	-	5.4	11.9	(8.9)	26.8	(17.4)	0.1	0.2	2.0	248	1039
419	Fruit Cocktail	✓	✓	✓	✓	✓	✓	140	-	0.5	0.1	(0.0)	10.7	(10.7)	0.1	0.1	2.9	53	221
487	Tiramisu				✓		✓	90	-	4.0	9.5	(7.4)	29.1	(20.2)	0.1	0.1	1.7	219	918
435	Choc Ices (pack of 8)				✓	✓	✓	39	-	1.1	7.4	(6.6)	9.7	(9.6)	0.1	0.1	0.0	110	457
444	Italian Lemon Mousse				✓		✓	80	-	2.7	16.3	(13.6)	22.5	(14.9)	0.1	0.1	0.9	250	1042
499	Strawberry Mousse	✓	✓		✓	✓		65	-	2.1	3.2	(2.3)	13.9	(4.6)	0.1	0.1	8.4	94	394
497	Chocolate Mousse	✓	✓	✓	✓	✓		65	-	2.5	3.8	(2.5)	4.6	(4.4)	0.1	0.1	9.2	62	261
463	Luxury Crème Caramel				✓	✓	✓	120	-	2.0	17.4	(13.6)	39.8	(31.6)	0.1	0.1	1.6	324	1356
424	Strawberry Sundae				✓	✓	✓	106	-	1.6	6.4	(4.4)	29.2	(27.7)	0.1	0.2	0.2	180	765
434	Caramel Sundae				✓	✓	✓	106	-	2.1	8.1	(5.6)	28.1	(27.3)	0.1	0.2	0.1	195	817
468	Mixed Fruit Trifle				✓		✓	105	-	1.3	5.4	(4.5)	25.3	(19.4)	0.1	0.2	0.2	156	655
482	Coffee Dessert				✓	✓		77	-	2.6	8.3	(7.3)	18.3	(18.2)	0.1	0.1	0.2	159	665
471	Raspberry Trifle				✓		✓	105	-	1.4	6.1	(3.8)	26.2	(18.7)	0.1	0.2	0.6	167	700
480	Apricot & Peach Dessert	✓	✓		✓	✓		76	-	2.3	3.1	(2.5)	14.5	(5.3)	0.1	0.1	9.0	96	403
467	Strawberry Trifle				✓		✓	105	-	1.3	6.5	(3.8)	25.6	(21.6)	0.1	0.2	0.4	167	700
465	Strawberry Cheesecake				✓		✓	94	-	3.0	9.0	(3.6)	46.3	(24.8)	0.1	0.3	0.6	222	931
466	Blackcurrant Cheesecake				✓		✓	94	-	3.0	9.0	(3.5)	46.4	(24.0)	0.1	0.3	0.8	223	940

Soft and Puréed

Puréed Hot Sandwiches & Cakes (category C)

034	NEW Hot Cheese Sandwich	✓			✓	✓	✓	200	n/a	11.4	17.7	(7.4)	31.0	(7.5)	0.4	1.0	3.5	341	1426
032	NEW Hot Bacon Sandwich	✓	✓	✓	✓			200	n/a	10.5	14.9	(4.3)	29.6	(2.2)	0.3	0.8	3.6	306	1280
031	NEW Hot Tuna Sandwich	✓	✓		✓			200	n/a	11.7	14.9	(3.8)	32.3	(5.2)	0.4	1.0	3.7	322	1347
040	NEW Hot Chocolate Cake				✓		✓	160	n/a	3.4	14.7	(2.1)	38.5	(19.1)	0.3	0.7	3.2	309	1295
041	NEW Hot Apple Cake				✓		✓	160	n/a	4.0	17.0	(2.2)	30.5	(18.7)	0.3	0.7	4.2	303	1263

Puréed Meals (category C)

372	Chicken & Gravy	✓			✓	✓		455	n/a	20.3	15.6	(3.5)	46.2	(5.7)	0.7	1.8	4.0	420	1763
373	Chicken & Vegetable Casserole	✓			✓	✓		455	n/a	20.5	17.1	(3.6)	43.2	(7.8)	0.7	1.7	4.9	422	1772
374	Chicken Supreme	✓			✓			455	n/a	20.3	24.8	(6.9)	46.1	(11.4)	0.7	1.7	4.3	502	2102
371	Chicken Curry	✓			✓			455	n/a	22.4	19.6	(5.1)	44.8	(11.3)	0.9	2.2	5.3	461	1934
363	Beef & Gravy	✓			✓	✓		455	n/a	21.2	26.3	(6.7)	47.4	(5.1)	0.8	2.0	5.5	526	2201
362	Beef Stew	✓			✓			455	n/a	20.2	27.6	(6.6)	49.2	(5.1)	0.8	2.0	5.3	542	2266
360	Cottage Pie	✓			✓			430	n/a	23.9	25.7	(6.7)	49.9	(5.8)	0.6	1.6	6.6	544	2277
361	Potato Topped Steak Pie	✓			✓			430	n/a	22.0	25.4	(7.3)	49.9	(5.5)	0.8	2.0	5.0	531	2221
377	Sausages in Gravy	✓			✓			455	n/a	20.7	25.0	(6.6)	49.3	(7.1)	0.7	1.8	4.3	518	2167
376	Pork & Gravy	✓			✓	✓		455	n/a	20.1	26.0	(5.9)	45.7	(5.0)	0.7	1.9	5.4	512	2143
378	Pork & Apple Casserole	✓			✓	✓		455	n/a	20.1	25.7	(6.5)	48.8	(8.3)	0.8	2.0	4.9	521	2181

Code	Description	Diet Guide						Weight g	Meat/Fish wt g	Typical nutritional information per portion									
		D	LF	R	MS	GF	V			Protein g	Fat (of which saturates) g	Carbohydrate (of which sugars) g	Sodium g	Salt g	Fibre g	Energy kcal	Energy kJ		
381	Lamb & Gravy	✓			✓	✓		455	n/a	21.8	26.3	(8.0)	44.5	(5.2)	0.8	2.0	3.7	514	2149
382	Lamb & Vegetable Casserole	✓			✓			455	n/a	20.1	19.7	(5.4)	44.9	(6.5)	0.7	1.8	5.1	452	1894
383	Shepherds Pie	✓			✓			430	n/a	21.8	22.4	(6.3)	49.4	(6.2)	0.7	1.7	5.6	503	2105
367	Fish in Creamy Sauce	✓			✓			455	n/a	21.4	18.9	(7.2)	49.6	(12.3)	0.7	1.8	3.9	467	1961
366	Fish Pie	✓			✓	✓		430	n/a	24.4	22.3	(6.1)	48.8	(9.1)	0.6	1.6	5.5	510	2138
368	Salmon Supreme	✓			✓	✓		455	n/a	21.8	20.8	(7.8)	48.3	(11.0)	0.7	1.7	3.8	481	2017
390	Macaroni Cheese	✓			✓		✓	455	-	18.3	23.3	(7.9)	55.1	(11.6)	0.8	2	5.2	520	2178
391	Cauliflower & Broccoli Bake with Light Cheese Sauce	✓			✓		✓	455	-	14.0	16.7	(6.2)	49.1	(11.4)	0.7	1.8	6.0	420	1762
392	Mediterranean Vegetable Pasta	✓			✓		✓	455	-	15.3	17.7	(2.6)	49.7	(7.6)	0.5	1.3	7.2	438	1838
394	Vegetable Curry	✓			✓		✓	455	-	14.0	17.3	(2.1)	48.6	(8.4)	0.8	2.0	7.5	427	1788
396	Cheese Omelette	✓			✓	✓	✓	455	-	21.2	23.6	(7.9)	51.3	(10.7)	0.8	2.0	6.4	520	2179
393	Cheesy Potato Pie	✓			✓		✓	430	-	17.3	24.4	(6.0)	55.6	(11.8)	0.7	1.9	4.0	525	2198
395	Vegetable & Bean Cottage Pie	✓			✓		✓	430	-	14.0	15.1	(2.0)	51.5	(7.5)	0.7	1.8	12.3	427	1792

Soft Meals (category D)

106	Chicken in Rich Gravy	✓			✓	✓		400	n/a	21.8	27.6	(4.4)	49.6	(8.7)	0.7	1.8	4.5	537	2244
107	Chicken & Vegetable Casserole	✓			✓	✓		400	n/a	21.8	28.0	(4.5)	48.8	(8.0)	0.7	1.7	6.0	538	2250
105	Chicken Curry	✓			✓	✓		400	n/a	23.1	20.2	(2.5)	53.6	(9.3)	0.7	1.7	5.8	487	2047
102	Savoury Minced Beef	✓			✓	✓		400	n/a	23.3	26.8	(5.8)	50.4	(8.6)	0.7	1.8	6.4	541	2264
101	Rich Beef Stew	✓			✓	✓		400	n/a	23.3	26.9	(7.2)	49.8	(7.2)	0.6	1.5	5.8	537	2249
100	Corned Beef Hash	✓			✓	✓		400	n/a	20.0	27.8	(7.0)	44.8	(6.3)	0.8	1.9	9.0	511	2135
109	Sausages in Onion Gravy	✓			✓	✓		400	n/a	21.2	29.2	(6.6)	46.9	(6.5)	0.5	1.2	5.9	541	2259
108	Pork Casserole	✓			✓			400	n/a	22.9	26.2	(5.5)	49.7	(7.0)	0.5	1.3	5.4	527	2205
110	Liver & Bacon Casserole	✓			✓			400	n/a	21.9	28.2	(7.3)	47.9	(9.4)	0.8	2.0	4.9	537	2249
111																			